



# The Easton Edition

## Easton, PA Branch Newsletter

### CALENDAR

#### Newsletter Deadline

Monday, March 15

#### Branch Meeting

Tuesday, March 16, 7:00 pm

#### Board Meeting

Monday, March 3, 1:30 pm

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2021

### An Intro to Mindfulness Based Stress Reduction

Tuesday, March 16th at 7pm

Colette Fanning is the Mindfulness Educator for St Luke's University Health Network. She has taught mindfulness for over 20 years. She will be presenting about the 8-week Mindfulness Based Stress Reductions Program (MBSR), a ground-breaking, scientifically researched program that offers intensive mindfulness training.

No matter what challenges you are facing or physical conditions you may be experiencing, there is more right with you than wrong with you. Likewise, experience tells us that the challenges and difficulties you are facing are workable. This has nothing to do with liking these situations or "reframing" them in some disingenuous manner. Rather, it is a perspective that expresses and reflects the genius within you and all human beings and can be tapped through the practice of mindfulness.

As participants say of the course:

"Taking the MSBR course was an act of self-care for myself, to reach and examine the bedrock of who I am comfortably without judgment."

"It's not a magic bullet, but a slow careful trek into how my lived experience shapes my decisions and actions."



# From the Presidents' Pens

## Let's Celebrate Women!

When President Carter designated a week in March as Women's History week, he noted that women were unsung heroes whose contributions often went unnoticed. He was right about that! In 1987, Congress voted to proclaim March as Women's History month in order to celebrate women's contributions to history, culture, and society. International Women's Day, March 8<sup>th</sup>, reminds us to continue to strive for a gender equal world, celebrate women's achievements, raise awareness against bias, and take action for equity.

AAUW has consistently worked towards these efforts. After the Civil War, founder Marion Talbot asked members to contribute \$1.00 per year to enable women to use their intellectual powers for 'the good of humanity'. The first fellowship went to Ida Street, a pioneer in the field of early Native American History. By the 1890's, women were seen on college campuses. In 1920, AAUW raised funds to support Marie Curie's research. The organization established a War Relief Effort to help women in Europe find work in the US and Latin America. Women were brought from war torn countries to the US to study.

Many of the women supported by AAUW in the 1950's went on to be college presidents. In 1963 AAUW supported the African Educator's Program which brought African teachers to study in US colleges. Members raised funds for African American women to study African American culture, civil rights, and peace. Coretta Scott King was deeply grateful, expressing that there was entirely too little research, writing, and understanding of non-violence, peace and African American history.

In the 1970's when research showed that women were underrepresented in academia, AAUW created grants to allow women to return to school and re-enter the work force. 'Selected professions' fellowships were created to bring more women into non-traditional roles such as law, business, and medicine. This was later expanded to include science, technology and math.

AAUW continues to focus on equity for women and girls through equal access to education, ensuring education is free from sex discrimination, championing pay equity, and bolstering women in leadership roles. International Women's Day and Women's History month remind us to appreciate what we continue to accomplish and help us celebrate our mission!

Nancy Kinzli and Karol D'Huyvetters  
Co-Presidents

### Important To Know

AAUW National board of directors is recommending a bylaw change to remove the education requirement for membership. Member voting will be April 7 to May 17. Results will be announced on May 19<sup>th</sup>. We **strongly** encourage you to vote YES. You will be hearing more from National soon.

### AAUW Pennsylvania Candidates and Election

We are fortunate to have a member of our branch, **Randi Blauth**, as a candidate for Membership VP for the state. The other candidates are Dr. Ann Echols, of State College for Finance Officer and Ajla Laussegger for Secretary.

Please vote by March 31, 2021 at 11:59 pm. All candidate and election information is available at:  
<https://aauw-pa.aauw.net/aauw-pa-2021-2023-officer-election/>

## DDD: Diversity Deeds and Dialogue

### Did you know....?

#### Learning How to Apologize

- Apologizing is a form of accountability. It is not the intention that counts but the impact on the victim.
- U.S. culture tends to prioritize punishment over accountability. To disrupt these systems, we must disrupt how we relate to apologies.
- Apologies can be well crafted and practiced, but that still does not mean they need to be accepted.
- An apology is something we do, not something we say.

#### In AI (Artificial Intelligence)

- According to the National Labor Relations Board's 2020 Diversity and Inclusion report, only 24.7% of its technical workforce are women, and 2.4% are Black.
- Google was found guilty of violating workplace rights for spying on, interrogating, and firing workers.
- Algorithms used by search engines are biased – example “black girls” are horribly depicted when typed into Google.
- A.I. has been known for misrepresenting or harming, marginalized communities because of lack of representation and accountability from Big Tech.



