

**American Association Of
University Women
Sussex County Branch**



www.aauwsussex.org

September 10, 2007

Happy Autumn!

Greetings from the President!

It is with pride that I begin this year as the president of our AAUW Sussex County Branch, one that has been in existence for 60 years. We plan to celebrate that fete on November 13th. Our Board Members are going to present a skit, "60 Years of AAUW", so it will be a birthday party to remember!

Many interesting programs are scheduled this year, heightening our members' awareness in educational, historical, geographical, cultural, and collectible arenas. Confirmed guest speakers include AAUW's NJ State Liaison Representative, Ms. Sally Ann Goodson, relating newsy information from AAUW/NJ; the new President of Sussex County Community College, Dr. Constance Mierendorf, discussing her vision of education for SCCC; and our previous NJ State Liaison Representative, Ms. Sylvia Campbell, engaging our interest in the history and culture of Japan.

Sally Ann Goodson is joining us for our September 15th Welcome Luncheon at the Bella Italia Restaurant. I hope that she shares some "insider" information from the National AAUW Convention. I know that she will speak about NJ news, so come and enjoy learning more about *your* association.

For a delightful twist, the Sussex Highlands League of Women Voters, a political but non-partisan organization, will treat *our AAUW members and guests* to a lovely luncheon at our October 27th Meeting and Reception for Dr. Constance Mierendorf. Co-Presidents ~ Gail Swain, Sue Pironti, and Joy Ricker plan to gather their clan and treat us to a fine afternoon. Members of the Sparta Women's Club are also invited to join in on the festivities. We are happily determined to let Dr. Mierendorf know that we are behind her 100%. As most of you know, our

branch has long been a supporter of SCCC. We have sponsored field trips for middle school girls to the college to assist them in discovering educational opportunities here in Sussex County. We have provided scholarships for Sussex County women majoring in the arts through the Virginia Randall Scholarship for the Arts. With this history of cooperation, SCCC's past-president Mr. Harold Damato, proclaimed November 14th the American Association of University Women Day on the Sussex County Community College campus. I believe that it is imperative that our branch blends our past successful rapport with Dr. Mierendorf's visionary ideals so that we maintain a continued, sustainable relationship with SCCC in the future. With this spirit of camaraderie, I am looking forward to presenting an "AAUW Honorary Membership" to her on behalf of all of our AAUW members.

I believe that I am going to make just one goal for our branch: the goal of high expectations. I expect to drive others and myself to better understand the mission of our association*, to increase public awareness, to encourage growth in membership, to foster friendship and fellowship among our members, and to broaden our sights of global awareness and responsibility. I hope that you plan to accompany me on this endless journey of self-improvement and non-insular realization via the ideals and standards of AAUW.

Personally, I plan to enjoy the ride!

Enjoy the beauty of the season ~~

Carole

AAUW mission:
To advance equity for women and girls through
advocacy, education, and research.

Sussex County Branch News

Book Club

The first Book Club Meeting is scheduled for Tuesday, September 18th at Stevie Fava's home. I heard from quite a few people that the book of the month ~ ***The Peabody Sisters***, by Megan Marshall was well worth reading. I am certain that the evening will yield lively discussion as well as a few delicious goodies! See you there!

The following is an excerpt from Carol Holmelund's 2007 National Convention article. "We heard a fascinating speaker, Author (*Three Cups of Tea*) Greg Mortenson, describe his efforts to build schools, especially for girls, in remote areas of Afghanistan and Pakistan where there were none; believing education is a key antidote to fanaticism. He has constructed over 60 schools where education was non-existent for girls and most boys. An AAUW member, he heartily endorses our work, and quoted an African proverb: 'If you educate a boy, you educate an individual. If you educate a girl, you educate a community.'"

Hmmm! It sounds as if Mr. Mortenson's *Three Cups of Tea* would be an excellent choice to add to the Book Club List!!

