



UPCOMING PROGRAMS

- Feb. 6, 2016 - Exercise and Nutrition for a Healthier Life - Aquatic Center, Tonawanda. See page 6.
- Feb. 27, 2016 - Elect Her at UB
- Mar. 8, 2016 - International Women's Day, UB Center for Tomorrow, time tba.
- Mar. 19, 2016 - Tech Savvy at UB's North Campus. See page 5.
- Apr. 15-17, 2016 - AAUW New York State Convention in Saratoga Springs. See page 3.



Advocate

January 2016

<http://aauw.buffalo.edu>

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The deadline for each issue of the *Advocate* is the 10th of the previous month. Send articles to Laurie Eikemeyer via e-mail:

laurie.eikemeyer@gmail.com.

Please be sure to put "AAUW Buffalo Advocate" in the subject line.

Something you'd like to see in the newsletter? Let us know! Send a message to Laurie Eikemeyer!



January Program

**AMERICAN MUSLIMS:
A CROSS-CULTURAL EXPERIENCE
FROM THREE PERSPECTIVES**

Tahmina Rehman: Coming to America as a young married woman

Madeeha Almashhadany (Tahmina's daughter): Growing up in America

Pam Kefi: Raising Muslim children

Saturday, January 16, 2016 at Noon

Kabab and Curry, 8445 Main Street, Williamsville, NY

JANUARY PROGRAM REGISTRATION FORM

NAME _____

PHONE _____ EMAIL _____

Cost: \$15.00 (includes buffet lunch and drinks)

* Please indicate: Mild _____ Spicy _____

Send your check by **January 12, 2016** to Lillis McLean, 366 Victoria Blvd., Kenmore, NY 14217 (Phone: 873-7467/email: lillismclean@gmail.com)



January is a quiet month of the year. The seasonal decorations have been taken down, holiday CDs and DVDs have been shelved until next year, holiday parties and family gatherings are a memory.

Many of us have made New Year's resolutions. Perhaps we want to save more money, plan for retirement, lose weight, exercise more frequently, or keep in closer contact with friends and relatives. Did anyone make a resolution to become more involved in an organization? Did anyone say to herself that she would be a more active member of AAUW??

Perhaps you have been a mail box member who would like to actively participate in our branch activities. Attending our branch programs is a good way to meet other members and learn more about the Buffalo Branch. There is a variety of interesting programs planned for spring.

Did anyone make a New Year's resolution to read more? The branch's various interest groups include four separate book discussion groups. This is a great opportunity to meet

in small groups to discuss the selected books.

The branch's interest groups are not limited to book groups. There is a dinner group that explores various ethnic restaurants in Western New York. The Happy Wanderers travel around WNY to explore museums, galleries, and points of interest. For those who seek creative activities, there are groups for knitting and jewelry making.

There are many opportunities to volunteer in our Buffalo Branch. Everyone can do something to further the mission of AAUW. Help is needed with sorting books for our annual book sale. Book sorting takes place every Tuesday and Wednesday morning from 9:30-12:00 at the Kensington Bailey Housing Services building at 995 Kensington Avenue. As the book sale draws near, volunteers will be needed to set up the numerous tables and fill them with books. Other ways to help with the book sale are to provide a monetary donation for table rentals or provide refreshments for the workers. Volun-

teers are needed during the book sale to serve for many duties such as greeters, cashiers, and restocking books.



In addition to the book sale, there are many programs in which a member can get involved. The annual Tech Savvy Conference, which will be held in March, needs members to help with activities such as hospitality and registration. The branch helps sponsor a yearly Sister to Sister program and volunteers will be needed to make the program a success. Members can also help the chairs of the monthly programs with reservations, registration, or preparing name tags. The scholarship committees need members to review applications and select recipients. Lastly, the nominating committee will be seeking members to fill various offices of the Branch.

I wish each of our members a very happy and healthy New Year and look forward to seeing you at a Buffalo Branch activity.

Carol Golyski,
Co-President



Happy New Year

Wishing you and your family
PEACE, HAPPINESS, and GOOD HEALTH in the New Year

Advocate Editors Laurie Eikemeyer, Barbara Carier,
Betty Preble, and Judy Weidemann

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Publisher/Editor: Laurie Eikemeyer
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obnfam@roadrunner.com.

