

# Upstate Update

agj-ny.aauw.net April 2016

# Co-President's Message

On March 8th, the branch meeting was at FMCC with 4 of the international women students talking about their lives there and here. The women were extraordinarily interesting and shared their stories. We observed International Women's Day and National Women's History Month. April is our Annual Meeting month and we will be celebrating Equal Pay Day on April 12th at Harold's. Reservations are due Mon Apr 4th. Laurie Kozackiewicz will be our speaker. We will be discussing and passing a budget for next year. We will also be electing Vice presidents for membership, program, and AAUW

Funds and also a treasurer. Officers can serve 2 two year terms and it's helpful to share the position with another member. Also we will raffle a membership for next year. Let us know if you would be interested in getting more involved. We still have some chairwomen positions open. See attached flier for more info.

We're also asking your support for our 2<sup>nd</sup> Celebration fundraiser. The event will raise money for future philanthropic, advocacy and educational initiatives. The theme of this year's Celebration tea party is "Farewell to Downton Abbey" and will take place on Sun-

day, June 12 from 1pm to 4pm at the Eccentric Club in Gloversville. I hope that you all will be there with your friends and will support this fund raiser. Also we need worker bees for the planning of this event. We also would greatly appreciate your help finding sponsors and items for both the silent auction and raffle baskets. Thank you in advance for any assistance, monetary or other that you can provide. For more information about the Celebration, contact chair, Helen James at Hjames2265@aol.com. Please attend the next planning meeting on Wednesday, May 4th at 5:30 PM at the Johnstown Library. We need to get moving on this.

In April the state convention will be at the Sara-

toga Holiday Inn on the 15-17th. It's a great experience and several members will attend from our branch. We have two people to be delegates: Irene Collins and Jen Garren. More Info is on the web site AAUW-NYS.org or check with Catherine Julius or Sandy Maceyka. It's not too late to attend. And let either Linda Hammond know if you are willing to help out because we are helping to host the event and or Catherine Julius or myself if you are hopefully planning to attend. You could just go for one day, if you wanted to do so. At this conference we can donate 3 purses or 3 baskets or a mix of the three to raise money for LAF which will be credited to our branch. We decided on 3 purses and will put items in the purses. One purse will be a large business women's purse, another Going to the races at Saratoga, and another, is a small summer dressy purse with gold leather trim. Irene and Sandy will be putting them together.

The May 5<sup>th</sup> meeting will be on autism at the new Paul Nigra Center and will include a tour of the facility. Dues are due June 1<sup>st</sup> and June 14<sup>th</sup> will be our end of the year event at the Mayfield yacht club. Bring a dish to share and your renewal membership money.

Sandy Maceyka



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# **Celebration—Farewell to Downton Abbey**

Preparations for our fundraiser: Celebration, a "Farewell to Downton Abbey" High Tea are going well, but we still have a lot of work to do.

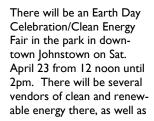
I will have tickets for sale at our next two meetings

and I'll probably bring them to the convention as well.

Remember tickets are limited and the price is \$45.00 each, so bring your cash or checkbooks. Thanks.

Catherine Julius

# Earth Day Celebration/Clean Energy Fair



the County Recycling folk, and hopefully the Johnstown Water Dept, and Cooperative Extension. I hope to get some entertainment for an hour or so, and for refreshment, there

will be free punch. Of course, some of us will be protesting global warming at this event. I hope that we will have good attendance from the AAUW Ladies.

Jahnn Gibson



# Global warming....

Last month, I wrote about methane and how it's 20-80 times worse as a greenhouse gas than carbon dioxide. It's presence in the atmosphere being caused mainly by the cattle industry.

This month, I wish to touch on the fact that, as meat eaters, we are taking the food from the mouths of others. For every 16 lb of grain fed to cattle, we get only one lb of meat. Les than 50% of our land is used to feed people directly, the other 50% is used to feed livestock. Meat eaters require 31/4 acres of land to supply them with food yearly, while vegans require only 1/6 of an acre. If we reduced our meat consumption by 10%, we could feed all of the 60 million people who die of starvation yearly. Cattle alone consume a quantity of food equal to the caloric needs of 8.7 million people.

Guatemala exports 40 million lb of meat to the US yearly, but 75% of Guatemalan children are malnourished. Most of Costa Rica's beef is exported to the US, while the average Costa Rican Family eats less meat than the average American housecat. Tropical rainforests are being cut for grazing land. Central America in 1960 had 130,000 sq miles of rainforest in 1960, but by 1987, it was down to less than 80,000 acres. Many of it's native people who depended on this forest are starving to death. Many rainforest tribes have been wiped out. This is racial genocide.

