Connections #5

Website for Your Enjoyment Click on the links



If you have some links you would like to share, please send them to me.

AAUW – Check out some of the articles on National's website

- * Learn about Native Women and the Pay Gap.
- * Supreme Court Justice Ruth Bader Ginsburg
- * Nancy Grace Roman: The Life and Legacy of a NASA Star
- * Get the Latest Info on the 2020 Election
- * AAUW Reacts to Stagnant Gender Pay Gap Numbers

AAUW National Webinars

• Tuesday, October 13 | 4pm Managing Burnout Through Self-Compassion Register at: https://www.aauw.org/resources/events/equity-network/events/

The following are past events that has be recorded. Scroll down to Past Events at: https://www.aauw.org/resources/events/equity-network/events/#! Or click on the link.

Justice Ginsburg's Legacy and Future of the Court

Ginsburg was a champion for the rights of women and girls, but what does the future hold for her seat on the bench and how will it impact AAUW's work?

- COVID-19 and the Labor Economy with Diane Lim
- Archeology of the Self: Sustaining Racial Literacy in the Movement for Change

New USPS Stamp – Stop by the post office to stock up on stamps.



19th Amendment: Women Vote

With this stamp, the Postal Service commemorates the centennial of the ratification of the 19th Amendment to the U.S. Constitution, which guarantees women the right to vote. Inspired by historic photographs, the stamp features a stylized illustration of suffragists marching in a parade or other public demonstration. The clothes they wear and the banners they bear display the official colors of the National Woman's Party — purple, white and gold. Art director Ethel Kessler designed the stamp with original art by Nancy Stahl.

Books

AAUW-Schenectady Book Lists

If you have a book you would like to recommend, please send it to me.

For Books That Matter

Recommendations from Bobbi Richardson

The Girl with the Alluding Voice by Abi Dare The Island of Sea Women by Lisa See This Tender Land by William Kent Krueger The Book Woman of Troublesome Creek by Kim Michele Richardson Beneath a Scarlet Sky by Mark Sullivan

Films, TV, Movies and Theater

For Films That Matter

Including Best LGBTQ films

TV's Funny Ladies Show Their Serious Sides

Unladylike 2020

Women Trailblazers - PBS

Becoming / Michelle Obama:

Virtual Current Movies (cost)

"You'll Never Walk Alone" Virtual Choir/Orchestra 15 Countries: 300 People

The World of 1940s Musicals

Games, Events and Other Information

<u>The Jackbox Party Pack</u> – The latest in games that gives you perfect excuse for rounding up friends, family and fellow gamers for a few hours of gaming delight. (cost)

Park Playhouse – Spotlight on the Arts in Schools

Some Of New York's Prettiest Landscapes

Only in NYS

From the CIA: https://join.ciafoodies.com/

NY Times Events - upcoming, ongoing and past events

Some Shakespeare: http://irondale.org/

Photographer Spent Days Waiting For Museum Visitors To Match The Artworks They Observe, And it Was Worth It Scroll down to see the photos.

Connections #4



Suggestions of Health and Entertainment Click on the links

If you have some links you would like to share, please send them to me.

AAUW Links

AAUW-NYS The story of the **70 YEAR struggle to obtain the right for women to vote was long and even violent.** It is a story that has had only a surface treatment. PBS, as part of their American Experience Series Films, has put together four hours of documentary film in two parts with historical footage and commentary by current writers and historians. There is so much to this story and a favorite line is **"Women were not GIVEN the vote in 1920 they TOOK IT!"**

The Vote, Part 1 https://www.pbs.org/video/the-vote-part-1-3kph5d/ One hundred years after the passage of the 19th Amendment, The Vote tells the dramatic culmination story of the hard-fought campaign waged by American women for the right to vote, a transformative cultural and political movement that resulted in the largest expansion of voting rights in U.S. history.

<u>The Vote, Part 2</u> https://www.pbs.org/video/part-2-the-vote-american-experience-o95eqq/ Part Two examines the mounting dispute over strategy and tactics, and reveals how the pervasive racism of the time, particularly in the South, impacted women's fight for the vote.

