

**THE VALUE OF AAUW MEMBERSHIP:  
LOTS MORE THAN A LATTE!**

by Eileen S. Hartmann, AAUW NYS president,  
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Have you visited your local or distant coffee shop or restaurant recently to enjoy refreshment with a friend? Did you value the chance to talk, to plan for events, to come to common agreement on a topic, or just to have some laughs? Did you believe the money you spent on face-to-face dialogue were funds well spent because they provided you with a connection or support?



Keeping that in mind, consider the many ways in which AAUW New York State (AAUW NYS) serves as a special connector for you between the national organization and our local districts and branches. The AAUW NYS board of directors is an elected and appointed group of members from across the state who work very hard all year long to keep you focused on the mission of AAUW and the importance of issues relevant to New York State while also keeping you linked to local, national, and international topics.

Each year we plan and execute a convention to bring together our members for the business of the state and to motivate you with news and topics, projects and programs, as well as recognition for the work you do in our local branches. We travel to meetings and to branch and district activities. We make ourselves available in person and by electronic means. We also gather in person before and after the annual convention, at the summer leadership conference, and in November of every year to map out the pathway for AAUW New York State.

The results are communicated to you in the branches by the state newsletter (still being mailed to one-third of state members), by e-mail, and in person when we get together at the state and district conferences, conventions and meetings cited above.

AAUW New York State subsidizes these events and publications for you primarily through funds collected through membership dues. The state also aids in the quest to connect you to our mission by:

- Organizing and encouraging you to attend our state annual convention for all

members, our campus-based summer leadership conference, and the district fall conferences, as well as promoting personal outreach.

- Providing structure and a channel of communication.
- Clarifying issues and giving guidance.
- Giving you a voice, both face-to-face and electronically.
- Organizing ways to share and collect ideas for action.
- Awarding financial incentives for branches who build membership, create legislative events, and provide new initiatives in local branches
- Connecting you to other state members.
- Serving as a conduit for understanding national issues and their relevance to you in NYS.
- Empowering you through Public Policy priorities and actions when you reach out to legislators.
- Giving awards to outstanding members and those who partner with us through their work.
- Assisting you in channeling your skills and talents; exchanging thoughts and strengthening friendships.
- Strengthening your personal place in the "big picture" of AAUW.

In November 2010, the AAUW NYS board of directors voted to raise the state membership dues \$3 so that, as of July 1, 2011, we ask that you pay \$13 to keep enjoying the benefits of your state membership as you help support the state organization.

*(Continued on pg. 2)*



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## LOTS MORE THAN A LATTE

(Continued from pg. 1)

We all dedicate ourselves to AAUW through investment in the topics, but also through expenditures that bring satisfaction or connections to our lives. The funds you spent at the café mentioned above are equal to the amount we ask that you spend to continue as members of our state union of sisters where we promise to continue to bolster your opportunities to support women, girls, and families.

### OH, SO MANY THANKS. . .

by Bergie Lebovitch, AAUW NYS membership vice president, bergie.lebovitch@gmail.com ~ 845.298.4045

I extend a very heartfelt thanks to all of you. Over the past three years I have made so many state-wide friends who have really "stepped-up" to the challenges of a really bad economy and declining memberships in all of our branches. Our national organization has given us some exceptional programs in the Member Get a Member Campaign, the Shape the Future pricing and the free memberships. Because of your efforts, our New York State totals have remained consistent.

Of course, there are always a few exemplary members who somehow just can't help themselves from telling others all about our wonderful organi-

### LEGAL ADVOCACY FUND — LAF CORNER

by Mildred DeWitt, AAUW NYS LAF vice president, aauwmanhattan@aol.com ~ 516.318.1313 (cell)

Convention is just around the corner and I have sent out information on our annual Legal Advocacy Fund (LAF) basket fundraiser. We had a wonderful response last year and I am looking forward to this year's entries.

The proceeds from the basket room and other donations raised at the convention are a substantial part of New York State's contributions to LAF. I cannot emphasize enough how important this fund is.

There will be no changes unless we have legal precedent or legislation. Those who take the huge step of bringing litigation make a life-changing decision. Our contributions are significant in supporting many of them through a very difficult time in their lives.

