

BUFFALO BRANCH ADVOCATE



AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

NYS District 1

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December 2011



JANUARY PROGRAM FEATURES DR. JEAN WACTAWSKI-WENDE, CO-DIRECTOR WHI AT UB SATURDAY, JANUARY 21, 2 PM

The Women's Health Initiative is a large multi-center Clinical Trial (WHI) and Observational Study (OS) studying the major causes of morbidity and mortality in postmenopausal women. This primary prevention trial and observational study has assessed the role of hormone therapy, diet and calcium / vitamin D supplementation on heart disease, cancer and osteoporosis in postmenopausal women. The WHI is a national study supported by the National Institutes of Health (NHLBI.) Buffalo is one of 40 WHI centers nationally.

The Buffalo center is directed by Principal Investigators Dr. Jean Wactawski-Wende and Dr. Maurizio Trevisan. There are three (3) clinical trials: Hormone Therapy vs. Placebo (2 trials), Diet Modification vs. Usual Diet and Calcium/Vitamin D Supplementation vs. Placebo. The Buffalo WHI Clinical Center was one of the original vanguard centers for the WHI. Nationwide, there are over 160,000 participants enrolled in the WHI. Locally, there are nearly 4,000 participants from Western New York.

On **Saturday, January 21, at 2 PM** we'll have a chance to find out more about this important program from Dr. Wende herself. We'll meet in the Hearth Room of **Ebenezer United Church of Christ, 630 Main Street, West Seneca**. Convenient parking is available in church parking lots across the street and adjacent to the church.

Join us for informative session learning about recent developments. As always, friends are welcome!

Afternoon tea will be served and there is no cost. A free will offering will be taken. Please contact Betty Krist at 675-4059 or kristbj@verizon.net by January 14 to make a reservation so we can be sure to accommodate everyone.

If you'd like to help by making some of the tea sandwiches, cookies, scones, or the like, please contact Betty. We also need hostesses who can help serve and of course set-up and clean-up.

This will surely be a good opportunity for learning and a fine way to spend a cozy afternoon with good friends!

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PRESIDENTS' MESSAGES

Barb's Beliefs

Several of our members, myself included, have just returned from a whirlwind 9-day trip to China. We landed in one of Beijing's airports where there are 1000 escalators. That gave us our first indication of the size of what we were to encounter. I could go on and on about the places we went, but I want mostly to tell you about one aspect of Chinese life that became apparent.

One of our tour guides commented that Americans have freedom of speech and Chinese do not. He was sure that Americans knew more about the man standing in front of the Chinese tank in Tiananmen Square than he or other Chinese did. It has been more than 20 years since that iconic event, yet we remember it as a symbol of protest and defiance of the totalitarian government. Maybe we assume that things have changed. Yes, capitalism now dominates the urban business community. But when I chanced to comment gently to other tour guides about a situation which was better handled in America than in China, they just looked at me and didn't respond. No agreement, no argument. Then I realized that they couldn't! They would probably lose their jobs if they said anything derogatory about China.

What do you do when you encounter a political situation that you think needs to be improved? Usually we are good at complaining, a privilege that Chinese don't have. But then do you go further and try to influence our government? Do you communicate with your local, state, or national legislators to tell them what you think? Chinese don't do that. But Americans do. Or at least they should.

AAUW makes it easy for you to get your ideas to your legislators. On the AAUW website, www.AAUW.org, there are resources for members (and visitors) to use. There is background information on many issues, and a wonderful feature called the [Two-Minute Activist](#). Take one minute to read about a current issue in Congress and then another minute to personalize a message and e-mail it to your member of Congress. The website suggests some wording, helps you identify your MC, and gives you the correct e-mail address. So easy. So interesting! Maybe you will

think about the courage of the unknown protestor standing in front of that column of tanks and be thankful that we can exercise our freedom of speech without endangering our lives.

Barbara Carier

Betty's Rambles

December already! It's hard to believe that the holidays are almost upon us and that our AAUW year is almost half-complete. It's been a busy few months!

All over the news lately have been the stories of bullying, cyber-bullying, sexual harassment, etc. From our own local story this fall to the Penn State tragedy, it seems that it is everywhere. And now, from our own AAUW research, we have found that it is, indeed, almost everywhere.

