

Coming in February

Aint I A Woman? (In)Visible Portraits of Black Women



Presented by **Tamara Bond-Williams**,
Founding member of the Race
Unity Circle of Poughkeepsie

February 11, 2021
7PM on Zoom

Join Tamara Bond-Williams, a founding and current member of the Race Unity Circle of Poughkeepsie Steering Committee, as we explore implicit and explicit bias that “disappears” black womanhood.

In June 2020, filmmaker Oge Egbunu released her directorial debut, [\(In\)Visible Portraits](#), which highlighted in powerful ways how black women are still not afforded the courtesies of womanhood, as tropes about black women obscure our humanity



Join us as we view selections from the documentary and engage in spirited discussion as we explore how we can see the (in)visible and remove the veils of implicit and explicit bias.

Participants are encouraged, but not required to watch the film. Click on this link to rent and view [\(In\)Visible Portraits](#). Learn more about the film and Writer/Producer/Director Oge Egbunu: <https://www.invisibleportraits.com>

“(In)Visible Portraits, the feature documentary directorial debut from Oge Egbunu, shatters the too-often invisible otherizing of Black women in America and reclaims the true narrative as told in their own words. The film illuminates the history of how we got here, dismantles the false framework of the present-day reality, celebrates the extraordinary heritage of exceptional Black women, and ignites hope for the next generation.”

Join Poughkeepsie AAUW to learn about this vital community program!

Poughkeepsie Mothers Project: Mothers are Creating the Future of the World

January 14, 2021
7:00 pm on Zoom

Poughkeepsie AAUW members will receive an email with the link to register. Non-members are welcome and may register at www.aauwpoughkeepsie.org



Presented by **Kay Bishop, CNM**
Founder of the Mothers Project and
AAUW member

Poughkeepsie Mothers Project envisions a community where women have the resources and knowledge to determine their own and their families’ health outcomes. We seek to develop this vision through education, wellness, and connections to community resources, in the context of community healthcare. AAUW has been the main support for the Mothers Project since its very beginning and has helped it to grow into its current form.



Hear about how the Mothers Project is helping new mothers in Poughkeepsie, and join a panel discussion to let us know the best advice to give to new mothers!

Go to the project website, www.pokmothersproject.org, for more information about the programs of the Mothers Project.

Kay Bishop is the founder of Poughkeepsie Mothers Project. She has been a certified nurse midwife for 22 years. Kay believes that mothers are creating the future of the world, and, as we treat our mothers and children, so we are developing the future for ourselves and our communities. She provides prenatal, postpartum, gynecological and family planning care for women at Hudson River Healthcare (now Sun River Health) in Poughkeepsie.

Questions: Sandy Lash 845-227-4650 sjlash@optonline.net or
Marcine Humphrey 845-485-7697 marcine.humphrey@gmail.com

JANUARY CALENDAR

Online Calendar at www.aauwpoughkeepsie.org
Contact: Kathy Friedman kfriedman33@gmail.com