Independent Film Evening

I am so excited to tell you about a new branch activity: The Independent Film Evening. One of our new members, Dr. Susan Paynter living in Newton, has offered to chair this fun, educational, interesting, and chock-full-of-ideas evening. What a fantabulous way to improve friendships, to keep the brain cells working, and to watch some stimulating movies. Each independent movie is selected to provoke a great deal of discussion and opinions. I am not sure when the first IFE will be, but I will let everyone know when it is scheduled, and buy the popcorn just to be ready, OK?

Dominican Republic Trip

The members of the Spanish Cultural Club at Sussex County Technical School are planning their 4th trip to the Dominican Republic this November. There are still some openings to accompany the club on this worthwhile mission. If anyone is interested in going, please contact Mary Rapuano by calling 973.579.3353 or emailing maryrap@gmail.com.

Cultural Events

Harmony in Motion, a Women's Barbershop Chorus, present a 50s show, "**At the Hop**", on Sunday, September 30, 2007 at 3 p.m. Location: High Point Regional High School, Pigeon Hill Road, Sussex, NJ. Tickets ~ adults: \$12; seniors: \$10; children (12 and under): \$8. For tickets call 973.827.9487.

Chamber Music at Great Gorge is a not for profit organization dedicated to bringing the finest in classical chamber music to the northern New Jersey area. They bring professional musical artists of the highest caliber to perform the best of the chamber music repertoire. They presently provide two concerts each season and all of their concerts have received critical acclaim and present truly outstanding music and artists.

The next concert is Sunday, October 14, 2007 at 5 p.m. Location: St. Francis De Sales Church, Route 517, Vernon, NJ.

Health Helper

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about very two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

**American Association
of University Women
- New Jersey -**

Join the State Board

Your AAUW state board needs your ideas and input about how best to continue actively reinforcing our agenda, continuing the work begun over 125 years ago. We have until next spring to think about filling an opening on the board, where you (or someone whom you've noticed for her capability and interest) will be needed to step into some empty slots. One position we must fill is a Northern District Coordinator. Other officers have served one two-year term, and hopefully will work a second, but sometimes cannot. These are: President, Executive V.P., Communication V Your AAUW state board needs your ideas and input about how best to continue actively. P., Equity/Program V.P., and Membership. The state board meets five times a year, usually for dinner; we enjoy new friends and ideas, have some laughs, and do a lot of brainstorming and work. Currently the meetings begin at 5:30 PM and last until 7:45 or 8:00, but that might change if members' needs change. Each job has unique responsibilities, carried out by the person with help from any committee members she may appoint. Job descriptions are readily available by contacting the current state Secretary, Sylvia Campbell, 973.625.9017. Think about it!!

If you were elected at the 2007 annual meeting to serve on the Nominating Committee next spring, please contact chair Carol Holmelund, 973-328-17675, cholmelund@verizon.net, to give her your name, address, phone number and e-mail address.

**NJ State Issues Symposium, Friday,
January 25, 2008: 4 Areas of Bullying**

At the last State Board meeting, it was determined that AAUW/NJ should concentrate on 4 areas of bullying - Schools, the Workplace, Cyber Bullying and the Rising Gang Phenomena. Hopefully Brookdale Community College will be the venue because

it was a wonderful place for the meeting last year. It is centrally located and the facilities were terrific.

There is an organization in NJ called www.Bullystoppers.com that the state will also try to reach. Maybe you can contact it to learn more about the real problem of bullying.

UPCOMING NJ EVENTS

- October 13, 2007, Fall Focus: Re-imagining Your Branch
- January 26, 2008, Special Issues: Bullying at Work, In School, In Cyberspace
- March 7, 2008, TeenTech: Connecting Girls & Technology

Our New Website!

Our branch's website, www.aauwsussex.org is now on the National AAUW website! You can view the site by:

- signing into www.AAUW.org
- clicking into the member center on the top left
- clicking on branches and states on the left side
- clicking branch locator on the left side
- choosing **NJ**
- clicking on **Sussex County!!**

It sounds tricky, but it really is not. I thought that you might enjoy viewing the site on the National AAUW website! While you are on the NJ section, take a peek, or a long glance at *The Garden Statement!* It had scads of wonderful NJ news and pictures.