The newest research, titled "Crossing the Line" can be downloaded from the national website (<http://www.aauw.org/learn/research/upload/CrossingTheLine.pdf>) and shows how bad the situation is. One study, done in 2008, indicated that 40-50% of students had experienced sexual harassment in one year. Another showed that around 80% of students had experienced it during their school career.

What can we do to put a stop to this type of behavior? For one thing, we shouldn't just ignore it or put our heads in the sand and pretend it isn't happening. The paper does more than give statistics – it also makes suggestions for policies, procedures, rules, etc. If these had been in place (and been followed), we would probably have at least one more promising young man still going to school in Williamsville and a legendary coach would still have his job. There's always information we don't have in these cases, but we know something went terribly wrong in both of these.

I strongly urge you to read the research, then talk about it with the people you know, especially the young people. If we can save one person from being subjected to this heinous behavior we can count that time as well spent.

Hope to see you all at the holiday social on December 3!

Betty Preble

THE BUFFALO BRANCH ADVOCATE

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Or for renewal questions, Marguerite Collesano, VP of Membership Retention, at 853-6480 or mcollesano@aol.com.

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BUFFALO BRANCH STUDY AND INTEREST GROUPS

The Buffalo branch offers a variety of interest groups. They afford opportunities for new friendships, fun, and sharing skills and interests. Anyone having an idea for a new study group starting this year, please contact Judy Malamas, tsagewood@aol.com or 632-0461.

Schedules for the Month:

Clueless Book Club

No meeting.

Dinner by the Book

When: Wed, Dec. 21, 2011, 5:30 pm

Where: Bob Evans, 1925 Niagara Falls Blvd.

Facilitator: Karen Kolb

Discussion Leader: Sue Licata

Book: *Sarah's Key* by Tatiana De Rosnay

To Reserve: Fran Witnauer, 688-5708 or Grandmafran44@yahoo.com.

Questions: Leona Barback, 633-1982 or Marilyn Carmichael, 228-8626

The Knitting Group

When: Thurs, Dec. 15, 2-4 pm

Where: Barnes & Noble on Transit near Main St.

Contact Leader: Margaret Fischer, at 632-8269 or margaretjf@roadrunner.com

All knitters – beginners or advanced – are welcome to join us.

Movie Watchers Group

No meeting.

Restaurant-of-the-Month Group

No meeting.

CTAUN CONFERENCE

2/3/2012

Registration has opened for the Committee on Teaching about the United Nations (CTAUN) Conference on Friday, February 3, 2012. The conference will focus on "Education IS a Human Right" and will be held at the United Nations from 9:30-4:00.

For information and updates go to the CTAUN website: www.teachun.org

DECEMBER HIGHLIGHTS IN US WOMEN'S HISTORY

- **Dec 1, 1955** - Rosa Parks refuses to give up her seat on a bus to a white person; her arrest sparks the modern civil rights movement in the US
- **Dec 5, 1935** - Mary McLeod Bethune creates the National Council of Negro Women
- **Dec 7, 1941** - Capt. Annie Fox receives the first Purple Heart awarded to a woman for her service while under attack at Pearl Harbor
- **Dec 10, 1938** - Pearl S. Buck receives the Nobel Prize for Literature for "The Good Earth"
- **Dec 10, 1869** - Wyoming is the first territory to give women the right to vote
- **Dec 13, 1993** - Susan A. Maxman becomes first woman president of the American Institute of Architects in its 135 year history
- **Dec 14, 1961** - President's Commission on the Status of Women is established to examine discrimination against women and ways to eliminate it
- **Dec 14, 1985** - Wilma Mankiller is sworn in as principal chief of the Cherokee Nation of Oklahoma - the first woman in modern history to lead a major Native American tribe
- **Dec 17, 1993** - Judith Rodin is named president of Univ. of Pennsylvania, the first woman to head an Ivy League institution
- **Dec 28, 1967** - Muriel Siebert becomes the first woman to own a seat on the NY Stock Exchange

THANK YOU!

