

**BRANCH MEETING: THURSDAY, SEPTEMBER 18,
5:30 PM PROGRAM**

Women and Mental Well-Being: How Can We Be *Rooted and Resilient*?

Our September speaker is Dr. Aaliyah El-Amin-Turner, a mental health counselor who is also a member and board president of the Penfield Central School Board of Education. In her private practice, she provides culturally responsive care to individuals and families across New York State. Dr. El-Amin-Turner holds a doctorate in Counseling and Human Development from the University of Rochester, as well as degrees from St. John Fisher College.

Dr. El-Amin-Turner states that she is dedicated to equipping communities, especially women, with the tools needed to thrive mentally, emotionally, and socially.

Her talk will explore how identity, community, and systemic challenges affect mental well-being. She will show us how strategies such as reframing, self-regulation, and emotional grounding can support personal wellness, connection, and sustainable healing in the face of life's daily demands.

Join us for strategies for learning and growing!



Dr. Aaliyah El-Amin-Turner

Schedule:

5:00 PM Arrive & sign in
5:30 PM Branch Meeting
6:30 PM Dinner

Dinner menu:

Chicken Kebabs, Vegetable Kebabs,
Persian Rice Pilaf, Greek Salad,
Toasted Pita, Baklava. **Cost of
dinner: \$25**

Reservations:

Call, text, or email Julie Cotraccia by
September 11 with your reservation.

CALL OR TEXT [585-370-2235](tel:585-370-2235)

EMAIL perkinsmansiondirector@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.

SEPTEMBER 2025

FROM THE (ACTING) PRESIDENT'S KITCHEN TABLE

THREE TOPICS THIS MONTH:

Program Committee news:

I've been very pleased to turn over responsibility for branch meeting programs to a program committee. Headed by Program VP Cathy Dayan, the committee (Barbara Blaisdell, Arlette Miller Smith, and Marilyn Tedeschi) has adopted a theme for the year: "We are a Revolution: Women Healing the Divides." The first part of the theme is a quote from Sally Roesch Wagner, the scholar who championed Matilda Gage Joslyn. We'll be very interested in how the theme plays out in programs through the year.

In other news, the committee has changed the day for branch meetings. From September to December and April to June, we'll meet on the **third Thursday** of the month in the evening. **In the winter, we'll switch to the third Saturday** in the middle of the day. Lunch meetings in January, February, and March are a longstanding tradition; winter travel is just easier during the day.

Member profiles in the newsletter:

One of my goals as newsletter editor has been to introduce members to each other. I've had mixed success; some issues had one or more bios, others none. I'm happy to say that Lynne Mitchell has volunteered to re-start the process, so don't be surprised if you get a call from her. It's okay to say no; some people just don't like the spotlight. But if you don't mind, she'll interview you and write up a short profile. It's a great chance for other members to meet you and find out about your background and interests. Profiles will start next month.

All hands on deck for Game Weekend!

Later in this issue, you'll see Marilyn Tedeschi's TPMI news and a flyer for the Game Weekend fundraiser. As usual, this successor to the Fall Bridge Party is a great opportunity to donate to TPMI, since your gift is doubled (and this year, tripled!) But we welcome more than your money. Please come, tell your friends about the event, donate door prizes, and help us! **We need volunteers for the weekend's activities.** Nothing very strenuous—We'll need people to sign in attendees and monitor the various activities on Friday night and run the popcorn machine. Saturday, we'll be again collecting admission, assigning people to tables for the Bunco game, and distributing prizes. Working with fellow members on a project is a great way to make new friends. Call or email Marilyn ([585-414-4979](tel:585-414-4979), marilyntee991@gmail.com) to volunteer. And, BTW, Bunco is a fast, fun dice game that you can learn in the first 10 minutes of play. It's a great way to spend a Saturday afternoon. I hope that you'll join us for a good time.



