



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 attracted the attention of the American public as well as 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.

Ashlee grew up in the North Hills, and made a decision to join the Air Force after graduation from Shaler High School, continuing a family tradition of military service that dates back to the Civil War on her mother's side and the Second World War on her father's side.

Ashlee completed her entire military and technical training in Texas, selecting Services and Diet Therapy as her professional focus, and eventually was stationed in Anchorage, Alaska, at Elmendorf Air Force Base, in the 3rd Medical Group where she served her full four years. Her work in the Nutritional Medicine department included meal preparation, educating patients on special therapeutic diets, and serving as a nutritionist. Ashlee won awards for her accomplishments and even earned an early promotion.

Most recently, Ashlee is availing herself of the GI Bill to obtain her Associate's degree in Biotechnology from CCAC. Upon graduation in the fall, she will be transferring to Point Park University to finish her Bachelor's in Biotechnology with a secondary focus on Biochemistry or Molecular Biology. She hopes to make her career as a research scientist in a biomedical laboratory finding solutions for fatal diseases.

During her presentation, Ashlee 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



A Parade of Foliage at Phipps Conservatory – October 12, 2013



Don't miss the September program. Our speaker will be Ashlee Phelps, a former Air Force E4. Her program is entitled, "Sexual Assault in the Military."

The meeting will be held at the PAA in Oakland located at:

4215 Fifth Avenue	10:30 – 11:30 Board Meets
Pittsburgh, PA 15213	11:45 – 1:00 Lunch
	1:00 – 2:00 Program
(412) 621-2400	
www.paaclub.com	

Please R.S.V.P. no later than September 11, 2013 to reserve your seat! Cost of lunch is \$20.00 payable upon arrival.

For more information or to reserve your seat, please send an email to aauwpgh@aauwpgh.org or call 412-482-4419.

AAUW MISSION

AAUW advances equity for Women and girls through advocacy, education, and research.

About AAUW

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.

Because AAUW is a 501(C)(3) charitable membership organization, most of your national dues are tax deductible on your personal federal income tax return.

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, Pat Byerly
aauwpgh.president@gmail.com
 The Show-goers. Group Chair, Marci Henzi
aauwpgh.secretary@gmail.com

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 has assumed responsibility for **The Newsletter of American Association of University Women – Pittsburgh Branch.**



Please feel free to send ideas and suggestions to Karin at aauwpgh.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 fundraiser?

Or 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:

aauwpgh.programVP@gmail.com

She will welcome your input.

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.



Upcoming Programs

October 12, 2013

A Parade of Foliage – There is no meeting for October but we are scheduling an outing that will be held at **Phipps**. During that weekend, the Conservatory will be transforming their 14 indoor rooms and 5 outdoor gardens from the "Summer" to the "Fall" shows, so we will be able to see some of both. In addition, they will be setting up the model train exhibit for the "Winter" show, a sight to see all on its own.



For those members who are interested in eating lunch, **Café Phipps** sells a variety of healthful foods and beverages, including veggie, non-veggie, vegan, and gluten-free. Admission is \$15. (Adults), \$14. (Seniors 62+ and college students with ID), and \$11. (Children 2-18). We will begin gathering for lunch in the Cafe at 11:30 a.m., and members will be able to stroll the gardens at their leisure afterward.

November 9, 2103

Domestic Abuse through the Eyes of a Child - At the November meeting, Sarah Neilson will be speaking to us about child abuse. Sarah has her Master's in Forensic Psychology from The Chicago School of Professional Psychology, after completing her Applied Research Project which focused on Child Advocacy Centers. She has worked with children in many different capacities for the past 14 years, most recently as a child protection worker, assessing immediate safety and danger of children in the home. More details about Sarah and her program will be in the November newsletter.

December 14, 2013

In place of a meeting, the AAUW Pittsburgh Branch will be participating in the Barnes and Noble Gift Wrap during the weekend of December 13, 14, and 15. This will be our second year wrapping gifts for people at the Monroeville Barnes and Noble, and collecting tips, which will fortify our Scholarship Fund. Calls for volunteers will be issued in the coming months so please put these dates on your calendar and plan to sign up for a couple of hours. Remember, money donated will go to the branch's scholarship fund.

The Health Corner

Heartburn Relief

Heartburn occurs when stomach acid backs up into your esophagus. The following lifestyle changes may eliminate or reduce the frequency of your symptoms:

- ✦ **Avoid your triggers** – Most people have specific foods and beverages that trigger heartburn. Common offenders are fried or fatty foods, chocolate, mint, alcohol, coffee carbonated beverages, onions, tomato-based and spicy foods, and citrus foods and juices.
- ✦ **Lose excess weight** – Excess pounds put pressure on your abdomen, which crowds your stomach and can cause acid backup.
- ✦ **Avoid tightness at your waist** – Reduce pressure on your abdomen by loosening your belt or by not wearing control-top stockings or body-shaping undergarments.
- ✦ **Eat smaller meals** – Doing so reduces pressure from the stomach on the lower esophageal sphincter and makes it less likely stomach acid will escape into your esophagus.
- ✦ **Don't lie down after a meal** – Wait two to three hours after a meal before you lie down. If you nap, try doing so in a more upright reclining chair.
- ✦ **Don't use tobacco** – Tobacco interferes with function of the lower esophageal sphincter.
- ✦ **Raise the head of your bed** – If you're bothered by heartburn in the night, elevate the head of your bed 6 to 8 inches using blocks under the legs.

