



“Abuse through the Eyes of a Child”

Have you ever noticed a child flinch or recoil when an adult makes a sudden move? Seen a child with too many or unusual bruises? Known a young girl who seems reluctant to go home? Is there is a reason to suspect abuse in the home?

On November 9, AAUW Pittsburgh Branch will host Sarah Neilson and Corey MacDonald who will speak about the facts, and the incidence and repercussions of domestic abuse. They will focus on the many ways in which children are victimized in their own homes and by their own family members, the surprising occurrence of abuse across all American social and economic strata, and suggest ways in which we can assist in rescuing our future generations.

Sarah Neilson has worked with children in many different capacities for the past 14 years, including those with Autism, Aspergers, developmental delays, mental illness and physical handicaps. She was senior staff on a psychiatric acute and sub-acute unit, where she worked in tandem with physicians and nurses to determine treatment options. Her current job is as a child protection worker, assessing immediate safety and danger of children, and working with families in their homes.

Sarah graduated from The Chicago School of Professional Psychology with a Masters in Forensic Psychology after completing her Applied Research Project which focused on Child Advocacy Centers. She has a Bachelor of Arts in Developmental Psychology and a Bachelor of Arts in Clinical and Counseling Psychology. She has been forensically trained in interviewing child victims, has worked with numerous police and state agencies in accessing resources and supports for families in transition and need, and has solution based casework experience.

Deputy Chief Corey F. MacDonald has been a law enforcement officer for seventeen years and an attorney for the past eight. He currently serves as the Deputy Chief of Police for the City of Portsmouth, New Hampshire, and is the former City Prosecutor for the City of Portsmouth and the former Commander for the state of New Hampshire’s Internet Crimes Against Children (ICAC) Task Force. Mr. MacDonald led New Hampshire’s 60 affiliated ICAC law enforcement agencies in combating technology facilitated sex crimes and exploitation of children for four years, and appears across the country as a key note speaker and lecturer on the topics of internet safety and online social networking investigations, school safety policy and best practices.

In addition to his work with law enforcement, Mr. MacDonald is the founding partner of MacDonald and Black, PLLC, a full service civil law firm based in Portsmouth, NH focusing on employment and family law matters. Mr. MacDonald is a graduate of the Massachusetts School of Law, and of Harvard University’s Kennedy School of Government program on Driving Government Performance. He is currently pursuing a Master of Liberal Arts Degree in Government from Harvard University’s Extension School.

You won’t want to miss this presentation. **Remember, the program will begin at 11 a.m.**

Save The Dates



The Barnes and Noble Gift Wrap – December 14th and 15th at the Monroeville Barnes and Noble Book Store. (See page 2 in the newsletter.)

Scholarship Award - At the January 11, 2014 Branch meeting, we will be awarding our Scholarship monies. Our recipient will make a short presentation on her research/work.

Trip to the John Heinz Archives - On February 8, 2014, we will be visiting the John Heinz History Center Archives to add more of the Branch records and newsletters. (Page 2 offers more details.)



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

The meeting will be held on **Saturday, November 9th at the Pittsburgh Athletic Association (PAA).**

4215 Fifth Avenue Pittsburgh, PA 15213 (412) 621 - 2400	9:30–10:30 Board Meeting 10:30–11:00 Membership Meeting 11:00–12:00 Program
---	--

Reservations are required, and instead of lunch, pastries and coffee will be served at a cost of \$5.00 per person. (See p.3 for more details.)

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), Bernie Cerasaro and Karin Neilson

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?



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



Hanukkah – Begins at Sundown, November 27th

Hanukkah is the most popular holiday on the Jewish calendar. It is celebrated on the 25th day of Kislew, which is the third month of the Jewish calendar, and occurs sometime in December of the Gregorian calendar. The Hanukkah holiday lasts eight successive days during which eight candles are lit, beginning with one on the first night, two on the second night, three on the third night, and so on. The celebration also is known as the Feast of Lights, the Feast of Dedication, and the Feast of the Maccabees. Hanukkah means “dedication” and commemorates the rededication of the Jewish Temple in Jerusalem in 165 B.C. following a victorious rebellion by the Jews against their oppressors.

