

# Upstate Update

agj-ny.aauw.net

October 2015

## Co-Presidents Message



### Is:

- ◆ Breast Cancer Awareness Month
- ◆ Domestic Violence Awareness Month
- ◆ National Bullying Prevention Month
- ◆ UN International Day of the Girl Child, Oct 11
- ◆ World Food Day, Oct 16
- ◆ United Nations Day, Oct 24

### In History:

- **October 8, 1993** – Toni Morrison becomes the first African American woman to win the Nobel Prize for Literature
- **October 10, 1983** – Dr. Barbara McClintock receives the Nobel Prize for Medicine for her discovery in genetics about mobile genetic elements
- **October 11, 1984** – Dr. Kathryn D. Sullivan is the first U.S. woman astronaut to “walk” in space during Challenger flight
- **October 28, 1958** – Mary Roebling is the first woman director of a stock exchange (American Stock Exchange)

October Greetings to one and all.

Our September Shape the Future Membership meeting was a great success with 35 attendees. Irene Collins’ basket to raise money for LAF was a big hit and was won by prospective member Colleen Leo. The Rainedancer did a great job with the food and serving and our speaker Mary Farley ESQ was great. Her talk about the US Constitution and amendments was a perfect discussion to celebrate Constitution Day and was followed by serving a constitution decorated cake from Hannaford. We wish Mary well in her campaign for NYS Surrogate Justice. Chantel Batuk joined on the spot and then helped recruit at FMCC the following day. Several members made announcements of coming events. And a upbeat time was had by

all. If you were unable to attend, you missed an informative and scintillating evening.

Next month on Tuesday October 20<sup>th</sup> at La Cucina Restaurant in Amsterdam our speaker will be Bethany Schumann McGhee, ESQ. Bethany will speak on elder law and estate planning. Arrangements are by Paula Lerner and reservations go to Jen Garren. See the flier. La Cucina is next door to Parillo’s Amory Grill. Hope to see you there.

*Sandy Maceyka*



## Did You Renew Your Membership Yet?

We don't want to leave you out of the membership booklet and most important, we don't want you to be left out of all the wonderful programs and activities planned for the 2015-16 year.

Send your \$74 check made out to AAUW (f you have not already) ASAP to treasurer Ella Ryder.

**LAST NEWSLETTER IF YOU HAVE NOT YET RENEWED YOUR MEMBERSHIP!**

## September's Meeting



Sandy Maceyka, Mary Farley, Esq., and Catherine Julius



**Thank you, Irene Collins!!**

For the donation of the raffle basket. We collected about \$90 in this raffle! WOW!!

The proceeds from this raffle go towards the AAUW Funds (Legal Advocacy, Education Opportunity Fund, etc).



Raffle Winner, Colleen Leo

## District IV Meeting: Food Insecurity—The Next Step

Catherine Julius and Linda Hammond attended this meeting on 9/26 along with AAUW members from Poughkeepsie, Albany, Kingston, Schenectady and the host branch, Adirondack. The program involved a panel of speakers from various organizations. This is their talk on food insecurities.

### **Kim Cook, Open Door Soup Kitchen:**

Kim opened the program explaining what the Open Door Soup Kitchen mission is. The day's discussion started with the explanation of "mental models" which are beliefs, ideas, images, and verbal descriptions that we consciously or unconsciously form from our experiences and which (when formed) guide our thoughts and actions. After description of Mental Models – Middle Class and Wealthy were provided the description of Poverty was: Spending a lot of time in agencies, are told if you want help this is what you have to do, told to come back because you didn't have all of the documents needed, only to return another day to wait in line. Child care is needed, friends help babysit whether they are fit or not. Food – may have it their home, don't get to pick what they would like because of price, may not know how to cook foods with proper nutrition. Very familiar with the criminal justice system. Housing – may not be something they can count on, up rooted all the time, they lose things (clothing, furnishings) with these moves, multiple families living in 1 apartment. Healthcare – a lot of times chemical dependency is around their lives, mental health issues. Transportation is always an issue. They rely on a relative or friend to help repair their car. When the monthly assistance check arrives, this individual is right there looking for a loan. They don't have enough to get through the month but they give money because that person repairs their car. There are quite a few unwritten rules to follow. The Open Door Soup Kitchen oversees a backpack program where 175 kids are fed every week in 6 area schools. The PTA packs the food into bags

and the school administrations determine which kids need the packs. They send things that are easy to eat, microwavable, things even a kindergarten child can use to eat. These kids are sometimes taking care of other siblings, dealing with other issues within their home (other tenants, relatives).