One child dies of starvation every 2 seconds, while one acre that produces 165 lb of beef could grow 20,000 potatoes. So, while you are enjoying that steak or hamburger today please give a thought to the grief of the 40,000 mothers who will watch their child suffer and die of starvation today. If you don't believe this, please, read john Robbins' "Diet For a New America."

Please, cut down or give up meat, particularly beef, entirely, for the environment, and for the starving peoples of the world. *lahnn Gibson*  agj-ny.aauw.net Page 3

# **Tech Savvy Update**

#### **More Funds:**

We are pleased to announce that we have received a \$750 grant from the Edward Perrella Foundation for the Tech Savvy Summit for Girls. Other recent donations have been received from Fage USA Dairy Industry Inc., Fit Happens, JTA, Delta Kappa Gamma, Northville PTO, Fulton County

Federal Credit Union, Citizens Bank, Balanced Health and Holiday Inn. Linda Bumpus continues to contact donors as we still need more funds to cover the cost of lab supplies, photocopying, registration materials and food for the event. We have several promises and hope to receive additional monies soon.

#### **Volunteers:**

We are pleased that so many of our members signed up to help with the event. Many have faithfully assisted with the Summit over the years and several are volunteering for the first time. Many hands will make light work!

# Tech Savvy—3 More Workshops

CSI/Ballistics—We are happy to report that Lynda McMaster has completely recovered from her broken leg, is back teaching at Cobleskill College and will once again provide the CSI/Crime Scene Investigation workshop that has been so popular in past years. Her husband, John Kohn, now retired from FM, will provide the ballistics component for the presentation.

**Build it with Loews**—Loews has also agreed to provide a workshop again this year. The

girls will learn how to use tools and build an item which they can take home.

#### The Science of Nutrition—

Thanks to the suggestion of Paula Lerner we have added a new workshop this year on Nutrition. Nancy Ackerbauer, Community Health Educator for the Fulton County Public Health Department, will be the presenter.

#### Registration

Registration packets are being e-mailed and hand-delivered to schools in Hamilton, Fulton and Montgomery Counties. Middle school girls interested in attending the Summit will sign up at their respective schools. Due to space limitations, each school is invited to bring 15 girls. The deadline for schools to send in the registrations is April 21. The registration fee of \$10 for each girl and chaperone must accompany the registration form. Once received, Linda Hammond, will begin sorting the girls into the workshops.

# **Tech Savvy Session for Adults**

Due to the popularity, we will again be holding a special session for chaperones and volunteers attending the Summit. P-Tech Present and Future will be the focus of the panel presentation.. Last year we were fortunate to have P-Tech Counselor, Jennifer Sponnoble bring freshmen girls in the program to talk about their experiences. Jen will return with sophomore girls for this year's panel. In addition, P-Tech science teacher, Jaimie Dickersen will talk about the Underwater Robotics competition in which the students participated. We hope to have some information about the future Ag P-Tech program as well. AAUW members and friends are welcome to stop by the Student Union Large Lounge at FM at 10-10:45am to hear the panel.

# **Raffles for Free Membership Renewal**

The second free membership renewal will be raffled at the April meeting. Congratulations go to Bonnie Van Wie who won the first raffle at the March meeting and to Sandy Maceyka at the April meeting.

A third raffle will be held at the May meeting.

The branch earned the free memberships which are being raffled by recruiting 10 new members last fall. The money raised from the raffles will go into our general account to cover

operating expenses and future membership recruitment. Tickets are \$2 for 1, \$5 for 3 and \$10 for an arm's length. Good Luck!

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# **May 5 Meeting Focuses on Understanding Autism**

We hope you will all join us on May 5 at the new Paul Nigra Center for Creative Arts TRAN-SITIONS on Rt 30 for a presentation about Understanding Autism.

Our speaker will be Victoria Morrison, Speech / Language Pathologist and Autism Specialist at Lexington Center.

Victoria Morrison is a NYS Licensed and ASHA-Certified Speech-Language Pathologist. She specializes in Autism Spectrum Disorders, social communication disorders, Early Intervention and preschool services, and fluency disorders. She has been a private consultant for Campbell House Psychological Associates in Schenectady, NY. She has given numerous local, regional, and state presentations in her specialty areas, to school districts, speechlanguage pathology conferences, and other professional groups. She currently works at Lexington Center, where she provides Speech-Language Pathology services, including Autism Assessments and training.