An appointment with your doctor is warranted if these life-style changes don't relieve your symptoms or if you have heartburn more than twice a week.

Source: "Health Tips". MAYO CLINIC HEALTH LETTER. 2013 Mayo Foundation for Medical Education and Research. Volume 31. Number 8. August 2013. P.3.

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.

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 Show-goers*" is a newly formed Special Interest Group for AAUW-PGH, and will be coordinated by Marci Henzi, Branch Secretary.

Two members attended *The Show-goers* first event in August; it was the movie *Before Midnight* at the Harris Theatre. It is one of the highest grossing indie films this summer, and one of the best reviewed films of the year. <http://www.post-gazette.com/stories/ae/movie-reviews/movie-review-catching-up-with-jesse-and-celine-before-midnight-691663/>

Members of the branch are encouraged to make suggestions for shows (plays, ballet, movies, etc.) and to bring friends, even if they're not (yet) members. Attendance at movies does not typically require a lot of advance notice or firm monetary commitments. Other types of productions will require more planning and coordinating as well as a solid financial commitment on the part of the members.

If you have any suggestions for shows or wish to be on the email list, please contact Marci Henzi at aauwpgh.secretary@gmail.com. We will announce our next show at the September Meeting!



Do you knit or crochet? Would you be interested in using your free time and scrap yarn to benefit others? Consider participating in *The Knit Wits*, one of our branches Interest Groups.

Many women who have lost their hair due to chemo- and radiation therapy have found Chemo Caps 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. Pat Byerly can answer your questions about this Interest Group; contact her at aauwpgh.president@gmail.com.



New Meeting Times for AAUW-Pittsburgh Branch

Even with the summer break, Pat has been busy trying to make decisions and suggestions that better meet the needs of our membership. One of her most exciting ideas concerns an adjustment to our meeting times. Her hope is that these changes will make it easier for members to attend the programs, while

reducing the cost of refreshments. She has run her ideas past the Board members and the results are as follows:

September & January meeting at PAA

10:30 – 11:15 Board meeting
11:45 – 12:00 Lunch orders will be taken at 11:50
12:00 – 12:15 Member meeting
12:15 – 1:00 Lunch (\$20.00)
1:00 – 2:00 Program and Q&A

November & March meeting at PAA

9:30 – 10:30 Board meeting
10:30 – 11:00 Member meeting - coffee and pastries will be served (\$5.00)
11:00 – 12:00 Program and Q&A

May Annual Meeting at a place to be determined

9:30 – 10:30 Board meeting
10:30 – 12:00 Member meeting

Please be sure to mark these changes on your calendar. We have some good programs scheduled for the upcoming year, and we don't want you to miss one word.

President's Report

It has been a busy but uneventful summer with not much to report. I did, however, meet with Susan Casciato of the InterCommunity Cancer Center on July 26, 2013. Susan was very appreciative and happy to receive a supply of "chemo caps" for patients receiving radiation treatments at the center. Many women and girls who receive radiation treatment can lose their hair depending on their treatment. While I was there a woman just finishing her treatment for the day was given one of the caps. She seemed very happy to receive the cap and said, "now I can get rid of this 'dirty old' baseball cap".

Karin has a very interesting program planned for September and I hope to see many of you at the PAA on September 14th.

Respectfully submitted,
Patricia Byerly



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.

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 aauwpggh.newsletter@gmail.com and watch for it to be published in future issues of ***The Newsletter of American Association of University Women - Pittsburgh Branch.***

Knit The Bridge



What is Knit the Bridge, Pittsburgh?

Knit the Bridge is a grassroots, community-led arts project that brings the many diverse communities

of Pittsburgh and Southwestern Pennsylvania together to create a large-scale, aesthetically stunning, fiberarts installation on the Andy Warhol/7th Street Bridge. The installation will be on view from August 12th until September 6th, 2013.



In conjunction with Fiberart International 2013, Knit the Bridge celebrates the history of Pittsburgh as a city of bridges and steel as well as the region's thriving, contemporary arts scene. As accessible craft forms, these community-engaged fiberart traditions knit together strong, healthy, creative communities.

There will be a celebration on the Warhol bridge on Sunday, August 25 from 3-7pm! This Community Celebration is the perfect opportunity to get together with everyone who made Knit the Bridge possible: all the artists and people that have knitted, crocheted, and volunteered over the past year! (And look for the squares on the bridge submitted by Karin Neilson.)