



# American Association of University Women Greater Rochester Area Branch

*The American Association of University Women promotes  
Equity for Women and Girls through Advocacy, Education, Philanthropy and Research.*

Volume 122 Issue #18 Moving the Mission Forward

April 2016

## APRIL 2016 BRANCH DINNER AND PROGRAM:

**Topic: Science Education for those with Disabilities.**

**Please join us on Thursday, April 14, 2016, from 5 – 8 pm, for GRAB AAUW’s April branch dinner and program.**

**Please invite your friends and family for the branch dinner and to hear guest speaker Luticha Doucette!**



Luticha is a former Ms. Wheelchair New York (2011) and was 2nd Runner Up at Ms. Wheelchair America 2012 with a platform of science education for those with disabilities. She has also served as a judge and head judge for the New York pageant. Her passion for science also translated to her previous job as a researcher/bioinformaticist in genomics at the University of Rochester.

In the summer of 2015 she embarked on a different career path as a research analyst for the newly formed Mayor’s Office of Innovation and Strategic Initiatives, a data driven research and development team whose current efforts are focused towards reducing poverty in a targeted area in partnership with the Rochester Monroe Anti-Poverty Initiative.

In her free time, she enjoys facilitating discussions on racism, serves as a peer mentor for people with disabilities, serves as a board member of Rochester Adaptive Adventures—a nonprofit organization founded by Luticha which focuses on bringing inclusive recreational activities into existing community programs. When not engaging in social justice, Luticha loves to fence at the competitive level, crochet, read, and loves to travel and has experienced great countries such as Hong Kong and in 2008 she was an ambassador to Costa Rica through Mobility International USA exchange.

April 14 Branch Dinner Menu: Baked Chicken, green bean almondine, ziti with broccoli and mushrooms in white wine sauce, tossed green salad, roasted potatoes with rolls and butter.

Cost \$25 and \$15 for students

RSVP by April 11 to Stephanie at (585) 233-6180 or email: [stephanie.augonis@gmail.com](mailto:stephanie.augonis@gmail.com).

*AAUW is 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.*

**GRAB AAUW ~ 494 East Ave. Rochester, NY 14607 ~ Phone: 585.244.8890/585.736.1681**

## FROM OUR PRESIDENT, GAYNELLE WETHERS

Education is the most powerful weapon we can use to change the world.

- Nelson Mandela



Just recently, I visited New Orleans with a team of Rochester educators. Our goal was to visit single-sex institutions and community-based schools. This experience proved to be impactful and transformative. We witnessed parents dropping their children off at school each morning. Students were dressed in uniforms, including the Pre-K and K girls, who wore dresses. Boys wore white shirts and ties.

Consistently, in all of these institutions were requirements to volunteer. Parents are given a set number of hours. Student volunteer hours are a must, and most often the students contribute more than is required. The climate in these institutions was respectful of the children, welcoming and encouraging of the parents and receptive to the children's needs. Structure and discipline were well-maintained.

Many of these institutions have existed for more than 100 years. This rich history was evident in the adults, children and classrooms. The values were consistent and constant. Alumni were active and most often in leadership roles in the institutions.

The message shared by all on the value of these single-sex institutions is the following: No distractions in the classroom. Students remained focused on the subject at hand and their academic work. Our visit was a success. Strategies used were identified, all of which can be duplicated for our students in our schools.

Our International Women's Day was celebrated with students from SUNY Brockport. Barbara LeSavoy's students attended. Helen Jae Cheves and Barbara LeSavoy planned the event. Thank you! As President, I was invited to speak on the value of civic engagement. Students also toured the House.

If you haven't visited Coffee Connection on South Avenue, I encourage you to do so. I had the pleasure of meeting Joy Bergfalk, Executive Director. The purpose of Coffee Connection is to empower women in recovery from drug addiction, trauma and homelessness. Great mission ! Coffee is excellent. Let's support this worthy cause.

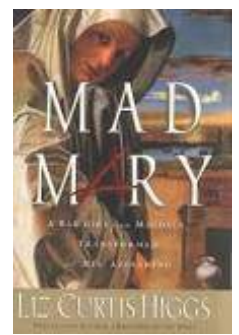
In closing, two things seem to come to mind that fit in with my message this month.

One is the movie, "St. Vincent" and the other is the book, Mad Mary by Liz Curtis Higgs.

Let me know what you think.

