

Advocate

Together Making a Difference...

JANUARY 2026

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The Edible Pharmacy: Food As Medicine

RSVP by 1/5/2026

The room can only accommodate 30
people, so please register ASAP to
reserve your place.

FEBRUARY ADVOCATE

The deadline for each issue of the
Advocate is the 5th of the previous
month. Submit articles to the editor
via email by
January 5, 2025 to:

newsletter@AAUWBuffalo.org

Call for Nominations

WE NEED YOU
See p4 for details



The Edible Pharmacy: Food As Medicine

Speaker:
**Buffalo Nutrition &
Dietetics, PLLC**

Tricia Sauer,
RDN, CDN, LDN, IFNCP

Please Join Us On
January 13, 2026

at

Wegmans

5275 Sheridan Drive,
Williamsville NY 14221

We will
meet in
Wegman's
upstairs
Private Room
(Elevator available)

Buffet Dinner: 5:00pm

Speaker: 5:45pm

Buffet Dinner includes:

Chicken Soup, Rolls, Pizza,

Turkey & Roast Beef Subs

Fruit, Cookies

Coffee, Tea & Water

Cost:

\$20 per person

RSVP by January 5, 2026

via this [LINK](#) or

To the address below.

The room can only accommodate

30 people, so please register

ASAP to reserve your place.

AAUW BUFFALO JANUARY PROGRAM REGISTRATION

Name(s) of those attending: _____

Email of Registrant: _____

Allergy Alert: _____

Mail to: AAUW Buffalo, P.O. Box 894, Buffalo, NY 14225-0894

PRESIDENT'S MESSAGE

Pat Miceli

“Part of being optimistic is keeping one’s head pointed toward the sun, and one’s feet moving forward.”

- Nelson Mandela,
South African Anti-Apartheid President

In looking forward to the new year, the words of Nelson Mandela speak of the aspects of optimism and moving forward, aspects needed for an organization to continue and to grow.

The Buffalo Branch of the American Association of University Women is one of the largest AAUW Branches in New York. We continue to move forward with dedicated leadership, well planned monthly programs, the largest book sale in WNY, generous scholarships awarded to WNY students, and an informative beautifully presented newsletter, The Advocate. To continue moving forward it is necessary for all members to participate in Branch activities. A few suggestions are:

1. Donate books and join book sorting at 37 Anderson
2. Attend a monthly program or interest group and bring a friend
3. Write an article for the Advocate
4. Run for a position on the AAUW Buffalo Board. There are 4 positions to be filled. More information is included in this newsletter.

As we keep our eyes toward the sun and feet moving forward, I wish you and yours the best in the new year. In conclusion, but of great importance, is the Book Sale. Sorting is at 37 Anderson, Cheektowaga on Tuesday and Wednesday and the first Saturday of the month.

As always, more detailed information about our activities is available on the website aauwbuffalo.org. If you need to contact me, call or email. My information is in the Roster.

Thank you for your continued support of AAUW Buffalo Branch.

THE BUFFALO BRANCH

ADVOCATE

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.

January Vol. CXXXIV, No. 5
Circulation 150

President: Pat Miceli
Publisher/Editor: Karen May
Assistant Editors: Betty Preble
Judy Weidemann

For prospective or new member questions, please contact:

Membership Recruitment VP: Diane O'Brien
recruitment@aauwbuffalo.org

Send address changes to:

Mary Crocker
375 Parkhurst Blvd.
Buffalo, NY 14223
mlcrock@msn.com

NEW COMMITTEE

- Susan McClary

"AAUW Buffalo has a new committee!" As our branch gets more involved with diversity, we are ready to start planning some serious and some fun activities, etc. around this topic.

If you are interested in joining the committee, email Susan McClary at 123456susan@gmail.com"

Susan McClary
AAUW Buffalo
Inclusion & Equity Chair

CALL FOR NOMINATIONS

- Pat Miceli

We need YOU to Run for an Office!

The following positions will be opened on the AAUW Buffalo Branch Board beginning July 1, 2026.

1. Secretary/Parliamentarian
2. Chief Financial Officer
3. Funding Raising and Scholarship Treasurer
4. Scholarship Director

Please Note:

- Each position is a 2-year position beginning on July 1, 2026, and ending June 30, 2028.
- Board Meetings are generally on the first Wednesday of the month at 6:30 pm
- There are no scheduled meetings in July or August

If you would like to run for a position or nominate someone for a position please contact Pat Miceli by January 6, 2026. Contact information: pwmiceli@gmail.com, 716-626-0234 (home) 716-880-0042 (cell).

