



**You Are Invited
to our
Financial Literacy Night!**



When: January 31, 2019
 Time: 5:45—6:00 PM Registration
 6:00 — 7:20 PM Speakers
 7:20—8:00 PM Questions and Discussion

Where: Grand Island Memorial Library
 1715 Bedell Road
 Grand Island, NY 14072

Speakers: **Michael Angelucci**
 The Investment Answer:
 Learn to Manage Your Money and Protect Your Financial Future
 and

Adrienne Rothstein Grace
 Financial Empowerment for Life's Transitions

**Register by January 18th,
 as
 Space is Limited!**

Registration is FREE, but required:

Email the information below to lilyenm@gmail.com

Name: _____

Phone: _____

Others Attending & Their Email Addresses:

Complimentary refreshments will be served.

Highlights In This Issue

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February ADVOCATE

The deadline for each issue of the Advocate is the 10th of the previous month. Submit articles to Suzanne Taeger (suzannemlr3@gmail.com) via email by January 10. Please be sure to put "AAUW Buffalo Advocate" in the subject line.



PRESIDENT'S PERSPECTIVE

Betty Preble

Alice: "Would you tell me, please, which way I ought to go from here?"

Cheshire Cat: "That depends a good deal on where you want to get to."

Alice: "I don't much care where..."

Cheshire Cat: "Then it doesn't matter which way you go."

Where does the Buffalo Branch of AAUW want to go? At this time of the year when New Years' Resolutions are considered, perhaps it's time to give that some thought.

Our national organization has developed a new strategic plan. The documentation and plans are available on the national website - <https://www.aauw.org/who-we-are/strategic-plan/>. The focus is on three areas: Education and Training, Economic Security, and Leadership.

How does the Buffalo Branch fit into that? And do we want to change how we fit?

Looking back through some of the branch historical documents (check them out on our website), we have always been involved with Education and Training – from our contributions to national fellowships to our many local scholarships to our long-ago nursery school programs to our surveys of schools to our support for the Original Tech Savvy - and on and on.

How have we worked on Economic Security? Certainly we've frequently held programs (such as the one in January) on finances/developing our own security. And our educational programs certainly help women start off on a better footing. But are we pushing the national programs such as StartSmart and WorkSmart to help women starting out or ready to change direction in the working world? WorkSmart is now free online program. Have you tried it? Or recommended it to your working daughters or friends? Do you know a local college that should be hosting a StartSmart workshop?

Leadership. Good question. We're developing leadership within our branch, but are we sending leaders out into the community? We've been represented in the past on our county board and at present on a local school board. But we could be doing so much more – how do we do that?

If you have suggestions for the branch in these areas - or in other areas unique to our community – please send them on. We're smart, educated, people – we need to make sure our talents are being used in these scary times.



AAUW Buffalo Branch Elected Board Members

2018-2019

PRESIDENT

Betty Preble

VP PROGRAM

Lilyen Mascellino

**VP MEMBERSHIP
RECRUITMENT**

Melissa White

VP MEMBERSHIP RETENTION

Jean Hubbard
Berni Lewis

**SECRETARY/
PARLIMENTARIAN**

Diane O'Brien

CFO

Barbara Libby

BRANCH TREASURER

Suzanne Licata

EAP TREASURER

Lynn Rapin

FUNDRAISING TREASURER

Mary Crocker

**CHAMBERLIN/FUNDS FOR
EDUCATION TREASURER**

Kate Collins

SCHOLARSHIP DIRECTOR

Betty Krist

NOMINATING COMMITTEE

Marguerite Collesano, Chair
Marilyn Carmichael
Maryann Hope
Lynn Tauriello
Marilyn Todd



THE BUFFALO BRANCH ADVOCATE

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

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375 Parkhurst Blvd.
Buffalo, NY 14223
(mlcrock@msn.com)

WE NEED BOOKS!

BOOK SALE REPORT—Jan 2019

Joan Kernan and Jayne Murray



Welcome 2019! May we all be rested and reinvigorated as our Annual Book Sale is now visible on the horizon. As we closed up the sorting rooms at Calgary Episcopal Church on Milton in December, our workers found themselves actually searching for something to do. We have long pews in our hallway upon which we stack our donations. We steadily make our way through them and then pack them by genre to be transferred to the Sale site in the Spring. *These pews are now completely empty!* What joy we would feel when we enter the hall at 9:30 a.m. and see the pews filled to capacity. Many of us received gifts of books over the holidays and most likely need more space on our shelves—box the old ones and bring them in. Keep handing out those vibrant yellow WE WANT BOOKS bookmarks (available at the Church) and talking us up to your friends, neighbors, and other groups. An AAUW member connected us with the Audubon Library and we were able to send a crew over to select several boxes of books after their sale!