The Autism spectrum or autistic spectrum describes a range of conditions effecting neurodevelopment. Those affected may have social deficits and communication difficulties, stereotyped or repetitive behaviors and interests, sensory issues, and in some cases, cognitive delays. As more cases have been diagnosed it becomes important to better understand those around us with this learning difference.

At the meeting we will also have a chance to take a tour of the beautiful new Paul Nigra Center for Creative Arts and learn about the Transitions program which focuses on building academic, career, and life skills and independence for high school graduates and young adults with autism, ADHD and other learning differences.

Come at 5:30pm for sign in and a brief business meeting be-

fore we tour the facility at 6pm. The presentation on Autism will take place around 7:15pm during dessert. We will have a dinner buffet including chicken picata, a hot veggie pasta dish and eggplant parm, green salad, hot veggie, coffee, iced tea and cookies. The cost is \$20. Checks made payable to AAUW should be sent to Mary Jablonski, 134 Prospect St., Gloversville 12078. As background for the presentation on Autism, those interested might like to read The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida. Copies are reserved at the Johnstown Public Library under AAUW Book Club. Another book title on the same subject which might also be of interest is In a Different Key: The Story of Autism by John Donvan and Caren Zucker.

For more information call 725-1655. The <u>deadline</u> for <u>reservations</u> is April 25. Hope to see you there! Liz Russo & Mary Jablonski

# **Book Club Report for March 30** April Lunch Bunch Book Club - April 21

We were pleased to have 8 members including 2 new faces at our Lunch Bunch Book Club on Wednesday, March 30 at the Hales Mills Country Club. Jennifer Gardella and Darcelle Winchell joined the regulars to enjoy lunch, a lovely view of the golf course and discuss the book, <u>Ashley's War</u> by Gayle Tzemach-Lemmon.

The book was chosen since March was Women's History Month. The nonfiction story was about the first women who served in the specially created Cultural Services Team as enablers with the Rangers. The physically fit, well trained and highly motivated women accompany the Rangers on night raids helping to calm, search and gain information from females in Afghanistan to enable the Rangers to search for terrorists. Ella Ryder lead the excellent discussion.

The next meeting of the Branch Lunch Bunch Book Club will take place at Ipm on Thursday, April 21 at the Muni Golf Club in Amsterdam.

Since the branch will hold a meeting on May 5 focusing on Autism, it was suggested that a book on that topic be read in preparation. The book chosen was The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida.

Copies are reserved at the Johnstown Public Library under AAUW Book Club.

Contact Paula Lerner to make reservations for lunch. All are welcome whether or not you finish reading the book!

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# Equal Pay Day April 12

The following Letter to Editor was submitted by our branch to area newspapers:

Equal Pay Day, observed on April 12, is the symbolic day when women's wages finally catch up with men's wages from the previous year. The American Association of University Women (AAUW) promotes Equal Pay Day to educate the community about the pay gap between men and women. AAUW began working for equal pay in 1922 calling for a reclassification of the US Civil Service and repeal of salary restriction in the Women's Bureau. AAUW supported a bill introduced by Reps. Edith Green (D-OR) and Edith Rogers (R-MA) which required "equal pay for work of comparable value requiring comparable skills". A version known as the Equal Pay Act

was enacted in 1955 and in 1963. Although the Equal Pay Act and other civil rights laws have narrowed the wage gap, women working full time year around are still paid 79 cents on average for every dollar paid to men and the gap is worse for women of color. AAUW is working to build support for the Paycheck Fairness Act. The Federal Law would help protect everyone in all states. At present Alabama, Mississippi, South Carolina and Utah have no equal pay laws. Meanwhile California, Illinois, Minnesota, North Dakota, Tennessee and Vermont have the strongest equal pay protection. New York State recently closed loopholes in its law thus making employers more accountable. The goal is to provide the same protection for equal pay for equal work across the US. Passage of the Paycheck Fairness Act would give employers stronger incentives to follow the law, enhance federal enforcement efforts, and prohibit retaliation against workers asking about wage practices. AAUW promotes Equal Pay Day to draw attention to the gender pay gap and build support for the Paycheck Fairness Act because equality is still an issue.

Elizabeth Russo Amsterdam-Gloversville-Johnstown AAUW

### **AAUW NYS Convention - Check out next month's issue for articles & pictures**

April 15-17, 2016 Holiday Inn Saratoga Springs, NY

Student Track—Saturday, April 16 10:30—5:30



# A Sustainable World of Peace and Equality

From: Jennifer Gardella, Chair of Elizabeth Cady Stanton Hometown Association

Your invited to an exciting presentation at the First Presbyterian Church at 37 S. Market Street in Johnstown on Thursday, April 21, 2016 starting at 7 pm. The Elizabeth Cady Stanton Hometown Association—sponsored by the NY Council for the Humanities—is pleased to present a program entitled A Sustainable World of Peach and Equality with Dr Sally Roesch Wagner and Freida Jacques.