### **Roy Hansen, Building Bridges to Nutrition:**

Roy is a retired minister and is a member of the Methodist Church. After viewing "A Place at the Table" last April a group of parishioners decided that there needed to be further work. There are 3 levels of involvement: 1) meeting immediate needs, 2) seeing what can be done for people who are in food insecurity and move them out of this situation, and 3) Cultural change – Need to change governmental regulations and policies. Need to address how they fail to meet the needs of the poverty. In 1970's there was a very low number of people with food insecurities. In 1990 the government started to dismantle some of the programs. There needs to have an increase in funding for poverty subsidized programs.

Building Bridges needed to decide where to put their efforts. The emergency hunger needs are being taken care of with the food pantries and various organizations like Open Door. The government policies portion would take tremendous amount of time to accomplish. The group decided to focus on building bridges – helping them out of food insecurities. Building Bridges mission is to bring awareness to the community – let people know what is "going on", show "A Place at the Table" to organizations, and conduct a public showing

of the film. Be involved in forums or sponsor forums to make people aware of what is going on out there. There are many barriers for the poverty. The cost of fruits and vegetables are higher than the cost of junk or high caloric pre-packaged foods. Transportation – some people, particular rural residents, may not be able to get to areas where the food is.

Building Bridges is working with Village Green (subsidized housing in Glens Falls) where approximately 200 children live. They want to help the families that live there. There will be a Harvest Festival on the afternoon of Monday, Oct 12<sup>th</sup>. They will have activities for the children. The adults will have a harvest table where they can obtain free squash, pumpkins, apples, etc. There will be volunteers available to talk to the adults and handing out easy recipes for cooking the vegetables. Building Bridges wants to work with the Open Door Soup Kitchen. Another area that needs attention is transportation to the Farmers Markets. There may be other agencies that may already have the resources to utilize. Building Bridges is looking to work with people who can help with budgeting, teaching nutrition and menu planning within a budget.

### **Belinda Bradley, Warren-Washington Association for Mental Health:**

The East Side Center Psychiatric Day program has approximately 65 people/day visiting. These individuals are on SSI along with substance abuse issues and trying to live on \$800/month. Their greatest achievement is the community garden associated with their agency. In 2006 a retired master gardener volunteered to create the garden

(Cont.)

## District IV Meeting: (Continue)

along with fellow gardeners. The garden started with raised beds of flowers and vegetables. Their members (clients) work along with the gardeners. Through the years the garden has expanded, including the addition of a greenhouse that allows growing of leafy vegetables during the winter months. On Fridays, they hold a small farmers market at their agency and a former heroin addict runs the stand. Prices are dirt cheap for their members and the stand is also open to the public. The gardens have introduced new vegetables to the weekly lunch menus. Their agency has produced enough food that they are able to share their produce with the Open Door Soup Kitchen. One volunteer started the idea but it took the community to build it and work at it. "You are not only feeding your body but you are feeding your soul."

### **Catherine Barton, Representative for NYS Senator Betty Little:**

Catherine reviewed the various programs that are available for low income families. SNAP - There are not many farmer markets that are able to work with recipients of SNAP. There is a start-up cost that many markets are not able to handle in order to accommodate. The recipients would exchange funds from their SNAP cards for tokens to purchase items at the farmers market. Fresh Connect is a program that service members can get tokens through their local veterans' agencies. SNAP also offers nutritional counseling through various agencies. In the Warren-Washington County area the Cooperative Extension will send someone to the recipient's home. They will also help individuals enroll into the SNAP program. The WIC Program includes coupons in the monthly packets for use at farmers markets. Seniors in low income are also provided coupons. This year NYS budgeted to expand the farmers markets in urban areas. NYS Community Garden Office in the Department of Agriculture is a resource for people who want to start a community garden. There are sources of funding but the criteria can be chal-

lenging. Funds are available for children based community gardens. There are also private companies who donate to community gardens (Walmart, Home Depot). Grantsgateway.org is the website to apply for grant funding. Some small groups/organizations could use assistance in writing their application for a grant. Hungersolutions.ny.org - has many resources and slides for presentations available on their site. Other resources available in communities are: Regional Food Banks (educational services), Community Action Program, 2-1-1 connects the public with the appropriate agencies for their immediate needs.