We have gained some fantastic and committed new sorters this year. We now have a handy sorting tip sheet for getting up to speed fast, plus many seasoned sorters as resources. Please consider joining us this year at the Church on 20 Milton St. in Williamsville, from 9:30 to noon on Tuesdays and Wednesdays. No RSVP required and we are flexible—even an hour helps so much.

Also keep your feelers out for a venue for the Book Sale. Please send the location—it *must* be at least 16,000 sq. ft—and either the contact info or perhaps a picture of the “for lease” sign with a phone number to Beth Ann Frazer (bangel255@yahoo.com).

AAUW FUNDS

Cynthia Mehary, AAUW Funds Chairperson

The Educational Funds and Awards program of AAUW supports educational and lifelong learning opportunities that give women a chance for a lifetime of success. One program that these donations support is Fellowships and Grants. In a previous article, I mentioned that there were a total of eight fellowships and grants supported by the Educational Funds and Awards program.

One fellowship I would like to discuss here is the Selected Professions Fellowships award. The Selected Professions Fellowships are awarded to women who intend to pursue a full-time course of study at accredited U.S. institutions during the fellowship year. The course of study should be in a degree program where traditionally there are very few women participants. Degrees in Architecture, Computer/Information Science, Engineering and Mathematics are awarded to women studying for their master's degree.

Women of Color who have been underrepresented in the following fields are also eligible for the Selected Professions Fellowships if they are enrolled in one of the

following three programs. These programs are a Master's in Business Administration (second year of study only), Law (third year of study only), and a Doctorate in Medicine (Third or fourth year of study only)

Recently, Michelle Lee was awarded the Selected Professions Fellowship for the year 2018 – 2019. She is a New York State resident and is a student at Cornell University, majoring in Health and Medical Sciences. Her degree and specialization is Medicine (M.D.) As a medical student, Michelle Lee has researched neurological diseases since her undergraduate years. Her current research looks at biomarkers of brain tumors and interventions for women with intractable brain disease. Her goal is to be an academic neurologist, patient advocate, and health journalist. She aims to be a leader in the medical field and is passionate about women's rights, reproductive rights, and services for domestic violence survivors.

Buffalo Branch of AAUW is proud to have sponsored Michelle Lee for this Branch American Fellowship in honor of Hillary Rodham Clinton. We congratulate Michelle Lee and wish her much success.

AAUW INTEREST GROUPS JANUARY 2019

Judy Huber

ADVENTURES IN STEM NEW GROUP

No program in January. Christina welcomes your suggestions.

Contact: Christina Saarinen or 425-3790

THE HAPPY WANDERERS

When: Friday, Jan. 18th 10:00 AM

What: Buffalo Botanical Gardens. (Admission \$10.00),
2665 S. Park (827-1584)
Lunch at Curley's

RSVP Judy Huber by Jan. 15th at 688-8170 or
judyhuber62@yahoo.com.

DINNER BY THE BOOK

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

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

Book: Nomadland by Jessica Bruder.

Facilitator: Lynn Rapin.

Discussion Leader: Mary Georger.

RSVP: Fran Witnauer 716-688-5708 or
grandmafran44@yahoo.com

CLUELESS MYSTERY BOOK CLUB

When: Wednesday, Jan. 23rd at 12:30 pm.

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

Book: The Undertaker's Daughter by Sara Blaedel.

Facilitator: Stacey Johnson

RSVP: Fran Witnauer 716-688-5708 or
grandmafran44@yahoo.com

BEAD WEAVING & JEWELRY MAKING

When: Thursday, Jan. 17th 1:00 – 3:00

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 716-668-5456 or
cell 716-725-7839

WNY CULINARY DELIGHTS

When: Wednesday Jan. 9th at 6:30 PM.

Where Dobutu, 500 Seneca St. Suite 119 Seneca St. Buffalo, NY.

What: AAUW Interest Group for members to share dinner and conversation.

RSVP: by Jan. 7th to Barbara Libby at 836-8303 or
bplibby1@verizon.net.



2019 ACHIEVEMENT AWARD

Each year, the AAUW Buffalo Branch honors a woman who has had outstanding achievements, be it in community service or her professional field, with our Achievement Award. She is invited to be honored and to speak at our annual meeting/luncheon in May. The past awardees are listed on page 7 of your roster.

Would you be interested in helping with the selection of this outstanding woman? Three members of the board (Melissa White, Diane O'Brien, and Fern Beavers) are the nucleus of this year's selection committee and will be meeting in early January.

If you are interested (or if you have a suggested candidate for the award), please contact Betty Preble at 662-0608 or email betty.preble@gmail.com. You may also use the nomination form on our website (aauw.buffalo.edu, in the "About Us" section) to send nominations.

