



President's Report

Just because the board doesn't meet during the summer and we have no scheduled programs, that doesn't mean that your board isn't hard at work.



I had lunch in July with new member Ann Ruben who showed me the T-shirts she has been making and selling. If anyone is interested in purchasing a T-shirt please contact me. T-shirts come in many sizes (including children) and cost \$20 each. Net proceeds collected from the sale of the T-shirts will help us meet our Scholarship Fund goal for the 2014 scholarship. Remember we are short about \$200 for next year's scholarship to be awarded in January, 2014.

I have also been checking into candy companies thinking we might have a Christmas candy sale. I have contacted Valos Candy Company in New Kensington. They sell to only a limited number of stores in the Pittsburgh area but are a growing company. I have sampled their chocolates and find them very good. I will be bringing samples to the September meeting for all to try. They start making their Christmas candy in October and order forms should be available mid-October. Please consider participating in this fund raiser by either purchasing or selling candy.

Karin Neilson is going to chair the Knit Wits special interest group (please see article on page 3). If you and/or anyone you know is interested in participating in the group's efforts, please contact her at aauwpgh.programvp@aauw.org.

Anyone who has an idea for a fund raiser should contact me. The branch board is always looking for new ways to raise money for our scholarships.

I have started working with 2 senior centers in my area and both have small libraries. If you have any used novel type books that you don't know what to do with, please bring them to any meeting and I will be happy to take them off your hands.

The Pittsburgh Branch has a Facebook page. If you are on Facebook please go to our branch page and like us: <https://www.facebook.com/pages/AAUW-Pittsburgh-Branch/324543234301919> AAUW-PA would like all branches to have Facebook pages and while the Pittsburgh Branch does have one, we need someone to regularly update it. If you are interested in being that person please contact me.

Please read the article on the Proposed Bylaws Changes – a vote will be taken at the September meeting. I feel this change is important to our branch.

Respectfully submitted,

Patricia Byerly, President
AAUW Pittsburgh Branch
aauwpgh.president@aauwpgh.org

Western District Meeting

This year's district meeting will be held in Erie on Saturday September 7. This is still in the planning stage but Erie was chosen because the Tall Ships will be returning to Erie September 5th through 9th. This year marks the 200th anniversary of the building of Commodore Perry's fleet in Erie and the victory of Battle of Lake Erie off Put-In-Bay, Ohio on September 10th.

Along with the meeting, activities are being planned by the Erie Branch. The meeting will be kept short so that friends and family can attend the festivities.

Watch for emails in August with specific details and how to register.

Be a Member Detector!

New members are the lifeblood of every organization, including ours.

We encourage everyone to invite their friends, relatives, co-workers, and neighbors to our meetings throughout the year.



Contact any Board member listed...

Pittsburgh Branch Executive Board

Elected Officers

President, Patricia A. Byerly
aauwpgh.president@gmail.com
Program Vice President, Karin Neilson
aauwpgh.programVP@gmail.com
Finance Officer, Bernie Cerasaro
aauwpgh.financeOfficer@gmail.com
Recording & Corresponding Secretary, Marci Henzi
aauwpgh.secretary@gmail.com

Supporting Liaisons and Committees

Public Relations Liaison, Rosemary Martinelli
Scholarship Committee Chair, Bernie Cerasaro
aauwpgh.scholarship@gmail.com
Nominations Committee (2013-14), To be announced.

Interest Groups

The Knit Wits. Group Chair, Karin Neilson
aauwpgh.programVP@gmail.com

Letters to the Editor

Do you have something you want to say? Well, here is an opportunity to let everyone know what you think. If you have something you want to speak out about please say your piece in an email to aauwpgh.newsletter@gmail.com and watch for it to be published in future issues of *The Newsletter of American Association of University Women - Pittsburgh Branch*.

Newsletter Editor

Newsletter Editor

Do you have a suggestion, a journal entry about a recent trip, adventure or talent, a tip that will benefit others?

Karin Neilson will be assuming responsibility for **The Newsletter of American Association of University Women – Pittsburgh Branch.**



Please feel free to send ideas and suggestions to Karin at aaupgh.newsletter@gmail.com.

Give a Grad a Gift



AAUW members can give recent college graduates a free, one-year AAUW (national) membership within two years of graduation, at no cost to you or them. State and local dues are just \$21.

Expose the grad to the power that comes from belonging to a national women-led organization of more than 150,000 members and supporters who believe in and advance equity and education for women and girls.

Expand their networking opportunities through career development opportunities and community action projects.

Keep them current on the events and people that affect their life as they receive *Mission & Action*, *AAUW Outlook*, Action Network alerts, and more.

Increase their buying power with access to member only discounts.

Please contact Pat Byerly if you would like to give a grad a gift.

The branch is always looking for ideas for fund raisers to raise money for the Scholarship Fund and the branch's operating fund.



Do you have an idea for a fund raiser?

Do you have an idea for a program? Is there something you would like to see a program on? If so, don't be shy. Send your ideas to Karin, our Program VP at:

aaupgh.programVP@gmail.com

She will welcome your input.

