



THE BRANCH

Poughkeepsie Branch of the
American Association of University Women, Inc.
P.O. Box 1908, Poughkeepsie, NY 12601

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64th year of publication

www.aauwpoughkeepsie.org
March 2020

April Preview:

The Future of Food & Nutrition: Trends and Perspectives

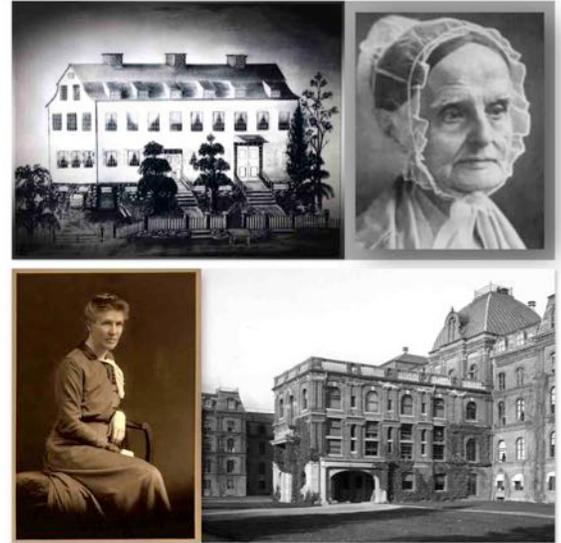
April 16, 2020 7pm
Unitarian Fellowship



Food is central to our health and the health of the planet. With growing global challenges of obesity, hunger, and climate change (to name a few...) how will we feed a future population of 10 billion people a healthy diet within planetary boundaries by 2050?



Allison Righter, MSPH, RDN, will cover the latest research as well as consumer and industry food trends that are driving changes towards a healthier and more sustainable food future.



A Long & Winding Road: The Local Path to Women's Suffrage on its 100th Anniversary

7 pm, March 12, 2020

Unitarian Fellowship, 67 S. Randolph Ave., Poughkeepsie

Speakers:

Bill Jeffway, Executive Director, Dutchess County Historical Society

Melodye Moore, Head of Collections, Trustee, Dutchess County Historical Society

Celebrate the Centennial of Women's Suffrage with a program highlighting Dutchess County's role in advancing the rights of women. We will commemorate this milestone of American democracy with a fascinating look at the individuals and events within Dutchess County that led to the adoption, in August 1920, of the US Constitutional Amendment granting women across the nation the right to vote.

Even before the first organized efforts at the Seneca Falls Convention in 1848, Dutchess County had a unique influence on the women's suffrage movement, in part due to its large Quaker community and the presence of Vassar College.

Photo, Top: Lucretia Mott, one of the five organizers of the Seneca Falls convention in 1848, was a student and teacher at the Nine Partners Boarding School in what is today Millbrook. Bottom: Vassar College faculty members were not allowed to publicly advocate for women's suffrage until after 1910. The leader of the Equal Suffrage League who did emerge at that time was Vassar Professor Laura J. Wylie.

MARCH CALENDAR

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



- 2 Word Games: 1:30 pm**
Hostess: Sharon Fleury (741-7261)
Coordinator: Sue Doyle (914-474-1232)
suedoyle1@aol.com
- 3 World Travelers: 7:00 pm**
Tour of the Balkan Coast
Hostess: Maria DeWald (266-4960)
Presenter: Carol DeMico
Coordinator: Bonnie Auchincloss (635-5191)
bauchincloss@gmail.com
- 4 Gourmet: Out & About: 6:30**
Hudson's Ribs and Fish, Fishkill
Contact: Jo Ann Abraskin, (901-0373)
- 5 Board Meeting: 7 pm**
Christ Episcopal Church, 20 Carroll Street, Pok
- 9 All those books...: 2:30 pm**
The Education of Henry Adams, by Henry Adams
Hostess: Sally Taylor, sallyedwardstaylor@yahoo.com
Coordinator: Carol Loizides (452-3208)
e.loizides@verizon.net
- 10 *Deadline for March Branch articles***
- 10 Movie Night: Time late afternoon TBD by show**
Movie, followed by discussion at a nearby diner. Theater and movie choice will be announced Thursday of the previous week and will be based on what is available at that time.
Director: Linnea Masson (883-7726)
Producer: Ellen Zelig ellenzeligcrs@aol.com
- 12 General Membership Program: 7:00 pm**
All members are invited and encouraged to attend – see details, p. 1
- 12 Canasta: 1-4 pm**
Hostess: TBA
Coordinator: Barbara Cohen barbco451@gmail.com
- 13 Daytime Literature: 10 am**
Rules of Civility, by Amor Towles
The Manor at Woodside
Coordinators: Kathy Friedman (485-8671) and Susan Fink (473-3168)
- 16 Manderley Literary Society: 7:00 pm**
Varina, by Charles Frazier
Hostess: Jackie Klein (485-6530)
Coordinator: Shelly Friedman (462-4996)
rfriedman5@gmail.com
- 17 Cuisine: 6:30 pm**
Contemporary Irish
Hostesses: Sue Levine and Barbara Van Itallie
Contact Coordinator: Barbara Lemberger, brleberger@yahoo.com
- 18 Bridge I: 1:00 - 4:00 pm**
Hostess: Maria DeWald (266-4960)
Coordinator: Linda Ronayne (897-9745)
Linronay@gmail.com

