



## President's Report

January and February have been really crazy months with all-time temperature low's and record snowfalls. I hope everyone has been keeping warm and safe.

The outing to our archive at the Heinz History Center on February 8<sup>th</sup> was cancelled due to lack of interest. Instead of taking our documents to our archive I will box them up and send them later.

Member Ann Ruben will be speaking at the cartoon museum called Toonseum at 945 Liberty Ave on Saturday, March 15<sup>th</sup> at 2:00 p.m. Her topic is "How a Cartoon Figure, Margaret from the Dennis the Menace Cartoon Enriched My Life". She will have her t-shirts available for sale as well.

I sent 30 children's chemo caps to Children's Hospital in February. All of the caps have been distributed and Karin Neilson has a request for afghans and slippers that will ultimately be given to a women's shelter so don't put those knitting needles and crochet hooks away just yet.

Don't forget the state's annual meeting will be held in Gettysburg on April 11-13. See the latest issue of the *Keystoner* or go to <http://aaup-pa.aauw.net/files/2012/02/Keystoner-E-News-February-2014.pdf> for more details.

Eight ladies were in attendance at the January meeting, including six members, one guest, and the Scholarship recipient.

I hope to see everyone at the March meeting. Keep safe and stay warm.

Respectfully submitted,  
Pat Byerly

## March's Program

### "Women In Mathematics"

Our speaker on March 8 will be Marci Henzi. Marci will give a slideshow presentation based on Lynn M. Osen's book *Women in Mathematics*. This short talk will be more biographical than mathematical in nature, and will follow chronologically from ancient Greece to mid-eighteenth century Italy and France. Marci will briefly examine intellectual accomplishments as well as gems and twists in the lives of Theano, Aspasia, Hypatia, Hroswitha, Agnesi and the Marquise du Chatelet.



Marci Henzi joined AAUW Pittsburgh in 2010 shortly after relocating here from the Harrisburg area, and currently serves as Corresponding Secretary for our organization. She grew up in Baltimore County, and she spent ten years of her young adult life in Arkansas where she graduated from the University of Arkansas in 1980, and taught Mathematics for five years in public schools in the Ozarks. She received her M Ed at Shippensburg University in 1999 and immediately became both a Professional Math Tutor at Penn State York and an Adjunct Professor at York College.

She has been a hard working and valuable employee at Harrisburg Area Community College for ten years teaching a full spectrum of mathematics courses through Pre-Calculus. Marci also began teaching a single Statistics course at the Moon Campus of Robert Morris University in 2010. In 2012, she accepted a second part-time professional position as a tutor at the *Mathnasium* in McMurray



Don't miss the March program. Our speaker will be Branch Secretary, Marci Henzi, who will speak to us about women in the field of mathematics.

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

**4215 Fifth Avenue  
Pittsburgh, PA 15213**

**9:30 – 10:30** Board meeting

(412) 621-2400  
[www.paaclub.com](http://www.paaclub.com)

**10:30 – 11:00** Member meeting - coffee and pastries will be served

**11:00 – 12:00** Program and Q&A

Please R.S.V.P. no later than March 5, 2014 to reserve your seat!

For more information or to reserve your seat, please send an email to [aaupgh@aauwpgh.org](mailto:aaupgh@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.

## 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/>

Source: Ask.com

## Save The Dates

**April 12, 2014**

The Annual State Meeting of AAUW will be held the weekend of April 11-13, 2014 in Gettysburg, PA. This will replace our regularly scheduled Saturday meeting on April 12 at the PAA.



FYI ... The Battle of Gettysburg, fought from July 1 to July 3, 1863, is considered the most important engagement of the American Civil War. After a great victory over Union forces at Chancellorsville, General Robert E. Lee marched his Army of Northern Virginia into Pennsylvania in late June 1863. On July 1, the advancing Confederates clashed with the Union's Army of the Potomac, commanded by General George G. Meade, at the crossroads town of Gettysburg. The next day saw even heavier fighting, as the Confederates attacked the Federals on both left and right. On July 3, Lee ordered an attack by fewer than 15,000 troops on the enemy's center at Cemetery Ridge. The assault, known as "Pickett's Charge," managed to pierce the Union lines but eventually failed, at the cost of thousands of rebel casualties, and Lee was forced to withdraw his battered army toward Virginia on July 4.

**May 10, 2014**

The Annual Membership meeting will occur on Saturday, May 10. The time and place will be announced in May's newsletter.

## Newsletter Editor

Do you have a suggestion, a journal entry about an experience, or an Idea of future columns?

Please feel free to send ideas and suggestions to Karin Neilson at [aauwpgh.newsletter@gmail.com](mailto:aauwpgh.newsletter@gmail.com).



## Birthdays

Please take time to congratulate the following members on the celebration of their birthdays:

**03/04** Ashlee Phelps

**03/14** Irene Frieze



## New Meeting Times for AAUW-Pittsburgh Branch

**May Annual Meeting at the PAA**

9:30 – 10:30 Board meeting

10:30 – 12:00 Member meeting - coffee and pastries will be served

**June Membership Meeting** – There will be no membership meeting in June. See you again in September.

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 [aauwpgh.newsletter@gmail.com](mailto: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**.