### **Donna Seymour, NYS AAUW Public Policy VP:**

Donna spoke about the local videos that are produced by Clarkson students along with the St Lawrence County branch. They produce 2 shows/week over a 7 week period. The shows are viewed on the local broadcast channel as well as on YouTube. Many of their videos have several hundred views. Videos are a great way to get information out to the lower income families. They can view a video at any time of the day and from their home. Anyone can produce an informational video with a personal video camera. You don't need a studio and interviews can be conducted anywhere. You do need to set guidelines and provide to the speaker(s) program questions/agenda before filming. Gardenshare.org is a great resource that focuses on increase access for better foods to more local areas.

A suggestion from the audience is to look at your school's home & careers curriculum. Are they introducing nutrition foods in their classes? Are they teaching how to cook nutritionally? Are they receiving sufficient funding in order to meet this need? Another community has an organization called Community Care Givers. One of their objectives is to meet people at the food bank and provide transportation back to their home with their bags of food. They may be able to take public transportation to the food bank but then they are unable to carry

the bags of food by themselves.

When working on new programs, be sure to include people from low incomes. They will tell you if the new program is on target or off base. It was all agreed that improvements need to be handled on the local level. Every area is different and knows what they need and the resources available.

All in all, this meeting was great. The group may have been small in number but everyone saw what other agencies and groups were doing for food insecurities. We left knowing that there were ways for initiatives or collaborative efforts to occur and help families cross the bridge out of poverty.

*Linda Hammond*

### **Suggested Resource from Kim Cook :**

*Bridges Out of Poverty: Strategies for Professionals and Communities.*

by Ruby K. Payne (Author), Philip E. DeVol (Author), Terie Dreussi Smith (Author)

(This is the 1 of the books that some of the members read before our November 2014 meeting with Haven of Hope.)

## Constitution Day at FMCC

Catherine Julius, Liz Russo and newest member of AAUW and recent grad from FMCC, Chantel Batuk were at the Classroom Building at FM on Constitution Day, September 17 to present information about the Constitution, register new voters and introduce students and faculty to AAUW.

Darcelle Winchell had invited our AAUW branch to be part of the celebration at the college.

The display board prepared by Membership VP Mary Jablonski attracted much attention. Catherine had AAUW literature on College Student memberships, Pay Equity and other AAUW initiatives to distribute. She ran a video about the Constitution with the help of Chuck Saul, FM tech man. She also ran videos about AAUW on her iPad.

As a result, we signed up 35 e-affiliate students for free memberships and gave each one of our new stylus pens and a candy as a thanks.

Catherine also provided voter registration forms to 6 students and three additional students registered to vote on the spot.

We are hoping that we have generated interest in revitalizing the AAUW Student Organization at FM. We hope to find a faculty member who is an AAUW member, who would be willing to act as an adviser as there seems to be interest from the students who signed up as e-student affiliates of AAUW to form a club on campus. Information was also shared with the students who stopped by about the National Conference for College

Student Women Leaders (NCCWSL). We hope to encourage applications for those interested in attending in May, 2016. Our AAUW branch display also generated interest from faculty and staff and handed out a few membership brochures. It is definitely worth having a presence at FM again soon.

## 2015/2016 AAUW Program

This year we decided to do the programming in a new way.

That is, we have accepted various members' willingness to take on one or two programs and let them take care of the details.

This was decided after the extensive Programming meeting we had in August when we took into account everyone's suggestions and voted on the various programs.

That being said, we would like all the various programs all set and ironed out before our next Newsletter, so that we can let all our members know what is in store for us and allow them to plan in advance which programs they will be attending.

Traditionally the programs are also listed in the Branch Membership Directory which is usually distributed

in November, or early December at the latest.

If you have agreed to chair or head the committee of one of the programs for this year, please let us know the following about your program: the date, time, place, cost, RSVP information, menu choices (if applicable) and what the program is going to be about. ASAP.

If you are unable to put together a flyer, we will take care of that using the information provided. We would also need a sign-up sheet to be passed around at the programming meeting in the month before.

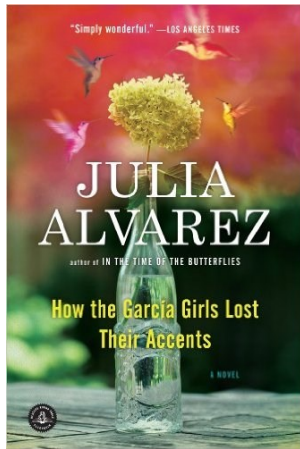
This is an experiment that I hope succeeds. I feel each member should have more input in what we do. Not everyone can be happy about each of the programs, but at least we can say the decisions

were made by a majority of the members who contributed ideas and took the time to work on the Programming Committee, which was actually open to all our members.

