

Dr. Roksolana Kuchma to Speak at Branch Meeting on Tuesday, November 8



By Barbara Drachman,
VP for Programs
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“Refugee Women: A Journey to Empowerment”

Roksolana Kuchma, MD, MBA will discuss her work with refugees in Rochester, which is one of the largest settlement sites for refugees in Western New York. Dr. Kuchma believes that women, who are a large majority of this refugee population, do not always receive the care and respect they deserve. Thus she considers reaching out to and educating them with high quality health prevention and treatment a vital part of her work. Moreover, teaching leadership skills to the new generation of young

girls/women helps raise their aspirations for elevated cultural and social status.

A native of Ukraine, our speaker came to the Rochester area with her family as a teenager when the Soviet Union dissolved. After graduating from West Irondequoit High School, she pursued her medical studies at K. Marcinkowski University of Medical Sciences in Poland. She then completed her residency training in family medicine at the University of Rochester School of Medicine where she received a fellowship in Geriatric Medicine. She also received her MBA degree at the University of Rochester’s Simon School of Business.

Dr. Kuchma is Medical Director of the Refugee Program at the Brown Square Anthony Jordan Health Center. She also is a faculty member in the Department of Geriatrics and Aging at the University of Rochester School of Medicine. At the Health Center, in addition to seeing refugee patients, Dr. Kuchma develops new community outreach programs and works with local colleges and universities to promote awareness of refugee communities among college students.

Our dinner menu will be: Mixed green salad with toasted pecans and pears, turkey with dressing and cranberries or Shepherd’s vegetable pie and pumpkin pie for dessert, coffee or tea. Cost \$20.00

Please call Felice at 244-8890 for dinner reservations by Friday, November 4th at 3pm.

The meeting schedule is:

- * 5:30 p.m. Registration & Social Hour
- * 6:00 p.m. Dinner
- * 7:00 p.m. Presentation

Hope to see you there!

Coming December 13:
The Diversity Team presents
“Holiday Celebrations
Around The World”



■ Mission

The American Association of University Women advances equity for women and girls through advocacy, education, philanthropy and research.

AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

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.

Calendar



Lecture & Lunch
Wednesday, November 2,
11am-2pm

Holistic Health
Friday, November 4,
7pm-9pm

In observance of
Veterans Day, Nov 11, the
office will be closed.

If you would like to
receive your Newsletter
electronically please
send request to:
Newsletter@aauwrochester.org

From the President's Desk



By Marilyn Tedeschi,
President
Phone: 244-4107
E-mail: marilyntee@aol.com

The vision of GRAB AAUW becoming a world class teaching and learning center has finally begun to take form! Helen

Jae Cheves, our leadership development director, has conducted two workshops for student affiliates and young professionals in the carriage house. Both sessions were well attended and feedback tells us the participants found them helpful and inspirational. The next workshop on Coaching will be held on Saturday, Nov 12. These sessions are free to members, guests, Women Helping Girls mentors, and students. Other members, who are interested in teaching or starting a new interest group or workshop series, please let me know. I am still looking for an interest group director who will help coordinate and set up the interest groups and workshops. We have several members interested in learning Mah Jong and joining a music or movie interest group but do not want to lead them. Will anyone step up to the plate?

Our annual report for 2010-2011 is complete and available in the library. If you would like a copy mailed to you, please call Felice, and she will send one out to you. Also, watch for the new 2011-2012 Directory which will be coming to you via mail. Our website is up and running. We are still working out the bugs, but please visit and comment. Your feedback is welcomed (www.aauwrochester.org)

Please consider donating to our annual appeal and our gift giving to Alternatives to Battered Women this holiday season. More information can be found in this newsletter. Oh my, can it be 2011 is coming to an end already?

Marilyn

Call for Volunteers for the AAUW New York State Convention at Woodcliff Hotel & Spa on April 20, 21 & 22, 2012.

Need 3-hour shifts for registration, hospitality and workshop monitors.