<u>"Iron Jawed Angels"</u> The film, starring Hilary Swanks, focuses on the American women's suffrage movement during the 1910s and follows women's suffrage leaders **Alice Paul and Lucy Burns** as they use peaceful and effective nonviolent strategies, tactics, and dialogues to revolutionize the American feminist movement to grant women the right to vote.

AAUW-National: Black Women & the Pay Gap – AAUW has some very interesting statistics. COVID Crisis Exacerbates Burden of Student Debt for Women
Webinars – Scroll down to see past webinars that are now on YouTube.

EDUCATION AND

TRAINING

Title IX in Trouble

Last week, the Trump Administration implemented a harmful rule rolling back protections for student survivors of sexual harassment and assault. Despite this setback, we won't stop fighting for students' rights.

Applications for 2021–22 Fellowships and Grants Now Open

Do you know any women pursing postgraduate studies, furthering their careers, or working on a program to benefit women and girls? Point them to our <u>fellowships and grants applications</u>. Deadlines run from November to December.

Things To Do

- Upstate NY day trips: 10 magnificent gardens open to the public
- Take a walk on the bike path

The Friends of Schenectady County Public Library Book Stores

Staffed by volunteers to support our county libraries programs.

A Second Look, 93 W Campbell Rd, in ViaPort Mall, Rotterdam (near BJs) Open Wednesday - Saturday 11-3.

The Whitney Book Corner – 600 Union Street, Schenectady Open Wednesdays and Thursdays 10-2 and Sunday 11-2.

Intellectual Stimulation and Entertainment

If you have a video or book you can recommend, please send it to me.

Videos to put a smile on your face

- Everyday People Different Strokes for Different Folks
- Don't Stand By Me song sung by a number of popular authors

SoundCloud – Listen to music.

NYS Wide Senior Action Council, Inc.

<u>The Metropolitan Opera</u> is offering a free nightly opera video streams every day for just 23 hours. A new opera is shown at 7:30 PM until 6:30 PM the next day which means you can access it at any time convenient to you. <u>Met Stars live in Concert</u> is a pay-per-view recital series.

<u>The Fisher Center at Bard College https://fishercenter.bard.edu/upstreaming/: Mexican Modernists - Vida Americana, Luis Garcia-Renart</u>

<u>The Kenney Center</u> – includes Couch Concerts and streamed events on the Digital and Milennium Stages.

Glimmerglass Glimpses –You can access past edition on the Glimmerglass website or on YouTube. On that site, you will also find Francesco Zambello's, director of Glimmerglass, writes about her adventures directing operas around the world and articles on varies topics on her "Traveling with iPad seri es" (sign-up is needed). As well as a Black Lives Matter tab which will get you to a list of anti-racist actions and resources.

Opera 101

Tanglewood – Concerts and Videos – some free and some at a nominal cost

Orchestraplays Beethoven 9th from their homes

Games

https://www.trickstercards.com and click on the game you would like to play - for Bridge, Pinochle, Hearts, Whist, Spades, Euchre, Pitch, 500. This sites has instruction to learn how to play each game.

* AAUW members would be interested in working/speaking via zoom or other technology or even distancing - and sharing skills such as language? For example, I would welcome a Spanish language buddy.... Eleanor Aronstein

That's it for Connections #4. Hope you found some links you liked. Let me know which you found interesting, useful or informative.

Robin

Connections #3 Suggestions of Health and Entertainment Click on the links



If you have some links you would like to share, please send them to me.

Thanks to everyone who have sent in their renewal dues. Our branch is doing great with the number of members who have rejoined.

Great to hear about how our members are staying connected. I hope you are enjoying getting *Connections*. Let me know the things you especially like and send me recommendations to share in my next edition.

Since our phone calls to all our branch members made by board members Karen Huggins, Pat Terry, Ellen Auerbach, Arlene Maranville, Carol Reynolds, Faith Weldon, Robin Eddy and Bobbi Richardson, some of our members have since stayed connected by calling and emailing members in their study and interest groups.