Sexual Assault in the Military

Sexual harassment, abuse and assault have occurred for years in all branches of the United States Armed Services. It is a subject that has too often been ignored, despite media exposure. Finally and fortunately, the seriousness of this situation has begun to attract the attention of the American public and even the U.S. Congress.



The AAUW-Pittsburgh Branch is proud to announce that **Ashlee Phelps**, former Air Force E4, will speak on September 14 about gender equality in the Armed Forces. She will share her personal experiences as a woman in the military, as well as stories about other victims of sexual assault, abuse and harassment, statistics and facts related to the structure of the "chain of command", the emotional toll of sexual abuse and assault, the mistakes that military officials make in dealing with these crimes towards women (and some men), and what the government is trying to do to solve this problem once and for all.

Be sure to mark your calendar for September 14th! This program will be presented during the monthly meeting of the AAUW-Pittsburgh Branch, to be held at the Pittsburgh Athletic Association at 1 P.M.

SAVE THE DATES



AAUW Western **District Meeting** in Erie – September 7, 2013

AAUW Beaver Valley Branch **Kitchen Tours** – September, 28, 2013

STEM Event at Propel Montour planned for September-October 2013



The Health Corner

The medical profession has long preached the advantages of exercise, both for daily energy and long-term health and strength. But few of us have mountains of available time for formal workout sessions. The good news is that there are ways to keep active, even when you don't have access to a Universal Gym and a professional trainer.

There are many ways to carve out time for your health. Following are some of the many ways to boost your activity level:

- Wake up early. Get up 30 minutes earlier than you normally do and use the time to exercise.
- Do household chores at a pace that raises your heart rate.
- Walk or bike to work and when you run errands.
- Take the stairs instead of the elevator.
- When driving, park a little farther from your destination and walk the rest of the way.
- Start a lunchtime walking group with friends.
- Be active while watching TV. Stretch, walk on the treadmill or ride a stationary bike during your favorite shows. For variety, try increasing your intensity slightly during the commercial breaks.

And don't forget, even if you cannot afford a set of hand weights, you can increase your upper body strength by lifting 32 oz. cans of fruit or vegetables over your head.

"Something is better than nothing. Even if you can't fit in your scheduled workout, do whatever you have time for instead of skipping it completely. Every little bit helps."

Source: "Tips to help you boost your activity level". Supplement to MAYO CLINIC HEALTH LETTER. 2011 Mayo Foundation for Medical Education and Research. Rochester, MN 55905. p.7.

Proposed Bylaws Change

Our membership is shrinking and the board realizes that most of us have financial commitments that don't always allow us to attend a branch meeting. The board is looking at possible solutions with regard to the number of meetings (and programs) as well as the time and place of our meetings. We all enjoy the programs that Karin, our Program VP, arranges and would like to see an increase in attendance at those programs.

The board is proposing to reduce the number of membership meetings and/or programs from 9 to 5 for the 2013-2014 membership year. The proposed bylaws change to ARTICLE X. MEETINGS Section 2 would read:

The branch is encouraged to hold 9 general membership meetings per year, but may hold as few as 2, as determined by the board of directors to be adequate for the maximum participation of the membership, and sufficient for carrying out the mission of the branch. One of these meetings will be the required Annual Meeting of the membership as described in ARTICLE X, Section 1 of the branch Bylaws.

The board would also like to change ARTICLE VII. BOARD OF DIRECTORS Section 3 to read:

The board is encouraged to hold 9 board meetings per year but may hold as few as 2, as determined by the board of directors to be adequate for conducting business of the branch. The time and place of board meetings will be agreed upon by the board.

Voting on these changes will take place at the September 14 membership meeting. Everyone is encouraged to attend.

How Congress Voted

Even in non-election years, our elected officials are acting on our behalf in the consideration and passage of national and state legislation. In a democracy, it is the inherent responsibility of each citizen to remain informed not only about issues that affect Americans, but also the voting records of our representatives.

With the following you can easily track how congress votes on bills and resolutions.

<http://www.govtrack.us/>

This is also an interesting site:

<http://www.opencongress.org/>



The Knit Wits

Do you knit or crochet? Do you ever have bags of leftover yarn from your projects? Would you be interested in using your free time and scrap yarn to benefit others?

The Pittsburgh Branch of the AAUW is proud to announce the formation of its first Interest Group: The Knit Wits. From time to time, the Knit Wits will be knitting and/or crocheting items for local hospitals and other charitable organizations.

Our first project is Chemo Caps. Many women who have lost their hair due to chemo- and radiation therapy have found these adorable hats a welcome alternative to traditional wigs and scarves. They are colorful, comfortable and lightweight.

If you knit or crochet, and are interested in creating something that requires very little time and material, perhaps you will consider making some Chemo Caps. Complete instructions are available from Karin Neilson who is heading up this Interest Group. You can contact her at aauwpgh.programvp@gmail.com.