Clueless had a first at our monthly meeting on October 26. Susan Kandel, the author that we were discussing, agreed to a telephone interview. We had a wonderful half-hour question and answer exchange with her. Not only did she answer our questions about her past mysteries but she gave us a sneak preview of a non-mystery work in progress. She also invited us to call again and talk about her other books. In the course of the interview we learned that her husband is from Buffalo and they from time to time visit here from California. We would like to thank Stacey Johnson for the use of her speaker cell phone and Karen Howard for the backup cell phone.

SIX WAYS TO TEACH GIRLS HOW TO DEAL WITH IDIOTS THAT SEXUALLY HARASS THEM ON THE STREET

Adopted from Soraya Chemaly, *The Good Men Project*

1. Review the basics with her in a “safety rule”—not “scary reality”—way:

Be safe and develop good habits—don’t scare her, but make sure she knows the safety rules relevant to where she’ll be.

Don’t engage—don’t answer questions, get into a conversation or respond in anger. But, don’t lose confidence. This is hard. Whereas you, as an adult might be able to stare the guy down and say, “Don’t touch my arm again,” a younger girl may not be equipped to do the same. Even most adult women aren’t. In a recent survey, 69% of women said they never make eye contact on the street to avoid harassment.

Be confident—if she wants the independence to walk around or has to for other reasons, like getting to school, then she needs to feel confident enough to say STOP if she has to, or ask someone for help. She has to speak loudly and clearly. Practice with her. If someone touches her without her consent, she can call 911, and she should.

If you and she live in a place where the harassment is really prevalent and frightening, find a self-defense class.

2. Teach her that street harassment is not a compliment and that she has to trust her instincts. Harassment can be confusing to girls and women since the line between a compliment from a well-meaning and polite man and unwanted, potentially threatening harassment from a creep can be fuzzy and often incorporates cultural differences that are hard to parse. For a lot of women, and especially teen girls trying out their newfound, more adult femininity, certain comments can seem flattering. But it’s a precariously thin line between seemingly benign behavior and the threat of something ugly. Girls and women don’t

DATES TO NOTE:

- Sat, Dec 3, 11:30 am-2 pm - **Branch Holiday Gathering** with the Holy Angels High School Singers
Location: Canisius College Faculty Dining Room in the Student Center
Chair: Judy Weidemann
- Wed, Dec 7, 5:45 pm – Buffalo Branch **Board Meeting**, Ebenezer United Church of Christ, 630 Main St, West Seneca
- Wed, Jan 4, 5:45 pm – Buffalo Branch **Board Meeting**, Christ United Methodist Church, Harlem at Saratoga.
- Sat, Jan. 21, 2 pm **UB Women’s Health Initiative**
Location: Ebenezer United Church of Christ, 630 Main St, West Seneca
Speaker: Jean Wactowski-Wende, PhD
Chair: Betty Krist
- Sat, March 17 **Tech Savvy 7**
Location: UB
- Sat, March 31 **Sister to Sister**
Location: TBA
- Fri. April 20-22 **AAUW-NYS Convention**
Location: Woodcliff Hotel and Spa, Rochester, NY

have the time or luxury of determining which is which. I asked my daughter, now 14, if she could come up with a hard and fast cross-cultural rule that all girls could apply when developing their instincts about when to feel threatened and how to respond. She came up with this simple rule to determine the difference between a compliment and harassment: If you can look the person in the eye, confidently and uncoerced, and say “thank you” (even if you don’t actually do)—then it’s not harassment.

3. Let her know that if she’s groped, yelled at, whispered to, it’s not her fault; she doesn’t have to “like it.” It’s bullying. Let her know it’s doesn’t have to be this way, she’s not alone, and she doesn’t have to shamefully keep the harassment to herself. A recent article in *Psychology Today*, “Hey Baby Hurts,” discusses some of the

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SCHOLARSHIPS! CATALYST FOR CHANGE

The Catalyst for Change Scholarship is awarded to students who have demonstrated success in a grassroots effort that has effected positive change for women or girls. Scholarships are awarded in three categories:

- A female high school senior, admitted or matriculated in a post-secondary program;
- A female college undergraduate having Junior Status, admitted or matriculated in a post-secondary program;
- A female graduate student admitted or matriculated in a post-secondary program.

One award of \$3,000 is presented in each category. Awards are based on actual or potential activist accomplishments of the applicant.

