



Chet Fery

Branch Lunch - January 11, 2014 Feeding the Hungry in Rochester

By Jean Arrowsmith, Program VP

As the year turns to 2014, let us turn our thoughts again to our theme for the year, "Focus on the Future of Women and Girls in the Greater Rochester Area." January is the month that our committee chose to focus on hunger among the disadvantaged children and adults in Rochester. To start our presentation, members will give a brief report on how Rochester provides food services to its disadvantaged residents.

Then we will welcome our very special guest speaker, Chet Fery. Often called "The Bread Man," Chet began his hobby of baking and giving away bread over 12 years ago. He promotes doing random acts of kindness and believes the world can be changed one loaf of bread at a time, one act of kindness at a time. He estimates he has given away over 40,000 loaves of bread, created over 50 recipes and generated over 100 inspirational "Bread Time Stories" which he shares with audiences across the region. A former teacher, counselor and school administrator, Chet now devotes most of his time to this effort.

Get out of the house and join us for this enjoyable afternoon and find out how you personally can impact the food needs of others through donations and random acts of kindness.

Schedule

11:30 – Social Time

12-1:00 Lunch

1:00 – 2:30 Presentation

RSVP by Wednesday, January 8

Call Leslie Sellers at 244-8890 ext.1 or email her at

perkinsmansionevents@gmail.com

Happy Holidays and Happy New Year to Everyone!

Lunch Menu

- Roasted Butternut Squash Soup
- Bread Basket with Pumpkin chocolate Chip muffins and Date-Nut bread
- Winter Salad, mixed greens with pomegranate seeds, apple, feta and toasted walnuts.
- Warm Caprese Focaccia Wedge
- Dessert of warm Apple Crisp with maple drizzle and whipped cream

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

In principle and in 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.

GRABAAUW www.aauwrochester.org

New York State www.aauw-nys.org

National www.aauw.org

GRAB AAUW ~ 494 East Ave. Rochester, NY. 14607 ~ Phone: 585.244.8890

Educating Young Women

By Doris M. Meadows



On Tuesday, December 3, The Young Women's College Prep presented their 3rd Annual Leadership Breakfast. The theme was:

“One Step Closer To Our Dream of College for Every Student.” The 2013 honorees included: Jennifer Vossler, Vice President and Controller of Paycheck, Wakeda Tyler, Surgeon and Professor at the University Medical Center and Neil Sherman, President of the Advantage Group. All the honorees are also volunteers at the school. As a charter school, the YWCP is affiliated with the Young Women's Leadership Network.

A group of AAUW members attended to support the school which exemplifies the association's emphasis on girls' education. The vision and mission to rigorously educate young urban women resonated with my own history. This October I attended the Fiftieth Reunion of an all-girls' school founded to serve working-class girls in the Archdiocese of Newark, New Jersey. My class was the second class to graduate, and we all recognized the extraordinary opportunity we had. Our families sacrificed to buy our uniforms, but our tuition was often paid by our parishes.

This fall I had the opportunity to visit with one of the four founders and recognized the critical vision and missionary zeal they brought to their work. It was all about values beginning with a deep caring and respect for their students and a determination to provide the rigorous, first-rate education they deserved. The YWCP mission and creed matches the clear focus on ideals which dominated my high school education. Our lives were forever transformed by our education and the opportunities which opened to us. Many of us were inspired to continue our education and became the first in our families to go to college. Of course at that time state colleges charged tuition of \$150 per year making it possible to work our way through without burdening our families.

While there are of course many differences of time, place and circumstances of the two school experiences, I am struck by many similarities as well. There is no substitute for high expectations and real educational opportunity embedded in social and intellectual values. It not only changes outcomes, it transforms lives.

The breakfast was a great success and raised \$78,000 but there is still an opportunity to contribute, and all contributions are matched. They hope to raise \$100,000 to support their college readiness program.