- 19 Aventures en Soleil: 11:00 am**
French cooking lesson and 3 course tasting menu plus 2 local wines
Borland House Inn, Montgomery, NY
Send check for \$75 by March 1 to Terry Jackel, 19 Tinkelman Terrace, Unit 1901, Poughkeepsie, NY 12601
Contact: Linda Lurie (546-0406)
Coordinator: Terry Jackel aauwssoleil@gmail.com
- 20 Poetry & Play Readings: 1:45 pm**
Deep Study: Eliot's 4 Quartets
Hostess: Cathy Kinn (462-3196)
Coordinators: Cathy Kinn (462-3196) & Jackie Sweeney (518-947-6682)
- 21 Days for Girls: 1-4 pm**
Friends Meeting House, Poughkeepsie
Contact: Sabashnee Govender, Sabashnee@aol.com
- 25 Mah Jongg: Noon - 4:00 pm**
Antonella's Restaurant, Route 9, Wappingers Falls
Contact: Blanche Bergman by 2 days before (462-3955)
blanchebergman@gmail.com
- 25 Contemporary Literature: 7:30 pm**
The Immortalists, by Chloe Benjamin
Hostess: Linda Freisitzer (266-5427)
Coordinators: Ann Wade (229-5267) and Linda Freisitzer (266-5427)
- 26 Bridge II: 12:00-4:00 pm**
Red Lobster, Route 9, Poughkeepsie
Coordinator: Cathy Kinn cathy@kinn.org
- 26 Pins & Needles: 7:00 pm**
"Birthday Card Making"
Hostess: Arlene Seligman (297-0006)
Coordinators: Pat Luczai pat.luczai@gmail.com and Mary Ann Williams maryannwms@optonline.net
- 27 Art on the Go: 10 am**
Visiting Local Galleries
Coordinator: Mary Coiteux (226-8275)
- Trekkers 10 am**
TBA
Coordinator: Tori Smith (345-0043)

Please report any changes in contact information to Sue Doyle, Membership Treasurer, 914/474-1232 or suedoyle1@aol.com

LOOKING AHEAD

April 16: The Future of Food & Nutrition
Presenter: Allison Righter, MSPH, RDN
Assistant Professor, School of Culinary Science and Nutrition, Culinary Institute of America

Apr 24 - 26, 2020: AAUW-NYS Convention, Rochester

Oct 18, 2020: A Novel Affair, Le Chambord

PRESIDENT'S MESSAGE

Diane Jablonski *834-3378* DLJab@live.com

In New York State last year, two important steps were taken to address the gender pay gap: the institution of a salary history ban during the application process, and the requirement for equal pay for substantially similar work.

Effective October 8, 2019, employers are prohibited from:

- Paying employees with status within one or more protected classes less than an employee without status for equal work or “substantially similar work” based on a composite of skill, effort, and responsibility, and performed under similar working conditions. For instance, an employer cannot pay a housekeeper and a janitor differently if they perform “substantially similar work.”

Effective January 6, 2020, Employers are prohibited from:

- Relying on an applicant’s salary history in determining whether to make a job offer or when setting salary;
Asking an applicant or current employee for their salary history as a condition of being interviewed or as a condition of employment or promotion.

A major AAUW Legal Advocacy Fund case (Rizo vs. Fresno County Office of Education) was centered around the use of salary history. You can read more details about this fascinating case here: <https://www.aauw.org/resource/rizo-v-fresno/> Many of us were privileged to here Aileen speak at a NYS Convention.