Other ideas for face-to-face meetings is using Zoom (if you need help setting it up, contact me), Skype, Facetime and getting together with social distancing. Seeing expressions, movement, personality connected to voices helps create a feeling of having been out and about with the group.

If you're interested in participating in a Walking Group, let me know. After all these months, getting out with friends is special.

If you have suggestions for outdoor activities where social distancing is much easier, such as picnics where people bring their own place settings, let me know.

AAUW Links

History of AAUW - https://www.aauw.org/about/history/

AAUW Research & Data - https://www.aauw.org/research/
Check out AAUW's most recent report from November 2019, Limiting Our Livelihoods
and the 2019 update of The Simple Truth about the Gender Pay Gap

Equality issues didn't not stop because of a virus.

Help your local restaurants - If you have a favorite restaurant or small business, you might consider buying gift certificates now to be redeemed in better times.

Our Schenectady County Library has an abundance of books, free movies and documentaries. Go to <u>SCPL.org</u> and select Search Our Catalog in the left hand column.

For e-books and audiobooks, click on Overdrive and Hoopla.

<u>Curb-side pickup</u> has started at the library. For information on reserving books go to: https://www.scpl.org/Reopening2020/reopening2020.html

You will also find health updates about the coronavirus on that site by clicking on the CDC, NYS and Schenectady County at the bottom of the page.

The Friends of Schenectady County Public Library Book Stores - staffed by volunteers

The Whitney Book Corner is reopening this Wednesday!

Hours will be Wednesday – Friday 10 am – 2 pm.

For safety guidelines during this time go to https://whitneybookcorner.org

A Second Look is not open now. When the ViaPort mall opens, this store will open too.

Friends of SCPL Sidewalk Fiction and Biography Sale: Sunday, July 8th from 10:00-3:00.

Member Recommended Books: This is a new section I would like to include in every edition. Please send me the names and authors of your favorite books.

- The Escape Room by Megan Goldin
- How to Hide an Empire by Daniel Immerwahr (recommended by my son and I listened to the Book TV Podcast)
- The Space Between Us by Thrity Umrigar
- The Nickel Boys by Colson Whitehead
- The Lost Girls of Paris by Pam Jenoff

For language lovers, log onto <u>www.conversationexchange.com</u> and sign up to "meet" people with similar language interests.

Poetry: https://www.dodgepoetry.org/about-us/poetry-fridays-blog/

<u>Library of Congress National Book Festival Videos</u> – Many author interviews!

The Library of Congress National Book Festival is an annual fall literary event that brings together best-selling authors and thousands of book fans for author talks, panel discussions, book signings and other activities.

You can subscribe to the Library of Congress's various informative emails at https://www.loc.gov/subscribe/

Entertainment

Movies Under 90 Minutes: NY Times movies under 90 minutes

Cecilia Snow - Granddaughter of Barbara Aldi

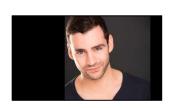
https://www.facebook.com/cecilia.snow/videos/10158196337908838/

https://www.facebook.com/cecilia.snow/videos/10158221467253838/

https://www.facebook.com/cecilia.snow/videos/10158132746933838/



Zach Berger – Erica Berger's son and friend of my youngest son. **Singing** "We Can Make It" https://www.youtube.com/watch?v=CeB467TarTo





The woman is not Erica. It's Celine Dion.

Zach had been starring in the touring company of CATS before all shows were cancelled.

Zach performing The Rum Tum Tugger https://www.youtube.com/watch?v=JORcuAC-i1g (click on full screen to see one of his on-stage performances).

The full page article about Zach in The Gazette

https://dailygazette.com/article/2020/04/16/niskayuna-s-zachary-berger-was-relishing-role-with-cats?fbclid=lwAR3hBnJOF3qrb37SW6ip37icget-1rcZ4ZTiqFeSZel1LwdPxkoeLKqsmn4

Great videos

What A Wonderful World With David Attenborough
https://www.youtube.com/watch?time_continue=1&v=auSo1MyWf8g&feature=emb_title

Wouldn't it be great if someone stepped up to create an Online Movie Group?