Development Committee Annual Appeal Donors

By Myrtle Merritt, Development VP

Thank you all who have given so generously to the annual appeal:

Stephanie Augonis, Catherine Browning, Lorraine Cappellino, Sarah Carbone, Musette Castle, Mildred DeWitt, Barbara Drachman, Jean Erskine, Vickie Fumia, Marlene Gordon, Ginger Goyer, Peggy Harrison, Elsie Herden, Carol Hopkins, Bonnie Jackson, Joy Kinz, Bettie Lindley, Myrtle Merritt, Anne Miller, Shirley Miller, Lynne Mitchell, Mary Champagne-Myers, Dorothy R. Pecoraro, Jean Schmidt, Gaya Shakes, Marilyn Tedeschi, Edith Thoburn, Beverly Vaughan, Elizabeth Webb, Carol Zavada.

Total contributions \$10,125:

- Legal Advocacy Fund - **\$100**
- Education Opportunity Fund - **\$150**
- Education Loan Fund - **\$785**
- House & Garden Fund - **\$7,480**
- Jennifer Lindley Scholarship Fund- **\$655**
- Sharon Lockwood Scholarship Fund - **\$100**
- WHG Emerging Leader Scholarship - **\$60**
- Women Helping Girls - **\$795**

Once Again



Thank you, Thank you!!!!

For another, year thanks to the generosity of our members, we have brought Holiday Gifts to Sojourner House and Alternatives for Battered Women. All the warm pajamas, lovely bathrobes, essential day planners and all the other things on the Gift Request list have been delivered. You brought smiles to many faces.

Barbara Stevens and Beverly Vaughan

Please click in the icons below to visit our websites and social media



Seneca Fall Dialogues 2014



By *Barbara LeSavoy, PhD*
 Director, *Women and Gender Studies*

College and University Partners:

Call for Dialogues

**The 4th Biennial
 Seneca Falls Dialogues:
 October 17–19, 2014**

EcoFeminism: Cultivating Place and Identity

Keynote Speaker: Tanya Fields

Founder of BLK Project and Eco-Warrior, and recipient of Women's Institute for Leadership and Learning (WILL)

We invite students, activists, and teachers to participate in a weekend of dialogue on the following themes:

- **Gender and the Environment**
- **Activism**
- **Food and Nourishment**
- **Politics of Space**
- **Sustainability**
- **Identities and Bodies**

Proposals should include session title, 2–3 sentence summary of session focus/relevance to one or more of the conference themes, and 250–500 word description of the session's focus and organization. Dialogue participants will be invited to submit essay versions of their dialogues for inclusion in the inaugural online Seneca Falls Dialogues Journal.

Proposal deadline: March 28, 2014. Send proposals and inquiries to sbai@rochester.edu.

The Biennial Seneca Falls Dialogues is a collaborative effort to reinvigorate Seneca Falls as a site of feminist activism and intellectual exchange.

The SFD is sponsored by women and gender studies affiliates at Hobart and William Smith Colleges, Monroe Community College, The College at Brockport, St. John Fisher College, University of Buffalo, SUNY Geneseo, University of Rochester, Greater Rochester Area Branch of American Association of University Women, and The Women's Institute for Leadership and Learning.

Visit <http://www.senecafallsdialogues.com> for information about the 2008, 10 and 12 Seneca Falls Dialogues. Information forthcoming on Seneca Falls Dialogues 2014

Food and Nourishment

Genetically Modified Organisms (GMOs)

