



# 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.

2009 – 2010

February

### Branch Officers:

*President*

*Helen Martin*

*Vice President - Program*

*Sandy Maceyka*

*Vice President - Membership*

*Liz Russo*

*Vice President – Ed Foundation*

*Kaye Schrader*

*Vice President – Legal Advocacy*

*Ginni Mazur*

*Recording Secretary*

*Sue Summerfield*

*Treasurer - Barbara Nigro*

### President's Message

Hi Ladies,

It's Super Bowl Sunday as I'm writing this; I enjoy it because Russ takes over the kitchen and all I have to do is feast on what he fixes!

Since our last newsletter in November we have enjoyed our Christmas brunch at Union Hall with great entertainment by Drury Creek and a wonderful meeting at Harold's with a presentation on Asian Symbolism. The rest of our program schedule promises to be just as entertaining and educational and I, for one, am really looking forward to all of our upcoming meetings.

As I mentioned at the January meeting, there are several positions up for election in April. Barb Nigro has graciously (and thankfully!) agreed to a second term as our Treasurer – thank you Barb! We do, however, need someone to work with Barb with an

eye to taking over the Treasurer's position in two years.

We are also in need of Vice-Presidents of Programs, Membership and Education Foundation. Liz Russo who has done an outstanding job as Membership VP would like to take a step back next year but is willing to work with whoever wants to take over the position. I can't thank Liz enough for all of her hard work – she knows membership inside and out and I know she will do all she can to help whoever follows her.

I haven't heard for sure if our present VP's of Programs, EF and LAF (Education Foundation) are planning on another term, but if anyone else has any interest I'd love to hear from you! We are also going to be in need of a new Web Editor & Internet Contact. After working so hard at these positions for so long, Rosy Pynadath is looking to take a well-deserved break and enjoy her new granddaughter! If you would like to take over this position, please let me know–Rosy will work closely with you on making the transition.

We also need three members to serve on our nominating committee. We need to vote on new officers in April, so please let me know if you are interested.

For all of you who presently hold positions, I thank you for all of your hard work. The way you all work together to keep our branch running smoothly is fantastic!

Finally, please read the article concerning the State Convention sched-

uled for April 23-25 at the Otesaga Resort Hotel in Cooperstown. We are allowed three delegates, so if you have an interest in attending and representing our Amsterdam-Gloversville-Johnstown Branch, please get in touch with me.

Thanks again and I'll see everyone at our February meeting. And, remember Eleanor Roosevelt's words, "*The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.*" Best, Helen

### Focus on Health in February

The February meeting will be **Thursday, February 25, at the Townhouse Restaurant** in Johnstown (formerly the Rainbow). Dinner will be at 5:30 and at 6:30 we will have a very informative presentation. First, Sue Cridland from Healthlink will give us an overview of all of the programs they will be offering this spring to help us keep healthy and stay informed about health issues. Our main program for the evening will be "Maintain Your Brain." William Henrichs, Program Manager of the Alzheimer's Association, will inform us about what we can do to keep our brain healthy and reduce the risk of Alzheimer's disease. The program will feature nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises, and take home materials. The cost of the evening is \$20; this includes dinner and the take home materials you will receive. This is a

very real and important issue for all of us. The incidence of Alzheimer's has seemingly increased in recent years. I would venture to guess that each of us knows someone with the disease. Please join us to participate in this very interesting and interactive program. Sign up on the attached meeting flier.

—Anne Campos

## Welcome New Member Joan Clapper!

Joan attended our December meeting and joined on the spot. She was formerly a member and was enticed back by her neighbor, Linda Bumpus.

Joan is a graduate of Houghton College and received her Master's in Library Science from SUNY at Albany. After serving as Mayfield school librarian for a number of years, she retired to take up babysitting for her grandchildren. Joan is a volunteer at the Getman Home and at her church where she sings in the choir and also plays the bells. After serving as a cheerleading coach for 25 years, she now enjoys sports as a spectator.

—Liz Russo

**Note:** If you plan to bring a guest to any of our upcoming meetings, please contact Membership VP, Liz Russo so that a prospective member packet and name tag will be ready for them.



## Special Membership Offer

We have been fortunate to have several guests attend our last two meetings and we hope they will join our branch. Pass on the word that those who join by March 1 will get 15 months for \$70, the price of a year's membership! Let's try to bring those guests back to our February meeting and encourage them to bring their membership dues with them so that they can take advantage of this limited time offer!

