

AAUW BUFFALO BRANCH NEWSLETTER

January 1986

Saturday, February 8

PERSONAL AND PROFESSIONAL GOAL SETTING
USING PRINCIPLES OF THE
CREATIVE PROCESS



Presenter: Marcella Ralicki
Sr. Certified Instructor
Area Director, DMA/Buffalo

Hyatt-Regency Hotel
Two Fountain Plaza
(Next to Berger's on Main St. - Downtown)
Buffalo, NY 14202

Luncheon 11 a.m.
Presentation 12 Noon

Luncheon fee \$8.50
Sitter's fee \$1.00

Please return your reservation and check to AAUW Buffalo Branch by January 31, 1986,
to: Anna N. Parenti, 46 Roswell Road, Buffalo, NY 14215.

_____ WILL BE ATTENDING THE:

_____ LUNCHEON

_____ MEETING ONLY.

I WILL BRING _____ GUESTS.

_____ LUNCHEON x \$8.50

_____ PROGRAM ONLY x \$1.00

AMOUNT ENCLOSED \$ _____



PRESIDENT'S MESSAGE by Bertha Cutcher

The start of a new calendar year is the traditional time to reflect on past activities and plan ahead. We can be proud of our general meetings these past few months. We've had a wonderful variety, served in interesting settings, and each was well attended. And the activities scheduled for the balance of our fiscal year are equally as varied and exciting and will be offered at appealing sites.

Thank you to Stacey Johnson, our VP for programming, and all individual chairmen and their committees for their creative planning and able execution of all details which are making their meetings so successful. Also, a special Thank You to all members of the Board and Study and Interest Group Chairmen who have been working zealously to maintain our high level of accomplishment.

Let us also remember our commitment to EFP. Under the able leadership of our Book Sale co-chairpersons, Jeanne Moran and Anne Montes, we are busy collecting books and having pricing/sorting sessions. We are seeking more volunteers for all aspects of this, our major fundraising activity. Let's make this Book Sale one to remember. The Erie County Public Library won't be having a sale this year, so we should be the beneficiary to a lot of books and thereby have the potential to make this a large successful sale.

I hope this is and will continue to be a very merry holiday time for each of you, and may 1986 be a year of good health, much happiness, personal success, and bring Peace to all.

FOR WOMEN...AN OUNCE
OF PREVENTION:
A SYMPOSIUM ON HEALTH

Saturday, May 3, 1986

The latest "Report of the Public Health Service Task Force on Women's Health Issues" (Jan-Feb 1985) documents the urgent need to inform women about important preventive and positive measures that need to be taken to improve health. For example, even though "women in the United States live an average of eight years longer than men, they have higher rates of illness, experience more days of disability, and use more health services than men." The members of the Tri-County Interbranch Council and the Women's Physicians' Association of Western New York have launched plans for an informative and highly compact program designed to alert women to their options and to the benefits of choosing behaviors that will promote wellness and prevent disease.

The program will begin promptly at 9 a.m. (Check in 8:15-9 a.m.) with Judith Laughlin, Ph.D., an international consultant in health care planning, delivering the keynote address. Participants may then choose from three tracks--emotional health, physical well-being, and life stages--to attend four seminars during the day. Although the intended emphasis of this community-wide health education program for women will be on wellness, the program must necessarily address those specific diseases or health ailments endemic to women (Ex. cancer, osteoporosis, alcohol, and drug abuse). Seminar presenters will include among others: Nancy Neilson, Ph.D., M.D.; Jackie Levitt, M.D., Ph.D.; Joan Sulewski,

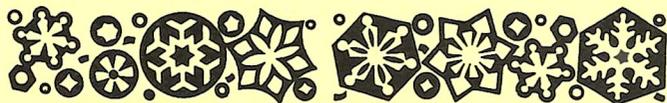
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Women's Wellness Program

cont. from p. 2

M.D.; Oscar Lopez, M.D., Ph.D.; Mary Ellen Schriever, M.S., R.D.; and Catherine Ansuini, Ed.D. Lunch will be included in the registration fee. The program will conclude by 3:30 p.m. Watch The Bulletin for details about this special program and promote it to your friends and colleagues so they can save the date.

The U.B. Alumni Association has also agreed to be a sponsor for the program. This means that 1,400 alumnae in Western New York will receive a direct-mail announcement about the program.



