



Sexual Assault in the Military

Our program on Saturday, September 14 was about sexual harassment and abuse in the military, and we were privileged to have John Muench as our speaker.

John began his 25-year military career at West Point and retired at the rank of Command Sergeant Major. He used this lens to help us to see the issue of sexual harassment, abuse and assault, and how it has become a difficult one to handle within the military.



He began his lecture with a reference to legislation (Title 7, 1964) that guarantees employees the right to feel safe in the workplace. But he was also quick to explain how the military "Chain of Command" requires a certain reporting protocol, making it challenging for victims to find their voice in making claims about harassment, abuse and assault.

Although the laws have been (and continue to be) modified, the situation remains as follows: some victims would rather avoid mentioning incidents of abuse than have to go through the procedures for filing complaints.

It is uncertain how much success civilian efforts will have, since the military is a separate and distinct branch of the American government, and it's difficult to determine how much (if at all) attitudes within the military will change in the future concerning sexual assault. But this seems another opportunity for us as members of AAUW to contact our legislative representatives and express our concerns.

Thank you, John, for sharing this valuable information with us.

Save The Dates

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



The Barnes and Noble Gift Wrap – Weekend of December 13, 14, 15 at the Monroeville Barnes and Noble Book Store.

Would you like an idea for a snack on these chilly, fall evenings? Try this one:

Taco Dip (contributed by Bernie Cerasaro)

- 1 8-oz pkg cream cheese
- 1 6-oz tub sour cream
- 1 bottle taco sauce
- 1 pkg dry taco sauce mix
- 1 pkg shredded cheese (Mexican or mixed)



Mix all ingredients except cheese with a hand mixer. Put in bowl. Sprinkle generously with cheese. Refrigerate. Serve with tortilla chips or crackers.



Hear ye, Hear ye! **There is a change in the time and venue for the October meeting of our Branch.**

The meeting will be held on Saturday, October 12th at the Phipps Conservatory in Oakland (Schenley Park):

Schenley Park, behind The Carnegie Museum 12:00 - 1:00 Lunch in Café
1:00 – 2:00 Touring the Exhibits

(412) 622-6914

No reservations are required and each member will cover the cost of her own lunch.

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

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 aaupgh.newsletter@gmail.com.

Birthdays

My apologies for missing the September birthdays of the following members:

09/01 Gwendolyn Ormes
09/21 Eileen Olmsted



October is the tenth month of the year in the Julian and Gregorian Calendars and one of seven months with a length of 31 days. The eighth month in the old Roman calendar, October retained its name (from the Latin "*octo*" meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans.

October is commonly associated with the season of autumn in the Northern hemisphere and spring in the Southern hemisphere, where it is the seasonal equivalent to April in the Northern hemisphere and vice versa. It is also very commonly associated with Halloween in western world.

In common years January starts on the same day of the week as October, but no other month starts on the same day of the week as October in leap years. October ends on the same day of the week as February every year and January in common years only. In common years, October starts on the same day of the week as May of the previous year while in leap years, October starts on the same day of the week as August of the previous year. In common years, October ends on the same day of the week as May of the previous year while in leap years, October ends on the same day of the week as August and November of the previous year. In years immediately before common years, October starts on the same day as April and July of the following year while in years immediately before leap years, October starts on the same day of the week as September and December of the following year. In years immediately before common years, October ends on the same day of the week as July of the previous year while years immediately before leap years, October ends on the same day of the week as April and December of the following year.