—Liz Russo

## Public Policy

"If women and members of other traditionally underrepresented groups joined the science, engineering, technology and math workforce in proportion to their representation in the overall labor force, the shortage of these professionals would disappear. Although women make up half of the workforce, they only comprise 25 percent of the labor force in science, engineering and technology fields." (AAUW Action Network)

Join the National Lab Day declared by President Obama in May, a movement to bring together professionals and teachers to provide high quality, hands-on lab experiences for students. The initiative is an attempt to coordinate the resources available in the private sector with the contacts available to our teachers in the schools. AAUW members can partner with experts to assess labs, update equipment, conduct inventory or clean and repair equipment. Members could mentor a student, provide internship opportunities or assist with lesson plans.

Let's not forget how AAUW members are great fundraisers and expert on setting up fairs and field trips.

Check out the website [www.nationallabday.org](http://www.nationallabday.org) to read about the events and suggestions available. Whether you are a professional, professor, teacher, engineer or volunteer, there are existing projects that you can sign up for. Let's make it a success.

—Michele Acquaro

## More Public Policy

The latest issue of the Outlook is worth reading. The publication brings AAUW's research to light for members. I found most of the material very thought provoking. We as women have come a long way in forty years, but some things have remained the same. I refer to the article about balancing family and positions in higher education. Many of today's educated women are reaching professorial positions, but are finding it harder to do than their male counterparts. The article states that most women achieve

their doctorates at the average age of 33. The tenure process lasts at least six years. So many women face the choice of delaying the start of a family. At the same time, women often defer seeking administrative positions because of the time commitment and politics involved. What AAUW suggests is a mentoring process in which the young academic can receive real world guidance in the process of achieving tenure and success in the collegiate world. Many of us have daughters or daughters-in-law in this situation. Give them guidance and support. If they feel that they are being left out and overlooked, suggest they investigate the AAUW research and support offered by LAF. As University Women we should focus of the future success of our women in academia.

—Michele Acquaro

## Women's History Exhibit Committee Needed

I recently received an email from the Fulton County Regional Chamber of Commerce and Industry. They have invited all women's organizations that are Chamber members (that's us!) to participate in a Women's History Exhibit to be displayed at the Chamber during March 2010, Women's History Month.

I am asking for volunteers to work on a committee to set up a display at the chamber to showcase AAUW. We will be given space to display artifacts, artwork, or anything that exemplifies women's history and/or our work. What great exposure for our branch! The exhibit will run from February 22 to April 1. If you are interested in helping to create a display for our branch, please let me know so we can begin to work on it.

—Helen Martin

## Raising the Equity Banners

Our branch proudly donated an equity banner which will be displayed yearly on Main Street in Johnstown along with others purchased by area women's organizations to honor the birthplace of Elizabeth Cady Stanton. The banner-raising ceremony will be held on Saturday, March 13, at 9:30 a.m. We hope a number of our AAUW branch members will be on hand as recognition will be given to our organization at that time.

—Liz Russo

## Elizabeth Cady Stanton Women's Symposium

Registration is now underway for the third ECS Women's Symposium to be held at BOCES on Saturday, March 20 from 8 a.m.-4 p.m. If you would like a registration brochure, please contact Helen Martin, Sandy Maceyka, Liz Russo, or Linda Hammond. We will also have brochures available at the February meeting.

The Symposium will feature 15 workshops in three sessions, continental breakfast, luncheon, and several vendors. The keynote speaker will be Robin Gerber, author of *Leadership the Eleanor Roosevelt Way*.

Please come for a wonderful day and see what Elizabeth Cady Stanton, Susan B. Anthony and others have shown, that wonderful things happen when women get together!

## Basket Donation for JPL Storybook Sundae Fundraiser

For the past several years, our AAUW branch has been holding our board meetings and Sister to Sister Summit planning meetings at the Johnstown Public Library free of charge. In appreciation and in support of the library, we annually participate in the library's Story Book Sundae fundraiser by donating a basket which is raffled at the event. This year we have chosen the theme "**A College Survival Basket for a Young Lady.**" The basket includes items donated by our members including the books *U chic The College Girl's Guide to Everything* and *The Everything College Survival Book* as well as college necessities for dorm life and studying. The raffle drawings will take place at the Storybook Sundae which will be held on Sunday, March 21, from 1-2:30 p.m. at FMCC. Baskets are now on display at the JPL and raffle tickets may be purchased for \$1 each.

Thanks to all who donated items for the basket. Hope you will visit the library to see our basket and all the other creative basket donations on display as well as attend the Storybook Sundae event. --Liz Russo

## Apply for AAUW Fellowships and Grants

For more than a century, AAUW has helped more than 10,000 women from more than 130 countries break through barriers and to pursue their dreams of obtaining graduate degrees or making an impact in their communities.