Members could watch a film on our own and then discuss it on Zoom, Skype, Facetime or meet keeping social distancing. Contact me if you're interested.

FOOD * Groceries, Meals Delivered

Insta-Cart (Price Chopper) is now delivering quickly, sometimes same day.

INTELLECTUAL STIMULATION & ENTERTAINMENT *

<u>Learning edX</u> - Access 2500+ Online Courses from 140 Institutions.

Whitney Museum: https://whitney.org/exhibitions/vida-americana

Part of the virtual tour of the INTREPID MUSEUM includes women in history. <u>Intrepidmuseum.org/digital-resources</u>

Recommended Videos

YouTube: Jane Goodall: *Jane: The Hope*. It premiered on 4/20 on National Geographic. Type *Jane Goodall documentary* into your browser. *Becoming*, from Michelle Obama, on Netflix

Road Scholar Virtual Lectures - https://www.roadscholar.org/virtuallearning/

You can sign up for a webinar when it is given or watch a past lecture online.

Read650 Where writers Read - 1 Writer, 5 minutes, 650 words.

Edith Wharton's short story "Xingu" is a send-up of polite society and an irreverent social investigation centered on one important question: what, exactly, is Xingu? Christina Pickles brings the ladies of Wharton's Lunch Club to life in this magnificently cheeky reading. <u>Listen Here>></u>

<u>Learn to Dance with the Rockettes in Your Living Room</u> https://www.insider.com/radio-city-rockettes-free-dance-lessons-at-home-2020-4

Read By https://www.92y.org/archives/featured-series/poetry-center-online/read-by

Connections #2 Suggestions of Health and Entertainment Click on the links

AAUW Information

GREAT NEWS – **AAUW** in now offering their <u>Work Smart Salary Negotiation Workshop</u> online! In this online workshop the participant

learns to successfully advocate for themselves. For women, this is important to help close the pay gap. (Men are more likely to negotiate.) They will learn how to research their target salary, highlight their accomplishments and find the right words and develop the confidence to negotiate for better benefits and pay.

This online course takes less than two hours to complete and can be done at one's own pace.

Forward this link to others who could benefit from this online course.

https://courses.aauw.org/pages/12/aauw-work-smart-online

This site takes you to the page to register for the course.

If you use an iPad, tablet or cell phone, you will have to download an app.

A video about AAUW's Salary Negotiations Programs https://www.youtube.com/watch?v=7NmQGtYSxEA

<u>State of the Association – A message from Kim Churches, CEO of AAUW https://www.aauw.org/resources/member/initiatives/2020-convening/</u>

Free Movie – Racial Justice

- This month you can watch the movie Just Mercy, based on the life work of civil rights attorney Bryan Stevenson. The book this movie which naturally goes more into Stevenson's live and cases, was one of the finalists in the Schenectady's One County One Book contest.
 The movie is available to rent for FREE until June 30th via most services where you would normally pay to rent a film: YouTube, iTunes, Amazon Prime Video and Google Play.
 I would highly recommend this movie starring Michael B. Jordan and Jamie Foxx.
- <u>75 Things White People can do for Racial Justice https://medium.com/equality-includes-</u> you/what-white-people-can-do-for-racial-justice-f2d18b0e0234

EXERCISE & STRESS RELIEF

Ease stress and improve respiratory health from the Harvard Medical School

- https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response
- Webinar: "Anxiety in the Time of Coronavirus"

UCALL (Union College Academy of Lifelong Learners) is offering a Zoom webinar call "Anxiety in the Time of Coronavirus" on June 18th from10:00-11:00 with Dr. Rudy Nydegger. To sign up for this

event Click here to register.

https://union.zoom.us/webinar/register/WN_I7HmEbYSQSq4CDd2wKirBQ

Dr. Nydegger will talk about his book, **Dealing with Anxiety**, and answer questions from the audience. While anxiety is commonly associated with modern stresses and problems, few realize that disorders of this kind have existed since the beginning of time. What defines "anxiety" as a mental health condition? Who gets it and why? How can people deal with their anxiety due to the coronavirus?

https://www.kelebaker.com/videos - Qigong and Tai Chi sessions: Gentle movement, breathing and meditation