Of course, the easiest method is simply to type in www.aauwsussex.org in your computer's Internet Address Area, and *voila*, the site magically appears!

Then, place the site in *your favorites* or *bookmark it*, and you will have ready access to all of the information and pictures for **your own Sussex County Branch.**

Remember to bookmark our website:

www.aauwsussex.org



National AAUW News The Roar of the Women – Carol Holmelund

Imagine the sound of 800 women shouting *YES* together, voting with one loud voice to accept – unanimously – the restructuring bylaws changes for AAUW’s future lean-and-mean mind-set, already begun with the Association’s national staff now reduced from 112 to 53, and revenue at \$3.5-million, down from \$6.3-million in 2001. Wow! You shoulda been there!

Of course there will be a transitional period, and more decisions made in coming months by the new and old boards working together. AAUW is reinventing itself in response to concerns about aging and declining membership. Our Phoenix is rising!

Not all the issue votes were unanimous, but all proposals discussed in your *Outlook* passed, with some minor changes, most with large majorities. We’re all on one page throughout the country. AAUW and the foundation will combine many assets and activities forming a streamlined group with one set of elected officers. And the “one member, one vote” amendment gives all members a direct voice by mail or e-mail in important national decisions made between conventions. Your individual voices will be heard – you simply have to cast your votes.

Will we change the sometimes unwieldy name of our organization as some rumors have it? Who knows? It is one of those issues that would be voted upon by every member. We heard questions asked about this. At this time there is no answer. Our leaders will make proposals, and we’ll vote on them.

Great ideas came from Sherry Schiller, an organizational change guru and AAUW strategic process consultant, who advised us to accept the modified by-laws. She asked us to focus on what we are deeply passionate about. What are we best at in the world? What drives our resources engine? She asked us focus on our VISION, and everything else centers on that, with direct, coordinated, consistent actions leading to that vision. Ask ourselves: What can I and my branch do for the Association’s overall purpose?

She found that 87% of an AAUW board’s time is spent looking at RULES. We need to throw out the rulebooks, and ask, “Why are we doing this?” And do it.

We must respect one another, avoiding nit picking and finger pointing. We need a constructive culture, and all must speak up when witnessing non-constructive behavior, adopting a bias for the positive.

A panel of women of all ages including one grandma, mom, and daughter trio came up with these ideas, stating more younger women would get involved in AAUW and other women’s organizations if:

- We recognize their goals
- We accommodate their communication forms, keep up with methods such as e-mail, blogs, Instant Messaging (IM)
- We go to where they are, such as colleges
- We make them feel important by listening
- We become more tolerant and flexible of others’ needs
- We show the ropes – provide mentoring to a new member. Take her to meetings.
- We see one of the biggest barriers to membership is cost. How about sponsoring (paying membership for) a younger member?
- We are completely open and welcoming
- We go into areas where people don’t look like us and listen to the needs of that community
- We meet with other groups to “fill up the room” and feel good
- We use college and university women’s groups
- We try a science/math project with a local company

All references to IFUW were stricken from the bylaws with the exception of the provision for international reciprocity, which will remain a courtesy. However, some U.S. states are investigating joining IFUW as a state, and individual membership is available through

www.IFUW.org. It costs a lot more per person (about US\$70.00) than the \$3.00+ that AAUW would have to have paid per U.S. member for all three years we're in arrears, but those interested in furthering IFUW's aims can help by joining, or by contributing to the Virginia Gildersleeve Fund or other international groups.

AAUW Offers Action-oriented Resource Addressing Harassment in Schools

Most Americans say they are worried about school safety, and nearly half of all parents fear for their child's safety at school. But what exactly are parents afraid of? Guns? Drugs?