Happy Birthday to our members with October birthdays:

10/08 Marci Henzi
10/12 Jean Snodgrass

Source: Wikipedia. 24 September 2013 at 22:50

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



Reducing colorectal cancer risk

Colorectal cancer is the second leading cause of cancer-related death in the U.S. To reduce your risk, take the following steps:

- ✦ **Get screened** – Colonoscopy can identify and remove cancerous polyps before they turn cancerous. Early detection greatly improves the outcome. Most people begin screening at age 40, but talk to your doctor.
- ✦ **Minimize meats** – Animal fat and compounds found in red, charred or processed meats are associated with increased risk.
- ✦ **Eat plant-based foods** – Whole grains, beans, fruits and vegetables provide antioxidants and fiber both of which may reduce colon cancer risk.
- ✦ **Limit alcohol and don't smoke** – Limit alcohol to no more than two drinks a day for men under 65, and one drink a day for women and anyone 65 or older.
- ✦ **Maintain a healthy weight** – Obesity – particularly around the midsection – is related to increased risk of polyp development and higher risk of dying of colorectal cancer.
- ✦ **Exercise for at least 30 minutes most days** – Studies have shown that a 50 percent reduction in incidence of colorectal cancer is those who are physically active.
- ✦ **Get adequate calcium and vitamin D** – In addition to bone health, some research links this to colorectal cancer prevention.
- ✦ **Consider aspirin or other pain relievers if you're at high risk** – Discuss with your doctor the benefits and risks of taking aspirin or aspirin-related pain relievers.

Source: "Health Tips". MAYO CLINIC HEALTH LETTER. 2013 Mayo Foundation for Medical Education and Research. Volume 31. Number 9. September 2013. P.3.

Fundraisers



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:

aaupgh.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.

Accepted Changes in the Bylaws

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.

On September 14th, the membership voted on and accepted a proposal to reduce the number of membership meetings and/or programs from 9 to 5 for the 2013-2014 membership year. The bylaws change to ARTICLE X. MEETINGS Section 2 will now 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.

An additional change has been made to 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.

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? 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.

To-date the Knit Wits have made 160 caps. The ladies from the Friendship Village of South Hills made 14 caps and Karin Neilson has made another 16. I collected another 50 from various individuals. Caps distributed so far:

40	InterCommunity Cancer Center in Monroeville (Jul 2013)
40	Don Monti Cancer Center in New York (Aug 2013)
80	Not yet distributed

We have a second project starting. The Indiana (state) Special Olympics would like to collect 1,000 scarves for their athletes. The deadline for making the scarves is in January. If you are interested in participating please contact Pat and she'll give you all of the specifics.

Contact Pat Byerly with any questions about this Interest Group; her email is aaupgh.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.

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

"The Show-goers" is one of our Special Interest Group and is coordinated by Marci Henzi, Branch Secretary.



A note from **Marci Henzi...**

I have been busy planning an outing for the Christmas season and the needle is pointing to the **2 PM** matinee of **The Rat Pack Christmas** at **Heinz Hall** on **Saturday, December 28**. (see http://trustrarts.culturaldistrict.org/production/37669/the-rat-pack-christmas#tab=buy_tickets)

Please let me know if you would like to join me. I am planning on going to the Box Office on Thursday, October 10 to purchase a \$43 ticket for myself. So, if you want to sit with me, I will pick up your ticket as well. There are also less expensive and more expensive seats available. Please leave me a message at **412-894-3653** or email me at aauwpg.secretary@gmail.com as soon as possible.

We went to the **Regent Square Cinema** during the last weekend in September and saw the acclaimed movie **Museum Hours** (see <http://theaters.pittsburgharts.org/museum-hours>). Please let me know if you would like me to email or call you before our next trip to the movies.

Consider Shippensburg

Do you need an idea for a day trip or a weekend getaway? You might want to consider going to Shippensburg, PA, home of Shippensburg University. It is a mere 3-hour drive through the Laurel Mountains and across part of Amish farm country, an easy journey on the Pennsylvania Turnpike. It is an especially enjoyable ride in the fall when the leaves are changing.

This little city was established in 1730 and played an important role in American History. A walking tour of the city includes the Civil War Trail, which features sites associated with General Philip Sherman, General Albert Jenkins, and Captain James Kelso. You will also find some Antique shops, and lovely Victorian architecture. And the Adams County Winery is located in nearby Gettysburg.