Voting will be in April 2026. More information is forthcoming. Please consider volunteering to run or to nominate a member.

WE NEED YOU!

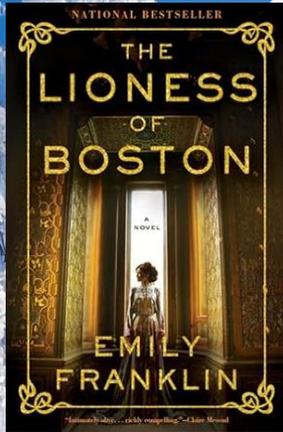
MEMBERSHIP REMINDER

- Andy Smith

A few reminders about membership.

1. The renewals will now come via email unless you do not have an email on file. Please add my email address to your contacts so the email does not end up in the Spam folder aasmith12@yahoo.com
2. Be sure to check to make sure your membership category is correct – things might have changed!
3. Participation in the branch programs and interest groups is a privilege of branch membership/friendship. Please make sure your renewal is up to date.

SPECIAL INTEREST GROUPS



DINNER BY THE BOOK

When: Wed., January 21, at 5:30 pm
Where: Family Tree Restaurant
4346 Bailey Avenue, Amherst
Book: *The Lioness of Boston*, by Emily Franklin
Facilitator: Lynne Tauriello
Discussion Leader: Judy Malamas
RSVP: Judy Malamas 716-632-0461
Email: tsagewood@aol.com

LET'S TALK PUBLIC POLICY!

When: Thursday, Jan 22nd - approximately 2:00 pm. Please contact Marian for confirmation of Date & Time
Where: Dash's, 1770 Hertel Ave – 2nd floor
Discussion: Current Public Policy
R.S.V.P. Marian Deutschman 716-634-2412 or mardeu15@verizon.net
Please call or email Marian to let her know you will be attending.

Scrabble Club

Lisa Casey would like to start a monthly Scrabble Club.
Due to her schedule, it would be possibly 6:30-8:00pm
Please contact Lisa if interested
Contact: Lisa Casey 716-957-2136
Email: lisamcfail@gmail.com

When: Early Evenings 6:30-8:00pm
Where: A Public Library - TBD

THE HAPPY WANDERERS

We will take advantage of the Program Committee's planned visits to:

- The Underground Railroad in Niagara Falls in February
- WWII Rosie the Riveter Program at the Niagara Falls Aerospace Museum in April

Contact Judy Huber 716-529-9881 or judyhuber62@yahoo.com

CLUELESS MYSTERY BOOK CLUB

When: Wed., January 28, at 12:00 pm

Where: Family Tree Restaurant
4346 Bailey Avenue, Amherst

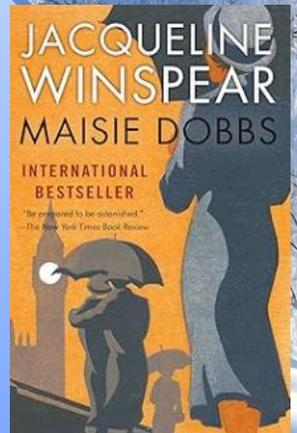
Book: *Maisie Dobbs*, by Jacqueline Winspear

Discussion Leader: Marcia Bugyi

RSVP: Barbara Libby at

716-836-8303

or bplibby1@verizon.net



MASTERING THE LIBRARY

Paula Salamone, a retired librarian, would like to start a program where she would help one or two people at a time learn how to take advantage of all these "perks" at the library. (i.e., Libby App - You can get all kinds of books and magazines right on your mobile phone!) Please contact Paula if interested.

Contact: Paula Salamone – 716-479-1088 or Salamonepaula@yahoo.com

SPECIAL INTEREST GROUPS

SCHOLARSHIP NEWS...

Last month you heard that we have expanded our scholarship program to add new scholarships. The website has been updated and now includes Frequently Asked Questions (FAQs). We are ready to accept application materials, Scholarship Committee Chairs have been designated, and spiffy new literature has been designed and printed.

We ask that all members review the FAQs, become familiar with the different scholarships, promote the AAUW scholarships whenever and wherever you can, and consider serving on one or more scholarship review committees. You may obtain a supply of scholarship promotional literature from board members or members of the PR Team. Please take some flyers to other organizations or wherever you do business. Networking and partnering with other organizations is powerful.