But there is still much more work to be done. **March 31, 2020 is Equal Pay Day**, a day to remind the public that women earn less, on average, than men, and they must work longer for the same amount of pay. The wage gap is even greater for most women of color. It takes women willing to stand up and challenge the norms through lawsuits, legislators willing to make changes in laws, and each of us to speak out about the gender pay gap.

As we did last year, AAUW Poughkeepsie Branch and the Women’s Professional Network- Hudson Valley are working with the Dutchess County Legislature to issue a proclamation to make March 31 Equal Pay Day in Dutchess County. This is a reminder to our local officials that even though a few significant steps were made through New York State legislation, the playing field is still not equal for women.

Eliminating the gender pay gap is one of the most important steps we can take to move towards our AAUW strategic goal of economic security for women. On March 31, I encourage you to step forward and highlight to friends, family, or coworkers the facts about the gender pay gap and the impact it has on women from the time they enter the work force, as they take leaves to raise families, and the ultimate impact on their retirement income. You can find all the facts and data you need to make a convincing argument here:

<https://www.aauw.org/research/the-simple-truth-about-the-gender-pay-gap/>

MEMBERSHIP COUNTS

Mary Scalise-Annis *635-2109* nicevalley@aol.com
Sheila Zweifler *462-6478* sheilaz@optonline.net

It is hard to believe but it is already March. Hopefully, we can look forward to Spring and warmer weather.

We are thrilled to report that 31 new members have joined our organization since last summer. AAUW has so much to offer its members. It’s wonderful to see women in the Poughkeepsie area becoming part of our branch. We are the largest branch in New York State.

All of our new members have been given glitzy nametags, designed by Pat Luczai. We have asked them to wear the nametags to all AAUW events, so they can be identified as new members. We hope all current members will help our new members feel comfortable and welcome.

Just a reminder, new members joining at this time of year get the benefit of 15 months membership in AAUW for the price of 12 months. So please spread the word to any prospective members.

There have been some updates to our membership directory. If you have not done so yet, please print and put it with your 2019-2020 directory.

WELCOME TO OUR NEW 2019 MEMBERS:

Mary Koniz Arnold
Linda Babas
Kele Baker
Kim Butwell
Linda Ciano
Miriam Cohen
Alyssa Covelli
Judy Cummins
Mary Gall
Philippa Goodman
Sarah Hathaway
Janet Houston
Leanne Lawson
Mary Jo Mann
Nancy Marrine
Sabrina Jaar Marzouka
Joanne McCullen
Gael Morey
Patricia Murphy
Cynthia Nguyen
Nadine Revheim
Amelia Roger
Laura Ramsey Russell
Tricia Sims
Breanna Syslo
Eileen Duffy Traslavina
Gayle Turowski
Norma Vazquez
Beatrice Wong
Darlene Yerdon
Nadine Zaritsky



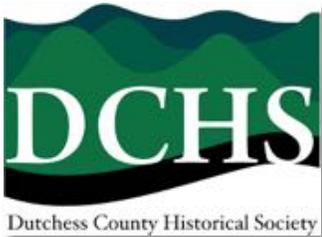
Bea Wong



Laura Russell

PROGRAM NOTES: Speaker bios

Sandy Lash sjlash@optonline.net; Monique Jones myj712@aol.com



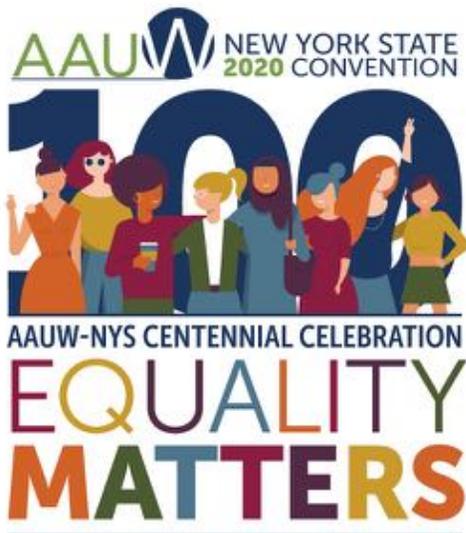
Melodye Moore has been a long-serving leader at the Dutchess County Historical Society in many roles: as Chair of the Collections Committee, as Program Chair of major initiatives like the “Year of the Veteran,” and is very centrally involved in

interpretation for public engagement. She authored numerous articles on local history, has been a lecturer, including at Marist College for Lifetime Studies. She served as Chief Administrative Officer and Site Manager for Mills Mansion Historic Site in Staatsburg.