I am looking forward to seeing everyone at convention. Registration is on line and all the instructions for baskets are included in the registration packet. Let's make 2011 another banner year! Questions? Please contact me by email or phone. (My landline number is 570.465.2866 as service in rural PA isn't always available for my cell.)

### Evvie Currie Giving Circle

Thanks to the Evvie Currie Campus Outreach Giving Circle, on February 4 the **Buffalo Branch** held an event on dating violence and campus sexual assault at the State University of New York, Buffalo. In March, the **Westchester Branch** will hold a \$tart \$mart salary negotiation workshop at Westchester Community College. The Evvie Currie Giving Circle is exclusive to New York and your donations to code 3086 make support like this possible.

*Merci*

zation. Very special thanks to my Angels. Please take a minute to go into the AAUW New York

State website [www.aauw-nys.org](http://www.aauw-nys.org) under the membership tab and see who they are. These are the members who have brought in more than five new members to their branches over the past five years. If you don't see your name there, please go into the national website [www.aauw.org](http://www.aauw.org) and check out the Hall of Fame, where everyone who has successfully recruited a member is listed under their branch's name.

At the close of my tenure as membership VP, I want to acknowledge and send mega-hugs to all of my fellow NYS board members and very specifically: **Eileen Hartmann, Betty Preble, Mildred DeWitt, Donna Seymour, Jean Havens, Mary Lou Davis, Peggy Kelland**, as well as membership/finance liaison **Phoebe Forbes**. I couldn't have done it without you!



### AAUW NYS ON FACEBOOK

Whether or not you have a Facebook account, you can visit AAUW NYS's Facebook page. Here's the link: <https://www.facebook.com/AAUW.NYS> Take a look around. Facebook members can share information and make comments.

**BRANCH DISPLAYS:** Don't forget to reserve your half-table space for branch displays at the state convention! See the convention packet on line at [www.aauw-nys.org](http://www.aauw-nys.org) for full details, then email or call Mildred DeWitt.



## NEW YORK STATE AAUW CONVENTION: CHALLENGES FOR THE MIND AND BODY

by Peggy Kelland, NYS program vice president, program@aauw-nys.org ~ 845.297.0507

Make your plans now to come to the Glen Cove Mansion on Long Island's famed Gold Coast, neighborhood of "The Great Gatsby," for an exciting weekend, **April 15-17, 2011**.

Arrive early on Friday and go on a tour of the nearby Teddy Roosevelt home. If you'd like to stretch your legs after a long drive, take part in the Educational Opportunities Fund (EOF) Walk on the mansion's grounds before the President's Reception. The reception will be followed by the President's Dinner and the keynote address by AAUW National President **Carolyn Garfein**. Afterwards, relax at this year's new social mixer — military bridge — and get to know more AAUW members from around the state. No bridge knowledge necessary; all will be explained as you play.

If you're an early riser, there's another opportunity to do the EOF Walk before Saturday's 21st Century Awards Breakfast, where your branch will be recognized for many of its achievements during the past year. Then at the business meeting you will be able to hear about the work of the state board, ask questions, and vote for officers for the coming year.

A public policy panel will feature two bankruptcy judges, a timely topic in our current economic situation. Following our luncheon with AAUW Legal Advocacy Fund (LAF) Program Manager **Holly Kearl**, you will have a choice of four workshops: pay equity, STEM (science, technology, engineering and math) education, fair trade, or historical women. We will reassemble for a roundtable discussion with Carolyn Garfein on the present and future of AAUW, after which you will again have a choice: dancing in a Zumba exercise session filled with international rhythms, or just sitting back and learning how to lose your addiction to sugar. Entertainment and a cocktail hour will precede the EOF Gala featuring doctoral student and social worker **Amrita Bahl**.

Sunday morning begins with the Counterpart Breakfast, where you'll meet with branch and state officers or with our speakers to learn more and share ideas. Next, AAUW NYS members will share successful programs from around the state in the Branch Showcase and report on their experiences as part of the AAUW delegations to Cuba and Israel. During the weekend you'll also have the opportunity to look at branch exhibits, bid on LAF baskets, and swim for Heifer International. A relaxing lunch with NCCWSL participants will bring this busy weekend to a close. Sound exciting?? Register now!