## Daylight Savings Time

**Sunday, March 9, 2014:**

**2:00 AM  
forward to 3:00  
AM**



**Daylight saving time (DST) or summer time** is the practice of advancing clocks during the lighter months so that evenings have more apparent daylight and mornings have less. Typically clocks are adjusted forward one hour near the start of spring and are adjusted backward in the autumn.

The modern idea of daylight saving was first proposed in 1895 by George Vernon Hudson and it was first implemented by Germany and Austria-Hungary starting on 30 April 1916. Many countries have used it at various times since then, most consistently since the energy crises of the 1970s.

The practice has been both praised and criticized. Adding daylight to evenings benefits retailing, sports, and other activities that exploit sunlight after working hours, but can cause problems for evening entertainment and other occupations tied to the sun (such as farming) or to darkness (such as firework shows). Although an early goal of DST was to reduce evening use of incandescent lighting (formerly a primary use of electricity), modern heating and cooling usage patterns differ greatly, and research about how DST currently affects energy use is limited or contradictory.

DST clock shifts present other challenges. They complicate timekeeping, and can disrupt meetings, travel, billing, record keeping, medical devices, heavy equipment, and sleep patterns. Software can often adjust computer clocks automatically, but this can be limited and error-prone, particularly when DST dates are changed.

Source: History.com

## The Health Corner



Poor sleep is common among older (or aging) people, but not getting the proper amount of sleep and not practicing good sleep hygiene could be dangerous to your health.

A study published in the May issue of the journal *Sleep*, analyzed 16 studies including more than 1.3 million participants, and found that not too little and too much sleep were linked to an increased risk of death. Following are some recommendations:

1. If you take a nap, try to do so in the early or mid-afternoon.
2. Be as active as possible during the day, including

getting outside (exposure to sunlight) if possible.

- 3.
4. Avoid caffeine and cigarettes for three to four hours before going to bed.
5. Keep the bedroom cool and dark.
6. Don't go to bed too hungry or too full.
7. Avoid medications that might impede sleep, such as a diuretic, before bedtime.

Source: *Healthy Aging*, Volume 10-G R3.

## St. Patrick's Day March 17<sup>th</sup>



St. Patrick's Day is celebrated on March 17, the saint's religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

Saint Patrick, who lived during the fifth century, is the patron saint and national apostle of Ireland. Born in Roman Britain, he was kidnapped and brought to

Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

**Did You Know...** More than 100 St. Patrick's Day parades are held across the United States; New York City and Boston are home to the largest celebrations.

## Ash Wednesday

**Ash Wednesday** is the first day of Lent in the Western Christian calendar. Occurring 46 days before Easter, it is a moveable fast that can fall as early as February 4 and as late as March 10.

According to the canonical gospels of Matthew, Mark and Luke; Jesus spent 40 days fasting in the desert, where he endured temptation by Satan. Ash Wednesday marks the beginning of this 40-day liturgical period of prayer and fasting or abstinence. Of the 46 days until Easter, six are Sundays. As the Christian sabbath, Sundays are not included in the fasting period and are instead "feast" days during Lent.

Ash Wednesday derives its name from the practice of placing ashes on the foreheads of adherents as a celebration and reminder of human mortality, and as a sign of mourning and repentance to God. The ashes used are typically gathered from the burning of the palms from the previous year's Palm Sunday. In 2014, Ash Wednesday is observed on March 5.

## 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. We currently have three ongoing projects.

1. 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 and distributed 235 caps.

2. On alternate years, Karin Neilson takes afghans to the local Women's Shelter. If you have enough scraps of yarn to knit or crochet squares that can be put together into simple afghans, please consider participating in this project. You can contact Karin for additional ideas, questions, and pick-up.

3. If the first two projects don't interest you, perhaps you can use your scraps of yarn to knit or crochet hats, scarves and/or mittens for children in the local shelters. All colors are welcome, but the finished product should fit a small child (ages 1-5). Contact Karin Neilson for pick-up or more information.



Contact Pat Byerly with any questions about this Interest Group; her email is [aaupgh.president@gmail.com](mailto:aaupgh.president@gmail.com).

## Pittsburgh Branch Executive Board

### Elected Officers

President, Patricia A. Byerly  
[aaupgh.president@gmail.com](mailto:aaupgh.president@gmail.com)  
Program Vice President, Karin Neilson  
[aaupgh.programVP@gmail.com](mailto:aaupgh.programVP@gmail.com)  
Finance Officer, Bernie Cerasaro  
[aaupgh.financeOfficer@gmail.com](mailto:aaupgh.financeOfficer@gmail.com)

### Supporting Liaisons and Committees

Public Relations Liaison, Rosemary Martinelli  
Scholarship Committee Chair, Bernie Cerasaro  
[aaupgh.scholarship@gmail.com](mailto:aaupgh.scholarship@gmail.com)  
Nominations Committee (2013-14), Bernie Cerasaro and Karin Neilson

### Interest Groups

The Knit Wits. Group Chair, Pat Byerly  
[aaupgh.president@gmail.com](mailto:aaupgh.president@gmail.com)  
The Show-goers. Group Chair, Marci Henzi  
[aaupgh.secretary@gmail.com](mailto:aaupgh.secretary@gmail.com)

## "The Show-Goers"



Thanks to The Show-Goers, we got to view some great programs this year. Stay tuned for news of some of the great shows and concerts scheduled in the new year.

Thanks for Marci for taking time to keep us informed and arrange for tickets.