Send address changes to:
Freddie Cheek, 406 Maynard Drive,
Amherst, NY 14226-2929 (fscneck@verizon.net)

Cynthia's Insights

Auld Lang Syne

By the time you receive this newsletter, the year 2015 will be almost over. Everyone has now celebrated their respective holidays of Thanksgiving, Christmas, Hanukkah, or Kwanzaa and is now looking forward to toasting in the New Year of 2016 with the traditional New Year's Eve song, *Auld Lang Syne*.

Let us celebrate the close of 2015 and anticipate the new year to come.

SEASONS GREETINGS AND HAPPY NEW YEAR TO ALL



Cynthia Mehary,
Co-President

Gun Violence

In a recent TIME magazine article, a political scientist argues that America’s key influencers should address issues such as environmental regulations by personalizing them in order to have them resonate with people. Rather than focusing on slight changes in a polar ice cap, journalists, teachers, and advocates should explain how climate change can save a local elementary school from ending up underwater.

That approach made sense to me until I thought about applying the same concept to gun control. Aren’t 353 mass shootings across the country in 336 days personal and startling enough? After each of the mass shootings President Obama has said “these tragedies must end.” And yet, national tragedies are followed by stories of surging gun sales. America’s domestic arsenal includes some 114 million handguns, 110 million rifles, and 82 million shotguns. Back in 2007, the US ranked No. 1 worldwide in gun ownership per capita, at 88.8 guns for every 100 people. Gun manufacturers boosted production by 31 percent between 2011 and 2012 and surges of gun sales seem to occur after each mass shooting.

Donna Seymour, our very capable NYS AAUW Public Policy chair, shared her opinion that “until we change people’s minds about how to have the conversation about gun violence, we’re going to continue to be stuck in the same old response patterns.” In the opinion of a leader with the WNY Environmental Alliance, climate change may be an easier issue to address than gun control because guns have been so embedded in our culture over the centuries. Donna said “The founders would roll over in their graves if they saw the way their words, written at a time when single matchlock rifles and pistols were the killing technology of the day, are applied to the weapons of mass destruction that modern guns represent.”



I was surprised to read that the General Social Survey, widely respected for social science survey research, shows that in 2014, the number of American households owning guns remained at 40-year lows. If gun sales are up and household-level ownership rates are down, where are all those newly-manufactured guns going? Some experts say we are now seeing more guns in the hands of fewer Americans. The most recent Gallup data paints a picture of fewer households

owning guns: 42 percent in October of last year, down from a high of 51 percent in 1993. So far, gun rights advocates haven’t been able to increase the base of gun ownership but they have been able to convince their supporters to keep buying more firearms. However, a December 2014 Pew Research Center poll showed that for the first time in two decades, there is more support among Americans for gun rights than gun control.

Horrible premeditated mass shootings in public places are happening more often, but in general, fewer Americans are dying as a result of gun violence. This is a shift that began about two decades ago. According to the FBI data, the national rate of violent crime has decreased 49 percent since its high in 1991. Some explanations for the decline include more cops on the beat, the use of computer data analysis to more effectively target policing, a sharp decline in alcohol consumption, campaigns to remove harmful lead from the environment, and an improved economy. There have also been demographic changes – an older population is less violent.

Regardless, there is a stark difference between perception and reality.

Mass shootings of strangers make national news and lead to debates over the state of our society and what public policy solutions should be applied. Background checks, registration, safety training, closing gun show loopholes, and a variety of other measures could make it slightly more difficult for petty criminals to

get guns, make it slightly easier for police to investigate shootings, and help reduce accidental shootings, but would they have an impact on mass shootings?

The solution to tragedies such as the San Bernardino shootings isn’t clear or easy.

Donna looks at these questions through the lens of public health. If violence were a disease killing Americans in these numbers, we would declare a crisis and mobilize every resource to fight it just as we responded to the threat of Ebola where fewer than 5 people actually died in this country. She suggests that we reframe the issue from rights of gun owners to public safety. If we can enact seat belt laws, airbag regulations, and no-smoking laws, we ought to be able to enact laws about trigger guards and safe storage of firearms separately from ammunition. What do you think?