Bill Jeffway was appointed Executive Director of the Dutchess County Historical Society (DCHS) in early 2017. Having retired from three decades of work in communications and marketing, primarily at the advertising agency Ogilvy & Mather, he turned his attention to his first love: local history. Given his background, he is helping DCHS “get the word out” about its enormous reserves of physical collections, research and writings that have been nurtured since DCHS’s 1914 inception.

Together, in addition to their managerial roles, Bill and Melodye develop the majority of program and exhibition content for DCHS and manage its outreach efforts to members, educators, and friends of history.

The Local Path to 1920 “Votes for Women” by **Bill Jeffway** will give you an overview of this journey to voter rights for women. You will find a link to the article at www.aauwpoughkeepsie.org



TRAVEL THE WORLD (*and support our Branch initiatives*)

Like to travel? Enjoy being with your AAUW friends? Think about joining us in our newest branch venture! The board has endorsed partnering with Collette Travel <https://www.gocollette.com/en-au> to co-sponsor a tour with them. AAUW Poughkeepsie Branch would receive 10% of the total cost paid by all participants. This would be a fun way to travel with AAUW friends and family while supporting AAUW’s initiatives. All the funds received would be dedicated to the initiatives and would broaden our revenue stream.



Diane Jablonski, Lula Allen, Betty Harrel, and Kathy Friedman met with a representative of Collette tours Based on that meeting, a recommendation was made to the board to pursue this opportunity.

There are choices: the type of tour (Collette offers 4 types of tours from small group to traditional large group tours); the destination(s); the timing (the earliest we could probably plan would be mid-2021).

We are looking for individuals to co-partner on leading and planning the effort, working with Collette Travel. If you are interested in helping, please contact Lula Allen or Kathy Friedman. In addition, we welcome your feedback and thoughts on this idea. Please send your comments and suggestions to Kathy Friedman (kfriedman33@gmail.com).

We believe it is a wonderful way to raise funds for initiatives, while at the same time providing travel opportunities that many of our members can enjoy.

We encourage you to go on the Collette website and check it out for yourself. We think you will find that its reviews are comparable to many of the other major tour companies. Watch The Branch for the next steps in this exciting effort!

AAUW-NYS CONVENTION UPDATE

The 2020 Centennial Convention will be held on **April 24-26, 2020 at the Woodcliff Hotel & Spa in Fairport, NY.**

Registration is now open.

Order your pins now!

The Centennial Lapel Pin, a limited edition design created especially for AAUW-NYS, is available in 18k yellow gold plating or rhodium plating with faux pearls. The pin is \$75 (\$10.00 will go to Greatest Need Fund of AAUW). For more details and ordering information, go to the branch website: www.aauwpoughkeepsie.org



EXTENDING GIRLS' HORIZONS

Peggy Kelland *264-9085* SMKell45@aol.com

On Saturday, January 25, Gwen Higgins and Peggy Kelland presented "A-Maze", a day-long program in relationships to 28 sixth and seventh grade Girl Scouts at the Fanny Fay Scout House in Beacon. The girls came from 10 different troops in Wappingers, Fishkill, Beacon, Phillipstown, Lakeland, and Elmsford. They explored first impressions, friendships, peer pressure, cliques, and bullying through games, small group discussions, and journaling.



Then on the Friday evening of February 7, we did the Girl Scout badge "Special Agent" with 13 other girls in grades six through ten at Ketcham High School. Kathy Friedman, Norma Vasquez, Susan Kinney, and Peggy led the girls in forensic science experiments, studying DNA, fingerprints, hair samples, blood smears, chromatography, and optical illusions.

March 6	Woodworker	RCK	6:30-8:30
March 20*	Drama Queen	RCK	6:30-8:30
April (TBA)	Map and Compass Skills	Bowdoin Park	5:00-6:30

RCK = R.C. Ketcham High School Library
 Zion = Zion Episcopal Church Parish Hall, Wappingers Falls
 Scout House = Fanny Fay Scout House, Beacon

MOTHER'S PROJECT SEEKS VOLUNTEERS

Kay Bishop kaybishop@gmail.com.

The Mothers Project is looking for volunteers for our Women's Health Packages Program! We will meet on the fourth Thursday of each month, at 1:00 pm, at the Poughkeepsie United Methodist Church (2381 New Hackensack Rd), in order to assemble our monthly "Women's Health Packages". We are giving these packages to new mothers in Poughkeepsie who participate in Hudson River Healthcare Women's Health services, Family Services Family Court Children's Center, the WIC program, Dutchess County Healthy Families, and the Center for Child Abuse Prevention.