In the summer, there is a Community Fair which features Food concessions crammed with delicious homemade foods, and manned by the Boy Scouts, the various Fire Companies, athletic Booster Clubs, and the local Churches. Also, there are Band performances, children's rides, pageants, a rodeo, and food auctions.

There are numerous restaurants but few hotels so book early. For further information, contact www.adamscountywinery.com, www.shippensburgfair.com, or the Shippensburg Historical Society (717.532.6727).

Elderly Wisdom

Two elderly ladies were talking.

"At our age, I don't know what would be worse; Parkinson's or Alzheimer's?" one said.

Her wise friend answered, "Oh, I'd rather have Parkinson's, definitely Parkinson's. Better to spill half my wine than forget where I keep the bottle."



Source: Ed's Comedy Store

President's Report

If you were unable to attend the September 14th meeting you missed a very interesting program. Not only did John Muench give us a lot to think about, Ginny Hildebrand from SSAM (Stop Sexual Assault in the Military) attended and passed out some literature from SSAM as well as a letter from AAUW supporting the Sexual Assault Training Oversight and Prevention (STOP) Act.

The meeting was called to order at noon.

Finance Report

Our checkbook balance is holding steady at around \$5,000 and investments at around \$26,000.

Membership Report

So far membership is holding steady. Last year we had 31 members. This year we lost 7 members and added 7 new members. We are still waiting for 2 more renewals to come in – if they don't our membership will be down to 29.

Members are our life-blood and we need you to keep this branch alive. Please invite your friends, family, and co-workers to come to one of our meetings – you never know where the next new member will come from.

Program VP Report

Karin Neilson as arranged for us to visit Phipps Conservatory next month. See this newsletter for further details.

Special Interest Groups

Marci Henzi is chairing a group called "The Showgoers". She spoke with the members who attended about where their interest lies and offered some suggestions about their next event. Check the newsletter for details about upcoming events.

Another new special interest group is the "Knit Wits". This group is currently making "chemo caps" for women and girls who have lost their hair as a result of their cancer treatment. We have a second project starting. The Indiana (state) Special Olympics would like to collect 1,000 scarves for their athletes. The deadline for making the scarves is in January. If you are interested in participating please contact me and I'll give you all of the specifics.

A Bylaws change was presented to the membership to change the required number of branch and board meetings from nine to two. A vote was taken by secret ballot. Eight members attended and voted, the change was passed by a vote of 8-0.

Scholarship Fund

The Scholarship Fund is short about \$200 for next year's scholarship so we are planning 3 fundraisers and hope that everyone will be able to help with at least one.

Flower Power – the deadline to order bulbs is September 30. Catalogs and order forms were provided to attendees at the meeting.

Valos Candy – a sample of their chocolates was provided for the attendees to enjoy. If you can sell (or buy) chocolate for us please contact me. There is no deadline- this fundraiser will be ongoing throughout the year. We'll also have some special items available for Christmas (and Easter) which can be ordered at the November meeting or I can mail a copy of the catalog to you.

Barnes & Noble Gift Wrap – this is a fun event where we wrap gifts at Barnes & Noble for tips. Last year we raised \$220 for the Scholarship Fund. The event will take place at the Monroeville Mall Barnes & Noble on Friday, (12/13), Saturday (12/14), and Sunday (12/15). Please contact Karin Neilson if you are able to help out.

AAUW-PA All Member Survey

AAUW-PA would like to ensure the vitality of AAUW in Pennsylvania. To that end they surveyed members throughout the state. The survey was available online. Paper copies of the survey were passed out at the meeting for those who had not yet completed the survey. The deadline to complete the survey is September 30.

Beaver Valley Kitchen Tour

Jean Macaluso from the Beaver Valley branch spoke to us about the event. The event was held on September 28.

Respectfully submitted,
Patricia Byerly