Friday, Saturday and Sunday. Call or email Marilyn at 585-244-4107
marilyntee@aauwrochester.org

Holiday Season is coming and many of the folks who have been decorating the house over the years will not be able to do it anymore. We are in need of your assistance and any good Christmas or holiday discards from your downsizing. We have in the past decorated the two floors. Is there anyone who might coordinate a group of Holiday Helpers for the house? The caretakers will be on hand for getting things from the basement and getting on ladders. Please call Marilyn if you or your interest group might take this task on.

MEMBERSHIP MATTERS



By Marlene Gordon
Membership VP
585-461-1224
E-mail: aunt5mtzma@aol.com

This autumn we welcome quite a large and varied group of talented women to our branch. If you didn't get a chance to meet them at our October 23 "Social," look for them on our committees, in our interest groups, and at our table talks, art forums, and branch dinners. You'll recognize them - they look slightly lost and amazingly excited. Introduce yourself, and prepare to be wowed.

Evelyn Bailey owns a professional tutoring service and enjoys history, cards, and puzzle making as well as teaching. A graduate of the Boston State College (now UMass), and SUNY Brockport, she brings both organizational and people skills to our branch.

Kathleen Bishop received her Bachelor's degree in Special Education from SUNY Geneseo, her Master's from Syracuse, and her PhD in Aging and Developmental Disabilities from Syracuse. A gerontologist, she serves as director of Aging and Developmental Disabilities at the University of Rochester. She has presented nationally on topics related to women, aging, and developmental disabilities. A published author, she claims to be a great organizer. Kathleen, in all your spare time, we'll try to put those skills to use!!

Kimberly Hostutler received her degree in Education and Communication at SUNY Oswego. She is president and owner of We're Forms, Inc., a firm which creates forms and promotional products. Kim was our House V.P. when Vickie was out on medical leave and did a fantastic job. We're thrilled to see her back with all of her energy and good ideas.

Wendy Fambro received her BA in psychology from SUNY Geneseo and her Master's of Divinity from Colgate-Rochester Divinity School. She is minister of Salem United Church of Christ. Her interests include hiking, infants, and international affairs. Wendy's skills in making personal connections and her positive attitude are just some of the attributes we welcome to our branch.

Anne Bell has made the transition from Interest Group Member/ "Friend" to full Member of the Branch. Anne is a retired librarian who received her Bachelor's degree from Kalamazoo College and her Master's in Library Sciences from Syracuse University. Her many hobbies include reading, art, music, travel, golf, and cards.

Betty Bayer received her PhD from Carleton University in Ottawa, Ontario, and is currently a professor at Hobart and William Smith Colleges. Her interests include music and reading, and she looks forward to working with the International Women's Day Event, Women Helping Women, Seneca Falls Dialogues, our mystery book club, and the diversity committee. Betty will also be presenting a history of the Women's Peace Encampment at the NY State AAUW convention in April 2012. Betty is also on our planning committee for the Seneca Falls Dialogues and International Women's Day Celebration.

Susan Hoover is a longtime - **Lifetime** - member of AAUW, having belonged to branches in Hampton, VA (for 15 years), New London, CT (for 18 years) and Reno, Nevada. She received degrees in English and Sociology from the University of Illinois in Chicago Circle. She served as Deputy Director of the Connecticut Permanent Commission on the Status of Women. She enjoys reading, walking, and learning about any new area in which she lives, and brings many talents, including organizing and helping out. Susan has already joined our new STEM initiative.

Monique Adams received her Bachelor's in Business Management from Keuka College and her Master's in Service Quality Management from RIT. She is a business analyst whose interests include arts and culture, philanthropy, women entrepreneurs, and senior volunteers. The many talents Monique brings to GRAB/AAUW include leadership and organizational and problem-solving skills. Monique is working as an assistant treasurer with Ginger Goyer. Welcome aboard!

WHEW!!! Quite a list, huh? See how many of them you can meet before the next "Membership Matters" goes to press. When you've completed the list, contact me at 402-5529. Valuable prizes will be awarded.

See you soon!!

Marlene Gordon

Public Policy



By Patricia Shurn Thompson,
Public Policy Director
E-mail: PSHU1@aol.com

Our Next table Talk meeting is scheduled for December will feature the Cherry Ridge Chirpers under the direction of Kathy Tool.

We want to thank Shelly Clement from New York State United Teachers for her presentation, The Importance of Unions for Women, in October.