Judy Trabert



MEETING RECAP: JUNE 2025

History was our emphasis at the June meeting. First up was our guest Melina Carnicelli, from Auburn. Melina is the Executive Director of 1stAmendment1stVote, an organization that works with high school students (mostly girls) to encourage them to get involved in the political process. One of their projects has been the production of short videos about the fight for women's rights in Central New York. Melina's organization collaborated with GRAB to produce a short video that extended the story west, to Rochester. The video, titled *Radical Rochester: Activists, Abolitionists, and the Second Women's Rights Convention*, debuted at the June meeting. The showing was received enthusiastically.

In the second part of the program, Barbara Blaisdell and intern Garcelle Carter reported on their work on new content for our second-floor exhibit space. The new exhibit tells the story of Maria Porter, a Rochester Abolitionist who ran a boarding house which hosted all the "rabble rousers" of her day. We were encouraged to check it out.



Melina Carnicelli introduces video.



Garcelle Carter and Barbara Blaisdell describe the new exhibit.

MEET OUR STUDENT INTERNS



Faith Walter

Faith Walter is a senior at Brockport; she is majoring in Psychology with a minor in Women and Gender Studies. Her career goal is work as a school psychologist.



Faye Calhoun

Faye Calhoun is a sophomore at St. John Fisher. Her major is also Psychology; she'd like to work as a clinical psychologist. Both Faith and Faye are very interested in our work with Innova Girls Academy.



Garcelle Carter

Garcelle Carter, a junior at Nazareth, continues her work as an archivist and historian for the branch. Garcelle's major is Legal Studies, with a minor in Philosophy and Archives, Museums, and Public History.

MY FIRST STATE AAUW CONVENTION

By Susan Motten, Vice-President for Membership

I joined my local AAUW branch, Greater Rochester, last September. In the Spring I decided to go to the state convention held in Albany, June 13-14, 2025. The meeting exceeded my expectations. I traveled to Albany without knowing if anyone I knew would be there. I was a bit uneasy, but shouldn't have given it a thought. I was greeted and made to feel welcome. It was a nice surprise that other members from our branch, Marilyn Tedeschi and Vickie Fumia, were also there.

Shortly after arrival, there were options for two trips. I went on a tour of the Capitol Building; others went to Albany Nanotech. I am a native New Yorker, but had never spent any time in Albany. The tour was excellent. Our tour guide was very knowledgeable and shared so many interesting facts and quirks about the building with us. It is definitely worth the trip, if you have never been there.

When we returned to the Desmond Hotel, there was a nice reception, with the mayor of Albany speaking.

The next day featured three exceptional speakers; Muskan Tibrewala, an AAUW Fellow, Kelli Nicholas Owens, Executive Director of NYS Office for the Prevention of Domestic Violence, and Dr. William Murphy, Deputy Commissioner for Higher Education, NYS.

All the speakers were very interesting, but I especially appreciated hearing from Muskan, who had benefited from support from AAUW. It gave insight into just what a difference our organization can make.

I would encourage members to attend the state meeting. I thought that the fee for the event was very reasonable for all that was provided. I connected with members from all over the state who shared our commitment to helping women pursue educational opportunities.



Vickie Fumia (against column) listening to the tour guide. (Unknown person to her left)



The tour group at the Capitol Building



Me on the tour of the State Capitol Building

NEWS FROM THE PERKINS MANSION, INC (TPMI)

September 2025

Dear Members and Friends,

There have been so many things happening all at once, I don't know where to begin, but they are all good. Our house and gardens are moving in a positive direction. Over the summer, Laurie Ditzel supervised Ben and Sam, two high school-aged brothers, as they worked get the gardens under control. Thank you to Laurie, and to Anne Miller and Vickie Fumia, who donated to fund the work. The slate floor of the patio is now complete. Kevin O'Dell will be staining and painting the handicapped ramp. We're also upgrading security. More about that next month.