Finance Report 1/15/21	Credits	Debits
<b>Banking</b>		
Fees		\$8.00
Interest	\$0.43	
<b>Fundraisers</b>		
Donations		
Authors Luncheon		
Poinsettia Sale	\$499.00	\$212.25
Other Fundraisers	\$94.60	
<b>Membership</b>		
Branch Dues	\$772.50	
Brochures		\$22.72
Yearbook		\$51.10
Newsletter		\$41.40
Other Printing		
Insurance		\$196.00
Mailbox		\$118.00
Postage		\$3.00
Publicity		
Miscellaneous		
<b>Officer Expenses</b>		
Membership		
Presidents		
Finance Officer		
<b>Programs</b>		
Meeting Rooms		\$55.00
Public Policy		
Scholarship		
Speaker Gifts		
Diversity		
Socials		\$19.79
Other Expenses		
Honorariums		
<b>Totals</b>	<b>\$1,366.53</b>	<b>\$727.26</b>

**CHOOSE LEARNING. CHOOSE AAUW. SUPPORT YOUR BRANCH.**

One thing many of us have more of these days is time. We have cleaned and sorted our closets and drawers, we're bored with tv and movies on Netflix, and have spent (perhaps) too much time with our significant others. Those who work are finding it more challenging than ever before and need a break. What to do?

AAUW! Our local branch has continued programming throughout this pandemic year. We've learned about suffragettes, educational challenges from pre-k to college, and issues women are facing now. We also have had social events such as our holiday chat and our recent sip and create and the chocolate tasting— AND the mindfulness-based stress reduction program s coming up! You can join the Tapas group on the third Sunday of the month, it meets late afternoon for visiting and fun. Engaging programs, fun and funny times with members and friends is what your local branch can do for you. Our state and national organizations have also had many interesting, timely, and provocative programs this year via Zoom. You get all this, and the ability to advocate for public policy issues that affect all of us, with your membership in AAUW!

Lifelong learning has always been important to me. In fact, I'd say vital. My brain doesn't stop just because there's a pandemic out there. I've signed up for all kinds of webinars, including an upcoming one on Motown and Marvin Gaye that I'm really looking forward to! We have more opportunities this year than ever before! Yes, Zoom is tiring. Yes, it's not the same. Yes, it's something new to learn. What's the alternative? **Choose learning. Choose AAUW. Support your branch.** Come join us even if you don't think it's your thing.

You might be surprised! Be adventurous. After all, we're women, (and John Kennedy) who all support education and opening the minds and world for young women. **Why not ourselves?**

- **Reminder:** AAUW Member Renewal is
- March 15 through June 30.

- AAUW national member dues will increase in each of the next three fiscal years (July 1 – June 30).

■ For FY 22, National dues will be \$62. State dues remain \$10. and local dues remain \$15.

- Next year's total which includes national, state and local dues will be \$87.

## AAUW Easton Welcomes Lisa Spitale to the Branch

As the snow continues to fall, we give a hearty branch welcome to Lisa Spitale of Forks Township. Lisa grew up in Palmer Township. She left the Valley to go to college and law school, and made the easy decision to return home after school since her family is here. Lisa and her husband have an eleven year old son who is in seventh grade at Easton Middle School.

Lisa practices law in Easton and her primary work involves families and guardianships. These days trying to get to know her clients through phone calls or Zoom has been challenging, but a necessary part of her work. Northampton County courts have been open throughout the pandemic, so Lisa has been able to continue her work.

Lisa is a “people person” and is looking forward to meeting us all.

Welcome Lisa



## Be **GREEN** and Recycle

Here's a new idea on how to recycle your unwanted clothes and household goods.

There is a website called Give Back Box. More information on this company can be found at: <https://givebackbox.com>

How does it work?

Unpack a box that you've received from an online retailer and then print the prepaid shipping label found on the Give Back Box website.

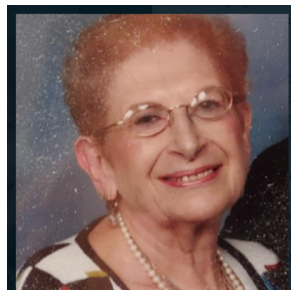
Fill the box with clothing and/or household goods you no longer need. Be generous and stuff the box fully.