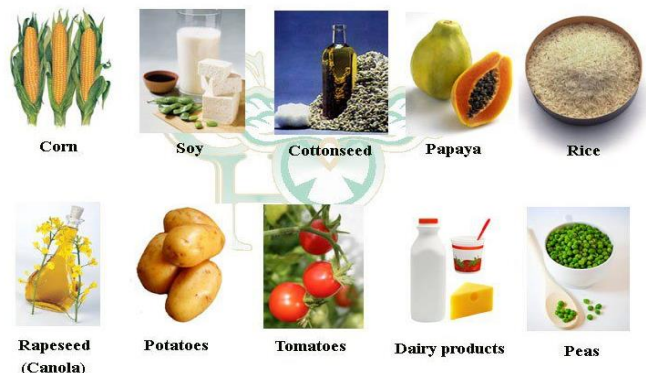
We all know stories of tobacco, asbestos, and DDT. Originally declared safe, they caused widespread death and disease. Although their impact was vast, most of the population was spared. The same cannot be said for sweeping changes in the food supply. Everyone eats; everyone is affected. The increase in several diseases in North America may be due to the profound changes in our diet. The most radical change occurred a little over a decade ago when genetically modified (GM) crops were introduced. Their influence on health has been largely ignored, but recent studies show serious problems. Genetically modified organisms (GMOs) have been linked to thousands of toxic or allergic-type reactions, thousands of sick, sterile, and dead livestock, and damage to virtually every organ and system studied in lab animals.¹ Nearly every independent animal feeding safety study shows adverse or unexplained effects

Over 80% of all GMOs grown worldwide are engineered for herbicide tolerance. As a result, use of toxic herbicides like Roundup has increased 15 times since GMOs were introduced. GMO crops are also responsible for the emergence of “super weeds” and “super bugs” which can only be killed with ever more toxic poisons like 2,4-D (a major ingredient in Agent Orange). GMOs are a direct extension of chemical agriculture, and are developed and sold by the world's biggest chemical companies. The long-term impacts of GMOs are unknown, and once released into the environment these novel organisms cannot be recalled.

Are GMOs safe?

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale.

Top 10 genetically modified foods



Source:

<http://www.nongmoproject.org/learn-more>
<http://www.responsibletechnology.org/posts/wpcontent/uploads/2013/01/State-of-the-Science-of-GMO-Health-Risks-sm-.2013.pdf>

Female Adult Learners Have Specified Needs

By Lucienne Nicholson



The adult learner who attends college is in need of a special kind of mentorship.

This growing demographic will continue to see continuous growth, when longevity and the disappearing pension funds are taken into account in addition.

Feminist institutions can add a lot to the furthering of higher education for adult women. Research has shown that while female college students are good at auto-advocacy in using academic support services, those same individuals are not doing as well when it comes to students' participations in organizations like students' government, study abroad, and almost every area of student leadership initiatives.

While excellent grades and a perfect GPA are greatly encouraged, female adult learners who achieve good grades but fail to show community involvement and participation in emergent leadership programs on their campus, are more vulnerable to existing discriminations based on gender, age, and race factors, after graduation.

GRAB AAUW is one institution where the needs of these emergent women leaders are encouraged and guided. GRAB AAUW recognizes the rights of and encourages every generation of women to advance their career through further education.

Still, our institution has room for growth in that area. For example, GRAB members can actively seek those women who are attending the various colleges in our community and educate them about the services available to them. Also, GRAB can develop a pool of mentors who are willing to stay with one woman for the duration of her college enrollment.

Please add your voice to this very important dialogue.

Sunshine



By Nancy Jones

Happiness is friends who are there for you through thick and thin.

My sincere thanks to all of my "sisters" who called, wrote, sent flowers and cards while I was in the hospital and recuperating at home. With all of your kindnesses, I know I recovered that much faster. Blessings to everyone and remember, LIVE LIFE!

Hour of Code Success Calls for a High Five

By AAUW National

This year AAUW celebrated Computer Science Education Week and the Hour of Code for the first time. But thanks to amazing work by our members and supporters, you would think we've been doing this for much longer. Here's what we accomplished together:

Twenty-five events were organized by AAUW members or reported through our website. One event, held by the AAUW Greater Rochester Area (NY) Branch, reached 479 people! Kudos to everyone who organized an event and empowered women and girls to code

In our 2010 report on the alarmingly low number of women in science, technology, engineering, and math (STEM) fields, we recommended encouraging girls to take computer science classes. That recommendation is turning into action thanks to a petition asking community leaders to make computer classes count toward graduation or as a math credit. We'll deliver the 375 petition signatures to the decision maker responsible for each state's education curricula.