The reality is that school violence takes many forms. An often-overlooked aspect of school safety that continues to be a serious problem in the nation's schools is sexual harassment. As recently as 2001, 80 percent of students said they experienced sexual harassment in school, with troubling consequences.

Harassment-Free Hallways reflects dozens of collective years of work that experts have conducted on the issue. AAUW hopes this informative, concise, and action-oriented resource will help you create harassment-free schools.

To request a free Harassment-Free Hallways packet, which includes a copy of the guide and the AAUW Educational Foundation research report *Hostile Hallways: Bullying, Teasing, and Sexual Harassment in School*, visit www.aauw.org/K-12.

Legal Advocacy Fund Campus Outreach Program

The AAUW Legal Advocacy Fund launched its campus outreach initiative to

- Educate students and staff about sex discrimination issues.
- Share ways to address and prevent sex discrimination.
- Provide action steps toward creating a more equitable campus climate.

LAF believes that the more men and women know about sex discrimination and the prevention policies in place at their institutions, the less sex discrimination will occur.

Virginia Tech hosted the first campus outreach program in 1997. LAF staff and leaders worked with school administrators to present *Sex, Lies, and Lawsuits*, a seminar for students and faculty,

which was marketed as part of Virginia Tech's Women's Month. Since then, LAF has presented programs on more than 20 campuses, among them UCLA, Boston College, Stanford University, Michigan State University, the University of Southern Florida, Harvard University, North Carolina State University, Wayne State College, the University of Notre Dame, the University of Rochester, Columbia University, the University of Redlands, Eastern Washington University, and the University of Virginia.

Typically, LAF staff works with administrators, faculty, and students at each university to determine the best type of presentation and the specific issues to be addressed. Presentations vary in format, from panel discussions to brown bag lunches to video presentations with open discussions.

The campus outreach program is made possible through the generous contribution of an anonymous donor.

LAF Update Newsletter

LAF Update provides details on cases adopted by the Legal Advocacy Fund. *LAF Update* is posted in PDF format on the National AAUW website: www.aauw.org. A download for the free Adobe Acrobat reader to view PDF documents is available on the national website.

LAF Adds Valuable Resource

The Legal Advocacy Fund will soon launch a new web page, titled "Title IX Athletics on Campus," dedicated to Athletics and Title IX of the Education Amendments of 1972. This web page will include items such as statistics on women athletes in colleges, a history of Title IX, summaries of important cases involving Title IX and athletics, and a list of organizations and agencies that provide resources to people about Title IX and Athletics. Please check out AAUW's new web page. It will be located in the Legal Advocacy Fund Resource Library. (AAUW launches its newly revised web site on Sept 17th)



AAUW PUBLIC POLICY PROGRAM, 2007–2009

The public policy program underscores AAUW's mission of advancing equity for women and girls through advocacy, education, and research, and speaks to women's needs, aspirations, and concerns across the life span. The work of AAUW builds upon over a century of responsible public participation at the local, state, national, and international levels. AAUW is committed to working in partnership with diverse allies.

The following principles provide a basis for AAUW members' actions at the local, state, federal, and international levels. Implicit in each is support for government agencies administering programs, including adequate appropriations, effective and accountable administration, and provision for citizen participation. We work to increase the number of underrepresented populations, including women, in policy- and other decision-making positions.

PUBLIC POLICY PRINCIPLES FOR ACTION

Basic to all of AAUW's public policy efforts is the understanding that true equity requires a balance between the rights of the individual and the needs of the community. We firmly believe in the separation of church and state. AAUW supports constitutional protection for the civil rights of all individuals, including the right to privacy.

We support a fair, balanced, and independent judiciary. We oppose all forms of discrimination. We support affirmative action to improve racial, ethnic, and gender diversity. We affirm our commitment to passage and ratification of the Equal Rights Amendment.

AAUW believes that quality public education is the foundation of a democratic society. We advocate equity, academic freedom, protection from censorship, bias-free education, and responsible funding for all levels of education. We advocate increased access to higher education, especially for women in poverty.