Attach the prepaid shipping label to the box and ship in your usual way. Options include using the US Postal Service, dropping off the box at a UPS or FedEx location or by ordering an online pickup.

The items you donate will be routed directly to the nearest local participating charity organization.

It's never been easier to be **GREEN**.

## In Memoriam



Helene F. Kaplan, 84 of Wilson Borough died Jan. 30, 2021 at home. Born Feb. 22, 1936 in Brooklyn, she was a daughter of the late Abraham and Dorothy (Ehlin) Feuerman. Her husband Sidney Kaplan died in 2019. She was a graduate of Brooklyn College and received her master's degree from Penn State. She was employed by Easton Hospital and had managed the Speech Pathology Department at Warren Hospital. Helene was a member of Bnai Abraham Synagogue, now Congregation Bnai Shalom, Wilson where she served on their Board of Directors and was active in the Hadassah and the Sisterhood. She was a past-president of the Jewish Community Center and member of URW, AAUW and the Red Hat Society. She had volunteered for Meals on Wheels and was a donor to the Blood Bank. She is survived by her son: David (wife Snookie) of Wilson; her daughter: Randi of Forks Twp.; and her sister: Elaine Oxenberg of Hickory, NC.

*Where lives pass, memories carry on forever.*



## Spring.....Almost Here

What a year this has been - one we'd like to forget as we finally move into another phase of the pandemic - one where more vaccinations occur every day and there is "light at the end of the tunnel." So - Spring - bring it on! As Pablo Neruda so eloquently stated, 'You can cut all the flowers but you cannot keep spring from coming'. This past year it sometimes felt like we 'cut all the flowers' quite awhile ago but we adapted, learned to zoom, and kept going.

Our co-presidents and the board came together in community to keep our branch vibrant. This fabulous group of inclusive, supportive, fun, dependable people needs **YOU**. For a great job that joins community with friendship, become a board member. There is 'equal pay' and no age discrimination.

Please nominate yourself or a friend for one of the positions below. New minds with new energy will help to make our AAUW community grow. The current board members are great mentors so you would not be alone. You and a friend could work together and be co-chairs. Our board members work well together and support each other. If you become a member of the board, you will be helping to pass on this sense of togetherness and friendship to future generations.

What can you do? Edit the newsletter, become the Public Policy Chair or volunteer for the committee, work on fundraising to add to our Scholarship Fund and/or decide to be on the Scholarship Committee, shadow our Finance Office or Membership VP or join the Membership Committee, work on programs for next year, learn how to administer our branch website.

The possibilities are endless and we want to hear from **YOU**!

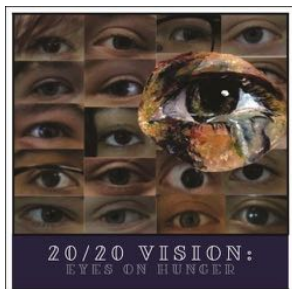
The pandemic changed every aspect of our lives. Spring symbolizes new hope, new beginnings and new life. As the snow melts, the flowers bloom, the birds reappear, the days get warmer and longer, we have hope and see real possibility

*The magic of new beginnings is truly the most powerful of them all.* Josiyah Martin

## Chocolate Anyone?

The chocolate elves were busy delivering the chocolates to each of our homes in time for a fabulous evening of chocolate tasting. And what a treat it was! Patrick Messman, owner and head chocolatier of Chocolate Works Lehigh Valley guided us through an evening of scrumptious truffle tasting all done through zoom. He answered our many questions and we learned about everything from Chocolate Bombs (pictured below) to the process of making the chocolate. Our dark and milk chocolate truffles were filled with ganaches with flavours such as raspberry, hazelnut, caramel, dark chocolate and rum and it was all very yummy! What a fun way to spend a winter night in February.





## Gateway To Equity:

### 20/20 VISION: Eyes on Hunger

How does one make a long standing social injustice issue relevant in today's world? Ask a teenager! That is exactly what Nancy Walters did to help our community recognize that food insufficiency is a reality in way too many households. Nancy Walters, founder of the Easton Hunger Coalition, met with Emmarose Biason, student artist, at a Rosa Parks Exhibit at Lafayette College. They brainstormed about a project to bring a local artist and high school students together to create an artistic response to the social injustice of hunger. **20/20 VISION: Eyes on Hunger** was the result.

