

Advocate

BUFFALO (NY) BRANCH

Vol. CXXVII, No. 3

November 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!



AAUW PUBLIC POLICY LUNCHEON

Speaker: **Assunta (Sue) Ventresca**, Director of Health Related Services, Buffalo Public Schools

Chair: **Marian Deutschman, Ph.D.**

Saturday, November 12, 2016 at Noon
The Foundry
1738 Elmwood Avenue
Buffalo, New York 14207



BUFFALO PUBLIC SCHOOLS

"Putting children & families first to ensure high academic achievement for all"

Call to Action on a Public Policy Issue!

Assunta (Sue) Ventresca R.N., M.S.N. is director of Health Related Services for Buffalo Public Schools (BPS). The vision for BPS is to create healthy, safe, supported, engaging, and challenging school communities. Join us on November 12th for lunch at the Foundry at 1738 Elmwood Ave. at noon. Sue will share her mission and help us understand the results of her Youth Risk Behavior Surveillance Report for 2011, 2013, & 2015. What has improved and what is getting worse?

Some questions to ponder for the meeting:

1. How do we enable young people to grow up in the healthiest way and become thoughtful, caring, self-sufficient adults? Do we need comprehensive sex education in BPS?
2. How do we deal with those opposed to incorporating sex education into the curriculum?
3. Does sex education go against moral or religious beliefs of an individual?
4. How will attitudes of parents, educators, and religious leaders in the community influence what is taught?

We need your insights at the November 12th meeting.

Reservation Form

Menu choices (check one):

Chicken Scaloppini with lemon

Pan Seared Salmon with lentil salad

Questions?
Marian Deutschman: 634-2412 or
Lillis McLean 873-7467

All entrees include mixed green salad, chef potato, vegetable, rolls and butter, and dessert.

RESERVATION MUST BE IN BY MONDAY, NOVEMBER 7th.

Please send check for \$19 payable to "AAUW Buffalo Branch" to Lillis McLean, 366 Victoria Blvd., Kenmore, NY 14217

Name _____

Phone _____

CAROL'S CORNER

It's autumn and time for pumpkin fever! There are many pumpkin spice flavored products in our grocery stores and restaurants. Lattes, coffees, teas, donuts, muffins, yogurt, butter, beer, oatmeal, creamers, pudding, and custard are examples of foods flavored with pumpkin pie spices. I even saw pumpkin spice chewing gum!

There is another fever that is common in the fall – the fever associated with the influenza. Influenza, more commonly called the flu, is caused by a virus. The flu virus is spread through respiratory secretions expelled from the nose or mouth during coughing or sneezing. Touching a contaminated object can spread infection. When we simply rub our eye, viral particles can infect



the mucous membranes of the eye. When we eat we can introduce the flu virus to the mucous membranes of the mouth. From the eye and the mouth, viruses spread along mucous membranes to the respiratory tract. It is important that we cover our mouth when we cough or sneeze. Good handwashing practices are important to stop the spread of infections. Although there are many antibiotics that successfully treat bacterial infections, there are not many effective antiviral medications.

Getting immunized against influenza is one of the most effective means of flu prevention. Viruses quickly mutate and as a result, it is

(Continued on page 5)

CYNTHIA'S INSIGHTS

REMEMBERING THE FIRST AFRICAN AMERICAN WOMEN TO RUN FOR PRESIDENT OF THE US

Very soon, the United States will elect its forty-fifth president. We have witnessed some interesting events during this campaign. Is it me or what? But it seems that whenever women get involved in anything, there is always a **BIG TO-DO**. But no matter what, women have always held their own and persisted under unusual and sometimes dangerous circumstances.

Let us not forget the turbulent times of the elections in 1972. Richard Nixon was the incumbent president at that time and faced an uncertain reelection. The Democratic platform was in full force with over ten candidates vying for the position as the next president. Some of the candidates were Senator George McGovern of South Dakota, Henry Jackson of Washington, Governor George Wallace of Alabama, Hubert Humphrey of Minnesota, Edmund Muskie of Maine, and **Shirley Chisholm of New York**.