- 4 Word Games: 1:30 pm on Zoom**
Coordinator: Sue Doyle (914-474-1232)
suedoyle1@aol.com
- 5 World Travelers: 7:00 pm on Zoom**
Two cruises: Sweden in a small canal boat and Southeast Asia on a small luxury liner
Presenter: Ellie Charwat
Coordinator: Bonnie Auchincloss (635-5191) bauchincloss@gmail.com
- 7 Board Meeting: 7 pm on Zoom**
- 8 Daytime Literature: 10 am on Zoom**
The One Man by Andrew Gross
Coordinators: Kathy Friedman (485-8671) and Susan Fink (473-3168)
- 11 All those books...: 2:30 pm on Zoom**
Agnes Grey, by Anne Bronte
Coordinator: Carol Loizides (452-3208)
e.loizides@verizon.net
- 12 Reely Together: 2:00 pm on Zoom**
Discussion of streamed films
Film selection TBD
Coordinator: Jackie Vierno (845-320-6967)
jmv129@optonline.net
- 13 Seeing White Podcast-Discussion: 4pm; on Zoom**
Moderator: Diane Jablonski; 845-834-3378;
dljab@live.com
- 14 Membership program, 7pm on Zoom**
- 14 Canasta: 1-4 pm**
Online Canasta
Coordinator: Barbara Cohen barbco451@gmail.com
- 15 Poetry & Play Readings: 1:45 pm on Zoom**
FOR THIS MEETING THE ENTIRE MEMBERSHIP IS INVITED
Topic TBD
For Zoom invitation notify Cathy Kinn cathy@kinn.org
- 18 Manderley Literary Society: 7:00 pm on Zoom**
American Dirt, by Jeanine Cummins
Coordinator: Shelly Friedman (462-4996)
rfriedman5@gmail.com
- 19 Cuisine: 7:00 pm on Zoom**
Soups & Stoups: Zoom sharing your favorite or some new recipe to keep us warm and cosy
Contact Coordinator: Jo Anne Abraskin
abraskinmomma@yahoo.com and Blanche Bergman
blanchebergman@gmail.com
- 20 Bridge I: 1:00 - 4:00 pm**
Bridgebase.com
Coordinator: Linda Ronayne (897-9745)
linronay@gmail.com
- 21 BYOL Zoom Party: 5:00 pm on Zoom**
- 26 Reely Together: 2:00 pm on Zoom**
Discussion of streamed films.
Film selection TBD
Coordinator: Jackie Vierno (845-320-6967)
jmv129@optonline.net



- 27 Seeing White Podcast-Discussion: 4pm; on Zoom**
Moderator: Diane Jablonski; 845-834-3378;
dljab@live.com
- 27 Contemporary Literature: 7:30 pm on Zoom**
The Library Book, by Susan Orlean
Coordinators: Ann Wade (229-5267) and Linda Freisitzer (266-5427)
- 28 Bridge II: 1:00 pm on Zoom**
Coordinator: Cathy Kinn cathy@kinn.org
- 28 Pins & Needles: 7:00 pm on Zoom**
New Beginnings
Coordinators: Pat Luczai pat.luczai@gmail.com and Mary Ann Williams maryannwms@optonline.net

Trekkers 10 am

TBD; Coordinator: Tori Smith (345-0043)

Movie Night, Gourmet Out & About, Soleil, Art on the Go, and Mah Jongg are not meeting at this time of social distancing.

Pedal Pushers will resume in April.

Poughkeepsie Branch Officers 2020-2021

President	Monique Jones	849-1692
Program Co-VPs	Sandy Lash	227-4650
	Marcine Humphrey	485-7697
Membership Co-VPs	Mary Scalise-Annis	635-2109
	Sheila Zweifler	462-6478
Development VP	Lula Allen	284-2331
Communications VP	Barbara Durniak	325-8122
Secretary	Margaret Nijhuis	635-8612
Treasurer	Patricia Luczai	463-4662
Membership Treasurer	Susan Doyle	914-474-1232

Association: www.aauw.org NY State: www.aauw-nys.org
Poughkeepsie Branch: www.aauwpoughkeepsie.org

Mission: To advance gender equity for women and girls through research, education, and advocacy.

Vision: Equity for all.

Values: Nonpartisan. Fact-based. Integrity. Inclusion and Intersectionality.

AAUW Poughkeepsie values and seeks an inclusive membership, workforce, leadership team, and board of directors. There shall be no barriers to full participation in this organization on the basis of age, disability, ethnicity, gender, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, and socioeconomic status.

The Branch is published ten times a year, September through June, by the Poughkeepsie Branch of the AAUW, Inc. Send articles to the editor: Cyd Averill, averillc@optonline.net

PRESIDENT'S MESSAGE

Monique Jones 849-1692 myj712@aol.com

Happy New Year! I hope everyone had a safe and healthy holiday season. As we look to 2021, I am optimistic we will see significant progress made in ending the COVID-19 pandemic and hopeful for a return to normalcy before the year comes to a close.

