

ADVOCATE

<https://aauwbuffalo.org>

On the Move with AAUW!

December 2022

Vol. CXXXI No. 4



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“THE STORY OF TOP SEEDZ”

Rebecca Brady, Founder and Owner

Diamond Hawk Clubhouse

255 Sonwil Drive, Cheektowaga

Saturday, Dec 3 -11:30 registration, 12 noon lunch, followed by speaker

Menu Options: Chicken Francais \$30, Pasta Primavera \$25, Shrimp Scampi \$30

Kia ora! (That's 'hello' in Maori.)

I'm Rebecca, transplanted Kiwi from New Zealand, busy mum of three and owner of Top Seedz. As an avid traveler and sports enthusiast, healthy eating influences the way I live—and the way I feel.



For years, I had made seed crackers and roasted seeds at home, and thought “why not share my snacks with the rest of the world”—and that's how Top Seedz was born. It took a life full of adventure and experience to create these better-for-you snacks and I hope you enjoy them with your favorite dips, cheeses and maybe even a glass of wine.

Map and more information on page 3!



JANUARY ADVOCATE

The deadline for each issue of the Advocate is the 10th of the previous month. Submit articles to the editor: NEWSLETTER@AAUWBUFFALO.ORG via email by December 10. Please be sure to put “AAUW Buffalo Advocate” in the subject line.



REGISTRATION—Deadline November 21!!!!

Name: _____

Phone: _____

Email: _____

Please check your meal choice:

Chicken Francais (\$30) Pasta Primavera (\$25) Shrimp Scampi (\$30)

Please add Guest names and meal choices on the back or on a separate sheet of paper)

Please clip or copy and send with a check for the appropriate amount to:

Betty Preble, 1 Fox Run Lane #622, Orchard Park, NY 14127

**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.

The opinions expressed within the newsletter are those of the individual writers and may or may not reflect those of the Branch.

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President's Message

Lilyen Mascellino



WISHING

All of

OUR MEMBERS
A HOLIDAY
SEASON
FILLED
WITH
WARMTH
& CHEER!

BEST REGARDS,

Lilyen

A Holiday Thought:

If you receive holiday gift books that are not of your taste—you can always “re-gift” them to the booksale! We will, in turn, transform them into scholarships. In addition, consider a sponsorship or gift to The AAUW Book Sale as a gift for the book lover on your list.



DECEMBER 2022 INTEREST GROUPS

WNY CULINARY DELIGHTS - different day!

When: Thurs, Dec 15 at 6:00 PM

Where: Frankie's Primo's, 26 Webster St.,
N Tonawanda 14120

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

RSVP: by Dec 13 to Barbara Libby at 836-8303 or
bplibby1@verizon.net

CLUELESS MYSTERY BOOK CLUB

No Meeting in December

Next meeting Jan 25.

DINNER BY THE BOOK

When: Wed. Dec. 21 at 5:30

Where: Family Tree Restaurant, 4346 Bailey Ave.

Book: *Pale Rider: The Spanish Flu of 1918*
by Laura Spinney.

Facilitator: Diane O'Brien

Discussion Leader: Mary Bashore.

RSVP: Judy Malamas at 716-632-0461 or
tsagewood@aol.com.



MORE ABOUT OUR DECEMBER PROGRAM!

Top Seed: *definition:* In sports, the top seeded player or team is the one who is given the highest ranking in a seeded tournament—a player who is most favored to win.

THE SEED THAT STARTED IT ALL

Our products are made with simple, organic ingredients. They are made by hand. And, they are made for you to enjoy and share.

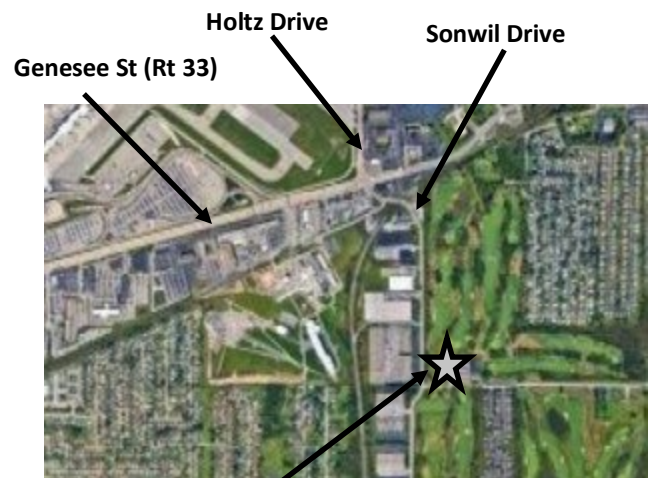
Today's your day to be a Top Seed!