◀ Back

Picture 1 of 4

Next ▶

Robin and her daughter, Sarah, show off their Hour of Code certificates at the ATTAIN computer lab in Rochester, New York.

<http://www.aauw.org/article/hour-of-code-success/>

Special Thank you to Dr. Uma Gupta who made the *Hour of Code* possible in Rochester NY

Thank you!!

Legacy Women Institute International (LWII) To Partner with CYRUS Institute of Knowledge



Dr. Melody A. Cofield, and Dr. Gabrielle Bedewi

announced today that LWII will partner with CYRUS Institute of Knowledge (CIK) to provide women's leadership perspective and education,

entrepreneurship training, and personal and professional development.

Legacy Women Institute International (LWII) was Founded by Melody Cofield in 2012, LWII's purpose is to focus the brainpower, perspective, and leadership of women to achieve a more gender-balanced leadership approach towards addressing the challenges of the 21st Century. We do this by providing legacy education, support services, and advocacy for women, girls, and youth.

They will participate in the Annual Conference in Dubai, and the Corporate Lecture Series in Abu Dhabi.

Dr. Cofield will deliver a presentation entitled "Social Capital Leadership: Enhance human potential and improve organizational outcomes by cultivating and harvesting social capital," and Dr. Gabrielle Bedewi will present "The Art and Science of Predictive Modeling."

Art Forum

Lorie Seagren, Art Forum Director



After a long hiatus, the Art Forum will resume a program of regularly scheduled events in the spring.

In the meantime continue to enjoy work by our members and guests that will remain up throughout the winter. For a kick-off event, there will be an exhibition of new and exciting work by these members and others in April. So to get you started think spring, sunshine, flowers, blossoming trees, color—a rejuvenation of not only the season but this program. Watch your GRAB AAUW news for updates.

A special thank you from my family and me to all our artist members and guests for your cards and phone calls expressing care and support.

Congratulations to

Sandra Kobel, GRAB AAUW assistant treasurer, was invited to speak at Mengle Metzger Barr & Co LLP on December 19, regarding comprehensive financial planning as it relates to insurance, retirement, investing and saving for education.

She would enjoy speaking to your groups who would benefit from this information.

Human Rights

Heide Parreño represented GRABAAUW as a co-sponsor in the Human Rights Day celebration on December 10 at the Downtown Presbyterian Church.

The events centered on the question:

How are human rights affected by race and class?

The International Human Rights Committee in Rochester featured a dramatic reading of the play, PALMER PARK, written by Joanna McClelland Glass and directed by Maria Scipione. It helped reflect in depth our situation on race and class and the effect on human rights through the lens of drama.



**Thank you to Donors
of the United Ways
Annual ROC the DAY
fundraiser:**

Barbara Blaisdell, Laurie Ditzel, Barbara Drachman, Ginger Goyer, Anne Kress and Ned Davis, Doris Meadows, Maureen Mulley, Mary and Tom Myers, Sandra Richardson and Jean Slattery

Total figures of donations including match from Marilyn Tedeschi, GRAB AAUW President, came to \$743.60. Total proceeds will go towards GRAB AAUW scholarships.

Perkins Mansion Wish List... ongoing

Supplies & equipment for events & Mansion

- Baskets – Various sizes
- Nice Platters – medium & large
- Glass or Crystal Creamers – large
- Juice glasses – clear glass
- Silver Coffee Urns – 25c, 50c, 100c
- Bowls – Clear glass; large/extra large
- Sharp Knives

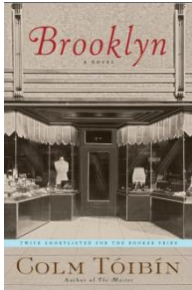


Monday, January 16 – Mystery Book Club
Time: 4:00 p.m. Perkins Mansion

Mystery Book Club's next author is Eliot Pattison and his Inspector Shan series about solving mysteries while surviving in a Chinese Communist gulag. His titles include: *Scull Mantra*, *Water Touching Stone*, *Bone Mountain* and *Beautiful Ghosts*.