The application may be downloaded from the branch website, www.aauw.buffalo.edu. The complete application including transcript, evaluation, and endorsement must be received no later than February 1, 2012. Please send the completed application to Catalyst for Change, P.O. Box 865, Buffalo, NY 14207. Please direct any questions to AAUWcatalystforchange2012@gmail.com.

AAUW Association and Branch Educational Funding:

As members of the American Association of University Women we are dedicated to enhancing the lives of women and girls through education. We provide funding for women to pursue their educational goals through fellowships, research and projects grants, and community action grants. Our branch supports these efforts by yearly donations. We are currently especially interested in supporting the Hillary Rodham Clinton American Fellowship which was established by the Buffalo Branch.

On the local level, all of us as branch members can be personally involved in helping young women achieve their educational goals. We do this by agreeing to serve on scholarship committees when we are asked to do so. We are all needed to help to make the decisions relating to who are the most qualified candidates to receive our scholarship monies.

Please say yes if asked to serve.

Suzanne Oliver, Funds Chair

2012 VELMA COBB SCHOLARSHIP

Guidelines:

- The scholarship award amount will be \$2,000 each for two winners for a total of \$4,000.
- All high school senior girls attending an Erie County high school are eligible.
- Applicant must be attending (full time) any accredited college (two year or four year) the following fall.
- Applicant must have a **grade point average of at least 90 (or 3.5 on 4.0 scale)**.
- Applicant must complete an application.
- Applicant must submit three letters of recommendation.
- Applicant must obtain an official high school transcript forwarded by the school.
- Applicant must attend a personal interview if requested to do so.
- Applications and supporting documents must be received by **February 1, 2012**.
- Applications must be typed or computer generated. Handwritten or incomplete applications will not be considered.

You may obtain an application at our website <http://www.aauw.buffalo.edu/loanindx.htm>
Send your questions to velmacobb2012@gmail.com.



Book Sale Corner

A big thank-you to all the members who got the word out regarding our need for books: The receiving room has gone from empty to half full in just a few weeks. The Clarence Library donation accounts for a lot of our recent inventory but there has been a steady stream of smaller donations from individuals and Canterbury Woods folks came by with some great volumes and a promise of more to come.

We need to keep the word out so if any of you need more bookmarks, please let someone on the committee know. Remember we accept donations on Tuesday and Wednesday mornings from 9:30 until 11:30 at 995 Kensington Ave.

Sorting will be suspended on the Tuesday and Wednesday before Christmas (December 20 and 21) and the week between Christmas and New Year's (December 27 and 28)

The book sale committee wishes you a happy holiday season and hopes to see you at the sorting site and the sale site in the New Year.

Pat Swift-MacClennan, Booksale Committee

PUBLIC POLICY

Last month, the AAUW Board of Directors approved some changes to AAUW's policy on inviting candidates for public office to town halls, debates, and other events. The updated policy will better address the needs of AAUW states and branches, particularly those working hard to host a candidate event or forum closer to the 2012 election. There have been no changes to AAUW's long-standing policy of not supporting or endorsing candidates for partisan political office.

Why make these changes? Because we're getting ready now for the next Election Day, and we know AAUW members and our Action Network e-advocates will want to be on the front lines of the AAUW Action Fund's soon-to-be-launched, massive voter education and turnout campaign!

We've got 12 months until Election Day 2012 – that's 12 months of online activism, 12 months of issues education, and 12 months of teaching our friends, families, and communities why women's issues matter. AAUW is starting now to ensure that by November 6, 2012, women of all ages – and particularly young, twenty-something women – know where the candidates stand on student loans, women's health, equal pay, and other issues critical to women and girls.

Note – the changes below reflect the limitations for 501(c)(3) branches which includes the Buffalo Branch. Branches with 501(c)(4) status are a bit more flexible in what they can do.

1. Before a partisan election, AAUW/Branches/States may have candidate forums to which all candidates in that election are invited. If three or more political parties have nominees for any office, AAUW Branches may limit invitations to the two political parties receiving the highest number of votes in the last preceding general election. AAUW Branches may only proceed with a candidate forum event if at least two candidates have accepted the

invitation. AAUW Branches must make clear to forum attendees and in pre-publicity and post-publicity, if applicable, that other candidates or parties were invited to participate, naming names and giving reason(s) for nonparticipation, per invitee quotation. If no reason is given for nonparticipation, then the AAUW Branch should state such to attendees and in pre-publicity, if applicable. This avoids the semblance of the AAUW Branch as taking a partisan stance by omission or commission. (This applies to federal elections. Check state election code for other races.)