We have twelve monthly themes for these packages, all relating to women's health and parenting. So far we have given out a "Holiday Stress Management" package, a "Family Winter Health" package, and a "Creative Indoor Winter Play" package. Each package includes healthful items relating to the theme, as well as educational materials, and information about community services.

We have been giving out 50 packages per month, and are planning to increase to 100 per month. Assembling the packages each month will take about an hour, depending on how many of us are there to help.

The first meeting will be Thursday March 26, at 1 pm. If you have questions or are interested in coming, please email Kay Bishop at kaybishop@gmail.com.

WOMEN'S HISTORY MONTH QUIZ

Test your knowledge!

Who was an army surgeon in the Civil War and won the Congressional Medal of Honor?

Who helped found Women Strike for Peace (1961) and was the first woman elected to Congress on a women's rights peace platform?

Who was the first black congresswoman who also ran for President and won 151 delegates at the Democratic Convention?

How many years did it take for women to win the right to vote (from the first women's rights convention)?

The answers to these and many other questions can be found by logging in to National Women's History Alliance, quizzes. <https://nationalwomenshistoryalliance.org/>



PUBLIC POLICY

Janet Houston janethouston@earthlink.net

Gayle Garin gaylegarin@gmail.com

With Virginia's ratification of the Equal Rights Amendment (ERA), a legal battle will ensue to determine if ERA becomes a part of the



Former AAUW President Mary Purcell speaks at an Equal Rights Amendment rally.

United States constitution. There are multiple obstacles to the success of the effort and those opposed to the ratification appear to have the upper hand.

The first and most significant obstacle is that when Congress first passed the ERA, a deadline for each state's ratification was set. That deadline passed without a sufficient number of states ratifying it. Afterwards, Congress extended that deadline. The legality of that extension remains questionable and is an obstacle in itself. To complicate matters further, more than one state has withdrawn its ratification over the years. The status of those withdrawals presents another legal issue. Democrats, who are in the majority in the House of Representatives, will attempt to surmount these legal obstacles, but even if passed, the amendment is likely to be challenged.

Strategies for ERA must include lobbying congress for passage to overcome the legal obstacles. Having more women elected who have a vested interest in its passage clearly is beneficial. Let us hope for success and that there is no need to start the process of adopting a new ERA.

INTERNATIONAL/DIVERSITY COMMITTEE

Marti Madory *471-8577*; marti67138@gmail.com

International Women's Day Dinner

Tuesday, March 10, 2020

5:30 to 9:00 pm

Poughkeepsie Grand Hotel

40 Civic Center Plaza, Poughkeepsie, NY



AAUW Poughkeepsie Branch is a co-sponsor of this event, which includes a cash bar, a 3-course meal, a motivational speaker, and musical performances. Let Marti Madory know if you would like to join in. Reservations are being taken by Eventbrite. Sign up to attend:

<https://www.eventbrite.com/e/2020-hudson-valley-celebration-of-international-womens-day-wpn-tickets-83908224759>

AAUW Day at UN Commission on Status of Women, March 12, 8:30 am

Several Branch members will be participating in CSW's AAUW Day, celebrating the 25th anniversary of the UN's Fourth World Conference on Women. Contact Marti Madory if you'd like to coordinate transportation to New York City. <https://www.unwomen.org/en/csw/csw64-2020>.

Global Friends Sharing Circle Wednesday, April 22, 2020; 6-8 pm

Hostess: Norma Vazquez, 12 Valley View Rd, Poughkeepsie

A native of Peru and two Mexican women who play prominent roles in our community will be among our guests. Participation is not limited to foreign-born women; the purpose of our Sharing Circles is to provide opportunities for all of our members to form relationships with other women who have had different life experiences, with the goal of finding common ground as women. Everyone who attends has a chance to speak and ask questions. Please RSVP to Norma at normacera@yahoo.com

Hospitality Resource

We're formulating the concept, discussed at the Jan. 20 membership meeting that will facilitate community support for international and diverse residents and visitors. We're also exploring ways we can help the Poughkeepsie/Oaxaca Friendship Committee organize a follow-up exchange program to sponsor a visit to Dutchess County by some Oaxacan teachers. Your suggestions will be welcomed.

Mentoring

Four Branch members have trained as mentors to assist Poughkeepsie High School students with their college application efforts. They continue to meet with the youths, getting acquainted with their individual circumstances and ambitions for the future. This program will continue to the end of the academic year.