Like many, I decide upon a New Year's resolution by the end of December before the New Year begins. As I have settled into my career and taken on more responsibility in all areas of my life, these resolutions have tended to be mantras as opposed to concrete goals – refrains to promote self-awareness, engender personal reflection, or shape my thoughts through the coming year. These have ranged from “simplify, simplify, simplify” to “seek out joyful things,” to more introspection like “Know Your Why,” a guiding principle inspired by Nancy Pelosi's advice to a young, female college student who wanted to know how the House Speaker handles barriers and adversity.

For my 2021 resolution, I have taken inspiration from the presentation recently offered by AAUW National's Equity Network: Practicing Radical Self-acceptance and the Imposter Syndrome.

For those of you who were unable to view the [webinar](#), “imposter syndrome” is a term coined by Dr. Pauline Clance and Dr. Suzanne Imes in the late 1970s. It is defined as a “psychological pattern in which an individual doubts their skills, talents or accomplishments and has a persistent internalized fear of being exposed as a fraud.” This feeling of deception or phoniness may cause the individual to believe they don't belong, for example, in the professional position they hold or at the graduate school they are attending. As opposed to attributing their accomplishments to their own abilities, they instead point to external factors like luck or somebody liking them to explain why they are where they are. Indicators of imposter syndrome are perfectionism and disappointment when less than perfection is achieved; not asking for help because it may suggest lack of competence; and working/studying for long hours in an effort to “prove” oneself.

While research has shown that this syndrome can affect both women and men of all races, Dr. Lincoln Hill and CEO Kim Churches explained during the Equity Network program that systems as well as the history of exclusion based on race and gender can make this phenomenon more prevalent among women of color.

To combat this syndrome and, by extension, lesser degrees of self-doubt, Dr. Hill suggested that women should be kind to themselves and show grace when assessing their perceived shortcomings or “failures.” They should recognize the traits they have - beyond being smart or driven - that make them a success as a person. Dr. Hill acknowledged that this ability to recognize and honor these positive internal qualities should begin when our girls are young. It can take the form of highlighting a child's

prowess in sharing or perhaps in being a good listener – characteristics that are not attached to measurable achievement, like a letter grade.



So, recognizing that I experience self-doubt on occasion, I plan to internalize this mantra of “Be Kind to Yourself” throughout 2021 and beyond. At the same time, I also encourage each of us to message to the young girls and women in our lives to “Be Kind to Yourself.” While we work to increase the number of women in leadership positions, promote their entry into STEM fields and as we mentor young women, let's ensure we remind them that they deserve the success they have attained and they are also **more** than the success they have attained.

MEMBERSHIP COUNTS

Mary Scalise-Annis 635-2109 nicevalley@aol.com

Sheila Zweifler 462-6478 sheilaz@optonline.net

We want to wish everyone a Happy New Year and hope you had a safe and healthy holiday season. Our hope for the New Year is that Covid-19 will be brought under control and we will be able to resume in-person meetings.

The membership directories were mailed. If you have not received yours or if you have found an error, please let us know and corrections will be sent out in February.

There will be a \$3.00 increase in National dues starting on July 1, 2021. National has also approved an increase of \$5.00 starting on July 1, 2022 and \$5.00 starting on July 1, 2023. The AAUW-NYS board met in November and approved a one-year waiver for the collection of NYS dues from branches. The Poughkeepsie Branch Board is exploring how best to use this \$13 waiver, in terms of changes to your individual dues, in light of the announcement of the National dues increase. Once we have made a decision, all members will be notified.

We hope you will attend our membership meeting on Thursday, January 14 at 7:00 pm. Please join us for our monthly Zoom BYOL party on Thursday, January 21 at 5:00 pm. Again, we wish to thank all of our members who are keeping our AAUW Poughkeepsie Branch relevant in these difficult times.

SUPPORTERS OF THE BRANCH

Many thanks to our newsletter Patrons (\$25 or more) and Sponsors (\$10 or more). Their annual contributions help defray the expense of publishing *The Branch* and other communication expenses. To add your name, make check payable to: “**Poughkeepsie Branch AAUW, Inc.**” and mail to Cyd Averill, editor.

