

## Six Levels of Self Defense

**Kathy Wilson Co-Program Vice-President**  
**Suzy Tadych Co-Program Vice-President**

We're all a little safer after participating in the October self-defense program! Officer Albrecht from the Middletown Police Department was generous with his time and came to speak to us about the "Six Levels of Self Defense":

**Level 1:** Personal habits: the repetitive actions we do every day to ensure our personal safety. For example, check the back seat of your car before entering, lock your windows and doors, and pull your drapes at night.

**Level 2:** Verbal communication and body language: letting people know that you are aware of your surroundings and confident. For example, make eye contact with strangers and act like you know where you are going, even if you are lost!

**Level 3:** Personal awareness: Being aware of the people and actions around you. For example, observe people around your car and ATMs.

**Level 4:** Tactical awareness: your tactical approach to your everyday actions. For example, be aware of your avenue of escape or defense. Identify positions that an attack may come from, such as all sides of your car in the parking lot.

**Level 5:** Boundary knowledge: personal knowledge of yourself and how far you are willing to go to defend yourself and your property. For example, there is nothing that you are carrying that is worth risking your life to save, even wedding rings and purses!

**Level 6:** Physical self-defense: the use of weapons or weaponless self-defense techniques used against an assailant in order to prevent an attack or an intrusion.

Officer Albrecht showed us some basic moves we could use to release the grip of an attacker. We even found everyday objects in our purses that we could use as weapons, such as keys, lotion bottles, and pens. We all shared a few laughs at Rose's rain bonnet!

Thank you to all who donated personal care items and paper products to the residents at the Women's Shelter. It took several loads to bring everything into the Middletown Community Foundation office the next day.



The program committee will see you all next month on **Monday, November 10 at 7:00 P.M.** at the library to hear from Judy Gilleland, Middletown City Manager. Judy has been City Manager since January. She has served as City Manager of Pickerington, Ohio, Assistant City Manager of Centerville, as well as other city government positions in Lebanon, Tipp City and Hamilton. We are excited to hear her speak about her experiences and the progress of the city.

## Calendar of Events

**Tuesday, November 4, 7:00pm**  
**Voluntary Simplicity Group**  
Bring a topic idea to share  
Becky Ward's Home  
149 Kensington St.

**Friday, November 7, 9:00am**  
**Daytime Book Club**  
*The Painted Veil*  
by Somerset Maugham  
Betty Elworth's Home  
4306 Rosedale Road

**Tuesdays in November**  
**10:00 - 12:00**  
**Book Sale Sorting**  
Loading dock D  
by Elder Beerman

**Monday, November 10, 7:00pm**  
**City Manager Judy Gilleland**  
Middletown Public Library  
Community Room

**Wednesday, November 19, 7:00pm**  
**Board Meeting**  
Katie McNeil's Home  
124 Eaton Drive, Middletown

**Monday, December 8, 7:00pm**  
**Annual Holiday Talent Auction**  
Middletown Public Library  
Community Room

**SAVE THE DATE**  
**2009 AAUW National Convention**  
June 26-28, 2009 St. Louis, Missouri



## Diversity Calendar:

### Simply Quaker:

#### Women in Plain Dress

Clinton County Historical  
Society Museum

149 E. Locust St. Wilmington, OH  
937-382-4684

Cost: \$ 5.00 Wed., Thurs., and Fri.  
Dec. 31, 2008 1pm - 4pm

### Harriet Beecher Stowe House

2950 Gilbert Ave.

Cincinnati, OH 45206

513-751-0651 Cost: Free

[www.ohiohistory.org/places/stowe/](http://www.ohiohistory.org/places/stowe/)

Open Tues. Wed., and Sat.