November marks our date with destiny. We cast our vote for those whom we think best able to lead our community, state and nation. On October 18, I participated in the Impact Grant Conference Call national hosted. The topic for discussion was registering voters (and compliance). In support of this national effort, voter registration applications and applications for absentee ballots have been available at the house throughout the year. In addition, we have issued gentle reminders for those of you who have for one reason or another needed those forms. Now we hope that all of our members are registered (or have absentee ballots) and find their way to the polls on Election Day so that our voices can be heard!

For our members who are environmentally well-versed, you are probably aware of the following web site. For those of you, like me, who are just becoming involved in the move to preserve the environment, the following web site is available with New Yorks State's environmental Voter's Guide: <http://www.eplvotersguide.org/> . The site is sponsored by EPL Advocates.

As I attempt to catch up with what is going on with Public Policy at the state and national level, during my absence I wish you a Happy Thanksgiving and safe travels!

Member Milestones

Get Well Wishes

Peggy Bruce

Remembrance

Elaine Navis
Patricia Rumbold
Esther Hunter



Condolences

Bruna Evangelista on the passing of her mother
Nancy Kleintop on the passing of her sister, Joan
Anne Miller on the passing of her sons, David on August 9th and Donald on August 11th

Celebrations

Dr. Ruth Oakley on her 96th birthday

Members, if there are any special occasions that you would like to share under celebrations, please email me – auntsusan@frontiernet.net

For any questions please call (585) 426-4073 or my cell phone (585) 943-5275

- - Lorraine Cappellino

Poker Club has added Texas Hold Em, Bunko, and Left Right Center to our list of games to play. Much fun and laughter is the order of the day. We will meet November 11 from 7 to 9 pm.

All levels of players are welcome

Please call or email Marilyn Tedeschi with questions or if you would like to join this interest group. 244-4107, marilyntee@aol.com

OFF THE WALL VI

In Time for Early Holiday Shopping



Our sixth annual members show opening reception is almost here and promises to be a very enjoyable Sunday afternoon. This year it takes place in the house and in the carriage house and will feature tables of interesting and intriguing art as well as the works that will adorn our walls.



Lorie Seagren, Director
Art Forum & Gallery

Any work that you purchase from an artist can go home with you immediately. 20% of the price will be donated to our Greater Rochester Area Branch of AAUW.

Sunday, November 13, 2011 from 2:00 to 5:00

FEATURING ART WORK BY THE FOLLOWING ARTISTS:

Sophia Amm
Sarah Carbone
Marlene Caroselli
Anne Clements
Joyce Cordone
Kris Dreessen
Renate Eckart
John B. Herman

Kathy Hunt
Laura Jackett
William F. Jones
Alan LaMont
John May
Maureen May
Sally B. Moses
Dwane Palyka

Terry Patti
Joyce Pearson
Nancy Richards
Dennis Revitzky
Lorie Seagren
Melissa Stiffler
Mary Lou Swicklik
Dodie Twohig

Show dates November 9, 2011—January 6, 2012, Monday—Friday 10 A.M. to 2 P.M.
Call 585-244-9892 for appointment.

Care and Support Through Art



Joyce Pearson

Our former Women Helping Girls Coordinator and current member, Joyce Pearson continues to help others, this time through her art. She donates her photographic talent at Advent House in Perinton, a residence for terminally ill people, where she takes photos of hands for family members to have as a remembrance. She says "I think there's a lot of symbolism in hands. It's how you give care and gentle support for each other.

She and her inspiring project were featured in the D&C on September 26, 2011.

~ Just google Joyce Pearson D&C to locate and read the entire article. ~

"I found I could say things with color and shapes that I couldn't say any other way—things I had no words for."
Georgia O'Keeffe



Some last minute preparations for Sophia Amm's Reception with the Artist on September 25.

Leadership Development Committee

Educational Loan Fund



By: Helen Cheeves
Leadership Development
Phone: 637-8197
Email: consult@listpsahead.com

SAVE THE DATE: Saturday, November 12, 2011

The final fall workshop, "Learning Who I Am," will be held on Saturday, November 12, 2011, from 10 am - 1:00 pm in the AAUW Carriage house.

