



The Vine

CHURCH WOMEN UNITED OF LANE COUNTY
cwulanecounty.org

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UPCOMING EVENTS

May 4 First United Methodist
SATURDAY 1376 Olive St.
11:30 May Friendship Day Luncheon
"Swinging Wide the Doors of Hospitality"
(Tuesday and Friday forums meet together)

June 4 Breakfast at Brails
Tuesday 1689 Willamette St
7-8:30am Politics for the Common Good

June 7 Episcopal Church of the Resurrection
Friday 3925 Hilyard St.
9-11:15am Politics for the Common Good

MAY FORUM

MAY FRIENDSHIP DAY LUNCHEON

May Friendship Day, one of our 3 celebrations, will be held on Saturday this month and begins with a luncheon at 11:30. Our theme this year is "Swinging Wide the Doors of Hospitality." There will be a gathering of our Fellowship of the Least Coin offerings. Our usual May Friendship Day offering will not be taken.

Susan Ban, our speaker, is the Executive Director of Shelter Care, which is one of the recipients of our Summer Fun Fund project. Susan will be sharing with us the hopes, dreams and happenings at Shelter Care. This is the perfect event for bringing a few women from your church. It will be a great combination of friendship and caring. Hope to see you there!

Tickets for the luncheon can be purchased from your church representative or Diane Beuerman. Call Diane for information at 541-733-4592.

LOOKING AHEAD TO JUNE

Join us as we look together at what the Bible has to say about economics. How are economics and politics tied together? How do Christians respond to those in need and to the growing inequality in this country?

CARING CONNECTION

If you know of a CWU woman or family member needing a card or connection because of sickness or other need, call Jane Heidegger at 541-485-6229.

OUR WEBSITE IS
CWULANECOUNTY.ORG

Have you checked it out?
If not,
What are you waiting for?

A WORD FROM OUR PRESIDENT

Anne O'Brien

"The key factor for turning around poverty is "mobilizing communities of faith willing to reconnect with the love and justice preached by Jesus." *Otis Moss II, of Trinity UCC in Chicago.*

I have been wanting to review the many activities of our Church Women United members and our member churches in response to programs we have had and in response to our mission of working for a world of peace and justice. So, I am listing those that I know of. I'm not listing names because I'm always afraid to leave someone out if I do that. You know who you are. Deepest thanks and pride!

Here's how we've been connecting "with the love and justice preached by Jesus."

- In response to our January 2012 program, many women have donated toiletries, clothes etc. to homeless kids in Springfield via the Brattain House, Springfield School District.
- Bread for the World: We've sent dozens of letters to our legislators and the Board has voted to contribute to their national effort.
- Beyond Toxics: We've signed on as supporters of their efforts toward non-toxic pesticides in public spaces and made a donation to their organization.
- Labor issues: We've demonstrated solidarity with union grocery workers at several supermarkets in town and with postal workers. CWU has been offered a place on Eugene Springfield Solidarity Network Board, which is looking for greater connection with the faith community.
- Celebrating women's suffrage: Thanks to Cindy, we've had access to booklets that give us contact information to our government leaders at all levels.
- Justice System: CWU members were part of the group from Partnership for Safety and Justice that went up to Salem in February to visit with legislators about need for change to our public safety system, limiting prison growth, funding victim services etc.
- Health Care : There were at least 6 CWU members at the Human Rights Day program on Health Care as a Human Right. Among the two busloads of people from Lane County going up to visit legislators regarding Health Care for All were a bunch of CWU folks.
- ACLU : CWU women have been a presence at Civil Conversations, a series of informal discussion led by local experts regarding various civil liberties issues from housing rights to separation of state and church.

We've also attended ZONTA gatherings dealing with trafficking of young people especially in our own area.

That's what I know about. I would love it if you would keep me updated on what you (and/or your church) have been doing in your work for peace and justice. You can phone me at 541-554-2646 or email me at aobdob@pacinfo.com



HEALTH CARE FOR ALL EUGENE MAY 7-EWEB 7PM

Ruth Duemler

Do attend our May meeting to prepare for moving legislation to our elected representatives for a vote. Our most important HB3260 will have a study to discover cost for providing health care to every Oregonian. A Pennsylvania study showed a \$17 billion saving. Our guess for Oregon is \$3 billion the first year. A planned trip to Salem on May 13th will urge support also for HB 2922 for universal health care—do join us. Call Patty Hine at 541-343-5091 for car-pooling.