Lynne Mitchell 383-7145

Wednesday, January 22 – Tea and Titles
Time: 2:00 pm Living room



Tea and Titles will not meet in December. Our next meeting will be on Wednesday, January 22, when Maureen May will lead the discussion on *Brooklyn*, a novel by acclaimed Irish author, Colm Toibin.

Co-chairs: Maureen May 385.1133
Joy Kinz 392.7134

Monday, January 6 – AAUW Conversation - Holistic Health
Time: 2:30 pm Valley Manor



We started an outreach to Valley Manor with a conversation on Diversity and Holistic Health, a topic chosen by AAUW members at Valley Manor. We had a well-attended vibrant session. Next meeting is on Monday, January 6 at 2:30 PM. Topic is Culture and Traditions sharing through mementos from trips, photos and artifacts. AAUW members and non-AAUW members invited. Facilitators: Heide Parreño and Sandi DeWispelaere. Address: 1570 East Avenue.



Happy New Year!!!



If you are planning an event at the Perkins Mansion please contact Leslie Sellers, Events Director, at 244.8890, ext. 1 or 435.7202. You can also visit the Perkins Mansion website at <http://perkinsmansion.org/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 Happy New Year!!!	2	3 10:00 am Duplicate Bridge A	4
5	6 9:15am Bowling 2:30 pm Holistic Health	7 10 am Retired Teachers Bridge	8	9	10	11 12:00 pm Branch Luncheon
12	13 9:15 am Bowling	14 10-2:30pm Crazy 8's Bridge	15	16 4:00 pm Mystery Book Club	17	18 9:00-2:00pm WHG Meeting
19	20 9:15 am Bowling	21 4:00 pm Board Meeting	22 10:00 am Duplicate Bridge B 2:00pm Tea & Titles	23	24	25
26	27 9:15 am Bowling	28	29	30	31	1

Nights Out will be cancelled for the month of January.

Bridge

- **Retired Teachers Bridge**
Meets the 1st Tuesday at 10 a.m.
Carol Achilles – 421-0876
- **Duplicate Bridge A**
Meets the 1st Friday at 10:00 a.m.
Pauline Sherwood – 671.3556
- **Duplicate Bridge B**
Meets the 4th Wednesday at 10:00 am
Jean Erskine – 266.5055
Janet Miles – 787-0507
- **Crazy 8's Bridge**
Meets the 2nd Tuesday at 10:00 am
Carol Achilles – 421.0876

History & Archives

Doris Meadows – 328.4059

Holistic Health and Wellness

Heide Parreño – 414.6312

Knit, Quilt & Chain Stitch

Beverly Vaughan -383-0896

Mystery Book Club

Lynne Mitchell – 381.7145

Bimonthly meetings

Night Out At the House

Rachel Adonis – 654.5259

Marlene Gordon – 402.5529

Bi-monthly social evening for members and guests.

Poker

Marilyn Tedeschi -244.4107

Tea and Titles

Maureen May- 385-1133

Joy Kinz- 392.7134

**Bridge leaders: Please call our head caretaker Blake Kowalski at 489.2539 the night before to give him your set up numbers.

**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
February Newsletter is
January 15, 2013**

Please email items to

Ana DeTomaso

Newsletter@aauwrochester.org

We welcome suggestions or contributions to include in future newsletters. Please contact us at the mailing address above.

Articles submitted are printed at the discretion of GRAB.

Board Members

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Program VP– *Jean Arrowsmith*
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Vision

GRAB AAUW Is a World Class Lifelong Learning, Teaching and Study 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

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability, or class.

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.