Personally, I am excited about all the different ideas we decided to adopt for our programs.

Thank you in advance for your cooperation. As always Sandy and I are here to help.

*Catherine Julius, co-president*



## Branch Lunch Bunch September Book Club Meeting September 29

To mark National Hispanic Heritage Month the Branch Lunch Bunch Book Club will meet on Tuesday, September 29 at 1pm at Union Hall for lunch and discussion of the AAUW Adelante Book of the Month Club choice How the Garcia Girls Lost Their Accents.

The novel by Julia Alvarez is about a family including four sisters who fled

the Dominican Republic's cruel dictatorial forces and came to NY City in the 1960's. Copies of the book are available at the Johnstown Public Library.

Those planning to attend should contact Pat Valachovic at 736-1253 by September 24.

All are welcome to attend whether or not they have completed reading the book. A Mexican menu will be offered for the lunch. Those attending can order from the menu.

## Elections Ahead - Will you be an informed voter?

Election day is not until November 3, but it is never too early to become an informed voter.

We will have the opportunity to vote for our NYS Supreme Court Justices in District IV as well as our local elections.

Go on line, read the papers, listen to the news learn about the issues and the candidates running.

Will you be away on Election Day? If so, apply now at the Board of Elections for an absentee ballot.



## Hats off to You!



Cindea Bradley (who is our FMCC Scholarship winner & who came to our June meeting with her Dad) is running for Town Justice in Minden.

She was on the primary ballot for the Conservative Party, but will also be running on the Democratic party line in Nov.

## "Spirit of 1776" Suffrage Wagon

The NYS Museum will exhibit Long Island's Important Women's Suffrage Artifact during the State Suffrage Centennial in the Fall of 2017.

But it's essential for State residents and visitors to NY to be reminded that New York is the cradle of the Women's Rights Movement in the United States! And the Spirit of 1776" wagon should be on permanent exhibit for now and future generations.

Please join in on the letter writing campaign. We have a flyer at the end of this newsletter with the directions and information on what to do.

Thanks!

# Thank you!

Ladies,

After 5 days on the campaign trail I just 'landed' in my house. Forgive my delay in responding.

Thank you for a lovely, engaging evening. I enjoyed socializing with your members. Everyone was so kind & chatty. I enjoyed every minute of my time with such an intelligent group of talented women!

Congratulations on such a successful dinner!

Thank you, again, for the opportunity to address your group!

Sincerely,  
Mary Farley



## From Literary Award Recipients:



Dear Linda Hammond,

Thank you so much for selecting me as your top winner for the Dorothy Wemple Literary Award! As a feminist who highly admires the efforts made by past and current women's rights advocates, I am humbled to have this recognition bestowed on me! Your donation will allow me to pursue a medical-based field, something

as a woman I'm particularly proud about. Thank you again so very much!

Sincerely,  
Kelsey Thompson

Dear AAUW,

Thank you for awarding me your scholarship. I will be putting it towards my tuition and it'll be less I have to borrow. I also learned a lot about Elizabeth Cady Stanton in writing this essay that I hadn't known before. It was quite an educational experience.

Sincerely,  
Audrey Flint

## From Jennifer Lee (Received in April 2015:

Dear Ms Hammond,

Thank you so much for bringing me to Johnstown. I had a great time and felt welcomed and well taken care of "by Jen Garren."

It was a great time. Your gift basket was needed (at 1 am) and a pleasant surprise!

Warmest Regards, Jennifer Lee

PS: Would love to come back!





Amsterdam-Gloversville-Johnstown (NY) Branch

Co-Presidents: Catherine Julius  
Sandra Maceyka

Co-Vice Presidents—Membership:  
Mary Jablonski

Treasurer: Ella Ryder

Recording Secretary: Paula Lerner

Newsletter Editor: Linda Hammond

Phone: 518-229-2058

E-mail: agjaauw@yahoo.com

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

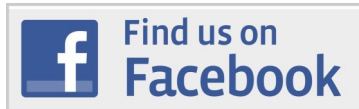
AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

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.