The history of Hanukkah traditions centers on a few key items that are widely recognized as part of this joyful holiday. The menorah, or candleholder, takes many forms and designs from one culture to another. The original Temple menorah had seven candles to reflect the seven days of God’s creation of the world, plus the day of rest. An eighth candle was used to light the other seven. Nowadays, a typical Hanukkah menorah has eight candles, with a center candle for lighting the others, cumulatively, throughout the eight days of the holiday. Menorahs are not only functional, they are also artistic and contribute an aesthetic element. Often their decorations embody the particular culture of their location. Families hold lighting ceremonies in their homes each of the eight nights as they pass on the story of the miraculous burning oil.

Another important item that is used to commemorate Hanukkah is the dreidel. Shaped like a four-sided children’s spinning top, it is thought that the dreidel was originally used during the Maccabee era to deceive the guards who spied on the Jews to keep them from worshipping the true God. When soldiers came to check on them, the Jews spun the dreidel as though gambling, when in actuality, each of the four sides held a Hebrew letter with special meaning. In modern times, Jewish children play a game with the spinning dreidel to win candy or other favors in the “pot” set aside as the prize for each child’s winning turn.

Source: Lifescript.com

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/>

Upcoming Programs

December 14 and 15, 2013

In place of a meeting in December, the AAUW Pittsburgh Branch will be participating in the Barnes and Noble Gift Wrap on December 14th (Saturday) and 15th (Sunday). Our branch is scheduled for 4 – 7 p.m. on each of those days. 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. Last year, we collected \$220 to add to the fund.

Volunteers are needed so please put these dates on your calendar and plan to sign up for a couple of hours.

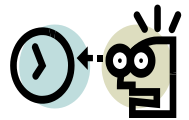
January 11, 2014

We will be honoring our Scholarship recipient at the January meeting, at which she will be presenting a short program about her work/research. Please mark this date on your calendar so you can hear about how well our scholarship monies are being used.

February 8, 2014

It has been more than a year since our branch members visited the Heinz History Center Archives. Traditionally, we have enjoyed a wonderful afternoon, lunching at the Café, and then working with Theresa Rae, the Acquisitions Archivist, who accepts our AAUW minutes, newsletters, and photos for preservation in the Archives. It’s been a great day for all in attendance in the past, and we hope our members will be able to attend this year.

Daylight Savings Time ENDS on Sunday, Nov. 3rd



Be sure to turn your clock back 1 hour on Saturday night, Nov. 2.

Benjamin Franklin first suggested Daylight Saving Time in 1784, but modern DST was not proposed until 1895. The conception of DST was mainly credited to an English builder, William Willett in 1905, when he presented the idea to advance the clock during the summer months. It was not until World War I, in 1916, that DST was adopted and implemented by several countries in Europe who initially rejected the idea.

Many people believe that DST could be linked to fewer road accidents and injuries. The extra hour of daylight in the evening is said to give children more social time and can boost the tourism industry because it increases the amount of outdoor activities. DST is also used to save energy and reduce artificial light needed during the evening hours — clocks are set one hour ahead during the spring, and one hour back to standard time in the autumn. However, many studies disagree about DST’s energy savings.

Many people in North America and the United Kingdom (UK) use the terms **spring forward** and **fall back** when they refer to the daylight saving start and end dates. The term **to spring forward** refers to when people move their clocks one hour forward, marking the start of DST. **To fall back** on the other hand, suggests that one must set the clocks one hour back when DST ends. It is associated with the fall (autumn) season because the DST schedule ends in the fall.