AAUW promotes the economic, social, and physical well being of all persons. Essential to that well-being are an economy that provides equitable employment opportunities, a livable wage, reduction of poverty, quality affordable dependent care, paid family and medical leave, decent and affordable housing, and quality affordable health care; freedom from violence; and a clean and healthful environment. We support a Social Security system that provides inflation-protected, guaranteed lifetime benefits with a progressive benefit formula, spousal and widow benefits, and disability and survivor benefits. We support public budgets that balance individual rights and responsibility to community. We support meaningful campaign finance reform that will promote equitable participation and representation.

AAUW values and is committed to the arts and humanities, which develop and enhance our pluralistic cultural heritage.

AAUW believes that global interdependence requires national and international policies that promote peace, justice, human rights, sustainable development, and mutual security for all people. We advocate public discussion to ensure enlightened decisions on these issues. We support a strengthened United Nations and its affiliated agencies. We advocate implementation of the Beijing Declaration and Platform for Action from the 4th World Conference on Women and subsequent declarations. We affirm our commitment to the U.N. Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW). We support international family planning programs that are consistent with AAUW policy.



AAUW International Programs and Partnerships

One Shared World ~ Hope is Our Common Language: Connecting American women to the many public and private efforts that help people in developing countries overcome poverty, hunger, illiteracy and disease.

AAUW continues for a second year in an unprecedented partnership to support *One Shared World* with [American Women in Radio and Television](#) (AWRT), the [National Association of Women Business Owners](#) (NAWBO) and the [National Council of Negro Women](#) (NCNW). Funded by the [United States Agency for International Development](#), AAUW's grant is administered by the Washington, D.C.-based [Academy for Educational Development](#).

Focusing on health, education and economic progress, *One Shared World* aims to connect American working women to the many public and private efforts that help people in developing countries overcome poverty, hunger, illiteracy and disease. It highlights the similarities between American women and those in cities, towns and villages in every corner of the globe.

AAUW members have always been in the forefront of helping others...from our immediate families to our extended communities. Now, by connecting with each other, with our partner organizations, and with women around the world, we can have a real and measurable impact on our *global* future.

►►In January 2007 more than a dozen states and over 35 members participated in a "teleseminar" web and audio event to introduce *One Shared World's* comprehensive "program-in-a-box" set of materials available for states and branches to use in programming during 2007. To view these materials, visit www.onesharedworld.org.

Login: onesharedworld **Password:** osw

AAUW Educational Foundation International Fellowships

International Fellowships are awarded for full-time study or research to women who are not U.S. citizens or permanent residents. Fellowships support graduate or postgraduate studies at accredited institutions. Recipients are selected for academic achievement and demonstrated commitment to women and girls. The overwhelming majority return to their home countries to become leaders in their fields as heads of state, university professors, community activists, world-renowned artists, and scientists.

Originally designed to provide Latin American women with opportunities for graduate and postgraduate study in the United States, the International Fellowships program awarded its first fellowship in 1917 to **Virginia Alvarez-Hussey**, who studied medicine at the Women's Medical College of Pennsylvania and then returned to Venezuela, where she became a specialist in the treatment of leprosy.

The AAUW Educational Foundation expanded the International Fellowships program in 1945 to provide higher education opportunities to European women from countries devastated by Nazi domination during World War II. The program now includes women from around the world, and International Fellowships have been awarded to over 2,600 women representing 135 countries.

To increase support for International Fellows, the program introduced Home-Country Project Grants in 1999-2000. These one-year supplemental grants provide additional funding for fellowship recipients to return to their home countries to implement projects benefiting women and girls.

The 2006-07 International Fellows strive to make a difference in the world, though diverse fields. They are working on the treatment of speech impairments for women and children in Moldova, examining childrens' literature to shed light on gender dynamics in Thailand, studying Alzheimer's disease, and empowering women through education on human rights in Kenya and Zimbabwe, among other projects.