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## Calendar of Events

### 2015:

- Oct 20    October Meeting—  
Elder Law and Estate  
Planning, La Cucina  
Restaurant, Amsterdam
- Nov 9    November Meeting—  
Stress/Relaxation &  
Brain Games,  
Johnstown Sr Center
- Dec 5    Holiday Lunch, Union  
Hall, Johnstown, 1 pm

### 2016:

- April 15-17 AAUW-NYS  
Convention,  
Holi day Inn,  
Saratoga Springs
- June 2-4    National Confer  
ence for College  
Women Student  
Leaders  
(NCCWSL), Univ.  
of Maryland,  
College Park





Amsterdam Gloversville Johnstown

## AAUW October Meeting

Tuesday October 20<sup>th</sup> 2015

5:30 PM for Socializing,  
6:15 PM Dinner at  
La Cucina Restaurant,  
1 Port Jackson Square, Amsterdam

You are welcome to attend for the program  
only @ 7:15, but please RSVP

With Guest Speaker Bethany Schumann-McGhee, ESQ  
on Elder Law and Estate Planning

Arrangements by Paula Lerner

Dinner RSVP with check for \$16.50 to AAUW

by Monday 10/12 with dinner choice to:

Paula Lerner

214 S Melcher St Johnstown, NY 12095

or (518) 736-2449



Menu Choices are:

Chicken or Eggplant Parm, Seafood Stuffed Haddock, or regular or gluten free 6 cut  
pizza with choice of 2 toppings. All served with Side of Pasta and Salad and  
Homemade Bread. Coffee, Tea and cookie tray for dessert.



# AMSTERDAM-GLOVERSVILLE- JOHNSTOWN AAUW MEETING

Monday, November 9, 2015

5:30 pm

at

Johnstown Senior Center

105 E Main St Johnstown



## Program Speakers:

6:30 pm

Maura Fleming, Alzheimer's Association:  
**Brain Games**

7:15 pm

Sue Cridland, Nathan Littauer Health

Link: **S** and *Relaxation*



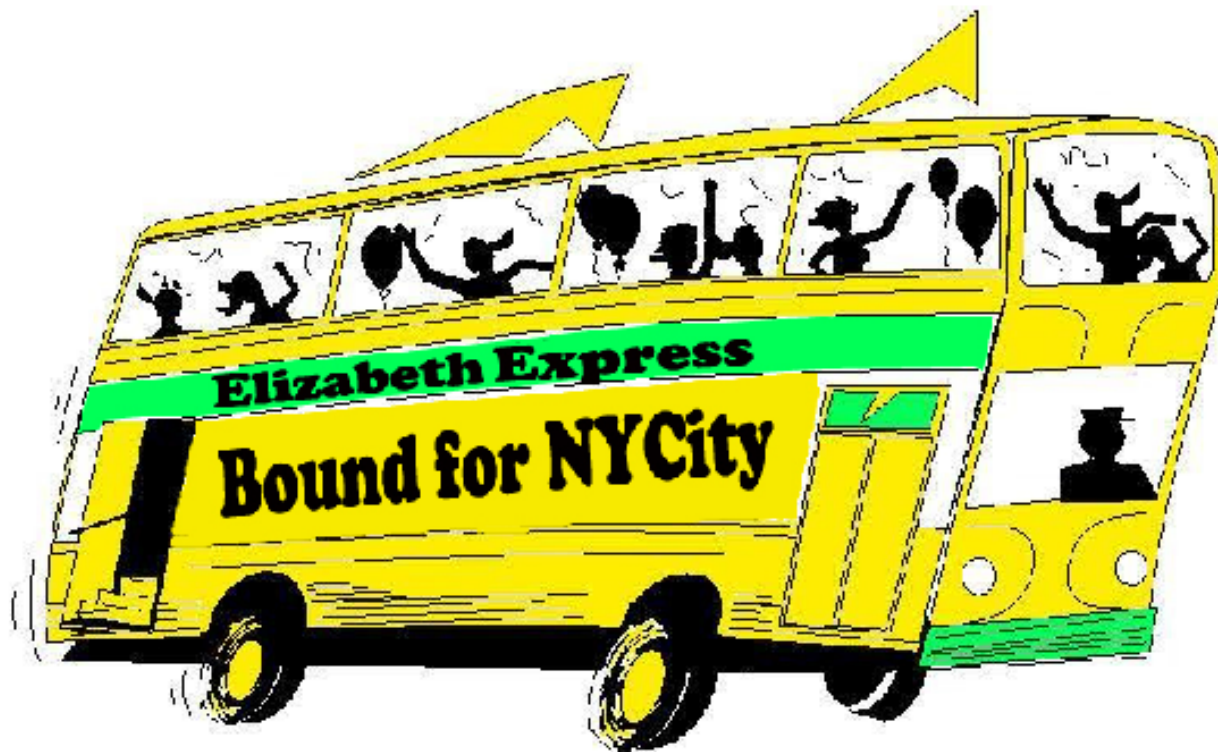
Desserts and Refreshments will  
be served