Fellowship and grant recipients undergo a highly competitive selection process. Academic excellence, commitment to improving the human condition, and the promise of continued impact are cornerstones of the rigorous criteria. Respected scholars, researchers, teachers, and practitioners review the fellowship and grant applications. These reviewers are either experts in specialized fields of study or community leaders who recognize the power of collaboration at the local level.

Select a link below to learn more about the criteria, application process, and deadlines for each of AAUW's five fellowship and grant programs.

**American Fellowships**  
**Career Development Grants**  
**Community Action Grants**  
**International Fellowships**  
**Selected Professions Fellowships**  
--Kaye Schrader

## New York State Convention

The 2010 New York State AAUW Convention will be held at the Otesaga Resort Hotel in Cooperstown April 23-25. There are a variety of workshops scheduled on Saturday including the following:

1. Why So Few? Women in Science, Technology, Engineering, and Mathematics (STEM)
2. Value U: A Community Action Initiative in Gender Equity
3. Live Wires for a Labor Cause
4. Eleanor Roosevelt: A Woman for All Seasons
5. Public Policy: AAUW Leads the Way
6. Dignity for all Students: Let's Make It a Reality
7. Too Sexy Too Soon: How Media Images Affect Young Girls
8. Don't Fence Me In: Music of Holocaust Refugees at Fort Ontario

Convention is a great time to interact with the members from the other branches, share ideas and learn from each other what is working to advance the message of AAUW throughout not only the state but the nation. The above workshops are just the tip of the iceberg of the activities planned for that weekend.

If you are thinking about attending and would like more information, please let me know, and I will send you the registration packet and schedule for the weekend's events. **But please let me know as soon as possible since the registration deadline is March 8, 2010.**

You can also go to the NYS AAUW website to find out about the convention as well as registration information--there is a \$5.00 discount for on-line registrations. If you want to register on-line, just be sure you let me know that you have decided to attend!

I hope some of you will consider going to the convention--even if you choose to drive over for the day and not stay over. Not only is it a great experience, it is lots of fun! --Helen Martin

## 11<sup>th</sup> Sister To Sister Summit Underway

The annual Sister to Sister Summit for middle school girls is set for Tuesday, May 18, at FMCC. Each year, for 11 years, volunteers from our Amsterdam, Gloversville, Johnstown branch of AAUW have worked tirelessly to bring this Summit together for young teen girls in our tri-county area. The Summit features fourteen workshops for the girls to choose from during the three morning workshop sessions and a cap-note presentation after lunch.

This year's volunteer summit workshop presenters and their topics: Fast Food Nutrition Jean Budlong - Cooperative Extension; Dealing With Stress Darlene Rose - Northville Central Schools; Sexual Decision Making Christie O'Callaghan-Leue - Mohawk Hudson Planned Parenthood; Addiction Panelists from Montgomery

Co. Drug Court with Claudia McDuffy; Friendship/Bullying Issues Rene Carr - Fulton Co. Mental Health; Self-Protection Michael Campos - ZenDoKai Martial Arts; Self-Image/Body Image Cassie Walters - Mohawk-Hudson Planned Parenthood; Relationship Violence Martha Lasher Warner - Pres. Of Friends of Lisa Ellen Warner; Adventure/Leadership Games Laurie Snell - Edinburgh School; Creative Art Experience Kari Laubscher - College of St. Rose; Animal Rescue Joan Nehrbaauer - Brennan Humane Society; Yoga/Pilates Sue Williamson - Wells Central School; "Zumba" Patty Brown - Fitness Instructor; Theater Games/Self Expression Jason Radlin - Theater Instructor FMCC.

After lunch, the girls will join together in their home school groups and each group will be joined by a SUNY Albany grad student. The Cap-Note speaker, Sandra McGarraugh, from the SUNY Center for Government and Civil Society, will then lead the group in thinking about the role of women in our society today. The grad students will then help each group process the day's activities and help the girls make plans for using the information in their lives and back in their home environment.

Over 200 girls from 17 schools in the tri-county area are expected to attend. Stewart's Shops have again agreed to be a corporate sponsor and will pay for the commemorative t-shirts for the participants. Several area businesses and organizations, as well as the Montgomery Co. Youth Bureau, make this program possible. Branch members on the committee are: Anne Campos, Dianne Kierpiec, Barbara Nigro, Sue Summerfield, Melanie Pombrio, Liz Russo, Gloria Kimball, Mary Ann Abad, Sandy Maceyka, Paula Vunk-Carnevale.

### Let the Games Begin!

The Trivia night games will take place at our Thursday, March 25 meeting at the Fireside Restaurant in Gloversville. A buffet will be served at 5:30 p.m. followed by a challenging and informative Trivia contest. Don't miss it!