Tech Savvy 14: Saturday, March 16, 2019

She inspires... I inspire... We inspire!

Tech Savvy Girls: Inspiring & Creating through STEM!

It's *almost* Tech Savvy time!

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 that is all about girls working together, inspiring each other, and creating all things new and better!

The conference is designed to inspire middle school girls to pursue STEM careers (science, technology, engineering, and math)—and to provide adults in their lives with relevant information. *Tech Savvy* features 20+ workshops for the girls plus four savvy skills workshops, introducing critical life success skills such as advocacy, negotiating, interview preparation, and ethical decision making. Since *Tech Savvy* is not just for students, adults will enjoy fun and enlightening sessions that include the best of ways to help girls in their lives.

You might say that this year's keynote speaker knows a little about inspiring and creating... and she knows A LOT about being a girl! Gitanjali Rao is 13 years old and is an 8th grader. Last year, as a student at STEM School Highlands Ranch in Highlands Ranch, Colorado, Anjali was named America's Top Young Scientist of 2017 by the Discovery Education 3M Young Scientist Challenge with a device to detect lead in water faster than any other current techniques.

Talk about girls inspiring girls!

Yes, we need help so please join the crew! We need YOUR help in the following areas. Call Tamara to help in one of these tasks:

- College student relations
- Reception planning
- Adult session planning
- Bus support
- Food Planning
- Summer planning



Upcoming Planning Dates for Tech Savvy 14

Planning Teleconference: Saturday, January 12 at 9:30 AM

Dial 716-566-5719 Meeting ID: "SAVVY" or 72889

Tote Bag Stuffing, Name Tag Assembly, and Bag Stuffing (**We need about 20 people to help!**)

March date TBD United Way on Delaware Ave.

Let us know if you would like to be placed on the list of volunteers. (Dress comfortably; pizza served.)

Friday, March 15 - Reception

Saturday, March 16 - Tech Savvy at UB's North Campus (Meet at Student Union... Ample Parking in Furnas Lot.)

Questions about Tech Savvy? Call Tamara Brown at 716-949-2413



Scholarship Update

Betty Krist, Scholarship Director

Sensational news!! The Board passed some important changes in some of our scholarships. The **two** Buffalo AAUW Scholarships (for high school seniors) are now \$5000 each, the **three** Catalyst for Change Scholarships are now \$3000 each and are available to part-time students and the **two** Olga Lindberg Scholarships are now \$8000 each. All have the same application deadline: **March 1, 2019**. That means we'll have several opportunities for many members to be involved selecting winners in March. Check our website for details about applications and tell everyone about these wonderful opportunities.

And save the date: Tuesday, **April 23** at Salvatore's 6 - 8 PM to attend our first ever **Scholarship Celebration Reception**. We'll be meeting scholarship winners and hearing about their past work and future plans while munching finger food - all for \$10.

NYS is the First State to Require Mental Health Education in All Grades

By Marian Deutschman

This fall, many students were introduced to a mental health curriculum when a new NYS law went into effect. The law requires schools to add mental health education to existing state-mandated health classes. Those classes already cover issues such as alcohol, drugs and tobacco. Several of us from the Buffalo Branch attended the AAUW-NYS District One Conference on October 27 at Jamestown Community College to learn about a whole community approach to youth mental wellness in Chautauqua County.

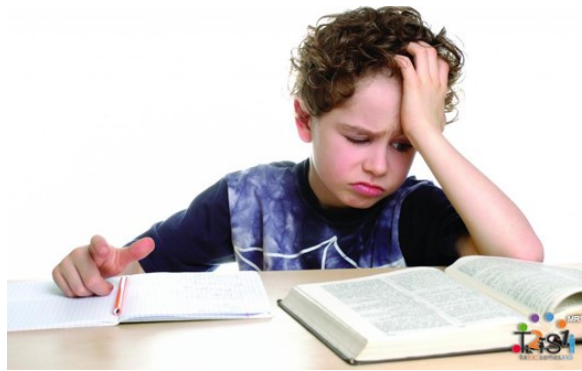
The NYS Mental Health Education in Schools Law makes health education a K-12 requirement. The law takes a holistic view ensuring that students recognize the multiple dimensions of health and the relationship of physical health and mental health. The goal is to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity. While the law specifically pertains to the health education program, many schools integrate mental health education into other subjects, such as ELA, History and Biology. Schools should provide an ongoing, integrated approach to raise awareness about mental health. Some schools are starting student wellness clubs that organize information fairs, draft social media posts, and coordinate guest speakers. Research suggests that increases in mental health literacy leads to early intervention and better health outcomes. According to the National Institute of Mental Health, nearly half of all youth will experience a mental health challenge before the age of 18.