### FINE POINTS: ADDITIONAL CONVENTION DETAILS

by Mary Lou Davis, AAUW NYS 2011 convention director, davehdavis@aol.com ~ 845.223.5544



#### Saturday's Workshop Titles (choose one):

- Achieving Pay Equity Through Gender Awareness
- Girls in 3-D: Introducing Girls to Spatial Awareness
- Fair Trade
- Surviving the Ordeal: Long Island Women During the Revolutionary War

#### Hotel Registration:

Only one person from each room should register with the hotel, listing the name of your roommate. Those who register early will receive extra raffle tickets for the two \$500 student scholarships. A representative from the branch must be at the Saturday dinner in order to win the scholarship for your branch.

#### Bus Transportation:

There will be a round-trip bus from Kingston, NY (Ulster County) to Glen Cove Mansion for those who prefer not to drive to Long Island.



#### Church Services:

A list of nearby churches will be available in the convention packet.

#### Presidential History:

A tour of Sagamore Hill, the home of Theodore Roosevelt, is planned for Friday.

#### Around the Edges:

Plan to play military bridge on Friday evening, exercise with Zumba or attend a session on nutrition on Saturday and participate in the EOF walk and My Sister's Keeper swim.

#### Especially:

Look forward to meeting AAUW friends from other branches and spending time sharing ideas with them!

## AAUW NYS BOARD CANDIDATES

by Mary Lou Davis, AAUW NYS 2011 convention director, davehdavis@aol.com ~ 845.223.5544

The Nominating Team is proud to present the following members as qualified to stand for election to office in AAUW NYS for 2011-2013.

- **Legal Advocacy Fund Vice President - Roli G. Wendorf**, Westchester Branch
- **Membership Vice President - Maria Ellis**, New York City Branch
- **Secretary/Bylaws - Edwina Frances Martin, Esq.**, Staten Island Branch
- **Treasurer - Ruth Fierro-King**, Buffalo Branch

For more details on the candidates, please refer to the Winter 2010 issue of *FOCUS*. It is available on the state website.

### Nominating Committee:

Chairman: **Mary Lou Davis** - Poughkeepsie

Assistant: **Melissa Guardaro** - Rockland

Board Representative: **Claire Regan**  
- Staten Island

District Delegates:

**Dolores Thompson** - Jamestown

**Mary Huntington** - Alfred-Hornell

**Betty Sabo** - Southern New York

**Betsy Forkas** - Schenectady

**Dr. C. S. Rani** - New York City

**Phyllis Anderson** - Smithtown Area

**Sharon Wuerschmidt** - Jefferson County

## AAUW NYS EMERGING LEADER AWARD

by Maria Ellis, AAUW NYS district council director, mellis@citi-habitats.com ~ 973.216.4181

I'm encouraging each New York State branch to submit the name of an Emerging Leader to be recognized at the 2011 State Convention.

This award is presented to branch leaders who are first-term board members or officers or AAUW members for fewer than three years who demonstrate leadership potential through their enthusiasm, creative ideas, and commitment to AAUW's mission.

Every year, we recognize new branch leaders who have worked on branch projects, chaired events, raised money for various causes, planned programs, served in board positions and were involved in their communities. Applications are now available in our website at <http://www.aauw-nys.org/districtcouncil.htm>.

I am looking forward to seeing you and meeting all of our Emerging Leaders at the state convention, April 15-17, on Long Island.

## GENEROUS BRANCH SUPPORT FOR EDUCATIONAL OPPORTUNITIES FUND

by Lisa Davis Clark, Ph.D., AAUW NYS educational fund vice president, lisaclark\_507@msn.com ~ 518.275.0237

I would like to begin by thanking the branch Educational Opportunities Fund (EOF) chairs, branch treasurers, and branch presidents who have been so generous with their time, energy and talent in responding to my appeals for smoothing the process of documenting contributions.