Happy viewing and happy reading !

- Gaynelle Wethers



Special acknowledgement to the team who assist with set-up, serving and cleaning after many of AAUW and WHG events: Dr. Rita Gaither, Starr Simmons and Tiffany Gaither.



## FOLLOW UP - MARCH 12TH BRANCH DINNER AND PROGRAM



The branch dinner and program was a blast. Bagpipe player, Jeremy Button and Glass artist and owner of Pike Stained Glass Studio, Valerie O'Hara regaled AAUW members and guests with their talents.

The dinner was traditional St. Patrick's Day fare, with corned beef, cabbage and potatoes from Murphy's Law. Beer was served in mugs. Cupcakes with green frosting were served for dessert. Jeremy Button provided entertainment on bagpipes and violin!

Special thanks to our set up and clean up crew: Tammi Allen Heron, Erica Larkins and LaShana Boose!



Marlene on the Bagpipe

## FOLLOW UP - WOMEN HELPING GIRLS FEBRUARY 27TH EVENT



Gaynelle reading a statement on MLK.

Women Helping Girls held several discussions, including one on Martin Luther King Jr. with a Community Conversation statement based on Martin Luther King Jr.'s service. Other discussions included the deleterious effects of drug use and the need to support one another through good as well as challenging times.

### **Women Helping Girls**



## FOLLOW UP - INTERNATIONAL WOMEN'S DAY

### The Value of Civic Engagement

On March 10, 2016, in honor of International Women's Day, GRAB President Gaynelle Wethers and University/College Relations Coordinator, Barb LeSavoy met at the Perkins mansion to discuss the Value of Civic Engagement with a group of SUNY Brockport students. See pages 8 and 9 for photos.

## **Please join us on Wednesday, April 20, 2016, at 12 pm for a Conversation on Immigration**

From New Netherland to New York, immigrants from every part of the world have made their home in our state. *Community Conversations* invites New Yorkers to explore our shared history as immigrants and the descendants of immigrants, and to discuss the ways that immigration continues to shape the experience of being American today.

Bring your thoughts, lunch and your friends for an intellectually stimulating conversation on Immigration in the AAUW program room at the Perkins Mansion—2nd floor from 12 -1 pm on April 20, 2016. Free and open to the public.



## YWCA IS ON A MISSION

### YWCA's Stand Against Racism Breakfast Panel Event

April 29, 2016 8:00 - 9:00 AM Panel Event and Breakfast

9:00 - 9:45 AM Table Discussions (Optional)

The Joseph A. Floreano Rochester Riverside Convention Center

Tickets are \$40.00 each, table of 10 \$400.00

It would be nice to have an AAUW table.

RSVP to Laurie Ditzel at 585 355-4307.

Looking forward to seeing everyone at the Breakfast!

### EASY RECIPE — 2 INGREDIENT CHOCOLATE PEANUT BUTTER CUPS

GLUTEN, EGG, NUT, SOY and DAIRY FREE

6 SERVINGS

#### INGREDIENTS

- 1/4 cup peanut butter (can sub almond butter)
- 2 bars organic, raw, vegan dark chocolate

#### PREPARATION

Melt the chocolate. In 6 cupcake papers, pour in a tiny bit of melted chocolate and put in the freezer for a few minutes until the chocolate hardens. Scoop in a teaspoon or tablespoon of peanut butter then cover up with more melted chocolate. Stick in the freezer again until hardened. Enjoy!



**MORE RECIPES LIKE THIS AT: [HTTP://WWW.ONEGREENPLANET.ORG/VEGAN-RECIPE/HEALTHY-RECIPES-WITH-FIVE-INGREDIENTS-OR-LESS/](http://www.onegreenplanet.org/vegan-recipe/healthy-recipes-with-five-ingredients-or-less/)**

### New Program in Rochester—Kickstart Your Health—Diabetes, Heart Disease, etc...

Rochester has been chosen as a “Kickstart Your Health” city by the Physicians Committee for Responsible Medicine. The first Rochester Kickstart event will be on Sunday, April 10, 2016 from 2:00 - 3:30 PM Preventing and Reversing Diabetes with Diet with Dr. Neal Barnard at Bethel CME Church, 270 Scio St., Rochester NY14605. Free and open to the public.