INTELLECTUAL STIMULATION & ENTERTAINMENT

- Quarantine through Art video https://www.youtube.com/watch?v=keXvCkm0FIA (For a smile, definitely check this out)
- Road Scholar Virtual Lectures https://www.roadscholar.org/virtuallearning/
- C-SPAN channels on cable TV. They have 3 channels one covers Congressional sessions
 the others are Book TV, which covers in-depth interviews with authors and History TV, which
 includes national conferences on various history topics, public programs at NFP organizations
 such as museums, national archives, library of Congress and college lectures on a range of
 history topics. If you don't use Spectrum just google Book TV
- <u>Freedom Park Quarantune Series</u> Free Live-streamed Concerts starting Saturday, June 20 until Wed. August 26th. Check the website for dates and entertainment.
- <u>Schenectady County Historical Society</u> https://schenectadyhistorical.org

Virtual Exhibits https://schenectadyhistorical.org/exhibitions/

<u>Virtual Tours</u> - Includes Colonial Barn Building, Slavery at the Mabee Farm, History Chats, Blacksmithing, Erie Canal Museum, Black Historical Society, Union College Campus, The White House and others

https://www.youtube.com/results?sp=mAEB&search_query=Schenectady+County+Hist orical+Society+virtual+tours

Virtual Field Trips

Here are descriptions of some of the virtual tours the Historical Society:

We've just released a slate of <u>Youtube videos</u> that focus on various aspects of Mabee Farm and broader Schenectady County history. We think everyone will enjoy the incredible visuals of the Mohawk Valley's oldest home, and its accompanying history. Check it all out at the links below!

Virtual Tour: Slavery at the Mabee Farm

Colonial society was not free or equal. In this video we look at the people who are most often overlooked or forgotten when talking about New York States Past. We'll be talking about slavery at the Mabee Farm.

(youtube.com/watch?v=QwYuS0SSM7U)

Virtual Tour: Colonial Barn Building

When the Mabees came to the Woestina, they would have to build a new life for themselves, literally. In this video we'll show you the techniques the Mabees could use to build their home. We'll be building a scale model of our Dutch Barn. (youtube.com/watch?v=C-klpP5tlAA)

<u>Virtual Field Trip: Blacksmithing Demonstration</u>

In this video we'll talk with John the Blacksmith about how Colonial people would shape iron to create vital tools. It's part art, part science and totally cool! (youtube.com/watch?v=74fN1be4gpo&t=335s)

Virtual Field Trip: Colonial House Tour

What was everyday life like for ordinary people in Colonial New York? What were there homes like and how did they feed themselves? In this video, we'll tour the Mabee Farm to answer these questions and more. Do you think you could survive in 1705? Let's find out! (youtube.com/watch?v=JMkV56jL1ZY)

Virtual Field Trip: Welcome to the Mabee Farm!

Come with us on a journey into the wilderness of Colonial New York. You'll meet the Mabees, a family of Dutch farmers, and explore the world they lived in. And you'll the incredible history of our local area. (youtube.com/watch?v=ifg-rm9h9L0)

We're also live three times each week throughout Schenectady County, exploring different places of interest, and talking to our friends throughout the community. Our livestreams are presented via our Facebook page, and you don't need a Facebook account to join the fun. Just navigate to our Facebook page at 4pm on Mondays, Wednesdays and Fridays! In the meantime, check out our recent livestreams. Have something you'd like to suggest? Let us know! We're happy to go just about anywhere!