10am to 2pm

### Faces of Asia

National Underground Railroad  
Freedom Center

50 E. Freedom Way Cincinnati,  
OH 45202

513-333-7500

[www.freedomcenter.org](http://www.freedomcenter.org)

Cost: \$12; \$8 ages 6-12

Open: Tuesday thru Saturday

11am to 5pm

### Citizens of the World Exhibition

*Photography exhibit by University  
of Dayton students reflecting their  
international cultural experiences.*

ArtStreet 300 Kiefaber St.

Dayton, OH 45469

937-229-3241

University of Dayton

[www.udayton.edu](http://www.udayton.edu)

Nov. 2 – 25

8am – Midnight

Sunday's noon to midnight

## Annual Holiday Talent Auction

### Suzy Tadych

It is hard to believe, but the holidays are right around the corner. Our branch's Annual Holiday Talent Auction will be held on Monday, December 8, at the Middletown Public Library. Start thinking about which items you can bring to be auctioned. It is always impressive to see how talented our group is. We will have some festive musical entertainment provided by the Middletown Performing Arts Academy, featuring childrens choirs and a handbell choir. I look forward to see everyone there!



## New Dates for AAUW USED BOOK SALE March 19, 20, 21, 22

- Collect donations from your friends and family.
- Find places to post the flyer that is included on the next page of the newsletter.



### Remember:

Drop off books Tuesday Mornings from 10:00-11:30

Book Sorting Tuesday Mornings from 10:00 - 12:00

## Woman for President

The United States came very close to having its first female nominee from a major political party for President this year. Did you know (or remember) when the first female candidate from a major party ran for the nomination for president? Here is the answer from The Worldwide Guide to Women in Leadership's webpage:

### 1964 Senator Margaret Chase Smith, United States of America

The first US woman to have her name placed in nomination for President by a major party. She received Republican primary votes in New Hampshire, Illinois, Massachusetts, Texas, and Oregon, among others, and had twenty-seven first ballot votes at the Republican National Convention. She removed herself from contention after the first ballot. Republican member of the House of Representatives 1940-49 and Senator 1949-73 and Chairperson of the Republican Conference in the Congress 1967-72. She lived (1897-1995).

<http://www.guide2womenleaders.com/index.html>



**BAKE SALE** items for the Balloon Glow will need to be donated in early December. Please sign-up at this month's meeting. Thanks!

*American Association of University Women*

**2009 AAUW  
Annual Used Book Sale  
March 19-22**

Middletown Towne Mall  
Exit 32  
Intersection of I-75 and Rt. 122

Fundraiser for College Scholarships! • Promote Literacy! • Recycle!

**BOOK DONATIONS NEEDED**

Gently used books, puzzles, games, CD's, DVD's, and special interest magazines

**Drop off Books:**

Tuesday mornings from 10:00 am to 11:30am  
(except Nov. 25, Dec. 21 and Dec. 30)

Saturdays mornings, starting in January, from 10:00am to 11:30am

**Location:** Towne Mall at Loading Dock D, to the left of the front entrance. Look for the AAUW signs at Store 456 near Elder-Beerman.

Last day to accept donations is Tuesday, March 10.

**To arrange for book pick-up** call 513-424-4725 or 513-424-5458.

## Mission

AAUW advances equity for women and girls through advocacy, education, and research.

## Vision

AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy and measurable change in critical areas impacting the lives of women and girls.

## Value Promise

As a member of AAUW, you belong to a community that breaks through educational and economic barriers so that all women have a fair chance

## Contact Information

**Association:** AAUW Member Helpline: 800-821-4364  
Website: <http://www.aauw.org>

**AAUW/Ohio:** Administrative Office: 800-910-7075  
Website: <http://www.aauwoh.org>

### **Middletown Branch:**

President: Kelly Valen 425-9202

Membership Vice President: Sharon Kestermann 539-8175

Co-Program Vice Presidents: Kathy Wilson 423-6193

Suzy Tadych 727-1420

Website: [www.orgsites.com/oh/middletown-aauw](http://www.orgsites.com/oh/middletown-aauw)