Topics for the three-hour workshop include:

1. Emotional Intelligence
2. Self Esteem
3. Developmental Coaching

The workshop will examine how we perceive, control and manage our emotions and also address how developmental coaching can support our self-esteem and self-awareness.

R.S.V.P to: Helen Jae Cheves

The Education Loan Fund continues to look for people interested in joining as a Trustee. It is a Board which provides much satisfaction as we provide interest free loans to women who are pursuing a college or university education. We would love to have you join us!

Recently we approved a \$2100 loan for a university senior so that she can complete her degree this year with less financial worry. We also approved a \$1500 loan with a \$1500 grant for a woman who had a previous loan from us.

Please consider joining us and be certain to refer any deserving women with 30 undergraduate hours who either lives in Monroe County or attends a college in Monroe County.

Marie Ginther

ADOPT A YARD

Notices were mailed to all members who have adopted yard(s) regarding maintenance fees. We apologize for any confusion this has created. We know many of you adopted your Yards during the fiscal year and as late as May or June. Please feel free to defer your maintenance fee until a year from your date of purchase. It was simpler to send all notices at the same time.

Many Yards await adoption. We would welcome your participation.

Dr. Myrtle Merritt, VP for Development
E-mail: myrsun@aol.com

November Lectures and Lunch Interest Group

Wednesday November 2, 2011

11 am Lecture-12 noon Lunch

"Walk the Dream"

In the summer of 2010, five Rochester adults dipped their feet into the Atlantic Ocean and started their walk across the United States. They borrowed a van to hold supplies, asked people to sign it along the way, and began to photograph and document their journey learning about the people, heart and soul of our country. They ended when their feet touched the Pacific! Dan Petracka, Holly Nixon, and Blake Wink will share their eye-opening journey of endurance and America.

Lunch reservations may be made with a \$ 20 check payable to GRAB AAUW
Send to Helen Beveridge, 33 Woodcliff Terrace Fairport, NY 14450

December 7, 2011

11 am Musical Program-12 noon Lunch

"Morning Musicales"

A long-time favorite instrumental ensemble will help us usher in the Holiday Spirit. Morning Musicales includes AAUW member and former RPO Cellist, Sarah Johnson! Mark your calendar. Reservations will be made to Carol Zavada.

Questions or verbal reservations for these events may also be given to Mary Louise Riter 381 - 4368

Conversing on Diversity: An Exchange of New ideas, New language and New Consciousness



By Heide Parreño, Diversity Chair
Phone: 256-7372
E-mail: orostar@aol.com

There is a celebration of the living and the dead in November. In most countries of the Catholic faith, November 1st is All Saint's Day and November 2nd is All Soul's Day. In Mexico and most countries of Hispanic origin, there is a special Day of the Dead, called El Dia de Muertos. This brings all of us to a deeper consciousness of our mortality and immortality, which is also heightened during this season of autumn as leaves change colors and fall to the ground. This is a most appropriate segue to our holistic presentation of Age-ing as Sage-ing.

Holistic Health Wellness

We have an exciting program for Friday, November 4 from 7 - 9 PM. The topic is Sage-ing, a change of paradigm from Aging to Sage-ing by creating a community of leaders to transmit the wisdom of Sage-ing. This is based on the book, From Age-ing to Sage-ing: A Profound New Vision of Growing Older by Rabbi Zalman Schachter-Shalomi and Ronald S. Miller.

The Sage-ing Program is a process that invites its participants to cultivate their lives and make the years of elderhood a time of joy, wisdom and connection to the source of what is best within them. The Sage-ing Program is considered trans-denominational. It includes concepts from the world's Wisdom Traditions. However, it is not about religion. It is about the way we are all inter-connected which is called our "spirituality".

Our presenters are two excellent facilitators of the Sage-ing Program.

Rosalie Muschal-Reinhardt

Rosalie has been an educator for over fifty years. She has a B.S. in Education from Rider University and a Master of Divinity degree from Loyola University of Chicago. She brings years of Adult Education experience which is participant-centered to the Sage-ing work.

Many of the issues that are discussed in the Sage-ing Program are serious. Often they are difficult to discuss. Therefore, the facilitators always attempt to create an atmosphere that is respectful, confidential, safe, light-hearted and joyful.