Source: Ask.com

Popcorn Candy Apple

(from our Branch cookbook, contributed by Rachel LaFontain)

1 box of Candy Apple mix
5 cups of popcorn



Cook candy apple mix as instructed. Pour popped corn into a bowl and then pour hot candy apple coating into the bowl. Stir till popcorn is covered with candy coating. Form into desired balls or squares. Cool for 20 minutes. Do NOT refrigerate.



Veteran's Day

Monday, November 11, 2013

Veterans Day is a federal holiday honoring military veterans. The holiday occurs on November 11th each year. When this falls on a weekend, it is observed on an adjacent weekday.

Popular Q&A

Q: *What is the Meaning of Veterans Day?*

A: Veterans Day is a day set aside to honor our men and women who served in the Armed Forces and selflessly fight for our freedom and protecting our great country.

Q: *Why is Veterans Day Important?*

A: Veterans day is an annual American holiday that honors all military veterans. It is usually observed on November 11th, however it may be adjusted if the 11th falls on a weekend.

Q: *When was the First Veterans Day?*

A: The first Veterans Day was in 1918. President Woodrow Wilson created the holiday to remember the soldiers that fought and died for our country in WWI.

Source: Ask.com .

An Afternoon at the Phipps

Our October branch activity was a trip to the Phipps. Shari Muench and Karin Neilson were able to make the day, and after a delicious soup-and-sandwich lunch, toured all the "rooms". There were abundant orchids, a model train exhibit which will be a feature of the winter tours, and even some interesting sculpture.



Birthdays

Believe it or not, none of our members will be celebrating her birthday this month. Stay tuned for next month's birthday notices.

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)
- ✚ 40 West Penn Outpatient Services (October 2013)
- ✚ 40 Not yet distributed

We have a second project starting. The Indiana (state) Special Olympics would like to collect 1,000 scarves for their athletes, families, coaches and volunteers. The deadline for making the scarves and getting them to Pat is December 10. If you are interested in participating please contact Pat and she'll give you all of the specifics. Several scarves have already been completed.

Pat Byerly with any questions about this Interest Group; her email is aauwpgh.president@gmail.com.



New Meeting Times for AAUW-Pittsburgh Branch

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 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*.

"The Show-goers"

Movies

So far, **The Showgoers** have seen two movies shown at two of the *Pittsburgh Filmmakers'* theatres. These movies are not preceded by a barrage of commercials and trailers like at mainstream theatres. They are more artistic and may even have subtitles. While the movies do cost \$7-9 per ticket, refreshments are reasonably priced and include teas and bottled selections. Often these movies do not get wide exposure, so we are fortunate to get the opportunity to see them. I will bring copies of the monthly flier from the *Pittsburgh Filmmakers* to our November meeting. Please remember to let me know if you want to be on my list for an email or call about our next movie.

This month I am offering links to reviews for both movies through *Rotten Tomatoes* which gives rating on all movies and offers trailers and short comments including many from top critics. Both movies were highly rated by critics. http://www.rottentomatoes.com/m/before_midnight_2013/ But, I preferred this one: http://www.rottentomatoes.com/m/museum_hours/

Productions

We are very excited to announce that the **Showgoers** will be attending **Rat Pack Christmas** on December 28 at 2 PM at Heinz Hall. If you haven't yet indicated that you wish to go, you can still join us if you are able to obtain your own ticket. We plan to have an after party so please, do consider but don't delay!

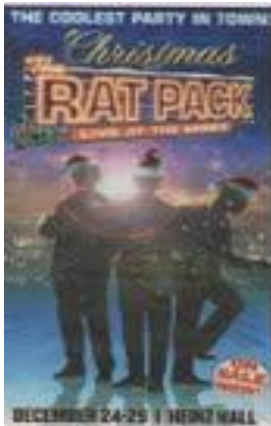
And, in February another performance option is available which makes the choice even tougher for our newly formed little group! At the last meeting, I had distributed calendars with dates for the concurrent performances in February of **Mama Mia** at *Heinz Hall*, and **Swan Lake** at the *Benedum*. **Porgy and Bess** then follows at the *Benedum*. Now, I am pleased to add that the Pittsburgh Symphony Orchestra will perform **The Planets** at *Heinz Hall* from February 7-9.

