



# 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

March

### 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*

coming up. Hope to see you at some, if not all. Our Tech Savvy Summit for middle school girls has been set for May with staff from Fulton-Montgomery Community College providing the STEM (Science, Technology, Engineering, and Math) workshops. Meanwhile the AAUW Student Organization continues to meet at FM. We are a busy branch and could use your help. Our nominating committee, Darcelle Winchell and Nancy Reynolds, will be calling on you in the upcoming weeks in hopes that you will continue in your current position or step up to help, perhaps for the first time. We still need volunteers to assist with the newsletter as well as a co-Program VP and LAF Chair. Working with a "buddy" in a co-position makes it easier to provide a hand instead of having to "go it alone." Perhaps you and a buddy will "Say Yes!"

--Liz Russo

#### March 21 Meeting with a March 14 RSVP date

Our March meeting at the Raindancer with speaker Bev Alves will take place on Thursday, March 21 (not March 14 as announced at the last meeting). The RSVP date is March 14. Apologies for the confusion.

\*See flyer and article for details.

--Liz Russo

The March meeting will be held at the Raindancer in Amsterdam at 5:50 p.m. on Thursday, March 21. The menu includes chicken cordon blue, roast beef, seafood casserole, broiled scrod, and the vegetarian option, pasta primavera.

We are delighted to offer the opportunity to hear fellow branch member and health care advocate, Bev Alves of Ephratah. She will speak on the need for a Single Payer Health Care System to include Palliative Care. Ms. Alves is a retired special ed teacher who devoted most of her teaching career to a rural school district in upstate NY.

### Co-President's Message

We have almost made it through winter! Spring will soon be with us. We were glad that so many of you were able to venture out for our January and February meetings, and we hope attendance will increase even more as the weather warms up. Our Pancake Breakfast fundraiser for our local scholarships, Adelante Book Discussion lunch, and branch dinner meetings are all

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

Before this she taught in inner city Newark, NJ. Ms. Alves also worked as a medical and psychiatric social worker in a major hospital in Newark and was an anti-poverty worker before becoming a teacher.

At our March meeting, she will speak on the need for a Single Payer Health Care System to include Palliative Care. For the past several years, Ms. Alves has served as an advocate for health care for all people and for the medical specialty of palliative care. She is on the Steering Committees of both Single Payer New York, and the national coalition Leadership Conference for Guaranteed Healthcare. She has worked as an advocate alongside Dr. Andy Coates of Albany. Dr. Coates presently is a board member and president-elect to Physicians for National Health Program. Ms. Alves has traveled extensively in support of Healthcare for All as well as has written and published on the subject. Her articles and essays have appeared on the New York State Teachers' website and blogs. --Sonnet Gravina

### **February 14 Meeting Recap - Thank You Trish!**

We have member Trish Isabella to thank for organizing a wonderful relaxing meeting that helped us get through the February winter weather and support a local women-owned business. Trish put a lot of time into preparing the "make your own" bath salt and infusion stations, organizing hand waxing,

foot soaks, and massages for those interested and preparing all the delicious food! We were all very mellow and well fed at the end of the meeting thanks to Spa owners Roberta Thomas and Jamie Page who provided the massages and Sue Cridland who lead us in a meditation session to conclude our evening. Now we realize we can just make the short trip to The Bliss Spa instead of having to drive to Saratoga for the day spa experience! Due to requests, Trish's recipes for curry chicken salad and squash soup are included in this newsletter! --Liz Russo

### **Butternut Squash Soup**

- a. 2 T. olive oil
- b. 2 large garlic cloves, finely chopped
- c. 1 cup finely chopped yellow onion
- d. 5 celery stalks, chopped
- e. 8 cups chopped butternut squash (peeled, seeded and chopped into 1" cubes)
- f. 4 cups Chicken or vegetable stock
- g. Salt and Pepper to taste

In a large stock pot over medium heat, heat the olive oil and saute the garlic, onions and celery, stirring often, until soft and fragrant, about 5 minutes. Add the butternut squash and stock. Bring to a boil, then reduce the heat to low and simmer until all of the vegetables are tender, about 30-40 minutes.

