



President's Report

I hope everyone has been keeping warm. We've had some really chilling temperatures lately.

The January meeting was held on Saturday, January 11th. Our scholarship recipient, Sarah Robb, was present to accept her check and give us a glimpse at what she does and hopes to do in the future.



Sarah is currently a graduate student at Robert Morris University and she is majoring in Biomedical and Mechanical Engineering and Engineering Management. She is involved in nursing trips to Nicaragua for clinical outreach. Her presentation was on her most recent trip to Nicaragua where she participated in a program investigating the needs and causes of health problems within Nicaragua. She is looking for ways to apply her biomedical and mechanical engineering knowledge and skills to make a difference in those communities. Sarah's goal is to explore engineering and it's applications to health problems in Nicaragua. You can learn more by visiting <http://www.rmu.edu/Blog/ScholarshipEnablesRMUStudenttoTraveltoNicaragua>.

The branch is in excellent shape financially with over \$4,000 in our checking account and \$26,000 in investments.

Membership is down to 29. We are in desperate need of new members so please talk to friends, family, and co-workers about our organization. If they have any questions you can't answer just have them contact me.

I hope to see everyone at the Heinz History Center next month when we visit our archive. You would be amazed at what is there.

Please watch for the February issue of the *Keystoner* for details about the upcoming election and the annual state meeting in Gettysburg.

Respectfully submitted,

Patricia Byerly

Save The Dates



March 8, 2014

In 2010, AAUW published findings concerning women's underrepresentation in science, technology, engineering, and mathematics. Our program in March will feature our Branch Secretary, Marci Henzi, who will spotlight the accomplishments of women in mathematics within the context of their particular life spans. She will also be including references to this important issue in modern times.



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.

May 10, 2014

The Annual Membership meeting will occur on Saturday, May 10. Watch upcoming newsletters for time and place.



The Pittsburgh Branch will not have an official meeting on February 8th. Instead, we will be visiting the **Heinz History Center Archives**, to review the AAUW files already being stored there, and to add more recent information about our Branch.



We will begin with a lunch at the History Center Café at 12 noon, and then go to the Archives for our 1 PM appointment with Theresa Rae, the Acquisitions Archivist.

We have visited the Archives in previous years, and it's always been an interesting afternoon. Please plan on joining us.

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

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*.

Abraham Lincoln (February 12)

Abraham Lincoln, a self-taught Illinois lawyer and legislator with a reputation as an eloquent opponent of slavery, shocked many when he overcame several more prominent contenders to win the Republican Party's nomination for president in 1860. His election that November pushed several Southern states to secede by the time of his inauguration in March 1861, and the Civil War began barely a month later. Contrary to expectations, Lincoln proved to be a shrewd military strategist and a savvy leader during what became the costliest conflict ever fought on American soil.



The Gettysburg Address (November 19, 1863)

Most of us are familiar with the circumstances surrounding the delivery of Lincoln's Gettysburg Address, and many of us had to memorize it in the early years of our education. But how many of us remember the actual words now? There are five known copies of the Gettysburg Address but the most often quoted/copied is the **Bliss** copy.

Ever since Lincoln wrote it, this version has been the most often reproduced, notably on the walls of the Lincoln Memorial in Washington. (It is named after Colonel Alexander Bliss.) However, because Lincoln wrote on both sides of the paper, the speech could not be reprinted, so Lincoln made another copy at Bliss's request. It is the last known copy written by Lincoln and the only one signed and dated by him. Today it is on display at the Lincoln Room of the White House.

Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we can not dedicate -- we can not consecrate -- we can not hallow -- this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.

Abraham Lincoln

Source: History.com

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 aaupgh.newsletter@gmail.com.



Birthdays

Please take time to congratulate the following members on the celebration of their birthdays: 02/09 **Diane Mooney** and 02/19 **Jean Henderson**.



"The Show-goers"

Productions

Please join us at 2:30 PM on Saturday, February 9 at Heinz Hall as NASA video footage of the planets accompanies the Pittsburgh Symphony Orchestra performance of Gustav Holst's *The Planets*. It will be an iconic musical portrayal of the planets and their astrological significance with richly colored orchestration and memorable melodies. Please contact Marci Henzi at [412-894-3653](tel:412-894-3653) or aaupgh.secretary@gmail.com.



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. These lovely caps have been distributed to InterCommunity Cancer Center in Monroeville, the Don Monti Cancer Center in New York, the West Penn Outpatient Services in Monroeville, UPMC Cancer Center in the South Hills, InterCommunity Cancer Center in Monroeville, and West Penn Outpatient Services in Monroeville.

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.

New Meeting Times for AAUW-Pittsburgh Branch

March meeting at PAA

9:30 – 10:30 Board meeting

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

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 - coffee and pastries will be served

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.

George Washington (February 22)



George Washington was born on February 22, 1732, at his family's plantation on Pope's Creek in Westmoreland County, in the British colony of Virginia. Few details about Washington's early education are known, although children of prosperous families

like his typically were taught at home by private tutors or attended private schools. It's believed he finished his formal schooling at around age 15.

As a teenager, Washington, who had shown an aptitude for mathematics, became a successful surveyor. His surveying expeditions into the Virginia wilderness earned him enough money to begin acquiring land of his own.

In December 1752, Washington, who had no previous military experience, was made a commander of the Virginia militia. He saw action in the French and Indian War and was eventually put in charge of all of Virginia's militia forces. By 1759, Washington had resigned his commission, returned to Mount Vernon and was elected to the Virginia House of Burgesses, where he served until 1774. In January 1759, he married Martha Dandridge Custis (1731-1802), a wealthy widow with two children. Washington became a devoted stepfather to the children; he and Martha never had any offspring of their own.