Their presentation will connect Haudenosaunee cultural ideas about women's role in society and principles of self-government as they influenced Elizabeth Cady Stanton's ideology. Dr Sally Roesch Wagner is one of the first women in US to have earned a PhD in Women's Studies. She is co-presenting with Freida Jacques, an Onondaga speaker and teacher.

Please come and bring a friend or family member to this unique opportunity; the first in a lecture series called "Elizabeth Cady Stanton, Evolution of a Reformer."

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#### **News from AAUW Site Resources**

The following information can be found on the National AAUW website (www.aauw.org).

#### I. New AAUW Research on Women in Leadership

Women are not new to leadership; think of Cleopatra or Queen Elizabeth. Think of the women who led the civil rights and education reform movements. But women are still outnumbered by men in the most prestigious positions, from Capitol Hill to the board room. *Barriers and Bias: The Status of Women in Leadership* examines the causes of women's underrepresentation in leadership roles in business, politics, and education and suggests what we can do to change the status quo. **Download the Full Report.** 

#### 2. FabLab TV and AAUW

Tune in with your favorite Steminist for a fabulous collaboration between AAUW and <u>FabLab</u>. Airing weekend mornings on your local FOX affiliate. FabLab is scouring the globe for mind blowing new discoveries, inventions and innovations that are making the world a better place. AVAILABLE ON OUR LOCAL FOX STATION, Saturday, 9:30 am

#### 3. Navigating Ocean Conservation as a Woman of Color

2010–11 AAUW American Fellow Ayana Elizabeth Johnson works as an independent consultant with nonprofit organizations that specialize in ocean conservation. Being a leader and a woman of color in a white, male-dominated field has not come without its bumps in the road, but, she says, she refuses to allow these stereotypes to stop her from doing her job. **Read More.** 

#### 4. It's Graduation Season! Give A Grad A Gift!

Did you know that as AAUW members, you can give a free national membership to as many recent graduates as you like? It's free for you and free for them. You could even gift the entire graduating class of your local college or university! (And yes, national members, that means you too!) **Give the gift of AAUW membership now.** 

#### 5. It's Time to Have the Talk

Recent graduate, Christina Pensock feels fortunate to have had her mom and best friend as mentors in pushing her to negotiate her salary. It's important that more women have these conversations and encourage each other to ask for what they deserve. Knowing your worth and building the confidence to articulate your value are crucial skills for women to use not only in negotiating their salaries, but in many aspects of their lives.

Read more: http://www.aauw.org/2016/03/07/taking-scary-out-of-negotiating/

#### 6. STEMbox- New Subscription Service for Emerging "Steminists"

StemBox is a monthly subscription service that sends young girls a fun and educational science experiment each month. StemBox and Green Works have partnered up and will donate \$1 to AAUW for every March 2016 box sold. This money will go directly to powering our national Tech Trek program. Order a STEMbox for a special young girl in your life!

#### 2015/2016 Board Members:

Co-Presidents:
Catherine Julius
Sandra Maceyka
Co-Vice Presidents—
Membership:
Vacant
Treasurer:
Ella Ryder
Recording Secretary:
Paula Lerner
Newsletter Editor:
Linda Hammond

Contact Info:

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The American Association of University Women advances equity for women and girls through advocacy, education, philanthropy, and research.

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.

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.

#### Calendar of Events

April 15-17	AAUW-NYS Convention Holiday Inn, Saratoga Springs	May 4	Celebration Planning Meeting 5:30 pm, Johnstown Public Library
April 21	Lunch Bunch Book Club I pm Muni Golf Course Amsterdam	May 5	Branch dinner meeting Topic: Understanding Autism Speaker—Victoria Morrison Paul Nigra Center for Creative Acts TRANSITIONS
April 23	Mother Earth Day Fair 12 noon—2 pm Johnstown Park, Main Street		Route 30, Mayfield
		May 24	Tech Savvy Summit for Girls, FMCC
		June 2-3	National Conference for College Women Student Leaders (NCCWSL), Univ. of Maryland, College Park
		June 12	Celebration! Farewell to Downton Abbey I—4 pm Eccentric Club
		June 14	End of Year Recognition Meeting & Pot Luck Mayfield Yacht Club

