



Upstate Update



AMSTERDAM * GLOVERSVILLE* JOHNSTOWN BRANCH

- The American Association of University Women advances equity for woman and girls through advocacy, education and research.
- In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability, or class.

2012 – 2013

February

Branch Officers:

Presidents

Liz Russo

Linda Hammond

Vice Presidents - Program

Anne Campos

Ginni Mazur

Vice President – Membership

Trish Isabella

Catherine Julius

Vice President – Edu Opp Fund

Anya Biel

Vice President – Legal Advocacy

Danielle Scahff-Turchin

Recording Secretary

Bonnie Van Wie

Treasurer – Ella Ryder

Membership Treasurer

Michele Acquaro

As fast as this year has been flying, we should all start to think about what we would like to see our branch do in 2013/2014. I know this seems early, but come May/June we will be busy with graduations, weddings or other family events that the great summer weather brings. Our December meeting had some of this discussion initiated. If you have visited a restaurant with a meeting room or meeting area and we haven't been there for a branch meeting, please let us know. When we are preparing for our meetings the volunteers who plan a meeting will use a location that they are familiar with. This helps in the preparation time and stress level. It is noted that we haven't used many restaurants in Montgomery County in the past couple of years. When planning for 2012/2013 we tried to mix up the locations to vary the member's cost for the meeting.

Our branch does a lot towards contributing to our local communities. We have made monetary donations such as our scholarships to both Fulton & Mont-

gomery Counties; we have donated books to all of the local libraries from Fonda to Northville; we have donated towards local food pantries and domestic violence agencies and many more contributions. We have conducted our Sister-to-Sister program for many years. This is a labor of love for the volunteers. We have made a great mark in the lives of many young girls in Fulton & Montgomery Counties. Our branch has begun working with the local Girl Scouts. For the first steps, we worked with the local troops. And this is an area where we could expand to other troops of Fulton & Montgomery Counties in the years to come.

Don't forget the donations that we have made through our association with the Elizabeth Cady Stanton Consortium. Through our labor and monetary donations, the consortium donated towards the Hurricane Irene recovery in Schoharie and Montgomery Counties. The Women's Symposium was supported by our branch members either as a participant or as a volunteer.

Presidents' Message

When this newsletter reaches our mailboxes we will have been experiencing some really cold days. Welcome to our January freeze! We have hit our year's mid-point. It is going by way too fast. Our branch should be very proud of our accomplishments this year. We have been very active in our community and with the AAUW NYS activities.

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- ◆ The AAUW Legal Advocacy Fund provides funding and a support system for women seeking judicial redress for sex discrimination.

This event has been a great experience for many women in the surrounding region. For the size of our branch, I think we have made a sizeable contribution to the region. We are currently conducting a campaign to raise money for the fistula fund. This is one of the projects that AAUW NYS had started as part of Your Sister's Keeper. We should be looking outside of the immediate area. The women in the undeveloped countries are our sisters. AAUW advances equity for women and girls through advocacy, education, philanthropy and research. We all learned from reading and viewing the video from *The Hospital by the River* of the great need for these women afflicted with this medical condition. They are unable to live with their community and with many of their family members.

There are many other contributions that we have made as a branch whether it is as a monetary effort or a provision of labor. For the size of our branch, I feel that we are huge! As we get closer to budget time, I will be gathering information on all of our monetary donations. As a member, I ask that you give some thought about where you would like to see our donations go in 2013/2014. Keep in mind that we are not able to make monetary donations to all of the causes in the community. Our branch can only sustain a certain amount. Our major donations are targeted during the planning of the budget and the program.

Liz and I look forward to seeing everyone at our February meeting. We should have a great meeting at the Spa!!

--Linda Hammond

“Healthy You, Inside & Out!”

Date: Tuesday, February 12

Time: 5:30 p.m.

Cost: \$10.00

Location is: The Bliss Spa at
105 South Comrie Ave
(Patsy & Tom Suydam's building across from Eagle Chevrolet; use the drive way for the Moose Lodge, first building on right)

This program is dedicated to the overall health of our bodies inside and out. Come to learn, pamper, and enjoy!

We will gather for a “SHORT MEETING!” then it's off to the many spa stations that will be created for us by the Spa owners, Roberta Thomas and Jamie Page. Both are licensed massage therapists that have created a beautiful spa located on 105 Comrie Ave.

The spa stations will offer paraffin wax for feet and hands, massage stations, aroma therapy station, and much more!