Thank You!

Mary Ann Wahl

My many thanks to those AAUW members who made our Holiday December Branch Meeting a success. To those people who contributed to the refreshment table and to those who helped make phone calls, you did a super job. Especially to those members of Creeds and Cultures, who were our hostesses and presenters, and to the Evening Literature Study Group for their literary contributions, I want to extend my appreciation for their time and expertise.

My special thanks to Toni Volk for her help in decorating, making the wassail bowl, and assisting me in party planning. With joint effort, interest, and cooperation, our 1985 Holiday Program was a successful event.

ROSTER by Marge Skarin

Your Membership Roster is in the mail. If you do not receive a copy or you find an error you wish corrected, please contact me at 631-8088. Send address corrections to Marion Fay, 347 Brantwood Road, Snyder, or call her at 836-5660.

Many thanks to Marion for all her time spent on the computer. Also, thank you, Bunny Blackstone and Marion Fay, for your assistance in compiling.

Remember, this roster is not to be used for commercial purposes or for promotional mailings of any kind. It is for your personal use only.

We like to be a caring organization. Feel free to use the roster to send "Get Well" greetings, expressions of sympathy, or to just say "Hello." If you know of someone who could use one of the above, please let me know. I'd like to send a card from the membership.

PROGRAM

Planning for program this year so far has shown that the Committee's hard work was well worth it. To date, we have had outstanding attendance at the membership meetings and the special meetings that have been held under the sponsorship of the Membership Vice President.

The Program Committee will be working again this year to bring quality programs to the membership. Please let me know your thoughts, ideas, and ways you would like to contribute to make this happen.

Stacey Johnson - 885-2486

WHAT IS ?

WHAT CAN AAUW BECOME?
Karen Stephenson

OVERALL GOAL OF AAUW:

AAUW promotes equity for women, education and self-development over the life span, and positive societal change.

GOAL OF AAUW EDUCATIONAL FOUNDATION:

The AAUW Educational Foundation provides funds to increase the capability of AAUW to attain its goals and serve its members and society.

GOAL OF AAUW LEGAL ADVOCACY FUND:

AAUW's Legal Advocacy Fund provides funding and a support system for women seeking judicial redress for sex discrimination.

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The Buffalo Branch Board of Directors has begun a series of orientation sessions using materials developed by the Association Training Task Force chaired by Carol Stull, including a component for the orientation of new members to the branch.

The Orientation Leader Workbook represents a first step toward fulfillment of AAUW's objective to develop a comprehensive membership orientation and training program. It is part of the Association's response to members' needs which were expressed through the organizational self-assessment process begun in 1980-81. The model sessions in this notebook should help new members and branch board members to find answers to the question: "What is AAUW?" And, more important, to the question, "What can AAUW become?"

(Orientation Leader Workbook, Carol Stull et al.)

* * * * *

In its first orientation session, the Buffalo Branch Board of Directors reviewed the mission statements, which are the statements of AAUW's goals. Working in small groups, Board members listed things that the Branch does, focusing on each Board member's particular area of responsibility. These were then shared with the whole Board, each group emphasizing how these activities implemented the goals of AAUW. The consensus was that the Buffalo Branch has many activities which fit into the larger AAUW program and purpose.

USED BOOK SALE

BOOK SALE -- WHICH JOB WOULD YOU PREFER?

Every year our Branch tries new methods to help our members become involved with our Book Sale. This year we want you to tell us which jobs you would prefer to help with. This way we hope to avoid unnecessary phone calls and unpleasant mixups on who has volunteered for what. We also hope to avoid having our members feel guilty for having said no to requests for help on jobs that are just not their cup of tea.

Won't you please take a few minutes and complete the questionnaire below and return it to Jeanne Moran as soon as possible. Remember, if we don't hear from you, you will hear from us!

NAME _____ ADDRESS _____ PHONE _____

JOBS I WOULD LIKE TO HELP WITH BEFORE THE SALE:

Pricing and Sorting _____

Transporting books _____

Days and times preferred _____

Collecting books _____

Contributing supplies _____

Telephoning _____

Contributing Money _____

JOBS I WOULD LIKE TO HELP WITH DURING THE SALE:

Moving _____

Trucking _____

Setup _____

Cashier _____

Hostess _____

Clean-up _____

Interested in a Committee Chairmanship? _____

Return to: Jeanne Moran
1437 Wehrle Drive,
Williamsville, NY 14221
634-4941

PRICING AND SORTING DATES FOR JANUARY:

Saturday, January 11	1 p.m.-5 p.m.
Tuesday, January 14	10 a.m.-3 p.m.
Wednesday, January 22,	10 a.m.-3 p.m.
Thursday, January 30	10 a.m.-3 p.m.