2. Working in batches, transfer the soup to a blender and process until smooth. Return the soup to

the pot. Stir in salt and pepper, and cook until desired temperature and consistency, adding more water or stock as desired. Serve hot.

### **Curry Chicken Salad**

- a. 4 boneless chicken breast halves, skin removed, cooked and diced, about 3 cups
- b. 1 cup chopped celery
- c. 1/2 cup diced red unpeeled apple optional
- d. 1/2 cup cranberries or raisins
- e. 1/4 cup coarsely chopped walnuts optional
- f. 1 teaspoon curry powder
- g. 1 cup mayonnaise, or to moisten to your taste

Serve as a sandwich on great whole grain bread or as a salad! Enjoy ladies! --Trish Isabella

### **VAWA Postcards**

At our meeting, before we pampered ourselves, we focused on awareness of the issue of violence against women. We wrote postcards to Senators Gillibrand and Schummer asking support of S. 47, the Violence Against Women Act (VAWA). Although the bill was passed in April 2012, the House did not pass it before the end of 2012, so it needed to be reintroduced in the Senate. This bill improves the original VAWA that was enacted in 1994 to include campus safety provisions which will ensure that institutions of higher education have comprehensive procedures in place to address domestic violence, dating vio-

lence, sexual assault, and stalking.

The Violence Against Women Act has now passed in the Senate. Perhaps postcards need to be addressed to members of the House next. –Liz Russo

**Income Tax Preparation is at Hand.**

**A reminder that Forty-six (\$46) of the AAUW National dues are 501 C (3) charitable donations to an organization and therefore are tax deductible for 2012.**

**(If you need a receipt, please contact Liz Russo)**

**Reminder - Pancake Breakfast Fundraiser on February 24**

Reminder that the joint AAUW/Soroptimist Pancake Breakfast at the Moose Lodge on Route 30A in Johnstown is this Sunday, February 24, from 8-11 a.m. Thanks to all who bought and sold tickets to help fund our local scholarships. Tickets may still be purchased at the door for \$6 each. Help with clean up and resetting tables is still needed from 9:30-11:30 a.m. Consider offering a hand if you can. Thanks! --Liz Russo

**Fundraiser for NCCWSL Scholarship at Pancake Breakfast**

Our branch will hold our final fundraiser 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 Raffle of Restaurant Gift Certificates at the Pancake Breakfast on February 24 at the Moose to raise the remaining \$146 needed. Thanks to Trish Isabella who solicited donations of gift certificates from area restaurants to raffle at the Pancake Breakfast.

Restaurant gift cards donated include \$50 from Union Hall, \$20 from Sam's, \$20 from Wine and Roses, and \$10 from Far East Buffet. –Liz Russo



**State of the Union Bingo**  
AAUW State of the Union Bingo Cards provided on line by AAUW Public Policy were also distributed at the February meeting. The cards contained words that might be included in the President's speech, for example: Women, Medicare, deficit, STEM, executive order, bipartisan, middle class, and equal pay. The meeting at the Day Spa ended in time to go home and watch the State of the Union and play BINGO. It was a great way to really focus on every word the President said. –Liz Russo

**New Member Update**

Yasha Husain is our newest member. After speaking to Liz Russo she decided to join our organization because she believes in supporting women's issues and wants to network with other women. Also she wants to promote organizing educational and agricultural issues.

A graduate of Gloversville High School, she graduated from the American University, Washington, DC in 1995 with a Bachelor of Arts degree in International Relations/Politics.

She lived in California for a few years and worked as a Documentary Filmmaker. Back in Johnstown, she is presently self-employed as a nonfiction writer.

She has her own website: [www.yashahusain.com](http://www.yashahusain.com).

About four years ago she also started her own holistic coaching business:

[www.5stepsapproach.com](http://www.5stepsapproach.com).

She is a member of both the Friends of Gloversville Library and the Friends of Johnstown Library.

Yasha is interested in history, economics, architecture, science, and technology. She enjoys hiking, yoga, photography, and the arts. Yasha is also quite the poet.