Food will consist of Butternut Squash Soup and Curry Chicken Salad, fruit, and beverage prepared by Patricia Isabella, your fellow AAUW Sister.

We will end our evening with a 15-minute presentation from Sue Cridland, RN BSN Director of Community Education Health Link Littauer who will guide us through a short meditation.

Since 1988, Sue has served as Director of Community Educa-

tion for Health Link Littauer, an offsite department of the hospital currently located in the Fulton County YMCA. During 2011 HealthLink presented 300 programs to more than 7,400 participants, and in their 23 years have presented almost 7,000 programs to more than 160,000 participants!! Particular areas of interest for Sue are stress management, mindfulness, mind-body medicine, and communication. She also enjoys introducing people to outdoor activities like gardening, hiking, and snow shoeing. Sue's earlier work experience includes maternity nursing, public health, nursing project coordinator, and maternity/ peds supervisor. --Trish Isabella

LAF Purses For Convention!

As usual, part of our LAF donation is from our donation to the raffle at Convention this April 26-28 in Lake Placid. I hope some of you have either a purse to donate or items to go in a purse. Examples would be a wallet, key ring, gloves, etc. Please let me know ASAP if you have any items to donate and then we can probably see what we have and decide if there is more needed. Thanks a lot.

--Sandy Maceyka

Website News!

Message from Carolyn Garfein, AAUW President:

“AAUW will be unveiling a new logo and a new website in February!

Over the past few years,

AAUW has undergone many changes to ensure our continued strength, growth, and nationwide leadership on behalf of women and girls. The new logo, developed cooperatively by a board working group and the national staff, introduces a bold, bright look that complements our reinvigorated branch activities and expanding international efforts, and it works well with our lively publications, robust social media presence, and soon-to-be-updated website.”

**REMINDER: BOARD MEETING
MONDAY, January 28, 6 p.m.**

**AT THE JOHNSTOWN PUBLIC
LIBRARY**

**ALL MEMBERS ARE
WELCOME.**

WE APPRECIATE YOUR INPUT!

February 14 Wear Red and Black

We encourage you to join with women in a worldwide movement in awareness of the Violence Against Women. Please wear red and black on February 14 to show others that you are standing in solidarity to end violence against women and girls. –Liz Russo

10-point Women’s Equality Act

Our New York State Governor is taking a stand for the rights of women. In Gov. Andrew Cuomo’s state of the state address, he proposed a 10-point Women’s Equality Act which includes guarantees of equal pay, protecting a women’s right to choose,

strengthening human trafficking laws, and order-of-protection laws and ending sexual harassment in the workplace.

Calling all Members! We Need You!

In the months ahead, nominating committee members Nancy Reynolds and Darcelle Winchell will be approaching those of you who hold an office or chair a committee to ask if you will serve for another 2-year term. We hope you will agree. The offices up for election this April include president and treasurer. In addition, we hope that committee chairs will agree to continue to serve. –Liz Russo

Newsletter Editor Needed

We are looking for someone to train to take over the newsletter beginning next August. If you have an interest and computer skills, please step up. Gloria Kimball is ready to hand over the duties as Corresponding Secretary/Newsletter Editor after many years in the position. Please contact Gloria if you have any questions or are interested in offering your skills to help our branch. –Liz Russo

Branch Lunch Bunch Attend Festival of Trees Luncheon

Thirteen AAUW members and friends enjoyed lunch, musical entertainment, and holiday shopping in the festively decorated Century Club in Amsterdam in early December. Anyone who has an idea for a lunch with a purpose for future Branch Lunch

Bunch outings, please contact Liz Russo.

Pancake Breakfast Fundraiser on February 24

Tickets have been distributed to all members for the Soroptimist/AAUW Pancake Breakfast which will be held on February 24 at the Moose Lodge on Route 30A in Johnstown. We will work with our sister organization to sell tickets, set up, serve, clean up, and work in the kitchen. AAUW will share the profits with the Soroptimists. We raised over \$800 last year in this 2-year partnership with the Soroptimist. Hopefully, we will do as well or better this year with your help.

Ticket money is due February 12.

Each AAUW member received five tickets to sell. Tickets are \$6 each for the all-you-can-eat breakfast of eggs, pancakes, sausage, hash browns, juice, and coffee. Our branch will receive \$1.50 for each ticket turned in for breakfast. Tickets sold, but not used will give us the entire \$6. The funds will go toward the \$1,000 in academic awards our AAUW branch gives locally to 8th grade girls, high school seniors, and FM graduates. We hope we can count on all of our members to sell tickets or at least make a donation to our scholarship fund. Thanks in advance!