Click on the following links:

Visiting Vale Cemetery's African American Ancestral Burial Ground

Concrete Barges of WW1

Exploring Remnants of the Erie Canal

Blacksmithing a Hinge

Blacksmithing a Roasting Fork

Soapsmithing with Sweet Sprig at Brouwer House Creative

The Stone Walls of the Northeast

Preservation Month with our Curator, Suzy Fout

<u>Preserving Paper & Photo Collections with our Librarian, Marietta Carr...plus</u> many more

- Orchestraplays Beethoven 9th from their homes
- What-world-needs-now-student-made-video
- Virtual Museum Resources
- <u>Ivy-league-free-online-courses</u> 450 free Ivy League courses

- Chautaugua Institution Explore, Rethink Recharge: A Community of Lifelong Learners
- <u>Doodle Kennedy Center</u> with Mo Willems and Yo Yo Ma. From <u>The Yo-Yo Mo Show: An Evening of Musical Doodling</u>
- Storyline Online (I use this site with my grandchildren)

Connections #1 Suggestions of Food, Information and Entertainment

AAUW Info

AAUW and the Impact of Coronavirus

https://www.aauw.org/resources/member/initiatives/connected-community/

- A message from AAUW CEO Kim Churches and then scroll down for other videos and information

Food - Take-out meals and Delivery services. Curbside Delivery - You order and pay, drive to the restaurant and they put it into your car.

<u>Schenectady County Restaurant Take-Out and Delivery Services</u>
https://www.discoverschenectady.com/blog/restaurant-take-out-delivery-services/ - List of restaurants

ShopRite Senior Hours 6 a.m. - 7 a.m.

Price Chopper Senior Hours 6 a.m. - 7 a.m.

Hannaford Senior Hours 7 a.m.-8 a.m. Tues., Wed. and Thurs.

Keeping in Touch - I can easily see us using Zoom, Facebook or Skype for meetings. Zoom is an easy way for video and audio communications, using cell phones, computers (desktops and laptops), tablets or telephones. I know a number of you have already used one of these for video conferences with friends and family.

If you can help members with their computer problems or logging on to Zoom, let me know.

<u>Book Group Leaders:</u> People have more time to read now and might like to join you temporarily. If you are meeting, please let me know and your method (Zoom?), your date, and the book(s) you will be reviewing and I will send it to our members.

<u>Study and Interest Group Leaders:</u> If you want to have a zoom meeting, let me know and I will get an subscription for our branch.

<u>Next Door Digest</u> - <u>https://nextdoor.com/</u> **Nextdoor** is the neighborhood hub for connections and the exchange of helpful information, goods, and services.

Games

<u>Free Cell</u> - <u>https://www.247freecell.com</u> https://www.free-freecell-solitaire.com <u>Sudoku - https://www.247sudoku.com</u> <u>Jigzone - http://www.jigzone.com</u>

If you know of good websites for games like bridge, mah jongg, word games or other favorite games you play, send me the web address.

Intellectual Stimulation & Entertainment *

<u>EdX</u> - <u>https://www.edx.org</u> Access 2000+ **free** online **courses** from 140 leading institutions worldwide.

Coursera— https://www.coursera.org/ Online courses from universities and companies, many free.

TED Talks - https://www.ted.com/talks - Video lectures on wide variety of topics

Schenectady County Public Library https://www.scpl.org

To borrow e-books and

audio books. Click on Overdrive in the left column, then in the magnifying glass Search box, type in the title of the e-book/audiobook you want. You can also click on Kindle books and Magazines.

Aeon - https://aeon.co/ - A digital magazine with essays, lectures and videos

<u>The Moth</u> <u>https://themoth.org</u> – Moth stories are true, as remembered by the storyteller and told on the The Moth Radio Hour

YouTube - https://www.youtube.com/ In the Search box put in a topic; for example, enter History Lectures. Or subscribe to a channel; there are a lot of 'Channels' that you can 'Subscribe' to for free on YouTube. They will send alerts when they have something new

Podcasts: A podcast is an episodic series of digital audio files that a user can download to a personal device in order to listen. Platforms such as iTunes, Spotify, and Google Podcasts provide podcasts. Great Courses Plus is offering a free trial www.thegreatcoursesplus.com. Be sure to learn how to cancel if that's what you want.

Open Culture - www.openculture.com/ offers free cultural and educational media on the web: The Moth Mission to India A young doctor is whisked halfway across the globe to care for an ailing international religious icon – Mother Theresa.

<u>Travel and Leisure</u> – museums offering virtual tours.

Streaming Broadway Plays

There is a cost_after a 7 day free trial - \$8.99 a month or \$99.99 a year.

Films by Ken Burns