--Catherine Julius

**Branch Lunch Bunch Book Club - February 25**

The first meeting of the Branch Lunch Bunch Book Club will take place on at 11:30 a.m., Monday, February 25, at Sam's Restaurant on Route 30 A in Johnstown. We will be discussing the Adelante book - *Baghdad Burning: Girl Blog from Iraq by Riverbend*. Come for lunch and join in the conversa-

tion....or just come for lunch and friendship! Contact Liz Russo if you are interested, 762-9702.

**April 9 - Equal Pay Day  
Book Club meeting**

EQUAL PAY DAY is Tuesday, April 9, 2013. This is the day when a woman finally earns as much as a man did in the 12 months of 2012. It is on a Tuesday for that is the day a woman makes as much as a man did the preceding week. Our Branch Lunch Bunch Book Club will be reading *Grace and Grit* by Lilly Ledbetter to commemorate April 9 Equal Pay Day. Arrangements for our April 9 book discussion time and place will be decided at our February 25 lunch meeting. We can also wear RED/carry a RED purse to draw attention to the fact that women are in the red financially. In addition, we can ask our US Representative to co-sponsor the Paycheck Fairness Act by using the AAUW Two Minute Activist. --Liz

**JPL College Survival  
Raffle Basket**

Thanks to all who donated items and made monetary contributions for the College Survival Basket that our branch donated to the Johnstown Public Library for their annual basket raffle fundraiser. We donate a basket each year as thanks for the use of the JPL Community Room for branch and board meetings free of charge.

Our AAUW basket is on display at the JPL with many others, and raffle tickets may be

purchased at any time. The drawing will take place at the Mini Golf Fundraiser which will take place on April 20 at the JPL. Stop by the JPL and see our AAUW basket --Liz Russo

**Win a Free Membership!  
Raffle at March 21 Meeting**  
The first of three free AAUW memberships for the 2013-2014 year will be raffled at the March meeting. Our branch earned the free memberships from National AAUW for recruiting over six members at our fall and winter "Shape the Future Membership" meetings. Raffle tickets will be \$2 each or 3 for \$5. The other two memberships will be raffled at the April and May meetings. Good luck! --Liz Russo

**Fistula Repair Fund  
Contribution from District IV**

I recently received the e-mail below from Elise Russo, AAUW NYS District IV co-Coordinator: *"Donna Seymour passed the AGJ newsletter to me. LOTS of great things going on. I was happy to see that you were taking on the goal of helping the Fistula Foundation (read about that misery in "Half the Sky") We have \$114 left over from the \*District 4 conference. I have spoken to Robin about this (and Joan Monk as the Coordinator of all the districts) and they agree that it would be a great idea to donate this leftover money to your branch's efforts to provide a fistula operation to a woman suffering with this condition."*

*\* Held at Schenectady Community College last October*

As a result of the District IV donation, we are thrilled to be able to add \$114 to bring us closer to our goal of \$450 to pay for one fistula repair surgery. We thank those of you in our branch who have already donated and appreciate any donations the rest of you may give. We will continue collecting through June as part of the NYS AAUW My Sister's Keeper initiative. Donations will be accepted at upcoming meetings or may be sent to Linda Hammond. We can think of it as a way to "Fill a Bucket" for a woman less fortunate. --Liz Russo

**BOARD MEETING will be  
MONDAY, March 4 at 6 p.m.**  
  
**at THE JOHNSTOWN  
PUBLIC LIBRARY**  
  
**ALL MEMBERS ARE  
WELCOME.**  
  
**WE APPRECIATE YOUR  
INPUT!**

**Board Meeting Agenda**

The agenda for the March 4 meeting will include work on the budget for 2013-14. Those with requests to increase amounts budgeted or add items for expenditures to the budget should contact Linda Hammond or Ella Ryder by February 28. In addition, the slate of officers and committee members will be discussed to be finalized for presentation and voting at the April meeting. Plans will also be finalized for the upcoming NYS

Convention, including donations for the LAF fundraiser, delegates attending, and preparation of the 21st Century Awards applications. —Liz Russo

### **AAUW Student Organization Activities**

The AAUW Student Organization participated in the Club Fair at FM. Although only one new e-student was signed up, 50 postcards asking our New York State Senators to support the Violence Against Women Act (VAWA) signed by those attending the fair.