The September 28, 2016 edition of *THE PUBLIC* had an excellent article about Ms. Shirley Chisholm. The article, by Hannah Anain, cited Shirley's interest in **issues of child welfare and education**. She worked with the Bedford-Stuyvesant Political League and the League of Women Voters in 1964 and while in the New



York State Assembly, sponsored the introduction of programs which granted disadvantaged students the chance to attend college while receiving remedial education. She also worked in the state legislature for the extension of **unemployment benefits to domestic workers**. This led to her involvement with politics with the House of Representatives and finally running as a candidate for the presidency of the US. Ms.

Chisholm's slogan was: "Unbought and Unbossed." Her candidacy afforded her and her followers a platform to discuss **race and gender inequality**, as well as **social and economic injustice**. The article stated that when she ran for president, she met **more discrimination** as a **woman** than for being black -- and she prefaced it by saying "**men are men.**"

Do you remember that during George Wallace's campaign, he was shot? The government then, for the first time, put security around each of the presidential candidates, including Ms. Shirley Chisholm.

Our city of Buffalo is packed with history and Shirley Anita St. Hill Chisholm is part of that history. Ms. Chisholm visited Buffalo many times, and later lived in Williamsville, NY. She is buried in Buffalo's Forest Lawn Cemetery.

Cynthia Mehary
Co-President

THE BUFFALO BRANCH ADVOCATE

is published monthly September-June as a bulletin of events for members and as an update on AAUW issues and programs.

October 2016, Vol. CXXVII,
No. 3, Circulation 215

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BUFFALO BRANCH OCTOBER STUDY/INTEREST GROUPS

WHAT'S HAPPENING



The Buffalo and Erie County Library, 1 Layette Square, Buffalo, NY, (858-8900) is celebrating 400 Years of Shakespeare through January 2017. The exhibit in the Rare Book Room includes very early copies of Shakespeare's 1st, 2nd, 3rd, and 4th folios along with some of his poems.

Equus is playing at the Irish Classical Theatre 625 Main St, Buffalo, N.Y. (853-4282) from October 28 - November 20.

The 39 Steps is playing at the Kavinoky Theatre, 320 Porter Avenue, Buffalo, NY (829-7668) from November 4 - 20.

The Amherst Chamber Ensemble (ACE) is presenting a Winds and Brass Concert on November 20 at 3:00 pm at Trinity United Methodist Church, 711 Niagara Falls Blvd., Amherst. ACE concerts are free.

Judy Weidemann

WNY CULINARY DELIGHTS

There will be no meeting in November. The study group will resume in December.



KNITTING GROUP

When: Wednesday, November 9th, 2-4 pm

Where: Barnes and Noble Café on Transit Rd. near Main St.

What: Bring your knitting and/or crochet project

Contact: Karen Howard at 716.480.3652 or email kkhoward@roadrunner.com



THE HAPPY WANDERERS

Program: *Milestones in Science* Exhibition at the Buffalo Downtown Library (1.5 hours) 11 am to 12:30 pm.



We will meet **Thursday, Nov. 10th at 11 am** in the second floor exhibit room to view the exhibition case with their priceless contents. In addition, two other exhibits are worth our time:

- 400 Years of Shakespeare in the rare book room on the 1st floor featuring original folios and special displays.
- The Mark Twain Room, across the hall from the Shakespeare exhibit features original writings and priceless documents.

LUNCH

We will walk across the street to the Pan American Grill in the Lafayette where we will enjoy a lovely lunch in the beautifully restored hotel. Menu items include a \$10.00 menu featuring soup and salad and a main dish including beverage.

CARPOOL

It would be wise to carpool to save on parking. When you RSVP, please mention that you would like to carpool. Guests are invited as well.

PARKING

Parking is available on the streets and nearby ramps although spotty. One, right across Broadway from the library has an entrance on Washington for \$10.00 after 90 minutes. Parking, library, and restaurant are conveniently located near each other.

RSVP by Monday, November 7th Call Judy Clare at 633-1294 or Pat Baker at 634-6440 if you would like to join our group so that we may reserve tables together.

DINNER NY THE BOOK

When: Wednesday, November 16th at 5:30 pm.