Great fun and a chance to strut your stuff! Contact Dianne Kierpiec with questions. (Gloria Kimball will be taking care of reservations for this dinner). See attached flier.

### Remaining 2010 Programs:

**Thursday, February 25**  
5:30 p.m. at Townhouse  
Sue Cridland--Healthlink & William Hinrichs--Alzheimer's  
Arrangements: Anne Campos  
Reservations: Ginni Mazur 773-7180

**Saturday, March 20**  
8:30 a.m.-3 p.m. at BOCES  
ECS Women's Symposium

**Thursday, March 25**  
5:30 p.m. at Fireside Restaurant  
Buffet-Competitive Trivia Night  
Arrangements: Dianne Kierpiec  
Reservations: Gloria Kimball  
853-3126

**April 23-25**  
NYS AAUW Convention  
Otesaga, Cooperstown  
Contact Helen Martin

**Monday, April 26**  
Annual Meeting at Holiday Inn  
Maria Ellis, NYS District Coordinator  
arr & res Helen Martin 762-7638

**Monday, May 17**  
Wemple & Edick's  
Laura Channell--Women in Business  
Buy your own sundaes, etc.  
arr Marie Wojeski & Linda Zilka

**Tuesday, May 18**  
11<sup>th</sup> Sister to Sister Summit at FMCC  
Anne Campos & Dianne Kierpiec

**Tuesday, June 8**  
Arkell Museum Tour  
Catered light supper

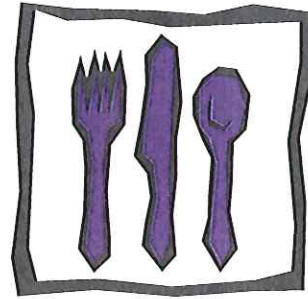


### CALENDAR OF EVENTS

- \*February 15  
Elizabeth Cady Stanton Women's Consortium Meeting  
Johnstown Public Library  
5:30 p.m.
- \*February 24  
AAUW Board Meeting  
Johnstown Public Library  
5:30 p.m.
- \*February 25  
Overview of Events for Women's Health/Maintain Your Brain  
The Townhouse Restaurant  
Main Street, Johnstown  
5:30 p.m.
- \*March 5  
Registration Deadline for March 20 ECS Women's Symposium
- \*March 13  
Women's Equity Banner Raising Celebration  
Johnstown  
9:30 a.m.
- \*March 20  
Elizabeth Cady Stanton Women's Symposium  
HFM BOCES Rt. 67, Johnstown  
8:30 a.m.-4 p.m.
- \*March 25  
Competitive Trivia Night  
Fireside Restaurant  
5:30 p.m.
- \*April 23-25  
AAUW NY State Convention  
Cooperstown

# *AAUW FEBRUARY MEETING*

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**Where: The Townhouse Restaurant,  
Johnstown**

When: February 25<sup>th</sup> 5:30pm

Cost: \$20      Checks made out to AAUW

Menu: Sirloin Steak, Chicken Cordon Blue, Haddock (broiled or fried),  
Vodka Rigatoni

Speakers:

Sue Cridland "Overview of Events for Women's Health at Healthlink"

William Hinrichs, from the Alzheimer's Association "Maintain Your  
Brain"

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Reservations due to Ginni Mazur by February 15<sup>th</sup>

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Dinner Choice: \_\_\_\_\_

Number attending: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Ginni Mazur  
176 W. Bush Rd  
Gloversville 12078  
773-7180

## Don't Miss Trivia Night!



AAUW presents their first **Trivia Night**  
Thursday, **March 25<sup>th</sup>**...2010

at The Fireside Restaurant

Dinner at **5:30** with game to follow!

Cost is **\$17.00** for everything...  
except cocktails are extra!

Dinner is salad, beverage, potato, veggie  
and pineapple upside down cake...

Along with your choice of **one** of these three entrees:

- ☀ Chicken Parmesan
- ☀ Broiled Haddock
- ☀ Sirloin Tips

\*\*Plan to have the most fun of the year as part of a team working  
together to answer questions and score points.

Prizes for the winners!

Cheers and laughs and great conversation...

Hosted by Dianne Kierpiec.

☀ Gloria Kimball is collecting reservations... Please RSVP  
by the deadline of Tuesday, **March 16<sup>th</sup>** with your payment!

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\_\_\_\_\_ I plan to attend the Trivia Night on March 25<sup>th</sup> at 5:30 p.m.  
Enclosed is my check for **\$17.00** for dinner (made out to AAUW).

I have selected \_\_\_\_\_ as my entrée.

Name: \_\_\_\_\_.

\*(Mail to Gloria Kimball, P.O. Box 204, Fonda, NY 12068)