Film Screening

Plans are underway for screening of the film "Period. End of Sentence" at a membership meeting in November. We're searching for a follow-up speaker who can inform our audience about the restrictions that many women and girls face in regards to menstruation. Challenges include limits on access to supplies, requirements to conceal themselves during menstruation and bans on entry into houses of worship and other sites for women and girls of menstruating age. All of which inhibit involvement in the life of their communities. Your recommendations for a knowledgeable expert on this issue would be appreciated. Our November meeting follows a nationwide observance of National Period Day in October by an organization that lobbies in 50 states for better tax policies regarding sales of menstrual supplies, as well as improving accessibility for women and girls living in shelters, jails, and prisons.

LEADING TO READING

Betty Harrel 462-2141
Bharrel28@gmail.com



Community Support Makes a Difference!

We're extending a big thank you to Central Hudson for their continuing support of Leading to Reading. They have been one of our regular sponsors for several years and recently provided us with another donation. The funds will be used to purchase new books for young children in our area. Many of our book kits are distributed in the spring so they can be used as part of a summer reading program.

Several local businesses have been very supportive of the Poughkeepsie AAUW early literacy project. With their help, we can continue distributing beautiful new books to many lucky children. Their big smiles when they get our book kits tell the whole story!

COURT WATCH HONORS MEMBER

Ann Pinna, *Chair*

Court Monitoring Team: Mary Lou Davis, Joanne Dyson, Mara Goldstone, Liz Graham, Sandy Lash, Flo Mondanaro, Margaret Nijhuis, Merrilee Osterhoudt.

Sandy Sherman was a loyal and dedicated member of our team who monitored for several years and was one of our strongest supporters. We are saddened by her passing and will miss her terribly.

As a memorial for Sandy, our Court Watch team has made a significant contribution to Hospice who helped care for Sandy in her final days.

In tribute and inspiration to Sandy's dedication, Court Watch will continue, as it has in the past ten years, to monitor proceedings in Family Court in an effort to seek social justice and fairness in the courts, especially in cases of domestic violence. We value and thank all the support AAUW members have always given us.

LITERACY CONNECTIONS SPELLING BEE

Literacy Connections of the Hudson Valley holds its 29th annual Community Spelling Bee on Tuesday,



March 24, 2020 from 8:30 am to 12:30 pm at the Marist College Student Center (snow date March 31). The Spelling Bee is the #1 annual fundraiser for Literacy Connections—and it's also a lot of fun!

There's no need to be an "ace" speller; you just need to like words, reading, and having fun for a good cause. Spellers work in teams of two – grab a friend and join us for some friendly competition! The annual "Bee A Reader" raffle features a Grand Prize of a \$500 Visa Gift Card and a First Prize of iTeknic Bluetooth 5.0 wireless earbuds.

For more information about Literacy Connections and the Bee, visit <http://www.literacyconnections.org/spelling-bee/> or contact Katherine Stickers at 845-452-8670; kstickers@literacyconnections.org.

SUPPORTERS OF THE BRANCH

Annual contributions from members help defray the expense of publishing *The Branch* and other communication expenses. All patrons and sponsors are listed in each monthly newsletter unless anonymity is requested.

Patrons (\$25 or more)

Lula Allen, Verna Carr, Pat DeLeo, Ruth Gau, Sandra Goldberg, Shaileen Kopec, Margaret Nijhuis, Mary Ann Ryan, Terry Schneider

Sponsors (\$10 or more)

To add your name to the list, mail a check payable: "Poughkeepsie Branch AAUW, Inc." to Cyd Averill, 14 Farm View Road, Wappingers Falls, NY 12590

Poughkeepsie Branch AAUW, Inc. Officers 2019-2020

President	Diane Jablonski	834-3378
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	Sandy Lash	227-4650
Membership Co-VPs	Mary Scalise-Annis	635-2109
	Sheila Zweifler	462-6478
Development VP	Lula Allen	284-2331
Communications VP	Bonnie Auchincloss	635-5191
Secretary	Ruth Sheets	473-6202
Treasurer	Patricia Luczai	463-4662
Membership Treasurer	Susan Doyle	914-474-1232

Association website: www.aauw.org

NY State website: www.aauw-nys.org

Poughkeepsie Branch website: www.aauwpoughkeepsie.org

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

In principle and in practice, AAUW 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, 485-2866, averillc@optonline.net