The EOF is a resource for supporting fellowships and grants to advance the scholarship of women and girls. I am still receiving final reports. However, as of December 31, 2010, 30 of the 42 New York State branches had contributed a total of \$20,242.11 to the EOF. Eleven of these branches have contributed more than \$1,000:

**Bath**  
**Buffalo**  
**Huntington**  
**Jefferson County**  
**Nassau County**  
**North Shore**  
**Poughkeepsie**  
**North Shore**  
**Rockland County**  
**St. Lawrence County**  
**Westchester County**

New York State provided impressive support to the Eleanor Roosevelt Fund for a total of \$8,877.82, with strong leadership from the **Islip Area Branch** contribution of \$3,104. The significant, research-based publications supported by the fund and documenting issues of concern for women and girls, will continue to thrive.

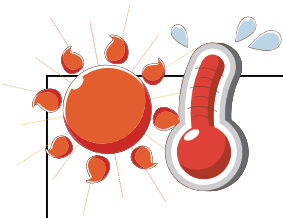
New York State supported Public Policy initiatives with total contributions of \$2,152.10, led by \$685 of support from the **Westchester County Branch**. New York State branches contributed \$8,396.25 to the AAUW general funds, with the greatest contribution from the **New York City Branch**.

The **Schenectady Branch**, maintained the greatest support for leadership programs such as the National Conference for College Women Student Leaders, designed to cultivate and develop future AAUW leadership on college campuses. So far, New York State has contributed a total of **\$39,773.28**, in addition to LAF contributions, to support AAUW.

We look forward to performance comparable to previous years when we hear from the remaining branches. Thank you for your generosity and dedication to the mission of AAUW.



**Just a reminder:** \$46 of the \$49 of your national AAUW dues may be considered as a **tax-deductible contribution**.



## EQUAL PAY: KEEP THE HEAT ON

by Kathleen H. Gorr, AAUW NYS  
public policy director —  
gorrlaw@yahoo.com ~ 315.685.6545

In November 2010, the Senate voted 58-41 to block the **Paycheck Fairness Act** from coming to the floor. This bill is not dead. President Obama supports the bill and we will hear about it again -- though not in the 112th Congress. In the meantime, we should keep the heat on.

This is what you can do:

- **Know the facts.** Read "Behind the Pay Gap", an AAUW publication available on the national website. You will learn, for instance, that there still remains a gender-based pay gap between college graduates, even factoring for training, experience (including work hours) and education.

Equal pay has been the law for over 40 years. (The original act was passed in 1963.) Yet, discrimination exists because the present law lacks teeth. The proposed law provides better enforcement and stiffer penalties.

- **Contact your Congressperson.** Know where your representative stands. All of the non-incumbent NYS representatives have taken

positions against the proposed law. They are: Hayworth (19th), Gibson (20th), Hanna (24th), Buerkle (25th), Reed (29th), and Grimm (13th). Let them know your position. Consult the AAUW Action Fund Congressional Voting Record for the 111th Congress to see how re-elected incumbents stand. Those representatives who agree with us need to know we support them. Contact Senators Gillibrand and Schumer and let them know you appreciate their support.

- **Look ahead.** The Paycheck Fairness Act is sure to be an issue in the 2012 elections. When you hear elected officials say that "the American people" don't want the law, demand statistics on the input received in their office. Let's get ahead of this issue for the 2012 elections. Don't let politicians tell us that "the people say no" when, with your help, their own statistics will not bear them out.

- **Counteract the economic arguments.** You will hear arguments that the economy will suffer if this law is passed. Tell them equal pay has been the law since 1963. Employers have had plenty of time to adjust their businesses. We must not give employers who are still discriminating a free pass.



## WALKING IN THE FOOTSTEPS OF . . . BUILDING WOMEN'S POLITICAL CAPACITY

by Donna Seymour, AAUW NYS director of communications, [onthego@northnet.org](mailto:onthego@northnet.org) ~ 315.265.6985

There is a classic Maxine cartoon from 2007 which reads, "*A female president would only be a good idea if you wanted the country run right for some reason.*"

Well, 2010 was not a presidential election year, but it was the first time in 30 years that fewer women went to Washington. Women lost ground last year in getting into federal office, and we will also see far fewer of our issues come to the floor of the House and Senate for discussion, let alone for action.