BUFFALO COUNCIL ON WORLD AFFAIRS



by Lucille Peterson

Now that the busy holiday season is over, why not join (or form your own) a Great Decisions Group and become better informed on these topics: How Foreign Policy Is Made, "Star Wars" and the Geneva Talks, Democracy in Latin America, International Terrorism, European Community and the United States, Third World Development, Israel and the United States, and Religion in International Politics.

There is no need for a teacher or other trained discussion leader. You need only the 96-page briefing book prepared by the editors of the Foreign Policy Association and available from the Buffalo Council on World Affairs, 864 Delaware Avenue (883-0547) at \$7.00 per copy plus \$1.00 for postage and handling (or arrange to pick it up). The book will be available in January 1986.

The Great Decisions Program is in its 32nd year. The Foreign Policy Association, which prepares the booklet, is a national, non-partisan, non-profit association which endeavors to "help Americans increase their understanding of U.S. foreign policy and to stimulate constructive citizen participation in world affairs."

Buffalo Branch's World Problems Group uses this booklet in its monthly meeting. There will also be a community group sponsored by the Council. For additional information call your representative to the Council.

announcements

BOARD OF DIRECTORS

Remember, there will be no Board meeting in January. The next meeting will be held on Wednesday, February 5, at 7:30 at our usual meeting place, the UB Faculty Club on Winspear.

PROGRAM COMMITTEE MEETING

There will be a Program Committee meeting on January 15 at 8 p.m. in the UB Faculty Club at 250 Winspear Avenue to discuss interim evaluation of current year's programming and to suggest possible directions for 1986-87. Members of the Program Committee please notify Stacey Johnson if you cannot come to the meeting.

FINANCE COMMITTEE

The Finance Committee will meet at 7 p.m. on January 15, 1986, at the UB Faculty Club, 250 Winspear.

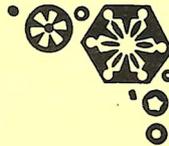
SNOW EMERGENCY CANCELLATION PROCEDURES

In the event of a snow/travel emergency, the chairperson of the scheduled general meeting will confer with the President, and appropriate decisions and notification procedures will be made. Radio stations will detail our major cancellations. For Study Groups, the chairperson and hostess of the particular meeting will confer with each other and arrange to call each member of the group.

STUDY and INTEREST GROUP MEETINGS



JANUARY



January

NOTE: NO BOARD OF DIRECTORS MEETING IN JANUARY.

