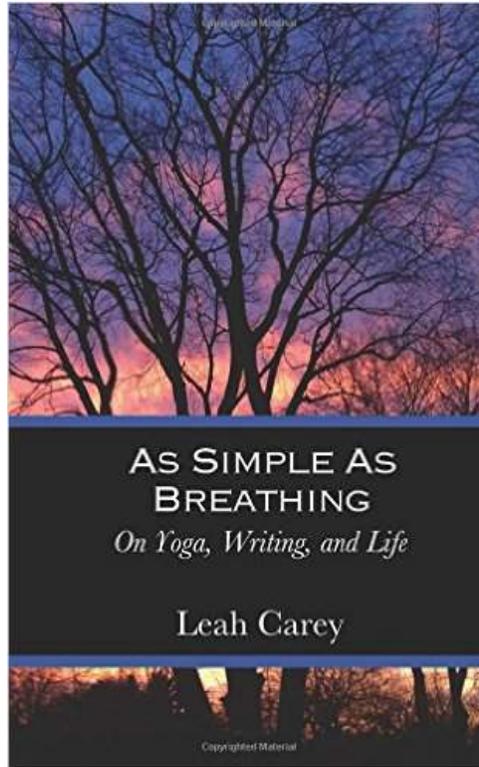


OCTOBER'S GENERAL MEETING

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Leah Carey
Niece of our own Toni Walsh
will discuss her first published book

A Collection of personal essays,
Carey inspires us to examine the Essential elements
of our lives in order to become more fully ourselves.

On October 21 at 6:30 pm
the McChesney Room of
The Schenectady County Public Library
(see page 2 for more background information)

Mark Your Calendar

Wednesday, October 7
Board Meeting: 6:45 p.m.
Niskayuna Town Hall

Wednesday, October 21
General Meeting 6:30
McChesney Room

Wednesday, November 4
Board Meeting 6:45 pm
Niskayuna Town Hall

Candidate Forums
October 15: Schenectady &
Niskayuna
October 19: Glenville
October 20: Rotterdam
(see details on page 5)

Tuesday, November 3
ELECTION DAY!



October is Breast Cancer Awareness Month



Author Background Notes: Leah Carey

Each of us has the opportunity to share our gifts with the world. This is a tricky proposition, though. It takes time to understand one's gifts and time to understand the world. It's no surprise that many of us wake up at mid-life and see things differently. After all the doing and being for others in our small circles of existence we realize that we have more and are more. Maybe we always sensed this, but the fog has finally cleared and we can see it. It's hard to look away."

So begins Leah Carey in this collection of personal essays exploring how we overcome self-doubt, find our purpose, and share our talents.

Each reflection uses a yoga pose as its foundation, and Carey weaves this metaphor through her frank and wholehearted discussion of conquering fear, gaining clarity, parenting, friendship, loss, love, and vulnerability.

About the Author

Leah Carey is a writer, entrepreneur, and executive coach. She has worked in the corporate world for over 25 years, both as an internal consultant and as an independent consultant to high-technology firms. Leah is a dedicated reader and yoga practitioner. She is the mother of two grown daughters and lives with her husband in the suburbs of Boston. *As Simple As Breathing: On Yoga, Writing, and Life* is her first book.

More of Leah's thoughts on books and writing can be found at her website, The Mandala Writers Circle, www.mandalawriterscircle.com





WELCOME FALL!



President's Message

This morning (September 1) there was an article in the *New York Times* which discussed the appalling dearth of women in leadership positions world wide and in the United States. I was casting about for a topic for my monthly message - and I had an aha moment! The United States fares poorly in representation of women in significant leadership positions but I thought back to my first years in Poughkeepsie and to three women who embodied a *can do* attitude! So let me introduce you to Anna Oder Buchholz (1921-2007) and Marie Tarver and Lucille Pattison.