Patrons: Mary Ann Boylan, Ruth Aldrich Gau, Sandra Goldberg, Shaileen Kopec, Marticia Madory, Margaret Nijhuis

Sponsors: Mary Ann Ryan

PUBLIC POLICY

Celia Serotsky 845-702-7381 celiaser@aol.com

I thought it might be of interest to all of you to list and briefly summarize policy issues that the national AAUW organization is addressing. Below are issues that I found on the Policy Update page on the national website.

1. Letter to the New Administration Regarding Strengthening Title IX (11/23/20)

The Department of Justice and the Department of Education Should Enter into a Voluntary Stay and Agency Remand for Reconsideration in the Litigation Challenging the DeVos Title IX Sexual Harassment Rule, and Issue Interim Guidance.

Basically, this letter to the incoming Biden administration requests a voluntary stay of the rule instituted by the Department of Education in August, 2020, and that the rule be reconsidered in the litigation challenging the legality of the rule. The letter further requests that the incoming Department of Education make changes to the Processing Manual to allow for robust enforcement of discrimination complaints. It further asks for stronger actions to be taken to address sexual harassment in schools.

2. AAUW's Kimberly Churches is a member of the Board of Directors for "The Leadership Conference on Civil and Human Rights." This group addressed a letter on November 23, 2020, to President-Elect Biden sharing its views concerning the qualifications for the next U.S. Secretary of Labor. The following paragraph is taken from this letter and summarizes the intent of the message:

It is imperative that the next Secretary of Labor be a champion for working people, demonstrate a deep understanding of the systemic barriers to equal opportunity faced by historically marginalized communities, and have a record of advocating for the civil rights of all working people.

3. Memo to the New Administration regarding the Council on Gender Equity (11/20/20)

The theme is briefly summarized below in a paragraph taken from the memo:

This memo outlines proposed structural reforms to advance the President-Elect's pledges for gender equity and achieve his bold Agenda for Women. Please note, this memo only outlines structural changes to the Council and its function, not a broader set of policy priorities, which will be presented at a later date.

The memo further asks the President-Elect to issue an Executive Order on day one of the Biden administration to create a White House Council on Gender Equity, changing the last word from "Equality."

Further, it asks for this Council to spearhead the development of a government-wide strategy to advance gender equity within the first year of the Biden Administration and set budgetary targets to achieve it.

4. Letter to the New Administration Calling for the Cancellation of Federal Student Debt on Day One (11/19/20)
239 organizations signed a letter to President-Elect Biden and Vice President-Elect Harris, calling on them to use executive authority to cancel federal student debt on day one of their administration. AAUW was one of the signatories to this letter. The statement above concisely summarizes the intent of the letter.

5. [Letter Addressing the Department of Education's Interim Final Rule on Rulemaking and Guidance Procedures \(11/2/20\)](#)

AAUW joined this letter advocated by the National Women's Law Center and 81 civil rights organizations, survivor advocates, and student advocacy organizations to express strong opposition to the current Department of Education's Interim Final Rule on Rulemaking and Guidance Procedures as published in the Federal Register. Basically, the criticisms expressed in the letter address the lack of transparency and the unreasonably burdensome processes for issuing regulations and guidance.

6. [Letter Calling for the Extension of the Student Loan Suspension \(10/28/20\)](#)

AAUW national signed a letter to Education Secretary Betsy DeVos urging her to extend the suspension of payments on federal student loans through September 2021. The key statement is copied below:

The current suspension on federal student loans is set to expire on December 31, 2020. If the Education Department doesn't extend the current suspension, borrowers will find it harder than ever to make ends meet as they are thrown back into repayment or forced collections while the economy continues to suffer.

AAUW-NYS NEWS

Barbara Van Itallie, State Board Member

Participate in AAUW NY State and National Programs

AAUW-NYS has begun a new state calendar, to encourage sharing of programming among branches in NYS, particularly during this difficult time. Go to the AAUW-NYS website, aaunyswp.aauw-nys.org/wp and click on "Events Calendar" on the menu on the right. You will find links to virtual programming from other branches, as well as programs from National AAUW. Clicking on one of the links will give you information about the program as well as how to attend or register.

We at AAUW-NYS hope that by sharing these programs, members will get to know others in AAUW, learn about each other's issues or activities, and get ideas for our own programming or projects, until we can be back together in person.