Where: Family Tree Restaurant, 4346 Bailey Ave., Amherst Interior closed room reserved for the book club

Book: **Half of a Yellow Sun** by Chimimanda Ngozie Adichie

Leaders: Sue Licata, Facilitator & Mary Crocker, Discussion Leader

RSVP: Fran Witnauer at 716.688.5708 or grandmafran44@yahoo.com



BEAD WEAVING & JEWELRY MAKING

When: Thursday, November 17th from 1-3 pm

Where: Julia Boyer Reinstein Library, Conference Room 1030 Losson Rd., Cheektowaga

What: Bring your current project or come to learn a new hobby.

RSVP: Barbara Weber at 668-5456 or cell 725-7839



CLUELESS MYSTERY BOOK CLUB

When: Wednesday, November 30th at 5:30 pm

Where: Bob Evans Restaurant Mtg. Room, 1925 Niagara Falls Blvd., Amherst

Book: **Sins of the Fathers** by Lawrence Sanders

Facilitator: Pat Miceli

Contact: Suzanne Grossman at 837-8769



We welcome all current and prospective members to attend any of our study group activities.

BOOK SALE SORTING

Calvary Episcopal Church, 20 Milton St., Williamsville. 9:30 to noon on Tuesday and Wednesday mornings. Stop by to see our new digs and maybe help!

PUBLIC POLICY

THE GRAY GENDER GAP

In AAUW-NYS Women's Economic Equity News, Donna Seymour reviewed an interesting public policy issue: **The Gray Gender Gap: Older Women Are Likelier to Go It Alone.**

At every age, older men are far more likely to be married than older women. About three-quarters of men ages 65 to 74 are married, compared with 58 percent of women in that age group. The proportion of men who are married at 75 to 84 doesn't decline; among women, it drops to 42 percent. Even among men over 85, nearly 60 percent are married while only 17 percent of women are married. Life expectancy explains only part of this gap, said Deborah Carr, a sociologist at Rutgers University who has studied marriage and widowhood. Women tend to live longer and to marry men older than themselves, so they are more likely to be widowed.

The other factor is that men are much more likely to remarry than women. With 2.55 women for every man among unmarried people over age 65, and 3.27 unmarried women for every unmarried man over 85, a man who wants to remarry has a very large pool to choose from.

At older ages, these differences can have significant repercussions. Consider living arrangements. Among people over 75, 23 percent of men live alone. For women, the figure is twice as high. Many older unmarried women face economic difficulties. Women take more of a hit financially from widowhood and divorce, said Deborah Umberson, director of the Population Research Center at the University of Texas. Alicia Munnell, director of the Center for Retirement Research at Boston College, has calculated poverty rates based on the federal Current Population Survey. Her findings: About 8 percent of married older adults are poor or near poor. Among unmarried men, the percentage rises to about 20 percent. For unmarried women, it's 27 percent.

Research has long demonstrated a health benefit from marriage. Divorce and widowhood are

terrible for your health. Older men may be hardest hit, because women are the health experts within families, the ones who arrange doctor's appointments and monitor medications and diets. When men lose that, they suffer the health consequences. But older women suffer, too. Economic hardship is bad for your health, and, again, unmarried women take the brunt of that.



We may have always assumed that the disproportionately female population of nursing homes resulted from longevity. But maybe women fill nursing homes not only because they're ailing and need care, but also because they're more apt to be single.

Surprisingly, the women most emotionally dependent on their husbands while married showed the highest levels of self-esteem in widowhood. Older women have a not-so-secret weapon: stronger social ties such as book groups, card groups, etc. and these friendships pay off. Women have more close confiding relationships, which are excellent for good mental and physical health. Women also tend to be closer to their adult children.

Cohort changes may eventually torpedo a lot of these gender and marital differences. For instance, the divorce rate among those over 50, known as "gray divorce," has doubled since 1990. Since the divorced are more likely to remarry or cohabit than widows or widowers, we could see a lower percentage of older adults living alone in coming years. Many other sociocultural changes, from decreased stigma about divorce to more women in the workforce, could also play out as boomers and their children age. Race and ethnicity also play significant roles. Older African-Americans and Hispanics are more likely to face financial burdens regardless of marital status.

Marian Deutschman,
Public Policy Chair

AAUW STARTSMART/ WORKSMART PROGRAM

AAUW's Start Smart and Work Smart programs are designed to empower women with the skills and confidence to successfully negotiate their salary and benefits packages. By learning strategies and practicing effective language, participants gain valuable skills they can use throughout their lives — well beyond their next negotiation.