The Knit Group will meet on Thursday November 10th in the Dining Room at ten o'clock. If you have a round needle please bring it with you so that we can work on a new proposed project. As usual we will have coffee, cookies and stimulating conversation.

Beverly Vaughan
585-383-0896
bvaughan@rochester.rr.com

Peg Morris

Peg Morris brings over thirty-years of Social Work experience in Gerontology to her Sage-ing work. She has a B.S. in Social Work from the Rochester Institute of Technology and a M. S. in Gerontology from D'Youville College. Peg is retired from Highland Hospital where she spent the last twenty years working in the Acute Care for Elders





Alicia Ward
Int'l Relations Director
Phone: 820-7672
Award_1civic@yahoo.com

GRAB AAUW at UNAR Visiting Journalists Conference: Freedom of the Press: Empower Women & Girls

GRAB AAUW was pleased to support the United Nations Association of Rochester (UNAR) on Monday, October 3 as it hosted its annual Visiting Journalists Conference at The Strong National Museum of Play.

This year's theme made for a perfect collaboration: "Freedom of the Press: Empower Women & Girls". On hand at the chapter's display table and exhibit promoting GRAB were Lorraine Cappellino and Beverly Vaughan. They represented us well, expressing the synergy between the day's event and AAUW's mission to *advance equity for women and girls*.

The featured guests were 14 journalists, a mix of women and men, from the countries of Bahamas, Barbados, Cameroon, Croatia, Gambia, Georgia, Ghana, Kiribati, Oman, Palau, Swaziland, the Republic of Tajikistan, the United Arab Emirates, and the Democratic Republic of Congo. On a United States tour, they were sponsored by the United Nations Department of Public Information Reham Al-Farra Memorial Journalists' Fellowship Programme. While in the Rochester area 3-day home stays were arranged by UNAR volunteers, as well as a luncheon at Max's, boat ride on the Erie Canal, and visits to the George Eastman House and Niagara Falls. Most notably, they were featured on the October 3rd WXXI 1370 Connection and interviewed by host Bob Smith.

Among the more than 100 adults and youth from local municipalities, as well as students from high schools, colleges and universities enrolled was our own Marlene Gordon. She attended breakout sessions that focused (from a global perspective) on the depiction and representation of females within society by the media. The overarching question posed: Does the media help or hurt the empowerment women and girls? The topics discussed included: education, health care, children, marriage, religion, jobs, economic independence, and ethnicity. Her Excellency Lyutha Sultan al-Mughairy of Oman served as the guest lecturer. During her talk she shared experiences from her extensive career in politics, journalism, as a United Nations information officer, and now as an Ambassador to the UN.

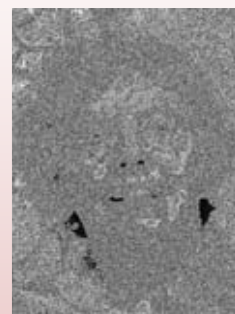
The Holiday Season is Approaching.....

and it is once again time for us to gather gifts for those at Alternatives for Battered Women. We have been gifting this organization for several years and it is one way that we support women and children in our community who are in need. The Wish List is below. Please leave your gifts in the first floor coat room. We will be delivering the gifts on Thursday, December 15 in the afternoon. Please email or call me if you have any questions, bvaughan@rochester.rr.com 383-0896.

Alternatives for Battered Women Wish List

Women's bathrobes--large, extra-large, plus
Women's pajamas/nightgowns--large, extra large
Women's underwear (sizes 5-11)
Women's pants, jeans
Slippers, Flip flops
Hair grease (hair food), hair brushes (stiff bristle size) hoodies (any sizes)
Body lotion
Crib blankets, sheets
Baby bottles (Evenfall)
Baby shampoo, bath/wash, baby lotion
Boy's clothes (infant to size 5)
Umbrellas
Pocket calendars, journals

All items must be NEW and personal items should be in UNOPENED condition.
Monetary gifts are also welcomed.



Beverly Vaughan
Past President
Phone: 383-0896
bvaughan@rochester.rr.com

Beginning Bridge Group – Marlene Gordon, Phone: 402-5529

If you are interested, please call Marlene Gordon at 402-5529 for the next meeting date.