The Affordable Health Care for All Oregon Plan (HB 2922) would cover all Oregon residents with no co-payments, deductibles, or premiums and be funded by dedicated taxes, based on ability to pay. We believe that universal health care will result in a healthier population, a more prosperous economy, and a better business environment for the state.



HEALTH CARE MOVIE
Monday, April 29,
7-8:30 pm
1175 E 29th Ave.
Temple Beth Israel

A Community Forum Snacks provided!!

A documentary about Canada's Health Care System exploring effectiveness, costs, and compares it with ours. More info at www.HCAO.org,



NEWS FROM NATIONAL



**STEPHANIE JONES
CWU ADVOCACY
COORDINATOR IN
WASHINGTON, DC**

Call on your governor to protect youth from the dangers of adult jails and prisons!

During the month of April, thousands of individuals and organizations are calling on our governors to take action to stop the practice of placing youth in adult jails and prisons in violation of the Prison Rape Elimination Act (PREA).

Pursuant to PREA, U.S. Department of Justice regulations ban the housing of youth in the general adult population, prohibit contact between youth and adults in common areas, and limit the use of isolation.

Yet many states across the country continue to place youth in adult prisons among the adult population or place them in solitary confinement, ostensibly "for their own protection."

According to the National Prison Rape Elimination Commission, children in adult jails and prisons are at the greatest risk of sexual victimization. Solitary confinement is detrimental to their mental health and can and does result in suicide. In addition, children in adult facilities are often denied educational services, counseling and other supports.

It is crucial that governors fully protect children from the dangers of adult jails and prisons. Rather than try to segregate children from adults in adult jails and prisons through solitary confinement, states should implement best practices by removing youth from adult jails and prisons and placing them in appropriate facilities where they can get the rehabilitation, support and services they need.

(1) Tell your governor THERE'S NO EXCUSE for keeping kids in adult jails and prisons! Call him at 503-378-4582 or go to <http://www.oregon.gov/gov/Pages/ShareYourOpinion.aspx>.

Or mail a letter to Governor Kitzhaber, Attn: Citizens' Representative, 160 State Capitol, 900 Court Street, Salem, Oregon 97301-4047

Thanks for getting involved in this important effort to help make the world safer for all of God's children!



**Theona N. Jessen,
longtime resident of Eugene,
past CWU president,
died at her home
on Monday, March 25
at the age of 97.**

Born January 11, 1916 in Albany, Oregon to LeRoy F. and Vesta V. Newton. She lived in Portland, OR for most of her childhood but moved with her family to Eugene when she was 15. She graduated from Eugene High School in 1933, returned with her parents to Portland and on May 21, 1939 she married Wilbur Jessen, her former neighbor in Eugene. She worked as a legal secretary after attending the U of O and later as secretary at Cal Young Jr. High. She was administrative secretary at South Eugene High School from 1957 until retirement in 1982.

A natural leader, she served as President of the Oregon Association of Educational Office Professionals and was a national conference delegate. She was also active in Le Jeune Coterie, a women's social club, and the Masonic Order of the Eastern Star. As officers of the Lane County Audubon Society, the couple made many trips birding in U.S. and abroad. They also traveled with the Eugene Gleeman.

Although raised in the Christian Church (Disciples of Christ), she and Wilbur were active members of United Lutheran Church after their marriage. Was treasurer of the Mission Society for several years, and later filled that role at the church and participated in Church Women United. She loved to cook and spent countless hours nurturing her flower garden. As a senior she enjoyed her Tai Chi classes and worked hard to maintain her health throughout her life.

She is survived by her husband Wilbur and daughter, Mary Ann (Gary) Hanson of the home; three grandchildren, Richard Costa of Japan, Ryan Hague of Hillsboro, Oregon, and Donna Tobar (Luis) of Huntington Beach, California and two great grandchildren. She was preceded in death by a brother, Wilbur, in 1974.

A memorial service will be held at United Lutheran Church on April 20, 2013 at 2:00 PM, with Rev. Tom Dodd officiating.

The family suggests memorials be made to the Jessen Memorial Scholarship Fund in care of the church at 2230 Washington Street, Eugene, Oregon 97405.



breadfortheworld
HAVE FAITH. END HUNGER.