- 4 Sat. CREEDS AND CULTURES - 11 a.m. at the home of the Ozarins, 155 Sterling Avenue. Bess will discuss Iceland: Land of Surprises. Please call Sylvia at 838-2729 for reservations by December 27.
- 7 Tues. DUPLICATE BRIDGE - 7:45 at the home of Mary O'Connor, 30 Fairways Boulevard, Williamsville. Please call Mary at 631-9227.
- 7 Tues. GERMAN - 9:30 a.m. coffee and 10 a.m. meeting at the home of Renny Ferber, 24 Linden Avenue, Buffalo. Call Renny at 836-3277 if you plan to attend.
- 9 Thurs. FRENCH - 10 a.m. at the home of Mary Mahoney, 168 Allenhurst, Amherst. Call Mary at 834-7009 if you plan to attend.
- 10 Fri. CREATIVE WRITING - 8 p.m. at the home of Margaret Haas, 12 B South Creek Court, Eash Amherst. Bring your current writings to read and discuss. Call Margaret at 689-8735 for directions.
- 11 Sat. BOOK SALE SORTING at the YWCA - 1 p.m.-5 p.m. Call Doris Bates at 877-8879.
- 14 Tues. BOOK SALE SORTING at the YWCA - 10 a.m. - 3 p.m. Call Doris Bates at 877-8879.
- 14 Tues. MONEY MATTERS - Call Mary O'Connor for location and reservation.
- 14 Tues. PUBLIC SUPPORT FOR PUBLIC EDUCATION - New study group at Barbara Paulson's; education topic and speaker to be announced. Call Carol Kitchen at 882-8768 for information.
- 15 Wed. PROGRAM COMMITTEE MEETING - 8 p.m. at UB Faculty Club, 250 Winspear. Notify Stacey Johnson if you cannot attend.
- 15 Wed. FINANCE COMMITTEE MEETING - 7 p.m. at UB Faculty Club, 250 Winspear.
- 16 Thurs. CRAFTS AS ART - 7:30 p.m. at the home of Elisabeth Helman, 31 Williamstowne Court, Apt. 11. Come, bring your own craft project and hear about our plans for the coming year. Coming? Call Anne Montes at 627-9825.
- 16 Thurs. THURSDAY NIGHT BRIDGE - 7:45 p.m. at Margaret Haas', 12-A South Creek Court, E. Amherst. Call Margaret (689-8735) or Cindy Monacelli (836-8266) for reservations.
- 18 Sat. KISSING BRIDGE X-COUNTRY SKIING - 1 p.m., Ski Trails \$3. Rental equipment and lessons available for an additional fee. Snacks and drinks on premises. Dinner in the "Harvest Room" at 6 p.m. optional. For map and information, call Ruth Samuels at 689-6792 or Elaine Kohn at 839-3494.
- 21 Tues. BOOK REVIEW GROUP - 1 p.m. at the home of Renette Ferber, 24 Linden Avenue, Buffalo (836-3277). Myra Menti will review Maugham by Ted Morgan. It is a full, anecdotal biography of the English writer, W. Somerset Maugham.
- 22 Wed. BOOK SALE SORTING at the Y - 10 a.m. - 3 p.m. Call Doris Bates at 877-8879.
- 23 Thurs. FRENCH - 10 a.m. at the home of Grace Scott, 58 Wardman Road, Kenmore. Call Grace at 875-3359 if you plan to attend.

STUDY and INTEREST GROUP MEETINGS

(cont.)

- 25 Sat. SINGLES AND DOUBLES - 8:30 at the Cutchers, 91 Monroe Drive, Williamsville. Michael and Lauren Rybicki, owners of Shaams Oriental Rugs, will present an "Introduction to Oriental Rugs--How to judge quality, value, and aesthetics." For directions or information, call 633-6025. Bring a little cheese, wine nuts, crackers, or other snack food for all to share.
- 25 Sat. THE CHARLES BURCHFIELD ART APPRECIATION STUDY GROUP 10:30 a.m. at the Burchfield Art Center, Buffalo State Campus, 1300 Elmwood Avenue. Nancy Knechtel, Art Instructor at NCCC will give a presentation on "THE SELF PORTRAIT IN ART." All are welcome. Parking available in Lot P near the Burchfield Art Center off Rockwell Road. For further information, contact Myra Menti at 626-4832 or Sylvia Miller at 876-7074. Luncheon at the Albright Art Gallery Garden Restaurant is an option.
- 30 Thurs. BOOK SALE SORTING at the Y. - 10 a.m.-3 p.m. Call Doris Bates at 877-8769.
- 31 Fri. FEBRUARY LUNCHEON MEETING - deadline for reservation (see front page.)

February

- 1 Sat. CREEDS AND CULTURES - aa a.m. at the home of Hazel Turner, 4280 Chestnut Ridge Road, Tonawanda. Irene Heacock will discuss Moravia, not Moldavia. Please call Hazel at 691-9407 for reservations by January 28.
- 4 Tues. DUPLICATE BRIDGE - Contact Mary O'Connor for information.
- 5 Wed. BOARD OF DIRECTORS - 7:30 at the Faculty Club, 250 Winspear. Hostesses are Barbara Paulson, Mary Ann Wahl, and Anne Montes. Please call Bertha Cutcher at 833-6025 if you are unable to attend.
- 8 Sat. FEBRUARY LUNCHEON MEETING - 11 a.m. at the Hyatt-Regency (see front page).

A RED X ON LABEL MEANS THIS IS YOUR LAST ISSUE UNTIL YOU PAY YOUR DUES.

AAUW-Buffalo Branch
Marion Fay
347 Brantwood Road
Buffalo, NY 14226

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