Washington served as a delegate to the First Continental Congress in 1774 in Philadelphia. By the time the Second Continental Congress convened a year later, the American Revolution had begun in earnest, and Washington was named commander in chief of the Continental Army.

Washington proved to be a better general than military strategist. His strength lay not in his genius on the battlefield but in his ability to keep the struggling colonial army together. His troops were poorly trained and lacked food, ammunition and other supplies (soldiers sometimes even went without shoes in winter). However, Washington was able to give them the direction and motivation to keep going. Over the course of the grueling eight-year war, the colonial forces won few battles but consistently held their own against the British. In October 1781, with the aid of the French (who allied themselves with the colonists over their rivals the British), the Continental forces were able to capture British troops under General Charles Cornwallis (1738-1805) in Yorktown, Virginia. This action effectively ended the Revolutionary War and Washington was declared a national hero.

In 1787, he was asked to attend the Constitutional Convention in Philadelphia and head the committee to draft the new constitution. His impressive leadership there convinced the delegates that he was by far the most qualified man to become the nation's first president. The first presidential election was held on January 7, 1789, and Washington won handily. John Adams (1735-1826), who received the second-largest number of votes, became the nation's first vice president.

George Washington (continued on page 4)

Health Corner

Regardless of your age, it's wise to pay attention to your eyes and vision. Presbyopia, which literally means "aging eye", is very prevalent, and eventually affects everyone over the age of 40, according to the National Eye Institute. It occurs when the lens—the focusing mechanism in the eye—starts to lose its elasticity, making it difficult to read at close distances, explains Bruce Rosenthal, MD, chief of low vision service at Lighthouse International, and adjunct professor at Mount Sinai.



For optimal eye health:

- Get an eye exam every year. Eye diseases don't always have symptoms, and early detection and treatment could prevent vision loss.
- See an eye care professional if you have any of the following symptoms: sudden change in vision; everything looks dim; flashes of light; eye pain; double vision; fluid coming from the eye; inflammation.

Source: "Sharpen Your Vision With the Right Exam and Glasses." [Focus on Healthy Aging, Icahn School of Medicine at Mount Sinai](#). Volume 10G-R3.

Valentine's Day

The Legend of St. Valentine

The history of Valentine's Day--and the story of its patron saint--is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?



The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl--possibly his jailor's daughter--who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and--most importantly--romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

Source: History.com

George Washington (continued from page 3)

The 57-year-old Washington was inaugurated on April 30, 1789, in New York City. Because Washington, D.C., America's future capital city wasn't yet built, he lived in New York and Philadelphia.

Mindful that his actions would likely determine how future presidents were expected to govern, Washington worked hard to set an example of fairness, prudence and integrity. In foreign matters, he supported cordial relations with other countries but also favored a position of neutrality in foreign conflicts. Domestically, he nominated the first chief justice of the U.S. Supreme Court, John Jay (1745-1829), signed a bill establishing the first national bank and set up his own presidential cabinet. His two most prominent cabinet appointees were Secretary of State Thomas Jefferson (1743-1826) and Secretary of the Treasury Alexander Hamilton (1755-1804), two men who disagreed strongly on the role of the federal government. Hamilton favored a strong central government, while Jefferson favored stronger states' rights. Washington believed that divergent views were critical for the health of the new government, but he was distressed at what he saw as an emerging partisanship.

After his Presidency, Washington returned to Mount Vernon and devoted his attentions to making the plantation as productive as it had been before he became president. More than four decades of public service had aged him, but he was still a commanding figure. In December 1799, he caught a cold after inspecting his properties in the rain. The cold developed into a throat infection and Washington died on the night of December 14 at the age of 67. He was entombed at Mount Vernon, which in 1960 was designated a national historic landmark.

Source: History.com

What happens in February?

What happens in Feb? For such a short month, there is a tremendous amount of activity, and many important events occurred in February: **Valentine's Day, Lincoln's Birthday, Washington's Birthday, Shrove Tuesday, Ash Wednesday** and **Lent**. It is also the time leading up to **Easter**.

Birthstone=**Amethyst**; Flower=**Violet**

**One of the two Horoscopes for February -- Aquarius
Year 2014 at a Glance**

Ganesha predicts that this year you are likely to dig deep into your family history and try to find out more about your ancestors. Due to North Node's transit through the 9th House of Luck from your Sign during the 2nd, 3rd and 4th quarters, you might just get the feeling that the stars are not in your favour. However, such is not the case. Ganesha advises you not to become gloomy, but to keep your outlook as positive as possible and believe that things are bound to get better. But, at the same time make sure you don't repeat past mistakes. Both your personal and professional lives shall need attention, so you may end up doing the tight-rope act. On and off throughout the year you shall feel like taking a break to meditate in the quest to gain peace of mind.

.....

Pittsburgh Branch Executive Board

Elected Officers

President, Patricia A. Byerly
aaupgh.president@gmail.com
Program Vice President, Karin Neilson
aaupgh.programVP@gmail.com
Finance Officer, Bernie Cerasaro
aaupgh.financeOfficer@gmail.com

Supporting Liaisons and Committees

Public Relations Liaison, Rosemary Martinelli
Scholarship Committee Chair, Bernie Cerasaro
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
The Show-goers. Group Chair, Marci Henzi
aaupgh.secretary@gmail.com