Bowling – Mary Louise Riter, Phone: 381-4368

We still have room for more bowlers! We meet every Monday at 9:30a.m. at Clover Lanes. Please call me if you are interested.

Bridge

Retired Teachers Bridge – Contact person: Carol Achilles (421-0876). Meets the First Tuesday at 10 a.m.
Duplicate Bridge A - Meets the First Friday at 10:00 a.m.
Duplicate Bridge B – Meets the 4th Wednesday at 10:00
Luncheon Bridge – Meets the 3rd Thursday at 10: a.m.
 Contact person: Nancy Jones (288-7913).

***Bridge leaders: Please call our head caretaker Blake Kowalski at 489-2539 the night before to give him your set up numbers.

Holistic Health and Wellness – Heide Parreño, Phone: 585-256-7372 or E-mail: orostar@aol.com

Knit, Quilt & Chain Stitch – Beverly Vaughan, phone: 585-383-0896 or E-mail bvaughan@rochester.rr.com

Mystery Book Club – Bimonthly meetings, Contact Lynne Mitchell: 381-7145 for more details.

Poker – Marilyn Tedeschi, Phone: 585-244-4107. Our Next Meeting is November 11, 7-9 pm. All are Welcome!

Tea and Titles – Maureen May, email maureensmay@yahoo.com and Joy Kinz, cjkinz@rochester.rr.com

Lecture & Lunch – Contact Mary Louise Riter: 381-4368 or Helen Beveridge: 248-8284.

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 11-FF-Lecture & Lunch 5:30-8pm Launch of STEM Event Uma Gupta	3	4 10:30-3-FF-Bridge A 7-9-Tent - LR-Holistic Health	5 4-8pm-CH-Nita Brown YMCA Fundraiser
6	7	8 10-3-Crazy 8's 5:30-8:30-FF-Branch Dinner	9 9:30-11:30-Sol-Ed Loan	10	11 Veterans Day Office Closed 7-9-ER-Poker	12 10-1pm-CH-Leadership Development Committee 12-5pm-FF-WHG
13 Art Forum 2-4pm-FF-Opening Reception for Members show	14 10-12-WHG-Mentor Orientation 6-8pm-WHG-Mentor Orientation	15 4-5:30-BR-AAUW Board Mtg.	16 3:30-6:30-Sol-Schoolmarms	17 10-3-FF-Thursday Ladies Duplicate Bridge 7-8:30-BR-WHG-College Bound	18	19
20	21	22 4:30-6pm-BR-Sierra Club	23 10:30-3-FF-Bridge B 2-3:30-Lib-Tea/Titles	24 Thanksgiving	25	26
27	28	29	30			



We are need of an Interest Group Director, someone who can encourage members to join and/or create new groups for others to enjoy as well. Remember any member can start an Interest Group as well!

Call Marilyn Tedeschi for more information 585-244-8890 Ext.102

**GREATER ROCHESTER AREA
BRANCH
AMERICAN ASSOCIATION OF
UNIVERSITY WOMEN**
494 East Ave.
Rochester, NY 14607

Phone: 585.244.8890
Fax: 585.244.5277

**The deadline for the
December Newsletter is
November 15, 2011**
Please email items to Felice at
Newsletter@aauwrochester.org

We welcome suggestions or
contributions to include in future
newsletters. Please contact us at the
mailing address above or via e-mail:
Newsletter@aauwrochester.org

Greater Rochester Area Branch
American Assoc. of Univ. Women Inc.
494 East Avenue
Rochester, NY 14607-1911



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■ **Vision**

GRAB AAUW Is a World Class
Lifelong Learning & Teaching
Center for all generations of
Women & Girls and seen as a key
Community Resource and Driving
Force for any and all Women's
Issues in the Greater Rochester
Area.

■ **Diversity Statement**

Diversity for GRAB AAUW is a
mosaic of gems reflecting persons
from different age, gender, sexual
orientation, national origin, ethnic,
socio-economic, health and spiritual
cultures including the culture of the
Deaf, each with unique ideas and
abilities.

■ **AAUW Promise**

By joining AAUW, we belong to a
community that breaks through
educational and economic barriers
so that all women have a fair
chance.