For further information and event dates on Kickstart Rochester, visit: <http://www.pcrm.org/health/diets/rochester/kickstart-rochester>. This program is low or no cost to participants. Meals, support and cooking techniques included. Rochester is one of the few cities chosen for this proven and innovative program.

AAUW EVENTS CALENDAR AT THE PERKINS MANSION**April 2016**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 am Dupli- cate Bridge A	2
3	4	5 10 am Retired Teachers Bridge	6	7	8	9
10	11	12 8 Cope Press Conf 10 am Crazy Eights Bridge 7-8:30 pm Equal	13	14 5-8 pm Branch Dinner and Program	15 NYS AAUW Convention- Saratoga Springs	16 NYS AAUW Convention- Saratoga Springs
17 NYS AAUW Convention- Saratoga Springs	18	19 5-7pm Barkley Damon Wine Re- ception	20 12 pm Immigra- tion Community Conversation	21 12-2 pm Education Loan Fund	22	23 WHG 12 pm Beverly Bonds Note: Event at the Blue Cross Arena (not at Perkins Mansion)
24	25 6 pm Board Mtg	26	27 10 am Dupli- cate Bridge B 2-5 pm Tea & Titles	28	29	30

INTEREST GROUPSRetired Teachers Bridge

Meets the 1st Tuesday at 10 am  
Carol Achilles – 421-0876

Duplicate Bridge A

Meets the 1st Friday at 10:00 am  
Pauline Sherwood – 671-3556

Duplicate Bridge B

Meets the 4th Wednesday at 10:00 am

Tea and Titles

Meets Monthly  
Maureen May - 385-1133

Mah Jongg

Meets some Wednesdays at 1:00 pm  
Marlene Gordon – 402-5529

Crazy 8s Bridge

Meets the 2nd Tuesday at 10:00 am  
Carol Achilles – 421-0876

Mystery Book Club

Meets Every Other Month  
Lynne Mitchell – 381-7145

**\*\*Bridge Leaders:**

**Please call Blake at 489-2539  
the night before to give him  
your setup numbers.**



## FROM MEMBERSHIP

Now that it is springtime, we expect April Showers to bring us May flowers and many other exciting activities this month. This year, I am excited to go to the AAUW NYS Convention with my daughter, Sandra on April 15. We are each attending workshops to compare notes and bring information back to our branch. Sandra will be taking the workshop on Paid Family Leave while I attend Suffrage. I understand that Saratoga Springs has beautiful scenery and fantastic shopping. We can't wait.

**GOOD NEWS:** I recruited my daughter to become a member of this amazing organization. While I have always heard that Membership is everyone's business, according to the AAUW Outlook and Focus magazines, I didn't realize it would be that easy to recruit my daughter. When I mentioned that we needed a treasurer, she knew that was a position that she could fulfill as she did course work in corporate finance when she attended college. A perfect fit! A win-win situation for both Sandra and GRAB AAUW!



Sandra Augonis

Sandra has been nominated for the position of GRAB AAUW Treasurer, succeeding acting Treasurer Marilyn Tedeschi and previous Treasurer Kelly Broadbent, who moved to Texas last summer.

Sandra is a Nazareth College graduate with a BS in Business Administration. Sandra has been employed at Xerox corporation for 28 years. Sandra loves to read and cook. She has a Maine Coon cat and a Peekapoo dog. Sandra joined AAUW to be more involved in the community, interface with women, and build relationships throughout AAUW and the community. She looks forward to meeting members and helping GRAB AAUW with the treasury.

~ Stephanie Augonis

## REGISTER NOW — AAUW NYS CONVENTION

Fri-Sun, April 15-17, 2016

Holiday Inn, Saratoga Springs, NY

This year's convention will offer engaging workshops and terrific speakers. On Friday afternoon you can take the *Saratoga Tour* from 1:00 pm – 3:00 pm – AND IT'S AT NO ADDITIONAL COST! This is a great opportunity to see the history of Saratoga Springs (and it's not just horse racing!).

Further information, including the registration form is available at the AAUW-NYS webpage.

## TEA AND TITLES

On Wednesday, April 27 at 2 pm, Tea and Titles will meet in the library at the Perkins Mansion to discuss My Brilliant Friend by Elena Ferrante. This acclaimed novel tells of the relationship between two women. The story is set in a small town in Italy near Naples, just after World War II.

Donna Palmer will be leading the discussion. All are welcome to attend.



Light refreshments will be served.