2. AAUW/Branch/States with 501(c)(3) status may invite a public official who is also a candidate in a partisan election to speak on a subject pertaining to the incumbent's duties as a public official as long as the incumbent does not discuss his or her candidacy for public office.
3. AAUW/Branches/States may invite a declared candidate in a partisan election to speak at a meeting on a subject of particular expertise. AAUW/Branches/States with a 501(c)(3) status may not invite a declared candidate in a partisan election to speak at a meeting on her/his candidacy for future public office.

Marian Deutschman, Public Policy Chair



IN MEMORIAM

Judith K Summer (nee Kaufman) died on November 11. She had been a member of the Buffalo Branch for over 30 years and will be sadly missed by her friends.

psychological implications for teens, which includes fear, self-objectification, and withdrawal. Often, girls don't talk to their parents about the street harassment that they are subjected to. The study released today explains: "Nearly a third of the victims said the harassment made them feel sick to their stomach, affected their study habits or fueled reluctance to go to school at all." Share with her the fact that there is a worldwide movement to combat street harassment. Organizations like Stop the Harassment and Holla Back! are dedicated to empowering girls and women by teaching them assertive responses, self-defense, and easy mechanisms for reporting harassers.

4. Set an example if you're her mom or grandmother or aunt. Stop accepting sexually-based street harassment as the price of being a woman. Men who harass often don't know they're being offensive. Tell them. There are places and times when even if you feel threatened you don't have to be scared. You can look for allies, politely but firmly say, "Stop, that's offensive," shame the jerk, call the police. Model fearless behavior for her. If you're a dad, it's really important that your daughter understand you don't think she's "asking for it." If she tells you it's happening, don't ask her what she was wearing, because she could be wearing a burka and it would happen.

5. Tell boys and men in your life what's going on. It's vital. Most men don't harass women on the street, but they also don't realize the extent to which their mothers, sisters, daughters, female friends and coworkers go out of their way to adapt to this reality. We have to stop saying street harassment is just "boys being boys." This excuse is a reductionist and harrowing definition of masculinity that maintains essentially that all men are animals. Most men are not animals. They are capable of respecting civil boundaries and personal space in public. In particular, boys need to learn five things:

- That they can participate in bonding experiences, but that harassing girls is an unacceptable way to do it.
- That they need to stop looking the other way and should intervene in support if the situation warrants it.

- How to empathize with what their mothers, sisters, aunts, cousins, grandmothers, girlfriends, wives are dealing with.
- How to speak to girls as people, with respect and decency.
- And that all of this is hard in the media environment they're stewing in.

The Good Men Project has an excellent article for boys and men, as well as several pieces about empathizing with what women experience. The international organization Stop Street Harassment also has a page for educating boys.

6. Remind your school that sexual harassment is bullying and that Title IX makes it illegal:

The AAUW report observes that sexual harassment and bullying can sometimes overlap, such as the taunting of youths who are perceived to be gay or lesbian, but it says there are important distinctions. For example, there are some state laws against bullying, but serious sexual harassment—at a level which interferes with a student's education—is prohibited under the federal gender-equality legislation known as Title IX.

Too often, the more comfortable term bullying is used to describe sexual harassment, obscuring the role of gender and sex in these incidents," the report says. "Schools are likely to promote bullying prevention while ignoring or downplaying sexual harassment."

Fighting against street harassment isn't silly or futile. Men who harass, who are predatory, do it because they can. For girls and women, half of all humans, there is nothing "normal" about it. It takes place in the context of cultural misogyny, disrespect, discrimination, rape, and power, keeping public places largely male-dominated and impeding equality in the most basic and threatening way possible. All this for a scoop of ice cream on a sunny day.

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View the whole story online at:
<http://www.alternet.org/story/153102/>

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

By joining AAUW, you belong to a community that breaks through educational and economic barriers so all women have a fair chance.



Breaking through Barriers

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.

AAUW 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.

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