To support the local effort to assist those who are victims of domestic violence, the group has set up a box in the Student Union to collect toiletry items to donate to the local Domestic Violence Shelter.

In addition, the President's State of the Union was viewed by students in the new Raiders Cove. Thirteen students played AAUW State of the Union Bingo under the organization of Audrey Egleston, Assistant Director of Residence Life at FM. Three winners received Applebees gift cards provided by the Student Activities funding. —Liz Russo

### **Volunteer Opportunities for 2013-2014 Year**

We are currently looking for nominations and/or volunteers for our upcoming election for the following:

- Co-Presidents (We need to elect 2.)
- Recording Secretary
- Correspondence Secretary

- Program Committee Chair (could use another member also)
- VP for Legal Advocacy - and committee
- Newsletter Editor

If you are currently serving as a Committee Chair as listed in our handbook, we will consider you as keeping your position unless you contact Darcelle Winchell at 725-5963 or [darcelle@nycap.rr.com](mailto:darcelle@nycap.rr.com) and let her know you want to step down.

### **WE NEED YOU!**

#### **NEWSLETTER EDITOR**

Please offer to try your hand at preparing our newsletter. Computer skills are necessary. Articles are submitted by members so that only editing skills and arranging are needed. Newsletters are sent out to announce monthly meetings and inform members of other activities, AAUW news, and fundraisers. A total of 9 newsletters are sent out--September, October, November, December/ January issue is combined, February, March, April, May, and June. The newsletter editor will also keep the e-mail list to forward announcements to members. Since five members do not have e-mail, the newsletter is printed out, copies made and sent to those members via snail mail. (Cost to copy and mail will be reimbursed by the branch).

**Gloria Kimball** and **Linda Hammond** will be on hand to assist and train.

### **WE ALSO NEED...**

Volunteers to work on the **Program Committee and work with Darcelle Winchelle and Connie Chamberlain to act as Co-Program VP.** Responsibilities are explained below. PROGRAM VP and committee VP Program is responsible for setting up the programs for the branch for the year September through June. It is done with the help of committee chairs and usually begins with a summer meeting (generally after the NYS summer leadership conference) to discuss possible programs. Programs are often based on an end of the year survey done in June. Once suggestions of programs, venues, and dates are discussed, many take over the jobs of calling and reporting back to the VP to confirm speakers, etc. The September meeting is usually planned by the Membership committee.

Some things that need to be considered when planning a meeting are:

- \*Program topic
- \*Speaker
- \*Venue
- \*Time
- \*Person taking reservations/date for reservation deadline
- \*Cost of attending the meeting

Once a tentative schedule is set for the year, or most of the monthly meetings are in place, a meeting is held to finalize any details not confirmed. The schedule is usually typed out and made available for the membership booklet and also for monthly meetings.

After the yearly program is set, the VP Program oversees the details that make the meetings run smoothly and handles any issues that may come up pertaining to the programs. An article and flyer needs to be included in the newsletters. The VP Program often reviews the end of the year survey and makes sure it is included in a newsletter close to June.

#### .....AND WE NEED A Legal Advocacy Fund (LAF) VP

The Legal Advocacy Fund is the branch of AAUW that works to combat sex discrimination in higher education and the workplace. It does this by joining with other women's rights organizations to support litigation to fight such discrimination. It provides support to fight workplace sex discrimination that has far-reaching effects for all women.

VP LAF has the following responsibilities:

- Learn about LAF issues on the state level ([aauw-nys.org/laf](http://aauw-nys.org/laf)).
- Learn about LAF issues on the national level ([aauw.org](http://aauw.org)).
- Report to the membership via LAF articles in the newsletter.
- Organize a biennial fundraiser to benefit LAF. Typically our branch's fundraiser is partnered with EOF (Educational Opportunities Fund) and an auction is held with items being donated by the members. --Liz Russo

\*It's time to organize your donations of raffle or auction items (baskets or purses) for the NYS Convention!

#### NY State AAUW Convention - 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 week-end 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 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. So far, Linda Hammond, Liz Russo, Sandy Maceyka, and Patsy Suydam plan to attend. Please contact Linda or Liz if you are interested in also attending and would be willing to serve as a delegate or an alternate.