On that note, Mary Bashore and Nan Scinta recently met with the Associate Director of the Career Center at UB. She was interested in our offerings and agreed to spread the word through professional organizations that reach throughout the western NY academic community. We will also be included in the special education edition of the Amherst Chamber of Commerce e-newsletter that comes out in January.

The February 13, 2026 deadline for most scholarships will be here before you know it. Let's all work to encourage applicants and make a difference in our community.

PLEASE NOTE:

Scholarship Committees will be forming soon!

This is a great way to get involved.
You're only committing to one meeting.

Please watch for the solicitation email coming in mid January. Help make the decisions to empower women and girls as we have been doing since 1881.

LIFT... what is it?

This is a subset of members of the Amherst Chamber of Commerce. Since we are members of the chamber, all our AAUW members are entitled to participate in events such as this.



ABOUT US

Leadership & Inspiration for Trailblazers (LIFT) is a women's networking group that focuses on the core values of Empowerment, Education, Connection, Inspiration, and Inclusion of our WNY community. We welcome you to engage with this group to find self discovery and contribution to your professional journey. The mission is to support professional women so they can succeed.

[Click here to learn more](#)

The 2026 Book Sale ...

Think about the Book Sale!

Right now the concentration of many members is focused on finishing off the left-over turkey, holiday planning, and winter preparations. But we need to also be thinking about our upcoming Book Sale!!!!!!

Please Note:

1. Our hard-working sorters are taking off the Tuesdays and Wednesdays of the upcoming holiday weeks. Please spread the word that we will **NOT** be collecting/working Dec 23-24 and Dec 30-31!
2. Although we're in tight quarters, we can always use more workers! Just stop by (37 Anderson Rd) Tuesdays or Wednesdays 9-1 (except for those holiday closings) or 10-noon the first Saturday of each month and join in the fun.
3. If you can't contribute hours, perhaps you could help us with our expenses? Any amount is appreciated, but we have recognition categories for those \$25 and above, listed on the website. Just send a check made out to "AAUW Buffalo Book Sale" to "AAUW Buffalo, PO Box 894, Buffalo, NY 14225".

WE'VE GOT TALENT

- Diane O'Brien

NEW MEMBER

WE'VE GOT TALENT!

"You did that, really?" We are often amazed by our members' talents. We are an accomplished group.

March is International Women's Month. Our Program Committee is putting together a program highlighting **our** members' accomplishments and talents.

For this, we need you. We are looking for five women who would like to share their unique accomplishments for our March program.

- ❖ Have you started a group or are you a performer?
- ❖ Have you overcome difficult circumstances?
- ❖ Has your college degree carried you to new heights?

The range of our members' talents and achievements is limitless.

Share with us your unique accomplishments! Contact Diane O'Brien by January 5, 2026 by email: obnfam@roadrunner.com. The Program Committee would like you to be part of March's Celebration!

Beverly Slichta-Cusick

B.A. Sociology/Psychology 1966
D'Youville College

M.S. Psychology 1973 Oklahoma
State

Retired Psychology professor,
Academic Dean, Dean of
Enrollment Mgt

Interests: Clueless Book Club,
Happy Wanderer, Scholarships,
Public Policy, Community Action,
Cultural Interests, Human/Civil
Rights

Public Policy

Dr. Marian Deutschman, Public Policy Chair

WHAT MAKES IT NEWS THAT NEEDS OUR ATTENTION?

“Declining standards and low expectations are destroying American education.” This was the headline in an article by *Idrees Kahloon in the Atlantic on October 14, 2025*. The article states that “the past decade may rank as one of the worst in the history of American education. It marks a stark reversal from what was once a hopeful story.”

While we, and media sources, are concentrating on today’s important current events such as the disobedience of allegedly illegal military orders and the use of multiple strikes on alleged drug boats and on personnel allegedly carrying cocaine cargo in the Caribbean, the issue of declining of standards and the low performance of students and schools at multiple levels in the United States seems to fade into the background of our attention. Apparently, we’ll tackle that later.

The determination that Secretary of Defense (or War) Peter Hegseth’s use of the Signal messaging app to convey sensitive information about a military strike against Yemen’s Houthi militants made today’s news again even though it occurred on March 15. The determination, that he was putting troops at risk, is important but isn’t that old news with a new addition. Ask yourself why was it so important that it was reported by the Associated Press yesterday? Again, it is often an important update on an old story.

