



## President's Report



The Branch recently finished a Flower Power fundraiser. A total of \$96.50 was raised for the branch's Scholarship Fund.

In other news, I attended the AAUW PA 85<sup>th</sup> Annual State Meeting focusing on "WOMEN on All Fronts". I'll have a yearbook of the meeting with me at the May meeting so if you get a chance please look it over.

Speaking of the May meeting. This meeting is focusing on the future of the branch. If you haven't attended a meeting all year this is the one you don't want to miss. By the time you receive this newsletter you should have already received your invitation in the mail. Don't forget to RSVP by Monday, May 5. We have an interesting "agenda" for the meeting and hope attendance will be good. Remember, lunch will be on the branch.

## Save The Date

### May Annual Meeting at the PAA

10:30 – 1:30 Member meeting - coffee will be available and lunch will be served at 12:30 with no cost to members.

### July 12 AAUW PA Summer Retreat held in Lewisburg

Watch for details in the next *Keystoner* due out in May.

The schedule of meetings for the 2014-2015 year will be published in the July newsletter.

## AAUW Pittsburgh Branch May Election

It is the time of year when new branch officers are typically nominated and elected. Unfortunately, there will be no election this year because no one is able to take on additional responsibilities. If you think you might be interested, it is not too late. The Nominations Committee is looking for someone who is interested in becoming the branch's Vice President Membership. To see what those duties are please visit our web site at <http://www.aauwpgh.org/MembershipVP.html> then contact Pat Byerly or Karin Neilson.



## Membership Renewal Time is Approaching

Your current AAUW membership will expire on June 30, 2014. Membership dues for the 2014-2015 year are due by May 31, 2014 so that the branch can pay your national and state dues to AAUW and AAUW-PA by their June 30, 2014 deadline. Forms to renew your AAUW membership will be mailed to you near the end of April.



The Pittsburgh Branch of AAUW will be meeting at the PAA in May. The membership meeting will begin at 10:30 a.m. coffee will be available with lunch being served around 12:30. Please RSVP Pat Byerly no later than Monday, May 5<sup>th</sup>.

## 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.

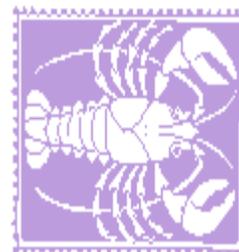
## "The Show-Goers"



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.

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

## May Birthdays



Birthday greetings are in order for the following members:

- 05/01 Rosemary Martinelli
- 05/07 Idorenyin Jamar
- 05/26 Patricia Dalby

Happy Birthday, ladies.

## The Month of May

**May** is the fifth month of the year in the Julian and Gregorian Calendars and one of seven months with the length of 31 days.

May is a month of autumn in the Southern Hemisphere and spring in the Northern Hemisphere (Summer in Europe). Therefore May in the Southern Hemisphere is the seasonal equivalent of November in the Northern Hemisphere and vice versa. No other month begins or ends on the same day of the week as May in any year. This month is the only month to have these two properties. However, May does share starting and ending days with various months of both previous and following years: every year, May starts and ends on the same day of the week as January of the following year.

Additionally, in years immediately before common years, May also starts and ends on the same day of the week as October of the following year. In years immediately before leap years, May starts on the same day of the week as April of the following year; it also both starts and ends on the same day of the week as July of the following year.

In a common year, May both starts and ends on the same day of the week as August of the previous year; it also ends on the same day of the week as November of the previous year. In a leap year, May both starts and ends on the same day of the week as March of the previous year; it also starts on the same day of the week as November and ends on the same day of the week as June, both of the previous year.

### Monthlong events in May

Following is a partial list of some of the monthlong events in May:

- [Haitian Heritage Month](#)
- [Asthma Awareness Month](#)
- [Celiac Awareness Month](#)
- May is [National Stroke Awareness Month](#)
- May is Better Speech and Hearing Month. (From an SLP person with their masters degree)
- May is Pet Cancer Month.
- May is National Brain Tumor Awareness Month. (<http://www.MilesForHope.org>)
- May is [Systemic Lupus Erythematosus](#) Awareness Month.

Source: Wikipedia

## 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

## The Knit Wits

To-date, the Knit Wits have made and distributed 235 Chemo caps. Although we are not currently making Chemo Caps, we will begin to collect them again beginning in September.

Karin Neilson still has plans to take 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. We already have nearly a dozen afghans to bring to the Shelter

If these 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)

## 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](mailto: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 Health Corner

### Avoid These 5 Factors Linked to Brain Aging

A vigorous scientific effort is underway to find ways to protect the brain from premature aging and slow the process of age-related cognitive decline that robs so many older individuals of their memories and mental acuity. Progress is being made, but despite decades of research, scientists do not entirely understand the declines in brain function associated with normal aging.



A decline in cognitive function can begin at any age, so following are some factors to consider:

**Cardiovascular Problems:** The link between poor cardiovascular health and negative brain effects is among the best-studied of the possible causes of brain changes with aging, and suggests strategies that individual might adopt in an effort to slow age-associated decline, “It makes sense to adopt a lifestyle that is healthier for your heart and brain by addressing and managing cardiovascular risk factors.”

**High Sugar Consumption:** Consuming high levels of sugar increases your risk for diabetes, which is associated with damage to blood vessels in the brain. “Eat a healthy, low-calorie, low-fat diet that avoids simple carbs with high glycemic indexes.”

**Excessive Stress:** the chronically high levels of cortisol and other hormones associated with long-term psychological stress have a negative impact on the brain and other body systems. “ Try to reduce the situations that cause stress in your day-to-day life, and learn stress-reducing techniques to help you relax and forget your tensions.”

**Free Radical Damage:** Free radicals are unstable oxygen molecules that generate chemical reactions damaging to the cells. “A diet with plentiful amounts of dark greens and brightly colored fruits and vegetables supplies one of the natural antidotes to free radicals.”

**Chronic Inflammation:** Inflammation is a natural part of the immune response. Normally an acute response to infection and/or injury, inflammation helps the body eliminate foreign substances and damaged tissue and promotes repair and healing. However, inflammation can become chronic, and when this occurs, it may be detrimental. “Seek treatment for infections and medical conditions that involve inflammation, including dental disease. “

These are just some suggestions; you should consult your regular physician for more specific recommendations and advice.

Source: “Mind, Mood & Memory”. [Massachusetts General Hospital](#). Volume 10, Number 3. March 2014.