

ADVOCATE

<https://aauwbuffalo.org>

Together Making a Difference!

February 2024

Vol. CXXXII No. 6



Managing Mental Wellbeing

Jovi's Italian Grille & Bistro

2795 Delaware Ave, Kenmore, NY 14217

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Thursday, Feb. 29: Registration at 5:30, Dinner at 6:00, Program at 6:45

The topic of mental health has emerged as one of the most widely recognized issues of the last several years. Covid, political tensions, and worldwide conflicts, as well as events specific to Buffalo such as the Tops shooting and the 2022 blizzard, have all contributed to a sense of “dis-ease” among Americans. Our speaker, **Karl Shallowhorn**, will highlight how these things affect all of us as well as provide essential tools to manage one’s own mental wellbeing.

Ed. Note: There seems to be a consensus that young women are among the most sensitive to both the conditions mentioned above AND the negative influence exerted by social media. These young women are our future! What can we do?

The buffet will include two meats (chicken and beef,) pasta with red sauce, roasted potatoes with green beans, salad, bread, and ice cream. We do need to know how many people to plan for, so **please send the form below along with a check for \$28/person made out to AAUW Buffalo to: Betty Preble, 1 Fox Run Lane #622, Orchard Park NY 14127** (Please include names of guests) **OR** use the registration form available on our website:

<https://aauwbuffalo.org/contact-us/>. **Deadline for receipt Feb. 22.**



March 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 February 10.



Name _____

Phone _____

Email _____

If interested in carpooling, please indicate your area (O.P., Williamsville, etc):

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

"In February there is everything to hope for & nothing to regret."

~Patience Strong

Hello to All!

I always look forward to February as it is filled with celebrations such as Valentine's Day & special days like National Make a Friend Day. This year also happens to be a leap year so get ready for one full extra day, thanks to the fact that it actually takes the Earth about 365.25 days to orbit the sun.

February is also the time set aside to honor the contributions of African Americans. Even though Morgan Freeman made a point when he said, *"I don't want a Black history month. Black history is American history,"* we do collectively observe Black History Month in February. Back in 1976, this month was officially designated as Black History Month by President Ford. He asked us to *"seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout history."*

The Association for the Study of African American Life and History annually selects a theme, and this year's is *"African Americans and the Arts."* The focus is on the impact that African Americans have made in areas such as music, literature, and visual arts. Black women like poet Sonia Sanchez and artist Kara Walker have made significant contributions in these areas, as have many others.

In recognition of Black History Month, the City of Buffalo is collaborating with the Broadway Market to host Black owned retail vendors each Saturday in February from 8 - 5. These businesses will set up shop in the Broadway Market to sell their wares. (For example: clothing, jewelry, and food.) Mayor Byron Brown stated that this initiative is part of a continued effort *"to create a more equitable, inclusive, & just community for all City residents."* It is the Mayor's goal to help businesses thrive in Buffalo and throughout WNY. Not only will you be able to shop at the Broadway Market during this collaboration, but you will also be treated to live music featuring local African American musicians. This is an opportunity for us to become actively involved within our community during Black History Month.

There is one additional reason why I look forward to February. It is the beginning of the scholarship selection process for our branch, as [applications for Academic Scholarships are due on the 16th](#). And as you know, our ability to continue to provide Scholarships is central to the volunteer hours everyone contributes throughout the year to ensure our success. We prevail due to you - our volunteers, thus proving that the heart of a volunteer is a powerful force!



FEBRUARY 2024 INTEREST GROUPS

DINNER BY THE BOOK

When: Wed. Feb. 21st at 5:30 pm
Where: Family Tree Restaurant, 4346 Bailey Ave.
Book: *The Henna Artist* by Alka Joshi
Facilitator: Marilyn Carmichael
Discussion Leader: Diane O'Brien
RSVP: Judy Malamas at
 716-632-0461 or tsagewood@aol.com

CLUELESS MYSTERY BOOK CLUB

When: Wed. Feb. 28th at noon
Where: The Original Pancake House, 5479 Main St.,
 Williamsville (**note new venue**)
Book: *Things that We Do in the Dark* by Jennifer
 Hiller
Discussion Leader: Pat Miceli
RSVP: Barbara Libby at 716-836-8303 or
bpilby1@verizon.net

REMINDER—LET'S TALK PUBLIC POLICY!

AAUW and the League of Women Voters have many interests in common. Let's join the League Public Policy group meeting in January and see if we can work together on the issues of importance to both groups.
Wed., Jan.31 at 1 pm. Feel free to bring a lunch or purchase food there.
 Second floor of Dash's, 1770 Hertel Ave.
 Call Marian Deutschman (716-634-2412) if you're interested **AND** send her (mardeu15@verizon.net) any articles you've seen that you'd like to discuss.



MEET OUR FEBRUARY SPEAKER

Karl Shallowhorn is the Federal Program Health Advisor for SAMHSA Region II. Karl has worked in the field of behavioral health for over 21 years. He has a M.S. in Student Personnel Administration from SUNY Buffalo State and is a New York State Credentialed Alcoholism and Substance Abuse Counselor. Karl is the author of *Working on Wellness: A Practical Guide to Mental Health and Leadership Through the Lens of the 12 Steps*. He is the host of Mindful Music which is heard on 88.7 WBFO-FM, Buffalo's NPR station. He has received numerous awards, including from the Buffalo Chapter of the National Federation for Just Communities and the Buffalo Association of Black Social Workers. Karl has delivered several hundred workshops and trainings focusing on behavioral health and was a featured speaker for TEDx Buffalo 2021 with his topic being centered on African American men and mental health. Karl is a person in long-term recovery from co-occurring bipolar disorder and addiction. He lives in Buffalo with his wife Suzy.