Please contact Maureen May at [maureensmay@yahoo.com](mailto:maureensmay@yahoo.com) for further information.



## SAVE THE DATES

### April

- On Tuesday April 12, GRAB AAUW and Rochester NOW will be co-sponsoring an evening for awareness of EQUAL PAY DAY welcoming speaker David Cay Johnston. Mr. Johnston is an investigative journalist and author, a specialist in economics and tax issues, and winner of the 2001 Pulitzer Prize for Beat Reporting. Currently, he is a Distinguished Visiting Lecturer who teaches the tax, property and regulatory law of the ancient world at Syracuse University College of Law and Whitman School of Management. From July 2011 until September 2012 he was a columnist for Reuters, writing and producing video commentaries on worldwide issues of tax, accounting, economics, public finance, and business. Johnston is the Board President of Investigative Reporters and Editors.
 
  - This event will take place at the Perkins Mansion from 7 pm - 8:30 pm with a reception of snacks, tea and coffee to follow. Further information to follow.
- On Thursday, April 14, 2016, our Branch Dinner and Program is Luticha Doucette and her topic is Science Education for those with Disabilities.
 
  - Cost is \$25 (\$15/Student). Please RSVP by April 8 to Stephanie Augonis at stephanie.augonis@gmail.com or by phone at 585 217-9948 or cell 585 233-6180. 5-8 pm.
- On Saturday April 23, 2016 Women Helping Girls will feature Beverly Bonds, founder of Black Girls Rock, with special appearance by Youtube Star of "Beat Box," Nicole Paris.
  - Tickets available at TicketMaster. Doors open at noon, Blue Cross Arena, Rochester, NY.
  - Please visit the WHG website at <http://www.womenhelpinggirls.org/>.

### May

- On Thursday, May 26 our Branch will have its Annual Meeting with a Dinner and Program featuring honors, awards and elections to the Board.
  - Cost is \$25 (\$15/Student). Please RSVP by May 19 to Stephanie Augonis at stephanie.augonis@gmail.com or by phone at 585 217-9948 or cell 585 233-6180. 5-8 pm. More information to follow.

### June

- On Thursday, June 9 or 16, our Branch will host its annual Picnic. 5-8 pm. More information to follow.





**GRAB AAUW AND THE COFFEE CONNECTION & WOMEN HELPING GIRLS**



Barb LeSavoy, Gaynelle Wethers and SUNY Brockport students.

WHG Feb 27, 2016



Paid family leave at the Perkins Mansion





**GRAB AAUW AND GAYNELLE'S TRIP TO NEW ORLEANS 2016 EVENT PHOTOS**



St Patty's Day Branch Dinner and Program.



Gaynelle and Team of Rochester Educator's visit to single sex schools in New Orleans.



**SUPPORT GRAB AAUW**

**DONATE/PLEDGE A CHARITABLE CONTRIBUTION TO AAUW**

Please visit our [website](http://rochester-ny.aauw.net/) at <http://rochester-ny.aauw.net/> and click the DONATE **United Way** image or

**DONATE TO GRAB AAUW Paypal Pay Now image. United Way Donor Designation Number 2609**



**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.

**GRAB AAUW BOARD MEMBERS**

*President – Gaynelle Wethers*

*Program VP – Barbara Baer*

*Membership VP – Stephanie Augonis*

*Development VP – Cheryl McKeiver*

*Recording Secretary – Anne Bell*

*Corresponding Secretary – Marlene Gordon*

*Treasurer – Marilyn Tedeschi (Acting)*

*Assistant Treasurer – TBD*

*Assistant Treasurer for Membership – Gwen Clifton*

*Public Policy Director – Cynthia Herriott-Sullivan*

*College and University Relations – Barbara LeSavoy*

*Educational Loan Fund – Judy Trabert*

*Educational Opportunity Fund - TBD*

*Legal Advocacy Fund – Lynne Mitchell*

*Women Helping Girls – Cheryl McKeiver*

*Past President – Marilyn Tedeschi*

**GREATER ROCHESTER****AREA BRANCH****AMERICAN ASSOCIATION OF  
UNIVERSITY WOMEN**

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**The deadline for the**

**May Newsletter is**

**April 15, 2016**

**Please email items to**

**[grabaauw@gmail.com](mailto:grabaauw@gmail.com).**

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

**Articles submitted are printed at the discretion of GRAB AAUW.**