Marian Deutschman,
Public Policy Chair



FIND AAUW ON THE WEB:

Buffalo Branch: <http://aauw.buffalo.edu>
New York State: <http://aauw-nys.org>
National: <http://aauw.org>

ON FACEBOOK:



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ON TWITTER:



NYS: <https://twitter.com/AAUWNYS>
National: <https://twitter.com/AAUW>

Save the Date!

Tech Savvy Conference
Saturday, March 19, 2016

Tech Savvy's eleventh conference is just around the corner! On Saturday, March 19, we will welcome about 500 girls in 6th – 9th grade for the middle school program and approximately 100 10th-12th graders in the *Tech Savvy Girls on a Roll* program. We are also expecting up to 200 parents and teachers, all in the name of encouraging STEM for girls with a fun theme: *Tech Savvy Girls: Our Futures Are So Bright that We Have to Wear Shades!* Will you join us? If you would like to join the planning effort or volunteer for the day, please email Tamara at tbforauw@cs.com. Looking forward to seeing you soon!



Tamara Brown,
Tech Savvy Coordinator

Help Needed!

Here is hoping everyone had a wonderful holiday and is eager to get back to the business of making the 2016 book sale the best ever!



At year's end there was a HUGE pile of books to be processed and the need for sorters is critical. Come join us at 995 Kensington Ave. from 9:30 until noon every Tuesday and Wednesday or stay for as much time as you can spare. No experience necessary; there are plenty of people who can help you. If you are not available during the normal sorting hours, but could come at another time or day, contact Betty Preble. She is willing, whenever possible, to open the site to accommodate you. Email Betty at Betty.preble@gmail.com or call 662-0608.



Pat Swift-MacClennan,
Book Sale Committee



Photos From December Program



Exercise and Nutrition for a Healthier Life



Date: Saturday, February 6, 2016

Time: 12:30 pm registration
1:00 – 3:00 pm program

Place: Town of Tonawanda Aquatic and Fitness Center (off Delaware Road near Sheridan Drive across from the Tops Market)
1 Pool Plaza, Tonawanda, New York 14223

Cost: \$5.00

- ◇ Wear gym-appropriate clothing. Participatory class exercises will be offered for various levels of ability. Be mindful of your own limitations.
- ◇ Healthy snacks along with nutritional advice will be provided.
- ◇ You will be placing your boots, coats, and personal items in a locker so it is advisable to bring your own lock.
- ◇ **Afterward, for an additional charge of \$5.00, you may use the pool.** If you choose to do so, bring a swimsuit, towel, etc.

Because of limited space the maximum number of attendees will be 25.

A special thanks to the Tonawanda Aquatic and Fitness Center for the use of their facility and to the instructors, Val Cooley and Renee Szarowicz, for volunteering their time.

FEBRUARY PROGRAM REGISTRATION FORM

Name: _____ Phone: _____

Email: _____

No. attending: _____ X \$5.00 = \$ _____

No. using pool: _____ X \$5.00 = \$ _____ Total \$ _____

Please mail form along with check made payable to "AAUW Buffalo Branch" **before January 30, 2016** to:
Leona Barback, 62 Lynn Lea Street, Williamsville, New York 14221

SAVE THE DATE

*AAUW NYS Convention will be held at the
Holiday Inn, Saratoga Springs,
April 15-17, 2016*

For more information visit
<http://www.aauw-nys.org/convention.htm>



**2016 AAUW NEW YORK
STATE CONVENTION**

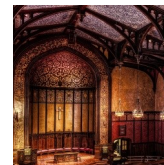
AAUW Women on the Move:
Achieving Women's Economic Justice

Nickel City Opera Presents:

Amahl and the Night Visitors

When: Friday, January 8, 2016, 7:00 to 8:00 pm.

Where: Westminster Presbyterian Church
724 Delaware Ave. Buffalo, NY 14209



A fully produced Christmas classic! See Amahl, a poor crippled boy, meet the Three Kings on their way to the nativity. Features a small chamber orchestra, full chorus, costumes, and props. Features Ian Torres as Amahl. Directed by Jacqueline Quirk. Produced by Wesley Krantz and Valerian Ruminski.

For More Information:

<https://www.eventbrite.ca/e/amahl-the-night-visitors-tickets-19171384126?aff=ebrowse>

7 Feminist Resolutions for the New Year

This article, written by Bethany Imondi, was published on the AAUW National website (AAUW.org) on December 15, 2015. While many of us are creating our New Year resolutions, these thoughts may motivate us to further the mission of AAUW. To read the full article, visit: <http://www.aauw.org/2015/12/15/feminist-resolutions/>.