Our trained facilitators are uniquely qualified to guide participants through AAUW's curriculum, which utilizes the latest research and negotiation strategies to help women navigate the complexities of job offers and promotion opportunities.

In every two-hour workshop, women can expect to learn:

- About the gender pay gap, including its personal consequences
- How to quantify the market value of their education, skills, and experience
- How to conduct objective market research and determine a fair target salary
- How to create a strategic pitch and respond to salary offers



Want to help close the gender pay gap? Then empower women to negotiate their salaries. AAUW Work Smart and AAUW Start Smart workshops do just that, and you can teach these invaluable skills to women in your community by signing up to be a facilitator:

<http://www.aauw.org/what-we-do/salary-negotiation-workshops/facilitator/>

Contact Laurie Eikemeyer for more information at 440-7596.

NOMINATING COMMITTEE

Dear Members ,
Every year we nominate members for certain offices. This coming year we are looking to fill the following positions:

- President
- First Vice-President in charge of programs
- Third Vice-President in charge of membership retention
- Branch Treasurer
- Chamberlin Loan Fund and Funds for Education Treasurer

NOTE: The above positions could be shared between two members.

- Nominating Committee (Chair plus two members)

I wanted to make you aware of these openings at this time, so you could seriously be thinking about volunteering to fill one of these positions yourself. Or maybe you can suggest the name of someone whom you feel would be a good candidate. Maybe you have worked with someone on a committee or event (Tech Savvy, the Book Sale, Sister-to-Sister, etc.) who has stood out in your mind.

Thank you for giving this issue serious thought. Feel free to contact me if you have suggestions or questions.

Judy Malamas,
Nominating Committee Chair
Tsagewood@aol.com
632-0461



(Continued from page 2)

FLU IMMUNIZATIONS

necessary to be immunized yearly against the flu. When you get the flu shot, you are not only protecting yourself, you are also protecting people whom you encounter. You are protecting your pregnant coworker so that she does not have complications that could affect her developing fetus. Many microorganisms, including the influenza virus, can cross the placenta and cause an in-utero infection. Premature labor and delivery are complications of the flu in a pregnant woman. You are protecting the new grandmother who is sitting next to you in a theater so that she does not pass the flu on to her newborn grandchild. You are protecting the person next to you in line at the bank or grocery store so that they are not passing on the virus to a family member who is on chemotherapy. You are protecting the person who you shook hands with so that they do not pass on the flu to an elderly family member. The newborn, the elderly, and the individual on chemotherapy have diminished immune systems and contracting the flu will make these patients gravely ill. The flu can be life threatening for them. It only takes a couple of minutes to be immunized and the cost of the shot is completely covered by many insurance plans. It takes two weeks after inoculation to be completely protected against the flu.

Halloween has been my favorite holiday since childhood. When I was in first grade, I had the flu and could not go trick or treating that year. I was so disappointed. Fortunately, several of our neighbors gave my sister an extra candy bar for me to enjoy when I was feeling better. Later in my microbiology college courses, I learned that I most likely had the Asian flu which was pandemic that year.

As a clinical microbiologist, I encourage everyone to get their flu shots. The Center for Disease Control and Prevention predicts an early flu season this year. If you have any questions about risks associated with flu shots, always consult your health care provider.

I have been immunized against the flu this year not only to protect myself but others as well.

Carol Golyski
Co-President

WELCOME NEW MEMBERS



Dominique Betrand

1604 Oak Lane
Georgetown, Texas 78628
Phone: 512-771-9353
E-mail: dabertra@buffalo.edu
Degrees: Southwestern University, BA Animal Behavior 2008, University at Buffalo, MA Anthropology-Primateology 2012

Roseann Dryja

19 Pine Ct
Williamsville, NY 14221
Phone: 688-8456
E-mail: oldteachers@yahoo.com
Degrees: Buffalo State College, BS & Master's Education 1960
Skills & Interests: Event Arrangements, Book Sale, 'Clueless' Mystery Book Club, Dinner by the Book, Knitting Group, WNY Culinary Delights, Happy Wanderers

Diane Kelley

18 Green Castle Lane
Williamsville, NY 14221
Phone: 863-7351
No e-mail
Degree: Buffalo State College, BS Social Work 1973
Occupation: Retired
Skills and Interests: Community Action, Cultural Interests, WNY Culinary Delights, Happy Wanderers