Eric Mitchell
Director of Government Relations, Bread for the World

For two years, Congress has been putting off the budget compromises necessary for a deficit-reduction deal. That procrastination ensures sequestration will continue, causing painful cuts to programs serving the most vulnerable among us.

Please call Jeff Merkley and Ron Wyden and Peter A. DeFazio today at 1-800-826-3688. Tell them to stop procrastinating and include taxes as part of a big budget deal.

Low-income pregnant women are at risk of losing access to prenatal care, and infants and children could lose vital nutrition if the cuts continue. Right now there are lotteries taking place in this country to determine which children will get to attend Head Start and which children will be shut out of the program. Some of the poorest families around the world are at risk of losing life-saving food aid. We need a different path to deficit reduction.

Please don't put off this call! You can make a difference and it will take only a few minutes:

1. Call 1-800-826-3688.
2. Ask for Jeff Merkley and Ron Wyden and Peter A. DeFazio.
3. Say: "I'm — from ———, and I urge you to stop procrastinating and include taxes as part of a big budget deal. Please enact a deficit-reduction deal that replaces sequestration, raises sufficient revenues, and addresses entitlement spending."
4. You can add to your message by discussing the harmful effects of sequestration.
5. Thank the office.

Thank you for being a powerful voice for hungry people.

Eric P. Mitchell



A NICE HOT CUP OF CAMELLIA SINENSIS.

Judy Romans

The Chinese are credited as the first to discover that steeping the leaves of the evergreen *Camellia sinensis* in hot water resulted in a refreshing brew we call tea. As European explorers began to visit China, they discovered tea, among other new foods, and started trading with the Chinese to bring these exotic finds back to their home countries. In order to break the Chinese monopoly on this increasingly popular and expensive product, the English began growing tea in India, especially in the hilly region of Assam, and tea cultivation then spread to several other countries. Even America has a tea plantation currently operating in South Carolina.

Tea is divided into several categories depending on how it is processed: white, green, oolong, and black. Leaves for white and green teas are dried soon after picking, while oolong and black teas are left to oxidize, the amount of time before drying determines the darkness of the resulting tea, with oolong having less oxidation than black teas. During the oxidation process, the leaves turn dark as they are exposed to the oxygen in the air, which you see when you cut an apple or banana and the cut surface grows increasingly dark the longer you let it sit. The drying time must also be controlled - long enough to remove enough moisture that the leaves do not get moldy when stored, yet not so long that they turn brittle and crack into small fragments.

The cost of tea depends on a number of factors; if the leaves are picked by hand or machine, how carefully they are processed, whether the leaves are whole or broken, the amount of tea available for sale, and the fact that it takes about 2,000 leaves to produce a pound of processed tea.

Research suggests that drinking tea can have health benefits, such as, boosting the immune system, reducing the risk of some cancers, protecting bone density, improving dental health by antibacterial action. Specific effects vary with the type of tea and amount taken over time, and generally refers to hot, freshly brewed tea rather than iced, instant, or bottled. Other good news is tea has no sodium, sugar, fat or cholesterol, unless you add it. However, tea does have caffeine, which can be a problem to some people. The amount of caffeine per cup can vary greatly depending on the type of tea and the brewing time. White tea typically has 5-15 mg per cup, green tea 8-16 mg, oolong 22-55 mg and black 25-110 mg. In comparison black coffee ranges from 80-135 mg per cup.

Herbal teas are not "tea" as described above. They are mixtures of leaves, berries, roots, seeds of various plants and vary greatly in composition, taste, and potential health benefits.

So relax and have a tea break - to your good health!

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UPCOMING EVENTS

Saturday, April 20, 11:30am, First United Methodist, 1370 Olive Street
"Working to prevent Trafficking" with speakers, Jes Richardson and Liz Ness.
Come at 11:30 for lunch. Main dish furnished, bring a salad or dessert to share.
Please RSVP to 541-344-4085 or lee.char@msn.com.

Sunday, April 21, 12:30-4:30pm In the Conference Room of EWEB N Building
Earth Day, Every Day: Protecting our Ecological and Community Rights.
Films, Discussion, Strategy
12:30pm--Genetic Roulette: Genetically engineered foods related to diseases in children
2:30pm--China's Coal Crisis: Challenge it faces
3-4:30pm--Thomas Linzey, a video of his speech from the Environmental Law Conference: How we
can legally assert the rights of nature and the right to local government