A report from government watchdog groups shows NYS candidates raised about \$246 million for statewide and legislative races in 2010, including nearly \$72 million in the gubernatorial campaign. Of that amount, individual contributors accounted for \$83 million and businesses or trade associations gave almost \$67 million, three times as much as the \$21 million from unions. Totals included \$25 million in donations from other candidates and almost \$14 million from political parties.

So, the glass ceiling also has a pretty deep cash barrier. Given these numbers, we have to find ways to identify and encourage more women to think about running for office, and we have to do it sooner in their political careers. While many women only think about running for office once their families are raised or they retire, that is too late to break into politics and be in the game long enough to get to a high enough level of government to really start effecting change.

Therefore, what can AAUW branches and members do to create a climate where more women consider getting into public life sooner? AAUW NYS has a new program initiative called "**Walking in the Footsteps of...**", designed to foster a local climate where women can learn from their political history, find mentors, and encourage talented women (including themselves) to consider appointed or elected office.

The Footsteps project will run through Election Day 2012 (although we hope you will continue efforts beyond that date). Branches can research the political history of their area to learn about and teach others about the legal and political contributions of local women. (Perhaps you have already done this as part of the NYS Women Biography Project.) Invite women office holders in your area to a non-partisan meeting to discuss how they got into office, what the barriers and challenges were, and the contributions they make as women. Ask them to create a mentor program for other women thinking about running.

By the time you read this, the resources we have developed to help your branch make this program work in your area will be available on the AAUW NYS website. Please do your part to make a positive difference in our society.

## 2011 CTAUN CONFERENCE HIGHLIGHTS THE MILLENNIUM DEVELOPMENT GOALS

by Melissa Guardaro, AAUW NYS international affairs director, mmg4@netzero.net ~ 845.268.0152

"The Millennium Development Goals (MDGs) are the agenda of the world," according to **Dr. Abdelkader Abbadi**, UN correspondent, *The Independent*. The MDGs are eight goals that all 192 Member States of the United Nations have promised to achieve by 2015.

The goals cover the areas of: poverty; education; gender equality; child mortality; maternal health; diseases such as AIDS and malaria; environmental stability; and global partnership for development.

**Nicholas Kristof**, author of "Half the Sky," was the keynote speaker at the January 14, 2011 Committee for Teaching About the United Nations (CTAUN) Conference held at the United Nations. He spoke about how important it is to shine a spotlight on these issues and put them on the national agenda – both in the United States and in countries that are oppressing women and girls.

According to Kristof, "The oppression of women and girls worldwide is the paramount moral challenge of this century."

The returns are incredible when you bring girls out of the margins of society. This includes lower birthrates, higher education levels and greater prosperity, not only for the girl but for her family and the immediate village. The differences in gender treatment in many parts of the world are lethal and females are being discriminated to death. To further illustrate this point, Kristof spoke of an emergency feeding center in Ethiopia that is filled solely by girls.

"Helping people is harder than it looks," said Kristof as he spoke about a small village that gets a well which then breaks down and for which replacement parts are almost impossible to obtain. He stressed, however, that many small efforts can overcome problems that are vast in scale. He charged the audience with the responsibility of helping others because we have "the unbelievable luck to be living in a society where security is not an issue." He urged the participants to learn about these issues, travel abroad or learn a foreign language in a developing country to gain a greater personal understanding of why you must help or care.

Other notable speakers outlined projects that support the Millennium Development Goals, including the Hunger Project, Rainforest Alliance, UNESCO, Girls Learn International and UNICEF. (For more information, visit the CTAUN website at [www.teachun.org](http://www.teachun.org).) **Dr. Lori Heninger**, director of the Inter-Agency Network for Education in Emergencies, spoke of the importance of setting up schools immediately following a crisis because people are displaced, on average, for 17 years.

Closing remarks by **Helen Clark**, administrator of the United Nations Development Programme

(UNDP) and former prime minister of New Zealand, summed up the importance of the MDGs and how this effort will not end in 2015. Rather, she stated that 2015 will be the time to raise the bar on efforts worldwide. For example, the first MDG goal is to eradicate extreme poverty and the goal for 2015 is to cut this rate in half. After 2015, the goal for the next 15 years should be to eradicate extreme poverty entirely.