Top Seedz started in 2017 in Buffalo, NY. We hand-make seed crackers and roasted seeds, and have recently started selling raw seeds and seed cracker mix (think of a cake mix for crackers). All of our products are organic, gluten-free, vegan and delicious.

We sell our products across the U.S. in grocery chains and specialty shops—and on our [online store](#).

Top Seedz firmly believes that when we eat healthy, we can create positive change within ourselves and in the world.

Good Housekeeping Healthy Snack Award and 43North award winner.



Diamond Hawk Clubhouse

255 Sonwil Drive

Take Sonwil south from Genesee St. (Rt 33)
Sonwil only goes south from Genesee -
Holtz Drive is the northbound road from
that intersection.

There is no access from Rehm Road!

There are a few steps in front, but there is a ramp into the pro shop on the side, or sidewalk to the level rear entrance/hallway where the restrooms are.

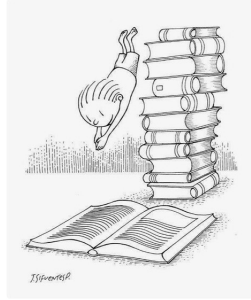


BOOKSALE NOTICE

Jayne Murray



Important Note: We will NOT have any scheduled working hours the weeks of Dec. 18 and Dec. 25.



ADVOCATE DELIVERY NOTICE

Given the increasing cost of printing and postage, we will **ONLY** be sending paper copies of the Advocate to branch members who specifically request it OR do not have an email address on file with us. If you wish to continue to receive a paper copy, please contact Betty Preble at "betty.preble@gmail.com" OR 716-662-0608. All issues will continue to be posted on our website and members without email will continue to receive this via mail..

Update on Fiona Stewart, 2019 AAUW Scholarship winner

Dr. Betty Krist

Fiona's a junior at Swarthmore who spent her 2022 summer in Jordan studying Arabic intensively as one of her two declared languages. Right now she is in Granada polishing up her nearly fluent Spanish.

Fiona is also handling a remote internship with an independent Minneapolis-based publishing company, reading manuscripts for further consideration. When she returns to Swarthmore for spring semester, she will be Editor-in-Chief of the student literary arts magazine.

Fiona hopes to spend summer 2023 in South Korea, either in an intensive Korean language course or doing a second internship.

Fiona's rightfully proud mother, Jean Stewart, sent us this report and has already volunteered sorting books for the booksale.



Please welcome our newest members!

Mrs. Janet Gillmeister
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Getzville, NY 14068
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tenaj13215@gmail.com,
janet.gillmeister@gmail.com

Ms. Jennifer Hoffman
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padpaws@hotmail.com

BUFFALO BRANCH ELECTED OFFICERS 2022-23

PRESIDENT
Lilyen Mascellino

VP MEMBERSHIP RETENTION
Dr. Susan McClary

BRANCH TREASURER
Mary Bashore

CHAMBERLIN/FUNDS FOR EDUCATION TREASURER
Kathleen SantaMaria

VP PROGRAM
Dr. Marian Deutschman

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PARLIAMENTARIAN**
Judy Huber

EAP TREASURER
Sue Stapell

SCHOLARSHIP DIRECTOR
Melissa White

VP MEMBERSHIP RECRUITMENT
Diane O'Brien

CFO
Shirley Joy

FUNDRAISING TREASURER
Mary Crocker

****DATES TO REMEMBER****

Please note: All events are possibly subject to change or cancellation. Please check our website for last minute information.

Saturday, Dec 3, 11:30 am, Branch Program at Diamond Hawk Restaurant. (“Story of Seedz”, with founder & CEO Rebecca Brady). See pages 1 and 3.

Wednesday, Dec 7, 6:30 pm, Board Meeting at Ebenezer United Church of Christ, 630 Main St in West Seneca.

Wednesday, Jan 4, 6:30 pm, Board Meeting at Christ United Methodist Church, Harlem/Saratoga in Snyder.

Thursday, Jan 19, 5:30 pm, Branch Program at My Tomato Pie Restaurant. “Title IX and Sexual Harassment”, with Jessica Byerly, Associate Director; Deputy Title IX Coordinator at UB.

Tuesday, Feb 28, 6:00 pm, Branch Program at the Theodore Roosevelt Inaugural Site, Bob Poczik will discuss “The Warmth of Other Suns.”

AAUW has been empowering women as individuals and as a community since 1881. For over 140 years, we have worked together as a national grassroots organization to improve the lives of millions of women and their families.

Mission: *Gender Equity & Economic Security*

Vision: *Equity for all*

Values : *Intersectional. Inclusive. Intergenerational. Empowering.*

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



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