#### LAF Purses for Convention!

Part of our branch LAF donation is from our donation to the raffle/silent auction at the state Convention this April 26-28 in Lake Placid. Sandy Lane and Nancy Reynolds have each donated a purse. I hope some of you can donate items to go in a purse. Examples would be a wallet, key ring, gloves, comb, mirror, scarf, 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

#### AAUW Dorothy Anderson Wemple Literary Award

The AAUW Dorothy Anderson Wemple Literary Award is available to women high school seniors in Fulton, Montgomery, and Hamilton Counties who will be pursuing a 2- or 4-year college degree upon graduation. Students applying will be required to write a 300-500 word research or autobiographical essay on the topic "**Women in Combat - Pro or Con**"

Literary Award Chair Rosemary Leo-Pappas, asks scholarship applicants to include the following when writing their essays: "**The Department of Defense has recently changed its policy restricting women soldiers from combat duty. Since much of modern warfare is now technological and the use of foot soldiers in combat almost obsolete, do you agree or disagree with this policy**"

**change, and would you consider serving in combat?”**

Entries will be judged on interest, language skills, and knowledge of the subject. Entries should be submitted to high school guidance departments who along with area English teachers have received information regarding the award. To ensure objective judging, neither the name nor the school should appear on or be included in the essay. A separate sheet with the student's name and school, college they plan to attend, and the counselor's signature should be submitted with the entry. Deadline for the AAUW scholarship application is April 19. The \$300 award is given annually by our branch in memory of Dorothy Anderson Wemple who was a member of AAUW for over 50 years and a member of our local branch since its inception in 1967. Dorothy Anderson Wemple, who died in 2007, was an English teacher at Knox Junior High School in Johnstown and was a past judge for the essay contest which began in 1991.

—Rosemary and Liz

#### **Membership Recruitment**

This is a great time to invite a friend or relative to attend a meeting and join our AAUW branch. Those who join now will get a year and a half membership for the cost of a year - \$74! Encourage those interested to join now. They will not have to renew until June of 2014!

--Liz Russo

Dear AAUW Member,

Please keep AAUW in mind if you have travel plans to the DC area. We would love for you to stop by to tour the offices and meet some of the staff. In addition, sometimes we participate in special events and would be delighted to include you. For example, over the weekend of **March 2**, AAUW will be one of the organizations celebrating the 100<sup>th</sup> anniversary of the Woman Suffrage Parade in Washington, DC. That Saturday, March 2, there will be a panel discussion and various activities throughout the day at AAUW headquarters.

Sunday, **March 10** at 3 p.m., AAUW is partnering with the [National Museum of Women in the Arts](#) (NMWA) for a reception in celebration of their latest exhibition. In conjunction with the Royal Danish Embassy and [Visit Denmark](#), the NMWA will hold an exhibition of the Danish post-Impressionist and national treasure, Anna Ancher. Truly a do not miss!

If you will be in town and are interested in participating in either event, please contact Amanda Clemmer at 202-785-7752 by Wednesday, **February 27** and we will provide you with further information. And, don't forget to let us know about all of your future travel plans to DC.

Sincerely,

Laura McCulty Stepp  
Director of Annual Giving

## Calendar of Upcoming Events

### February 24

AAUW/Soroptimist Pancake Breakfast Fundraiser

**8-11 a.m.**

**(Help needed - 9:30-11:30 a.m.)**

### February 25

Branch Lunch Bunch Book Discussion

*Bagdad Burning: Girl Blog from Iraq*

Sam's Restaurant - Route 30A, Johnstown

**11:30 a.m.**

### March 1

AAUW Student Organization

Meeting

FMCC Classroom Building Room C-106

**noon**

### March 4

AAUW Board Meeting

Johnstown Pubic 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

### April 9 Equal Pay Day

Branch Lunch Bunch Book Discussion

*Grace and Grit* by Lilly Ledbetter

**Location TBA**

### April 25

Annual Dinner Meeting

Harold's Restaurant

**5:30 p.m.**

W. Fulton St., Gloversville

Speaker NYS AAUW board member Joan Monk

### April 26-28

NY State AAUW Convention

High Peaks Resort

Lake Placid