*"If my neighbor is poor, I am poor myself."*

### CONVENTION SPEAKER/PRESENTER HIGHLIGHTS

by Peggy Kelland, NYS program vice president, program@aauw-nys.org ~ 845.297.0507

Here's a bit of background on the distinguished speakers and presenters slated for the AAUW NYS 2011 convention.

- Keynote speaker **Carolyn Garfein**: Active with AAUW since 1973, she is currently AAUW national president.
- Public Policy panel: **Melanie Cyganowski**, former chief judge, and **Dorothy D.T. Eisenberg**, judge, both with the U.S. Bankruptcy Court for the Eastern District of New York.
- Workshops: [pay equity] **Fran Madaglia** and **Laurel Parker**, members of the Job Task Force of the Long Island Fund for Women and Girls; [girls in 3-D] **Ellen Wright**, retired NYS community mental health nurse (**Cortland Branch**), and **Dennis Wright**, retired science teacher and school administrator; [fair trade] **Cecelia Dino-Durkin**, educator, author, journalist, and owner of two fair trade stores (**Poughkeepsie Branch**); [Long Island women] **Dr. Natalie Naylor**, professor emerita, Hofstra University and president, Nassau Historical Society
- Nutrition: **Natalie Schneider**, BS, MBA, holistic health counselor
- LAF: **Holly Kearn**, program manager at AAUW, oversees the work of the Legal Advocacy Fund and works with Campus Action Projects and the Student Advisory Council.
- EOF: **Amrita Bahl**, doctoral candidate, Columbia Teachers College, has developed a social education and health advocacy program for prisoners in India.
- International: **Melissa Guardaro**, member of the AAUW 2010 delegation to Cuba, and **Doris McLallen**, member of the AAUW 2010 Women in Society delegation to Israel.

## CAMPUS CONNECTIONS

by Doris McLallen, AAUW NYS college/university director, [dmclallen22@twcny.rr.com](mailto:dmclallen22@twcny.rr.com) ~ 315.773.5013

How best to begin to tackle the challenging job of college/university director of AAUW NYS? One step at a time, of course.

I live near Watertown, home of AAUW affiliate Jefferson Community College (JCC). The college/university (c/u) representative for JCC is none other than its president, **Dr. Carole McCoy**. I made an appointment to talk with Carole and prepared some questions:

- What does being an affiliate college mean to you? To JCC? staff? students?
- What initiatives, even small ones, might improve the benefits of AAUW membership for you, the college, staff and students?
- What help might you need or appreciate?
- How might you and the college identify and support one or more students to attend the National Conference for College Women Student Leaders (NCCWSL), June 2-4, 2011, at the University of Maryland in College Park, MD? [www.nccwsl.org](http://www.nccwsl.org)
- Are you aware of preferences to AAUW's c/u partners for Campus Project Grants and membership in the Student Advisory Council?

It was heartening to hear Carole say that she would consider it an "embarrassment" to be a female president of the college and NOT to be a member of AAUW. "I want to be a role model in the community, both professionally and personally," she said. As to her role as c/u rep, Carole stressed the need for the c/u rep to have a close working relationship with the local branch president. For this year anyway, that partnership is as convenient as it can be. The current **Jefferson County Branch** president is none other than **Karen Carr**, assistant to the president of the college! Among the initiatives this year is the start-up of a "co-ed" AAUW student group. **Kate Fitzgerald**, member of AAUW and adjunct professor of philosophy, has been instrumental in helping students organize this new campus organization.

It is most evident that a close relationship between the local branch and the local college or university is mutually beneficial on many, many levels. Colleges are sources of program expertise, research, membership, facilities and more. Where partnerships are already strong, as in Jefferson County, let's share how things are working. E-mail me and I'll get the word out.

So there, dear readers, is one New Year's resolution that all branches, all our college/university partners, reps and future c/u partners and reps can get behind. Let's GET TOGETHER and make things happen in 2011!