Almost as quickly as it arrived, 2015 has flown by. As we shift our thinking from holiday shopping lists to New Year's resolutions, we're finding lots of ways to empower women and girls in 2016. If you're still brainstorming ideas, here are seven feminist-minded resolutions for the coming year:

1. Be Confident, Not Sorry

We still live in a world where women are **paid less, underrepresented** in high-paying fields, and **openly harassed**, so it is no wonder they feel they have to apologize for every little thing. Instead of succumbing to the stereotypes that women are submissive and weak; resolve this year to **fight back**. In your next class or meeting, think twice before you start a sentence with "sorry." The world won't stop turning when women assert themselves and refuse to be overly apologetic, #sorrynotsorry.



2. Register to Vote

Regardless of your political affiliation, 2016 is an especially important year for voting. Whether a woman will be on the presidential ticket is to be determined, but it is likely that women's issues such as **reproductive rights, paid family leave, and equal pay** will be among the hot topics in local and national election contests. For 2016, resolve to make women's voices heard by **registering to vote** and **turning out** to the polls.



3. Negotiate Your Salary

Women working full time in the United States typically are **paid just 79 percent** of what white men are paid, a gap of 21 percent — and it's even **worse for women of color**. Women who negotiate can earn higher salaries and better benefits, and these advantages add up over time, helping to close the wage gap. Negotiation ensures that women put a fair price on the quality of their work and sets a benchmark for future salary increases. Whether you're entering the job market for the first time or already a working professional, **AAUW can help** make 2016 the year you negotiate for an equitable salary.



4. Love Your Body

Research has proven the damaging consequences of **stereotypes**, especially on self-esteem and confidence. But beauty takes countless forms, and it's time to embrace all of them! Not only can 2016 be a year for celebrating body positivity, but it can also be a time to confront the hypersexualization of women in society, combat negative body comments, and **discourage perfectionism**.



5. Help Young Women Find Their Voices

While women have made great advances in leadership over the decades, women's elevation to **top positions** is relatively rare. **Research** has found that college women often doubt their leadership potential, so it's important to help empower these women early. By encouraging young women during and **after college** to seek out **opportunities** to practice their leadership skills, we can strengthen the leadership pipeline for women. **Tell a woman** in your life to consider taking on a leadership position, and **connect with a new group** of women in your area.



6. Be An Ally

In order to create real change, social justice movements need to involve people beyond the affected communities. These movements can succeed with supportive allies who advocate for equality. In 2016, resolve to be a **good ally** by doing your research, recognizing privilege, and listening to others' opinions.



7. Carry The Mantle of Feminism

The "f-word" has become a **hot topic**. Some embrace the term, while others reject it. This year, rather than simply claiming or rebuffing feminist labels, encourage more intergenerational and intersectional collaborations around identity issues like sex, gender, race, and class. Engage in conversations with women and girls of all ages and backgrounds to learn from each other, and talk about how to make the lives of future generations of girls easier. The next step? Resolve to **get involved** and take action.



Upcoming Dates to Remember

Feb. 6, 2016 - Exercise and Nutrition for a Healthier Life at Aquatic Center, Tonawanda

Feb. 10, 2016 - Celebration of Susan B. Anthony's Birthday in Rochester

Feb. 27, 2016 - Elect Her at UB

Mar. 8, 2016 - International Women's Day program at UB's Center for Tomorrow

Mar. 19, 2016 - Tech Savvy at UB's North Campus

Apr. 15-17, 2016 - AAUW New York State Convention in Saratoga Springs

Apr. 24, 2016 - "Read to Succeed" at Mt. Olive Baptist Church

May 7, 2016 - AAUW-Buffalo Annual Meeting/Awards Luncheon at the Roycroft Inn in East Aurora

Jun. 1-5, 2016 - Annual Book Sale, Location tbd



AAUW has been empowering women as individuals and as a community since 1881. For more than 130 years, we have worked together as a national grassroots organization to improve the lives of millions of women and their families.

Mission: *AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.*

Vision: *AAUW empowers all women and girls to reach their highest potential .*

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

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.

Moving? Please contact Freddie Cheek at 835-6945.

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