“The Epstein story remains in the news on a regular basis for many reasons. The Epstein island photos have been released but what about the files? The Department of Justice was given 30 days to publicize “all unclassified records, documents, communications, and investigative materials” from the investigation into Epstein, according to the Epstein Files Transparency Act. The deadline is December 19, though the law allows an earlier release. According to the Epstein files bill, certain information can be withheld, including the identity of victims, “child sexual abuse materials,” and anything that might jeopardize an ongoing investigation. Any redactions must be disclosed to Congress, along with the attorney general's legal justifications for withholding the information. With each step in the process, coverage is guaranteed to continue.

As our AAUW public policy discussion group is devoting time on tracking the progress of Project 2025, one of our members reminded us of other highly important issues worthy of more coverage such as education. She submitted the Atlantic magazine article mentioned above for our discussion last month. Does this problem of the decline of education get the attention it deserves? By comparison, isn’t the progress of Project 2025 simply old news as well? Our group wants to become more informed as each step is implemented by the administration.

Continued on next page...

Public Policy

Dr. Marian Deutschman, Public Policy Chair

WHAT MAKES IT NEWS THAT NEEDS OUR ATTENTION?

How many issues need to be on the front page of the newspaper, or the breaking news on television, to get attention and action when social media sources dominate the interest of so many of our citizens? How are media decisions on coverage made? Artificial Intelligence provides this list of media guidelines: Media outlets sort the importance of news based primarily on a set of journalistic principles known as news values, in addition to editorial judgment, audience interest, and commercial factors that help to make the decision. AI defines news values as impact, timeliness/immediacy, proximity, prominence, conflict, novelty/rarity, and human interest. We must keep in mind that media outlets are a business so audience preference, commercial pressures, resource availability, as well as editorial bias and exclusivity enter into the mix.

Then there is the political side to the news. AI's summary: New York Times is seen as liberal, with a readership that is predominantly left-of-center. The Washington Times has a conservative political stance. NPR says that "quoting political rhetoric indiscriminately can make a news story seem biased. But not quoting politicians can leave the audience uninformed."

Why is the article on the decline of education performance worthy of more coverage, attention and action? Will our less educated voters be able to understand the issues and elect the representatives who are prepared to make the right decisions on Ukraine, on ICE arrests, on immigration, on the economy, and on the overhaul of childhood vaccines? Will they make the decisions on the best science-based information, etc., etc., etc.?

The people are the principal actors in a democracy. Citizens are empowered when their rights are protected, they are informed, and fellow citizens and policymakers proactively engage them in the democratic process.

PRESIDENT

Pat Miceli

VP PROGRAM

Lilyen Mascellino

VP MEMBERSHIP RECRUITMENT

Diane O'Brien

VP MEMBERSHIP RETENTION

Alexandra Smith

OPERATIONS TREASURER

Mary Crocker

SECRETARY/PARLIAMENTARIAN

Judy Huber

CHAMBERLIN/FUNDS FOR

EDUCATION TREASURER

Kathleen Collins

EAP TREASURER

Ruby Williams

FUNDRAISING TREASURER

Jennifer Hoffman

SCHOLARSHIP DIRECTOR

Melissa White

CFO

Shirley Joy

The December Program at
The Nickel Plate

was a wonderful start to the Holiday Season!

Everyone had fun!

Members and friends gathered round and enjoyed the festive atmosphere. A great time was had by all.





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

Return Service Requested



Moving? Please contact Mary Crocker 716-838-2796

DATES TO REMEMBER

JANUARY

- Wed, Jan 7, 6:30 pm — Board Meeting via Zoom — Board/Committee members will get link via email.
- Sat, Jan 10, 12:30 pm — PR Meeting via Zoom — Contact Casey Schultz schultzcd24@gmail.com for link.
- Tues, Jan. 13 — January Branch Program — See p.2
- Wed. Jan. 21, 5:30 pm — Dinner by the Book. See p.5
- Thurs. Jan. 22, 2:00pm — Let’s Talk Public Policy! See p.5
- Wed. Jan. 28, 12:00 pm — Clueless Mystery Club. See p.5

FEBRUARY

- Wednesday, Feb. 4, 6:30 pm — Board Meeting at Christ United Methodist Church (350 Saratoga Rd, Amherst)
- Sat, Feb. 28, 11:30 am — Niagara Falls Underground Railroad Heritage Center — Details in Feb Advocate
- May 27 — May 31, 2026 — [70th BOOK SALE](#) Location TBD

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

AAUW

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.