"Manfred Honeck leads the PSO in a celebration of Pittsburgh composers. Five composers representing different Pittsburgh universities contribute a movement to the world premiere of this five-part PSO commission inspired by archaic elements such as earth, water, air, fire, and metal. NASA video footage of the planets accompanies this performance of The Planets. From bellicose Mars to mystical Neptune, Holst's iconic musical portrayal of the planets and their astrological significance has delighted audiences with its richly-colored orchestration and memorable melodies"

So, please let me know what you would be interested in attending. We can't attend them all because we simply cannot afford to. But, we will be attending at least one so help us decide! I know which one I would attend if I could attend just one. I will be polling you at our November meeting. (If you need to speak with me about details or have questions, please do not hesitate to contact me through email or at **412.812.6140**.)

Isn't it great to live in Pittsburgh!

Respectfully submitted by
Marci Henzi



Thanksgiving



In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. This year, the American Thanksgiving will be celebrated on Thursday, November 28th.

1. Fact or Fiction: Thanksgiving is held on the final Thursday of November each year.

Fiction. In 1863, President Abraham Lincoln designated the last Thursday in November as a national day of thanksgiving. However, in 1939, after a request from the National Retail Dry Goods Association, President Franklin Roosevelt decreed that the holiday should always be celebrated on the fourth Thursday of the month (and never the occasional fifth, as occurred in 1939) in order to extend the holiday shopping season by a week.

2. Fact or Fiction: Macy's was the first American department store to sponsor a parade in celebration of Thanksgiving.

Fiction. The Philadelphia department store Gimbel's had sponsored a parade in 1920, but the Macy's parade, launched four years later, soon became a Thanksgiving tradition and the standard kickoff to the holiday shopping season. The parade became ever more well-known after it featured prominently in the hit film *Miracle on 34th Street* (1947), which shows actual footage of the 1946 parade. In addition to its famous giant balloons and floats, the Macy's parade features live music and other performances, including by the Radio City Music Hall Rockettes and cast members of well-known Broadway shows.

3. Fact or Fiction: Native Americans used cranberries, now a staple of many Thanksgiving dinners, for cooking as well as medicinal purposes.

Fact. According to the Cape Cod Cranberry Growers' Association, one of the country's oldest farmers' organizations, Native Americans used cranberries in a variety of foods, including "pemmican" (a nourishing, high-protein combination of crushed berries, dried deer meat and melted fat). They also used it as a medicine to treat arrow punctures and other wounds and as a dye for fabric. The Pilgrims adopted these uses for the fruit and gave it a name—"cranberry"—because its drooping pink blossoms in the spring reminded them of a crane.

4. Fact or Fiction: The movement of the turkey inspired a ballroom dance.

Fact. The turkey trot, modeled on that bird's characteristic short, jerky steps, was one of a number of popular dance styles that emerged during the late 19th and early 20th century in the United States. The traditional two-step, a simple dance that required little to no instruction, was quickly followed by such dances as the one-step, the turkey trot, the fox trot and the bunny hug, which could all be performed to the ragtime and jazz music popular at the time.

5. Fact or Fiction: Turkey contains an amino acid that makes you sleepy.

Fact. Turkey does contain the essential amino acid tryptophan, which is a natural sedative. Though many people believe turkey's tryptophan content is what makes many people feel sleepy after a big Thanksgiving meal, it is more likely the combination of fats and carbohydrates most people eat with the turkey, as well as the large amount of food and (sometimes) alcohol consumed, that makes most people feel like following their meal up with a nap.

Source: History.com