### "WOMEN MAKING A DIFFERENCE" PROJECT; SCRAPBOOK PAGES NEEDED FOR EXHIBIT

by Helen Engel, [rengel@oswego.edu](mailto:rengel@oswego.edu) ~ 315.343.9678 and Marilyn Smiley, [marilynn.smiley@oswego.edu](mailto:marilynn.smiley@oswego.edu) ~ 315.343.4803, AAUW NYS historians

Thanks to all branch members who have contributed biographies to this important AAUW NYS project. We have enjoyed reading about these outstanding women who truly made a difference and appreciate all the time and effort you have spent writing about women in your area.

This information is a great resource for programming during Women's History Month or anytime during the year and is also valuable to others in your community.

#### State Scrapbook Project

This is a reminder that branch scrapbook pages will be exhibited at the AAUW NYS convention in April. Each branch is encouraged to participate. Your pages (two or three – front and back) may be



given to Helen on Friday at the convention or can be sent to her in advance on or before **April 7** by mail or email. The pages will not be returned to you, but will be placed in the AAUW NYS archives.

Information about scrapbook pages may be found on the state website under the History tab. If you need pages, contact Helen. Share your branch successes with everyone!!

Questions? Contact either of us.

### CABIN FEVER: SUGGESTIONS FOR SURVIVING

by Helen Martin, AAUW NYS cultural interests director, [Helenmartin74@yahoo.com](mailto:Helenmartin74@yahoo.com) ~ 518.762.7638

Ah, winter/early spring! The snow, the ice, the sleet – you either love it or you tolerate it. For me it's probably the latter.

Some of the best winter pastimes for me are reading, watching old movies and thinking about all of the things I want to do and places I want to visit when spring finally arrives.

As far as reading is concerned, I try and steal a little time to lose myself in at least a chapter or two of a good book.

*(Continued on page 8)*



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**MISSION STATEMENT**

*AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.*

**AAUW VALUE PROMISE**

*By joining AAUW, we belong to a community that breaks through educational and economic barriers so that all women have a fair chance.*

**VISION STATEMENT**

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

**DIVERSITY STATEMENT**

*In principle and 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.*

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Questions and articles should be addressed to the *FOCUS* Director, Jean Havens, 40 Kisco Park Drive, Mount Kisco, NY 10549. Telephone: 914.241.4518. Email: FOCUS@aauw-nys.org. Submissions are accepted at the discretion of the editor.

**Attention postmaster: Dated Material. Please do not delay.**

**POSTMASTER:** Send all address changes to **AAUW Records Office, 1111 16th Street, N.W., Washington, DC 20036.**

**CABIN FEVER: SUGGESTIONS FOR SURVIVING** (Continued from pg. 7)

Here's a list of the "10 Best Books of 2010" as compiled by the New York Times (Bear in mind, I am not necessarily recommending any of these titles since I haven't read any of them.):

**Fiction**

- FREEDOM — by Jonathan Franzen
- THE NEW YORKER STORIES — by Ann Beattie
- ROOM — by Emma Donoghue
- SELECTED STORIES — by William Trevor
- A VISIT FROM THE GOON SQUAD — by Jennifer Egan

**Nonfiction**

- APOLLO'S ANGELS: A History of Ballet — by Jennifer Homans

- CLEOPATRA: A Life — by Stacy Schiff
- THE EMPEROR OF ALL MALADIES: A Biography of Cancer — by Siddhartha Mukherjee
- FINISHING THE HAT: Collected Lyrics (1954-1981) With Attendant Comments, Principles, Heresies, Grudges, Whines and Anecdotes — by Stephen Sondheim
- THE WARMTH OF OTHER SUNS: The Epic Story of America's Great Migration — by Isabel Wilkerson



Did you realize that there are 37 state historic sites and parks in New York State? Even if you aren't a history person like I am, just having the opportunity to visit this many interesting sites and become more acquainted with the heritage of our state is a great way to spend an occasional weekend during the spring, summer and fall. For a complete list you can log in to [www.nyparks.com](http://www.nyparks.com). What a great way to have fun and learn at the same time.

So – there are lots of ways to get through our great Northeast winters – even if you're not a skier (which I'm not!). These are just two suggestions – others might be baking (Just not eating what you bake!) and poring over the veritable plethora of seed catalogues, dreaming about that perfect garden!

Whatever you choose to do with what remains of this winter – ENJOY! And remember: *"Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn't taste good."*

-- Lucia Capocchione