Ann Buchholz became a Dutchess County legislator in 1971 after three unsuccessful campaigns. I helped distribute campaign flyers for her - and I recall being chased out of driveways by irate men who couldn't envision a women in elected office!!!! She also paved the way for other women. In fact, in 1978 Dutchess County elected Lucille Pattison as its County Executive and *Lucille was the first woman county executive in the United States!* Ann raised my political awareness and I had the privilege of working with her in both campaigning and in the League of Women Voters.

Marie Tarver had two obstacles to overcome; not only was she a woman, she was a black woman! In 1965 she became the first African-American to be elected to the Poughkeepsie School Board and she effectively advocated for hiring qualified minority teachers in the city's schools. She was the first African-American to teach at Marist College and she was instrumental in advocating for diversity.

These women were leaders in paving the road for those who followed. They did their jobs with grace and integrity. They didn't plan to be inspirational; they just wanted full participation in civic life! We - in AAUW - carry on that tradition and give testimony to that objective. We embody the ideal of full participation in civic life. I wish you a healthy and active month of participation!

Eleanor Aronstein





WOMEN'S EQUALITY-NINE POINTS OR NONE

In January the New York State Senate passed eight points of the Women's Equality Act. Senator Diane Savino (D) sponsored the bill, citing that she is willing to forgo passing the ninth point (The Reproductive Health Act) so that the other eight points can be passed. She urged Assembly Democrats not to toss out good reform for politics' sake.

The bill passed by the Senate would fight sex trafficking, stop discrimination based on family status, end pregnancy discrimination in the workplace, prevent housing discrimination, protect women against sexual harassment, and ensure equal pay for women. The "sticking" point in the Assembly is that all nine points are not included. As of February 5, they will only pass the total package and refuse to vote on the other eight points. The Senate will not pass the Reproductive Health Act. This would align state abortion law with federal law set by *Roe v. Wade*. There are no pro-choice Republicans and some pro-life Democrats in the Senate, so there are not have enough votes to pass the whole nine points. Also, since there is no immediate threat to overturn *Roe v. Wade*, should women be denied the other eight points that would greatly benefit them? This is the question that the members in the Assembly have to answer.

Assemblywoman Amy Paulin, a Scarsdale Democrat, believes that members of her conference might support voting on each bill separately. Paulin told Capital News that more members in the Assembly have voiced support to pass the eight points. She stated that "civil rights were not achieved in one lump. It was achieved over time in many baby steps." Many major social issues took years to rectify. We have to start at some point to take action.

Will the Assembly pass each bill separately is the question that only they can answer. It would be a shame if another year passes with no action. The losers in this political battle are the women in **New York State.** Linda Rizzo, Public Policy

Quote of the Month

"It is impossible to live without failing at something unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default." JK Rowling

"This should inspire us all to attempt something new, like volunteering to help with an AAUW project or fundraiser." G. Karl





Legal Advocacy Fund

The Legal Advocacy Fund (LAF) provides financial and organizational support for a select number of cases in the workplace and in academia that have the potential to provide significant protection for all women. Women workers denied promotions at Wal-Mart, military veteran survivors of sexual assault, and college/university staff who are experiencing unfair pay are some of the plaintiffs AAUW assists through our case support program.

One of the cases that AAUW is currently supporting is ***Baldwin et al. v. Department of Defense***. Servicewomen Celina Baldwin, Alyssa Rodriguez, Jennifer Smith and Carmelita Swain were forced to endure sexual assault or rape while on active duty, some during deployments. Although each plaintiff tried to seek justice through the military's system, they claim that the military failed to provide fair hearings or protect them from retaliation. They filed suit under civilian laws and under the U.S. Constitution, fighting to reform the military justice system and prevent service members who were themselves accused of sexual harassment or assault from serving as convening authorities in charge of sexual assault misconduct investigations. The case was filed in late March 2015 in the Eastern District of Virginia. The plaintiffs and attorneys hope for swift action. STAY TUNED!