We Need Your Help February 24!

When asked, we hope you will find time to volunteer to set up, clear tables, or work in the kitchen preparing food or washing dishes. We understand that

since the breakfast is on Sunday, many may have church services. Perhaps before or after church you may be able to give an hour of your time so that the work does not fall on just a few. "Many hands make light work."
--Liz Russo

Curl Up With A Good Book - Branch Book Club -February 25

We have several members who are interested in reading books and discussing them. Of the Adelante books listed *Baghdad Burning: Girl Blog from Iraq by Riverbend* was chosen. Anyone interested in borrowing the book to read should contact Liz Russo who has three copies. We plan to discuss the book over lunch on Monday, February 25 at a place to be announced. Hope you will join us. We are making this a "Branch Lunch Bunch" activity. A summary of the book follows: *"In August 2003, the world gained access to a remarkable new voice: a blog written by a 25-year-old Iraqi woman living in Baghdad whose identity remained concealed for her own protection. Calling herself Riverbend, she offered searing eyewitness accounts of the everyday realities on the ground punctuated by astute analysis on the politics behind these events. In a voice that is eloquent, angry, reflective and darkly comic, Riverbend recounts stories of life in an occupied city — of neighbors whose homes are raided by U.S. troops, whose relatives disappear into prisons, and whose*

children are kidnapped by money-hungry militias. At times, the tragic blends into the absurd as she tells of her family jumping out of bed to wash clothes and send e-mails in the middle of the night when the electricity is briefly restored or of their quest to bury an elderly aunt when the mosques are all overbooked for wakes and the cemeteries are all full. The only Iraqi blogger writing from a woman's perspective, she also describes a once-secular city where women are now afraid to leave their homes without head covering and a male escort."
--Liz Russo

Miss Fulton County Scholarship Fund

At the December meeting, those attending voted to donate \$50 to the Miss Fulton County Scholarship Fund. It was also decided that, if requested, we will donate the same amount to the Miss Montgomery County Pageant Scholarship Fund.

Fistula Repair Fund - "Filling a Bucket"

At our budget planning meeting last spring, it was decided to continue with the My Sister's Keeper NYS Initiative by once again contributing to the Fistula Foundation as we have for the past two years. Our branch was inspired to begin contributing by reading the book *Hospital by the River*. The book focused on the suffering of women in Ethiopia caused by childbirth injury of obstetric fistula which leads to lack of control of bladder and

bowels and a lifetime of misery and isolation. Women in developing nations often marry early and have children before their bodies are ready. In addition, they do not have access as we do here in the U.S. to hospitals and C-sections that could prevent such injuries.

We began our collection at the December meeting with the goal of \$450 for one Fistula Repair surgery. Donations will be accepted until June. An information sheet and donation form is attached to this news letter. Contributions may be sent to Linda Hammond or brought to a board or monthly meeting to save postage.

At the December meeting, those in attendance voted to take the \$173 microloan we have given twice also as part of My Sister's Keeper and which was repaid and put it toward the Fistula Repair Surgery fund. We thank those who have already donated and appreciate any donations the rest of you may give. We can think of it as a way to "Fill a Bucket" for a woman less fortunate.
--Liz Russo

Hugs Across America

Helen James gave a presentation regarding HUGS Across America at the December meeting, and we took a collection to provide bears to local children in crisis. The members of the FMCC AAUW Student Organization have expressed interest in stuffing Bears in the spring. A total of \$237 was collected thanks to the generosity of those

in attendance at the December meeting. Anyone who was unable to attend the meeting but would like to donate can contact Helen James. —Liz Russo

NCCWSL Scholarship Fundraisers

Our branch held two fundraisers this fall to send a female student from Fulton-Montgomery Community College to the National Conference for College Student Women Leaders (NCCWSL). The Conference will take place in May in Maryland. The Wine and Chocolate Basket Raffle and the Princeton SAT Practice Test have raised \$249 toward the total \$395 needed. We will hold a Basket Raffle at the Pancake Breakfast on February 24 at the Moose to raise the remaining \$146. We hope to get donations of gift certificates from area restaurants to raffle. If you can help solicit donations for the basket, please contact Liz Russo by January 28.

Thanks for Stepping Up!

Sandy Maceyka has volunteered to organize our purse giving for the LAF fundraiser at the NYS Convention in April. In addition, Bev Alves has agreed to be the distributor of updates on LAF issues through our newsletter. Thank you to both of you!