Cost: **Free**

**RSVP by 11/4:**

To: Linda Hammond  
229-2058, leave message





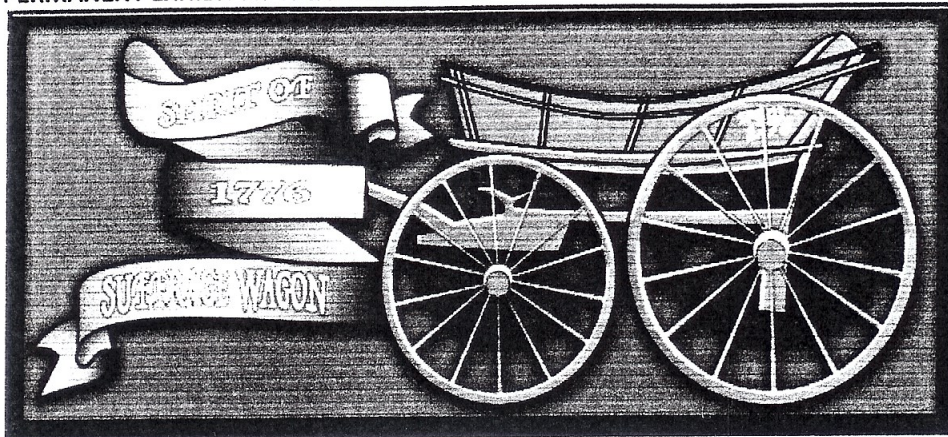
**Hop on, we're celebrating  
Elizabeth's Birthday on November 12  
(Elizabeth Cady Stanton that is)**

- 10 AM – Leave Johnstown on Brown's Coach Bus  
★ Union Hall boxed lunch  
★ Ken Burns' film "Not for Ourselves Alone"
- 2 PM – Birthday cake Woodlawn Cemetery the Bronx
- 4 PM – Visit Elizabeth's statue site in Central Park
- 5 PM – Downtown for dinner
- 7:30 PM – Begin Birthday Party Cooper Union Great Hall
- 9:45 PM – Relax, unwind, and return home

**Saving you a seat... Use link for details**

**<http://www.ecstantonhometown.org/events.html>**

**SUPPORT THE STATE OF NY PLACING THE "SPIRIT OF 1776" SUFFRAGE WAGON ON PERMANENT EXHIBIT AT THE NYS MUSEUM!**



**WE'VE MADE HEADWAY DURING THE PAST YEAR.**

**THE NYS MUSEUM WILL EXHIBIT LONG ISLAND'S IMPORTANT WOMEN'S SUFFRAGE ARTIFACT DURING THE STATE SUFFRAGE CENTENNIAL IN THE FALL OF 2017.**

**BUT IT'S ESSENTIAL FOR STATE RESIDENTS AND VISITORS TO NY TO BE REMINDED THAT NEW YORK IS THE CRADLE OF THE WOMEN'S RIGHTS MOVEMENT IN THE UNITED STATES! And the "Spirit of 1776" wagon should be on permanent exhibit for now and future generations.**

**HERE'S HOW YOU CAN HELP:**

1. Write to NYS Museum director Mark Schaming, NYS Museum, 222 Madison Avenue, Albany, NY 12230  
or  
NYS Lt. Governor Kathy Hochul, Executive Chambers, State Capitol, Albany, NY 12224
2. Say that you support the New York State Museum placing the "Spirit of 1776" suffrage campaign wagon on permanent exhibit
3. Mention something about yourself and why you are interested in this topic.

For more information about the "Spirit of 1776" suffrage campaign wagon used by Edna Kearns and others during 1913 on Long Island:

**[SuffrageWagon.org](http://SuffrageWagon.org) where you'll find all you need to know about the wagon and the grassroots organizing on Long Island and New York City.**