Our sales of jewelry and art to *Raise the Roof* are still in progress as I write this article. Last year's card party raised \$20,000 thanks to matching funds from Dr. Nora Wilcox. Kate Cerulli has raised over \$20,00 selling donated jewelry and Lorie Seagren has brought in over \$5,000 from sales of donated pictures. WOW AND THANK YOU!!

This year's annual Francie Wilcox Game Weekend will take place September 26 and 27th. See the flyer for details. Even if you can't attend, this is the perfect time to donate to TPMI, since your gift will be matched. This year it will be matched twice (!), so be as generous as you can. We are raising money for a kitchen upgrade: a new stove, two baker's ovens, a refrigerator, grill, and walk-in cooler. Kevin O'Dell will enclose the back porch to create the walk-in cooler. This upgrade will give us the capacity to begin a culinary school and to cook meals for the schools and organizations who have events at the house. We're in the process of drawing plans to scale and pricing out each appliance. I have spoken to Foodlink and other community partners who support this large investment. We hope to have the project completed by the end of December of this year.

We will miss caretakers Shea Davis and Edmari Fort, who have left to get their own apartment. Joe Cinanni, our head caretaker, now has a full-time job driving for Rochester Transit. This means that he will be setting up and cleaning up for all events after work. Julie Cotraccia is working closely with Joe and will call on Curtice Webster, a past caretaker, when needed. We will not be looking for any new caretakers at this time.

As I said, it's all good.



Marilyn Tedeschi

marilyntee991@gmail.com
[585-414-4979](tel:585-414-4979)






Francie Wilcox GAME WEEKEND

\$20 admission

\$10 for students (bring student ID)

\$5 for Children ages 12 and younger

All proceeds go towards upgrading the Mansion kitchen. Your donations will be matched 2X! Scan QR code to purchase your tickets

Friday Activities Include

board games, card games, chess, karaoke, trivia, 50/50 raffle, movies, and refreshments

BUNCO on Saturday 2-5pm

Raffles, Prizes, and Refreshments

7-10PM, FRIDAY, SEPTEMBER 26TH
2-5PM, SATURDAY, SEPTEMBER 27TH

The Historic Perkins Mansion
494 East Ave, Rochester NY

WE'RE INVITED TO AN INNOVA TEA PARTY

Saturday, September 20, 1-3 PM

Innova Girls Academy is starting its third year of operation with a tea party, and we're invited. The date is Saturday, September 20th, from 1 to 3 PM, at the Perkins Mansion. The fourth grade students will entertain us, school leaders will talk about the school, and we'll share tea and treats. There is no cost to attend, but there will be a silent auction of baskets full of good things. Donations to support the school will also be welcome. See the invitation for a QR code to sign up, or text [585-201-8187](tel:585-201-8187) by September 13th.

We hope to see you there.



GIRL SCOUTS AT CONVENTION DAYS, JULY 19th

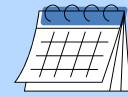
July 19th is the anniversary of the first Women's Rights Convention in Seneca Falls. There's a yearly commemoration called Convention Days, and some GRAB members attend regularly. This year Marilyn Tedeschi and Barbara Blaisdell loaded up a small bus with Innova students and their parents and took them to Seneca Falls for the day. Innova students are Girl Scouts, and they met Girl Scouts from other parts of the State. The celebration included tours, walks, photo ops, and fun. The picture shows Barbara Blaisdell (center right, in yellow shirt) relaxing with Innova students and their parents and other Girl Scouts and attendees.



ART SHOW AND SALE CONTINUES

Something for everyone. Prints, photographs, watercolors. Additional pieces have been added to the collection replacing pieces that have been sold. Remember your purchase goes with you at the time of sale.

If you have any questions, please contact Lorie Seagren at dseagren@aol.com or [585-721-7368](tel:585-721-7368).



UPCOMING EVENTS

SEPTEMBER 18

Branch meeting

SEPTEMBER 20

Innova Tea

SEPTEMBER 26 AND 27

Game Weekend

OCTOBER 16

October branch meeting