January Meeting - Good Food, Good Company, Good Program!

We were pleased that 17 came out during the January thaw for our January pot luck supper meeting. The change of

venue to the Johnstown Area Community Center gave us a cozy meeting and eating area and also a large area for trying out QiGong. We are very fortunate to have members of our branch like Carol Cownie share their expertise as presenters at our meetings. Carol, a registered nurse with a bachelor's degree in Holistic Studies provided us with a program on Chinese traditional medicine and QiGong. She also instructed us in the "Five Treasures Practice." Any one still interested in obtaining a copy of the DVD's of the "Five Treasures Practice" at cost for \$10 to continue the practice of QiGong can contact Carol. In addition, watch the newsletters for recipes for the delicious dishes our members brought to share!

--Liz Russo

Coconut Cake

- Grease a 9" x 13" pan
- Bake a white cake according to the recipe but use three whole eggs rather than egg whites
- Combine a can of condensed milk and a can of cream of coconut
- Poke holes in the cake and pour the condensed milk and coconut mixture over the warm cake
- Cool and top with whipped cream and coconut

Submitted by Gloria Kimball

Unsung Hero

At the January meeting we honored Carol Cownie as the "Unsung Hero" of our branch. The award was initiated by former president Helen Martin to acknowledge members who had made special contributions to our branch, but who had not previously received recognition as Emerging Leaders. For example, Carol has been a member for AAUW since 2005 and has served as Women's Issues Chair for several years and yearly has worked with our branch International and Diversity chairs to offer programs for our branch. Past programs she organized include the January 2012 Women in Farming event at the Mohawk Harvest Coop. In addition, she was instrumental in encouraging and assisting our branch with providing microloans through KIVA to women in developing countries to start businesses and improve their lives. She worked with Patsy Suydam to write up the application for the 21st Century "My Sister's Keeper" Award which we received at the 2012 NYS AAUW Convention. Carol can always be counted on to work behind the scenes for our branch to help us move the mission of AAUW forward. Thank you, Carol!

--Liz Russo

Thank You!

Thanks to Ella Ryder, Ginni Mazur, Carol Cownie who came early to the January meeting to help set up for the event and also to Bonnie Van Wie who stayed to assist with cleanup. Your help "Filled My Bucket"! - Liz

Basket Donation for the Johnstown Public Library Raffle Fundraiser

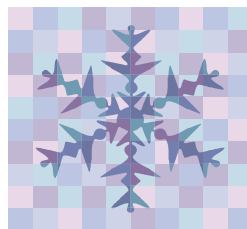
In appreciation for the use of the Johnstown Public Library free of charge for our board meetings, Sister to Sister Summit planning, and some general meetings, our branch annually donates a basket to the library for their annual fundraiser. A College Survival Themed basket was assembled and displayed at the January meeting. Members could make donations to “purchase items in the basket.” (For example, a stapler for \$10 or scissors for \$2.)

Thanks to the generosity of those who “purchased items” at the January meeting, we only need an additional \$15 to cover the total cost of items in the basket. Those who did not attend the meeting and wish to make a monetary donation toward the basket contents may do so at the February meeting. Any extra money donated will be used to add more items that fit the theme.

The library receives over 40 basket donations from individuals, organizations, and businesses each year. The baskets will be displayed and raffle tickets may be purchased at the Johnstown Public Library in March and April. The drawing will take place on April 20 at the Mini Golf event at the library. For more information, contact Liz Russo 762-9702.

Focus on the Future: Reaching for the High Peaks – April 26-28 in Lake Placid

It’s time to consider attending the NY State AAUW convention which will be held April 26-28 at the High Peaks Resort in Lake Placid. It promises to be a weekend of inspiring workshops and speakers, good food, and good company. Those attending can get a better idea of what AAUW is all about and make new friends with AAUW members from across the state. Those who register online by March 15 pay a \$45 fee for the entire weekend. Additionally, the cost of a room for Friday and Saturday which includes Friday dinner, Saturday breakfast, lunch, and dinner and Sunday breakfast and lunch are \$504.65 for a single \$350.69 for a double and \$314.14 for a triple. In addition, we can be in a drawing for a scholarship of \$500 for our branch if we register early. Our branch is entitled to send 2 or 3 delegates to vote on issues regarding AAUW business. Our branch has budgeted to pay the \$45 registration fee for those who attend and serve as delegates. Please contact Linda or Liz if you are interested in attending and would be willing to serve as a delegate or an alternate.