Please remember that without financial support, AAUW cannot provide these essential programs. We hope you will join other generous donors and support our critical work by making a donation in honor/memory of someone or just because you care about this important work. **Donations may be made by visiting aauw.org/contribute.**

VOLUNTEERS NEEDED – Candidates Forums

*We still need volunteers to help at all the **Candidates Forums**, jointly sponsored by AAUW and the League of Women Voters, at the following locations:*

*Niskayuna: 7-9 pm Thursday, October 15, Niskayuna Town Hall
City of Schenectady, 7-9 pm Thursday, October 15, McChesney Room,
Schenectady County Public Library, 99 Clinton Street.*

*Glenville: 7-9 pm Monday, October 19, Glenville Town Hall, 20 Glenridge Road,
Rotterdam: 7-9 pm Tuesday, October 20, John Kirvin Government Center
(Rotterdam Town Hall) 11 Sunrise Blvd.*

*We also need volunteers to **collect election results** on Tuesday, November 3rd. This is an important and easy task that pays for the taping of the Candidates Forums. **Two people team up to copy the results together. You arrive at the polling place just prior to closing. As soon as the vote is counted you tally the results and call the results in to the TV station. We make a considerable sum for little effort.***

If you can help at any of these events, please contact Maxine Borom at 370-2662 or omahborom@msn.com

October Happenings



Book Exchange 1

Leader: Marguerite Pileggi (280-5623)
No regular meetings

Book Exchange 2

Leader: Ellie Rowland (370-1958)
No regular meetings



Gourmet

Leaders: Pat Terry (372-8431)
Faith Weldon (399-0048)

Friday, October 9, 2015 7 p.m.

Dinner Theme: French

Hostesses: Joanne Chambers & Barbara Piliere

Diverse Topics

Leader: Gail Karl (393-7590)

Monday, October 19, 1:30 p.m.

Program: Phyllis Kulmatski Sculptor

Each Sculpture has a Story

Hostess: Gail Karl (393-7590)

2513 McGovern Drive

Co-hostess Gerrie Pinkerton



Modern Literature

Leaders: Joan Bergin (399-1861)

Monday, October 12 2015, 7:00 p.m.

Book: *The Truth and Legend of Lily Martindale*
by Mary S Shartle

Reviewer: Pat Gregory

Hostess: Carol Reynolds

609 Engleman Ave, Scotia

Co-hostess: Joan Amell



Mah Jongg

Leader: Dottie Potochnik (399-3854)

Monday, October 12, 2015

Hostess: Linda Ward (377-2377)

Location: 4018 Windsor Drive, Niskayuna

Monday, October 26, 2015, 1:30 p.m.

Hostess: Jackie Mendini (869-3816)

Location: 5 Durham Court, Colonie

Quilting

Leader: Margeurite Pileggi (280-5623)

Monday, October 27, 2015, 7:00 p.m.

Program: Owls

Hostess: Marguerite Pileggi

Location: 3 Robin's Nest

Niskayuna

Science Topics

Leader: Emily Hart (374-3229)

Monday, October 5, 2015, 7:30pm

Program: Current Topics

Coordinators: Winnie Balz, Ellie Rowland

Hostess: Winnie Balz (372-3663)

Location: 1121 Baker Ave. Schenectady

Varied Interests

Leader: Reba Mehan (374-7503)

Thursday, October 8, 2015, 12:30

Program: Tour of Pine Bush

Education Center

Location: 195 New Karner Rd, Albany

Organizer: Pat Buczkowski (372-3893)

Word Games

Leader: Eleanor Aronstein (265-2500)

"Mind Boggling"

Monday, October 5, 2015, 10:00 am.

Hostess: Jennie Pennington

2276 Sweetbriar Road, Niskayuna

Serendipity

Leader: Jennie Pennington (372-7503)

A visit to the Clark Museum

Call Jennie for details

Welcome New Members

Florence Reed

&

Anne Reynolds

(Carol Reynolds' daughter, who
joined in tribute to Grace Mueller)