Lilyen Mascellino

20 Forest Creek Ct
Grand Island, NY 14072
Phone: 912-4523
E-mail: Lilyenm@gmail.com
Degrees: Empire State College, BA Education 1993, Buffalo State College, Master's Special Education Exceptional Education 1996, Buffalo State College, CAS School Administration 2000
Skills & Interests: Event Arrangements, Marketing, Scholarship Management, Book Sale, Human/Civil Rights, Program Committee, Publicity Committee, Scholarship Committees, Sister-to-Sister Summit, Dinner by the Book

BOOK SALE NEWS

The good news from book sale workers is the steady and abundant pace of donations; the bad news is the lack of volunteers to process them. While turnout at the new sorting site has been good, it could be better. Especially needed are volunteers able to lift the heavy boxes that need to be moved to and from storage rooms. Whatever your abilities your help is needed.

Please stop by Calvary Episcopal Church at the corner of Milton and South Cayuga, any Tuesday or Wednesday morning between

9:30 and noon. Sorting will continue through the holiday season and the site will be open the Wednesday before Thanksgiving. It will close Christmas week but be open both days the New Year's holiday week.



Pat Swift-MacClennan
Book Sale Executive Committee

HELP WANTED FOR NEWSLETTER DISTRIBUTION



Once each month, we need someone to help with the snail-mail distribution of the Advocate. No, you don't need to create it – Laurie is already doing a fantastic job on that! The tasks to be done are getting it printed (OfficeMax is quite accommodating,) print the labels (there's an online postal service program to do that,) take all of that out to Lancaster HS where a class of disabled students will fold/tape/label them, then pick them up and take them to mail at the main post office on William Street.

Please contact Betty Preble (662-0608) if you could help with that occasionally. I can walk you through the whole process!



DISTRICT 1 CONFERENCE

The Jamestown Branch hosted the District 1 Conference on Saturday October 8th at Jamestown Community College. The theme was "Growing a Leadership Pipeline for Girls and Women".

The program began with the keynote speaker, Journey Gunderson, who is the executive Director of the National Comedy Center. She spoke about the use of humor to diffuse situations in the workplace. This was followed by a panel discussion of six women who described their career leadership journeys. After a delicious lunch, a round table discussion took place to exchange strategies for developing women leaders.

At the conclusion of the program, there were updates from the branch presidents who described the activities in their respective branches. Co-president Carol Golyski gave the Buffalo Branch update.

There were ample networking opportunities as well as time to visit the vendors in the reception area. Participants remarked that it was a most informative and interesting meeting. Next year the Buffalo Branch will host the District 1 Conference.

Carol Golyski
Co-President



District 1 Conference Attendees: Mary Kellner, Barbara Carier, Carol Golyski, Betty Preble, and Judy Huber.



From the District IV conference 10/15/16 in Schenectady, four Buffalo dual branch members together (from left): Ann Bish, Nan Scinta, Jan Vine, and Ann Hicks.

PHOTO ALBUM FROM SEPTEMBER 26, 2016 FALL WELCOME DINNER



Judy Clare and Jacquie Walker with the parents of this year's Jacquie Walker Scholarship recipient, Rebecca Skagal, who accepted the scholarship on her behalf.



Olga Lindberg \$10,000 Scholarship Recipient, Dominique Bertrand.



Olga Lindberg \$5,000 Scholarship Recipient, Lisa Kulka.



Co-President Cynthia Mehary.



Co-President Carol Golyski.



Co-President Cynthia Mehary, UB AAUW Student Branch President Sara Dow, UB AAUW Student Branch Past President Francesca D'Alessandro and Co-President Carol Golyski.



Our hostess, Michele Sciolino with her daughter Julie, assisting with a delicious meal .



Happy Birthday wishes for Barbara Carier and Carol Golyski.

Upcoming Dates to Remember

Nov. 2nd at 6:15 pm - Board Meeting at Daemen College

Nov. 12 - November Program with Assunta (Sue) R. Ventresca

April 21-23 - AAUW-NYS Convention in Syracuse

May 31-June 4 - Annual Book Sale - location TBA



SAVE THE DATE



April 21-23, 2017 at the DoubleTree Inn in Syracuse

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.

Return Service Requested

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