National AAUW Convention June 9-11 in New Orleans

Register for the National AAUW Convention by February 3 and you can save \$25! (pay \$425 registration) for the three day event. In addition, there are many side trips such as a tour of the French Quarter, cooking classes, tour of the Mardi Gras museum, Ghost Tour, Women of NOLA, and a Jazz Cruise offered (at additional cost) on June 8 before the convention and June 12, 13 afterward. Speakers at the Convention include Lily Ledbetter and Melissa Harris-Perry. The convention takes place at the Sheraton Hotel right on Bourbon Street. Rooms are \$182 per night with the AAUW discount. Contact Liz Russo for more information. (Liz is registered to attend.)

Sister to Sister TECH SAVVY Summit

Co-Chairs Patsy Suydam and Linda Bumpus have been busy planning our 14th annual conference for middle school girls in the tri-counties. Patsy has done a wonderful job utilizing photos taken at last year’s Tech Savvy event in the brochure to promote the upcoming summit which will take place on May 21 at Fulton-Montgomery Community College. The brochures, letters, mailing labels, and envelopes are ready. The promotional information will be sent to all the potential donors as well as the schools in the next few weeks.

–Liz Russo

Membership Booklets

Membership Booklets were handed out at the November and December meetings. Some have been delivered by fellow members and the rest mailed to you. Our thanks to Patsy Suydam for producing the booklet again this year. Please contact Patsy if you have not yet received your booklet.

DID YOU KNOW?

The **American Association of University Women** empowers women and girls through advocacy, education, philanthropy, and research. Our nonpartisan, nonprofit organization has more than 150,000 members and supporters across the United States as well as 1,000 local branches and 700 college and university partners. Since AAUW's founding in 1881, our members have examined and taken positions on the fundamental issues of the day—educational, social, economic, and political. —Liz Russo

Look for Website Changes

The new website will enhance our thriving online community, offering members and supporters a variety of new and improved tools to engage with each other and our issues. We will launch both the new logo and the website on February 20.

Beginning February 21, members will be able to download the new logo from the AAUW website. In March, AAUW state and branch officers will be able to download customized logos created especially for

their state or branch. We'll also provide a variety of other tools to help branches and states easily, efficiently, and cost-effectively update their own materials.”

Stop the Spread Practicing Good Health Habits Can Help Stop the Spread of Flu

From www.amc.edu

Due to a significant increase in cases of flu (mainly Type A-H3N2) in New York State, it is critical to remember the following basic good health habits that can help provide protection from contracting the flu, and help prevent the spread of flu in our community:

- Receive a flu vaccination. This is the best way to protect against the flu.
- Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and public places when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Dispose of the tissue immediately.
- Clean your hands. Washing your hands often will help protect you from germs.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

LAF January Report

The LAF (Legal Advocacy Fund) supports causes that break through barriers for women and girls. Our branch donates money and/or makes baskets to raise money for some of these causes or actions.

Here are some examples of the current causes and actions for which we are working.

*Military Sexual Harassment: The Invisible War, a film about military sexual assault features several AAUW-LAF plaintiffs. It has received an Oscar nomination for Best Documentary after receiving the Audience Award at the Sundance Film Festival. It has also been listed as the 10th movie and only documentary on Time's Top 100 Movies of 2012.

It can be rented from Netflix or purchased on Amazon. AAUW can also host a showing for \$150.

The Invisible War and the lawsuits that AAUW supports have raised public awareness about military sexual abuse. On January 11, The U.S. Commission on Civil Rights held its

2013 Statutory Enforcement Report and Briefing on sexual assault in the military. LAF Program Manager Holly Kearl and Regulatory Affairs Manager Beth Scott attended on behalf of AAUW.

In Congress, the House Armed Services Committee has committed to holding a hearing on this issue in the Military Personnel Committee sometime this month.

***Sexual Harassment in Schools:**
The United Nations accepted AAUW's proposal for a panel on sexual harassment in schools during the 2013 Commission on the Status of Women. This year's theme is "Elimination and Prevention of All Forms of Violence Against Women." Holly Kearl will talk about AAUW's findings and recommendations. The event is open to the public and local AAUW members are welcome to attend.

March 6, 2:30-4:00 at the Salvation Army, 221 E 52nd St in NYC.