Details to follow

# AAUW Dinner Meeting May 5

Subject: Understanding Autism



Speaker: Victoria Morrison

Speech / Language Pathologist, Autism Specialist at Lexington Center

Place: Paul Nigra Center for Creative Arts

TRANSITIONS 2736 Rt 30 Gloversville

Time:

5:30 - sign in, announcements

\*6:00 - 30 minute tour of new facility

6:30 - dinner

7:15 - speaker during dessert and coffee

# **Buffet Menu:**

Green salad, hot veggie pasta, hot veggie, chicken picata and eggplant parm. Includes coffee, iced tea and cookies for dessert

Cost: \$20 Make Checks made payable to AAUW and send to Mary Jablonski ,134 Prospect St., Gloversville 12078 For more information call 725-1655

RSVP by April 25

Raffle for a Free AAUW Membership Renewal Tickets \$2 for 1, \$5 for 2, \$10 for an arm's length







You are invited to the Celebration

"Farewell to Downton Abby" themed Tea,
a Fundraiser for the local branch of the
American Association of University Women
on Sunday, June 12th from 1PM to 4 PM
at the Eccentric Club, 109 N. Main St., Gloversville

Come enjoy a High Tea catered by Union Hall, music, cash bar, silent auction & raffle baskets to raise money for the future local philanthropic, advocacy and educational initiatives of the Amsterdam-Gloversville-Johnstown AAUW

Tickets available for \$45.00 each or become the hostess of a table of 6 or 8 & invite your friends.

Pick a favorite character, dress or accessorize in period fashion and have fun!

RSVP to Catherine by May 27th: agjcelebration16@gmail.com or tel 518-542-4628



#### Amsterdam-Gloversville-Johnstown (NY) Branch agjaauw@yahoo.com agj-ny.aauw.net

# Celebration!

The Amsterdam-Gloversville-Johnstown branch of the American Association of University Women (AAUW) is asking your support for our second Celebration fundraiser. The event will celebrate the achievements of the local branch and raise money for future philanthropic, advocacy and educational initiatives locally. The theme of this year's Celebration tea party is "Farewell to Downton Abbey" and will take place on Sunday, June 12 from 1PM to 4PM at the Eccentric Club in Gloversville.

The AAUW is an organization of college graduates whose mission is to advance equity for women and girls through advocacy, education, philanthropy and research. The Amsterdam-Gloversville-Johnstown branch has organized Sister to Sister Summits for middle school girls in three counties for 12 years and will hold its 4th annual Tech Savvy Summit for Girls on May 24 at FM. In addition, the branch offers scholarship awards to Fulton-Montgomery Community College students, an essay contest for the high school seniors, and excellence in math and science awards to 8th grade girls. Every year the branch provides a scholarship to send an FM student to the National Conference for College Women Student Leaders (NCCWSL).

In addition, the branch has provided community programs including "A Place At the Table" movie and panel discussion on hunger awareness, showing of "Feminist: Stories From Women's Liberation" at FMCC and most recently a program for Gloversville Middle School students on cyber bullying and the dangers of social media and cell phones.

Donations to underwrite the Celebration may be made payable to AAUW with "Celebration" noted on the memo line and sent to:
Sandra Maceyka, 100 E Sixth Ave., Johnstown, NY 12095.
In addition to monetary sponsorship, we need items for silent auction and raffle baskets.

Thank you in advance for any assistance, monetary or other that you can provide.

For more information about the Celebration, contact chair, Helen James at hjames2265@aol.com

# **A-G-J AAUW CELEBRATION SPONSORSHIP LEVELS**

Dowager Countess Lady Violet	\$1.000
Robert, Carl of Granthem	\$ 750
Qora, Qountess of Granthem	\$ 500
Lady Mary Crawley /Lady Sdith Crawley	\$ 250
Lsobel Crawley/ Tom Branson	\$ 150
Mr. Carson/ Mrs. Hughes	\$ 100
Mr& Mrs Bates	\$ 50
Mrs. Patmore /Daisy	\$ 20

# Join us at Cazenovia!



# Building Success with Smart Ideas: Focus on Programming and Leadership

Summer Leadership Conference July 22-24, 2016 Cazenovia College Cazenovia, NY

- > AAUW VP for Member Leadership Programs, Deepti Gudipati
- Workshop: Developing New Leaders
- Round Table: Branch Programming
- Newly revised Start Smart + Work Smart Programs
- > ALL AAUW members are invited!
- Subsidized by AAUW-NYS
- > \$105 for the entire weekend (2 nights, 6 meals), \$110 for paper registration
- Register at www.aauw-nys.org after May 1