There's a growing movement to lessen the stigma of mental illness as suicide rates in the U.S. rise. Suicide is the second-leading cause of death among 15 to 24-year-olds, and is the 10th leading cause of death in the U.S. overall. According to the Centers for Disease Control and Prevention, the national suicide rate increased by 30 percent since 1999.

The purpose of teaching kids about mental health in schools is to "advance mental health literacy among young people statewide as schools prepare students with lifelong skills in mental health and wellness and increase their awareness of when and how to address treatment or support for themselves or others," according to the New York State Center for School Health.

Life expectancy in the U.S. dropped for a second year in a row, according to the CDC's National Center for Health Statistics. The average life expectancy for Americans is 78.7 years, which puts the U.S. behind other developed nations including Canada, Germany, Mexico, France, Japan, and the U.K. with an

average life expectancy of 80.3 years. Addiction and a decline in the emotional well-being of Americans have been significant enough to drag down the country's life expectancy. A new study published in the BMJ Journal looked into a broader cause behind the decline and concluded that despair played a role.



The research points to the opioid epidemic, backing up a CDC report from last year that linked the drop directly to a 21 percent increase in overdose deaths from the previous year and cited a 137 percent increase in opioid-related deaths between 2000 and 2014. On average, 115 people in the U.S. die each day from an opioid overdose, and six Americans per day are dying from alcohol abuse, the highest rate in 35 years, according to federal data.

Continued on p. 7

WHAT'S HAPPENING

By Judy Weidemann

Call individual venues for performance times and tickets.

Albright-Knox Art Gallery
1285 Elmwood Avenue
Buffalo, New York 14222-1096
882-8700

Aria Dean

This is the first solo museum presentation of Aria Dean's work. It includes three videos that explore the social effects of new technologies. Through January 13, 2019

Amherst Chamber Music Concert

711 Niagara Falls Boulevard
Amherst, New York
See website: <http://acemusic.org/>
Chamber Music Concert
Sunday, January 20, 2019 3:00 pm

Burchfield Penney Art Museum

SUNY Campus

1300 Elmwood Avenue
Buffalo, New York 14220
878-6011

The Contradictions of Being: Composite Works
by Harvey Braverman
Through February 24, 2019

Irish Classical Theatre

625 Main Street
Buffalo, New York 14203
853-7668

Sense and Sensibility

This play is based on the novel by Jane Austen.
January 18, 2019 through February 10, 2019

Kavinoky Theatre

D'Youville College Campus
320 Porter Avenue
Buffalo, New York 14201
820-7668

Spamalot

Monty Python and the Holy Grail is adapted into a musical featuring the Knights who Say Ni, killer rabbit, accused witches, and other Python touches.

January 11, 2019 through February 3, 2019

MusicalFare

Daemen College Campus
4380 Main Street Suite 123
Amherst, New York 14226
839-8540

Dark in January

Shea's Theatre

646 Main Street
Buffalo, New York 14202
847-1410

Darci Lynne and Friends

January 20, 2019

Jerry Seinfeld

January 26, 2019 7:00 pm and 9:00 pm

Dancing with the Stars

January 27, 2019 7:30 pm

Theatre of Youth

203 Allen Street
Buffalo, New York 14201
882-4400 Ext. 304

Dark in January



Marian Deutschman continued from p. 6

The profitability of drugs and the aggressive marketing and sale of new prescription opioids has become an irresistible temptation for American pharmaceutical companies. With clever advertising, U.S. physicians have more quickly prescribed opioids than physicians in other developed nations. The role of pharma is clearly illustrated in the case of Purdue Pharma, which has been sued thousands of times over OxyContin, a prescription painkiller. The company settled one case for \$600 million after the federal government accused it of making false claims

about the drug's risk of addiction and denying its potential to be abused. New suits by cities and states claim that drug companies have profited from a product they knew to be dangerous.

The consequences are alarming. Not only more deaths and illness but also escalating health care costs, a sicker workforce, and a less competitive economy. Starting to address the problem with young people in our schools is just one approach.

Dates to Remember

January 3 at 6:15—Board Meeting at Christ United Methodist Church, Harlem at Saratoga in Snyder

January 31 at 5:45—Branch Program at the Grand Island Memorial Library—“Financial Literacy”

February 7 at 6:15—Board Meeting at Ebenezer United Church of Christ in West Seneca

March 16—Tech Savvy 14 at the University at Buffalo North Campus

April 23 at 6:00—Scholarship Celebration at Salvatore’s

April 26-28—AAUW-NYS Convention in Cooperstown

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: *To advance equality for women and girls through research, education, and advocacy.*

Vision: *Equality for all.*

Values : *Nonpartisan. Fact-based. Integrity. Inclusion and intersectionality.*

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 Mary Crocker 716-838-2796

Return Service Requested



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