Holly Kearl who authored AAUW's 2011 study, *Crossing the Line: Sexual Harassment at School*, will also speak at AAUW groups and local schools in Wisconsin in early February.
--Bev Alves

Calendar of Upcoming Events

January 28

AAUW Student Organization Meeting
FMCC Classroom Building Room C-106
12:30-1:15 p.m.

January 28

AAUW Board Meeting
Johnstown Public Library, **6 p.m.**

February 3

Deadline for early bird registration for National Convention
June 9-11 in New Orleans

February 12

Branch Supper Meeting
The Bliss Spa **5:30 p.m.**
Rt. 30A, Johnstown
Healthy You, Inside and Out

February 12

Pancake Breakfast Ticket Money Due

February 14

Violence against Women Awareness Day
Wear Red and Black

February 24

AAUW/Soroptimist Pancake Breakfast Fundraiser
8-11 a.m.
(Help needed - 7:30-11:30 a.m.)

February 25

Branch Lunch Bunch Book Discussion
location TBA
"Bagdad Burning: Girl Blog from Iraq"

March 4

AAUW Board Meeting
Johnstown Public Library, **6 p.m.**

March 15

Registration Due for NY State AAUW Convention
(April 26-28 in Lake Placid)

March 21

Branch Dinner Meeting
Raindancer Restaurant **5:30 p.m.**
Route 30, Amsterdam
Single Payer Health Insurance and Palliative Care
Speaker Beverly Alves



“Healthy You, Inside & Out!”

Date: Tuesday, February 12th

Time: 5:30 p.m.

***Location: The Is Bliss Spa
105 South Comrie Avenue***

***(Patsy & Tom Suydam’s building across from Eagle Chevrolet
use the driveway for the Moose Lodge, first building on right)***

***Menu: Butternut Squash Soup, Curry Chicken Salad, fruit, and
beverage***

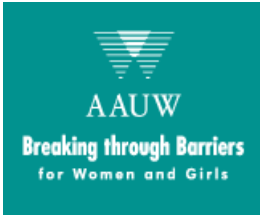
Cost: \$10.00

Presenters: Roberta Thomas & Jaime Page, Owners

***Susan Cridland, RN BSN Director of Community Educa-
tion, HealthLink Littauer***

***RSVP by Tuesday, February 5: Trish Isabella
409 South William Street
Johnstown, NY 12095***

762-5682



FISTULA REPAIR FUNDRAISING CAMPAIGN (Jan – Jun 2013)

This year our branch has chosen to continue raising funds to support a surgical repair at the cost of \$450. We are requesting each of our members to contribute to this fundraising campaign. Below are some reasons why we pursuing this worthy cause. Last year we had read *Hospital by the River* by Catherine Hamlin which introduced us to the struggles women in under developed countries experience. Medical care that we have taken for granted for decades. Visit their web-site – www.fistulafoundation.org – if you would like more information.

PLEASE GIVE WHAT YOU CAN - \$5.00, \$10.00,? OUR GOAL IS \$450.00

Fast Facts

- Fistula used to be present in the U.S. and Europe, but was largely eliminated in the latter part of the 19th century and early 20th century with improved obstetric care in general and the use of C-sections in particular to relieve obstructed labor.
- The World Health Organization estimates there may be as many as 50,000 — 100,000 new cases of fistula each year, yet the global treatment capacity is less than 20,000 cases a year. There is a large unmet need for treatment. Fistula is most prevalent in sub-Saharan Africa and Asia.
- For example, in Ethiopia, there are an estimated 100,000 women suffering with untreated fistula, and another 9,000 women who develop fistula each year.
- Less than 6 in 10 women in developing countries give birth with any trained professional, such as a midwife or a doctor. When complications arise, as they do in approximately 15% of all births, there is no one available to treat the woman, leading to disabling injuries like fistula, and even death.
- The root causes of fistula are grinding poverty and the low status of women and girls. In developing countries, the poverty and malnutrition in children contributes to the condition of stunting, where the girl skeleton, and therefore pelvis as well, do not fully mature. This stunted condition can contribute to obstructed labor, and therefore fistula.
- But, fistula is both preventable and treatable. For instance, the Addis Ababa Fistula Hospital has treated over 30,000 women over 33 years. Their cure rate is over 90%. Fistula can be prevented if laboring women are provided with adequate emergency obstetric care when complications arise.

✂-----

Mail donation to:
NAME: _____
\$ _____
ADDRESS:

AMSTERDAM-GLOVERSVILLE-
JOHNSTOWN
AAUW

PHONE: _____ OR EMAIL:

The Fistula Foundation is a 501(c)(3) corporation.