LOOKING AHEAD!

March 21, 11:30 at Rizotto's.
"Creative thinking as a crucial skill for teaching and learning"

Our speaker, Dr. Gerard J. Puccio, is a State University of New York Distinguished Professor and Department Chair for the Center for Applied Imagination at Buffalo State University.
 The purpose of this workshop is to share fundamental principles associated with creative thinking, with a focus on how this critical ability can be facilitated through educational and training practices.

ELECTIONS! The nominating committee is pleased to present a full slate of candidates:

- VP Membership Recruitment—Diane O'Brien
 - Secretary/Parliamentarian—Judy Huber
 - CFO—Shirley Joy
 - EAP Treasurer—Ruby Williams
 - Fundraising Treasurer—Jennifer Hoffman
 - Scholarship Director—Melissa White
- There may also be nominations from the floor.

PRESIDENT Lilyen Mascellino	VP MEMBERSHIP RETENTION Dr. Susan McClary	BRANCH TREASURER Mary Crocker	CHAMBERLIN/FUNDS FOR EDUCATION TREASURER Kathleen SantaMaria
VP PROGRAM Dr. Marian Deutschman	SECRETARY/PARLIAMENTARIAN Judy Huber	EAP TREASURER Sue Stapell	SCHOLARSHIP DIRECTOR Melissa White
VP MEMBERSHIP RECRUITMENT Diane O'Brien	CFO Shirley Joy	FUNDRAISING TREASURER Mary Crocker	

BOOK SALE REPORT

Jayne Murray and Kate Collins

Book Sale collections and sorting have resumed in earnest with the New Year! We are also planning for the 68th Scholarship Book Sale—Can you help? The doors are open and despite the windy weather, we have had continuous traffic to our door with small, medium, and large donations. The Legal Aid Bureau of Buffalo dropped off a large cache of Young Adult books and the Grand Island Library is making regular trips with a wide variety of items including 150+ movies. Our growing number of volunteer sorters have been steadfast and efficient in keeping our tables cleared and boxed with much good humor despite feeling sometimes like Lucy and Ethel trying to box chocolates as the conveyor belt speeds up. For us, more inventory means scholarship funds and also the chance to meet our donors. We welcomed a gentleman recently, who over a few days, brought in his wife's very large collection of beloved books. He even volunteered to salt the front path for us, and many walk away carrying some of our never-ending supply of recycling. At times, we feel like a small village. If you would like to join us, we sort on **Tuesdays and Wednesdays, from 9 am to 1 pm**—we are flexible with your time within that—at **37 Anderson Place** in Cheektowaga. *See our website for directions.*

With the arrival of 2024, our Committee sees the Book Sale on the not-so-distant horizon, **May 29-June 2**. We have begun looking for our Site which **requires at least 20,000 sq. feet**, centrally located, hopefully available in early April. If you know of any available sites, please send us an e-mail with the location and some sort of contact information. We are also currently looking for two volunteers to work along with our committee members in the Spring to learn the tasks of **Table Layout** and **Volunteer Coordination**. Each year, we create a master plan for the Site to make use of the space in the best possible way. We have tables for all the genres which requires grouping and planning in order to allow customers the freedom they need to browse and also give enough room for our large volume of books, etc. If you are interested in design and have vision, we would be *delighted* to hear from you. The Volunteer Coordinator contacts and organizes the volunteers into shifts in advance and also makes substitutions as needed. Both of these positions are time-limited and come with mentors. Our e-mail is on the Book Sale page.



Your sponsorship will help us to defray our costs!



Sponsorship Categories:

- Louisa May Alcott, \$25 – \$49
- Toni Morrison, \$50 – \$74
- The Bronte Sisters, \$75 – \$99
- Jane Austen, \$100 +

If you are interested in being a sponsor, please send a check made out to AAUW Buffalo Book Sale, to PO Box 894, Buffalo, NY 14225. Friends and non-members are also encouraged to help sponsor our sale. What a wonderful gift or memorial idea! Donations are tax deductible and both your (and their) names will be placed on our webpage and on a poster at the sale!



Dr. Christine Offutt

4745 Chestnut Ridge Road Unit 2
Amherst NY 14228

570-295-0414, coffutt1962@gmail.com

Ph.D. Counseling Psychology
Retired professor of Psychology,
Lock Haven Univ. PA

Susan Hutchison

571 Chestnut St.

N. Tonawanda NY 14120

716-998-3060, srhutch@yahoo.com

JD Law

Attorney

DATES to REMEMBER

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

Wednesday, Feb 7, 6:30 pm, Board Meeting at Christ United Methodist Church, Harlem/Saratoga in Snyder.

Thursday, Feb 29, 5:30 pm, Branch Program - "Managing Mental Wellbeing" at Jovi's Italian Grille and Bistro. See pages 1 and 3.

Wednesday, Mar 6, 6:30 pm, Board Meeting at Ebenezer United Church of Christ in West Seneca.

Thursday, Mar 21, 11:30 , Branch Program "Creative thinking as a crucial skill for teaching and learning" at Rizotto's Restaurant.

Thursday, April 18, 11:30, Branch Program "Extreme weather in a warming world" at the Columns in Elma.

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

I'm fairly certain that
the person who put the
first r in February also
decided how to spell
Wednesday

Return Service Requested

American Association of
University Women
Buffalo Branch Inc
PO BOX 894
Buffalo, NY 14225-0894