The AAUW Easton Branch is recognizing the collaborative efforts of Nancy Walters, Emmarose Biason, and Keri Maxfield, Art Director, Nurture Nature Center, by presenting them with the 2021 **Gateway to Equity Award**. These three women came together and brought about **20/20 VISION: Eyes on Hunger**, a creative response to the social justice issue of hunger in Easton and the Greater Lehigh Valley. They created a video that illustrates the response to food insecurity through the lens of Lehigh Valley teen artists.

Presentation of the award will take place on March 8th at 7:00 pm using Zoom. Several additional participating student artists will be joining our award ceremony to explain who was involved in the creation of the video, the process implemented to develop student awareness of hunger as a social injustice and how they learned to use art as a medium to express and influence society's views.

The **Gateway to Equity Award** is an opportunity for local branches of AAUW to recognize an individual, a group or an organization that has shown by action and philosophy the promotion of the AAUW mission of equity for women and girls through advocacy, education, and research.

Join us on **MARCH 8th at 7:00 pm** for the Easton Branch presentation of the 2021 Gateway to Equity Award. Hear from the creators of the 20/20 Vision on Hunger and watch selected parts of the video.

The Zoom link will be sent to all members.

## Scholarship Fuels Opportunity

Scholarship fuels opportunity. Through our annual efforts to fund scholarships for local women, women continue to have opportunities for higher education. This year our annual fundraiser is the **Chat with the Authors on April 17, 2021 at 10:00 am**. Mark your calendars now for this Zoom event.

Due to the change in format there is no charge but because this is our main fundraiser, we are suggesting a donation of \$10.00 to our Scholarship Fund. Donations may be sent, by check, to Fran Kennedy or donate online using the PayPal button on our website. [easton-pa.aaupw.net](https://easton-pa.aaupw.net). Please consider supporting our efforts to award scholarships to deserving local women.

We are very lucky and fortunate that the three authors scheduled to present in person last year, are available and willing to present online this year. The authors are Dr. Donald Miller, Elvira Woodruff and Kate Racculi. More information about them can be found on our website at <https://easton-pa.aaupw.net/events/authors-luncheon/>

All three authors have very different expertise and genres but are all much respected for their written works.

Come and listen to these authors as they discuss their experiences as writers. It will be informative as well as entertaining!

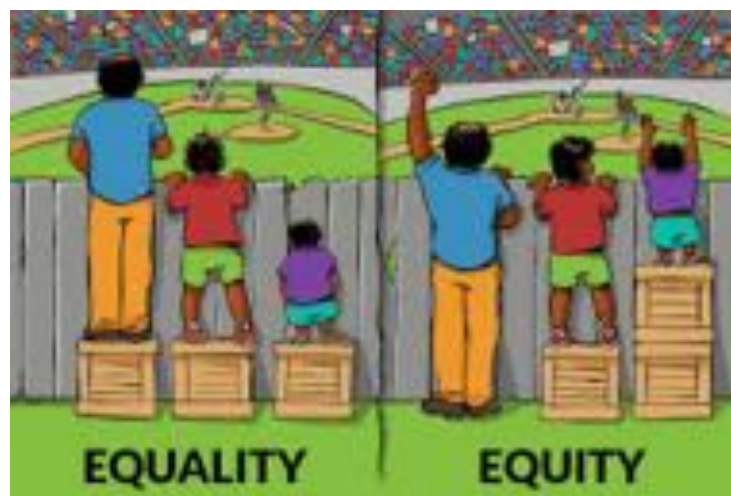
The Zoom link will be sent to all members.

## Public Policy

### Equity and equality - what is the difference?

The definitions and graphic below have been taken from [mentalfloss.com](http://mentalfloss.com)

**Equality** has to do with giving everyone the exact same resources, whereas **equity** involves distributing resources based on the needs of the recipients.



I was talking with friends when this subject came up. My friend gave us an example using the graphic above. How true it is that a picture is worth a thousand words as Fred R. Barnard said.

It's important to think about this difference when we think about many unfair situations, but let's use school funding as an example. Funding schools equally means that the needs of many students may not be met. Funding schools fairly might mean that some schools get more resources than others and we have to be okay with that.

The good news is that the Pennsylvania General Assembly adopted a permanent funding formula that will benefit every student - as long as there is adequate funding in the state budget.

As AAUW members, we work for equity in all areas.



## Interest Groups

The Easton Branch has several interest groups created to stimulate discussions, encourage networking and support the community. If you have ideas for additional groups, let us know. Every group looks forward to new participants. Call if you are interested in joining a group.

**All meetings contingent on control of the Coronavirus pandemic and may be held virtually.**

### Book Discussion

**Chair:** Toni Hoffman



February 15, 7:30 pm

Hostess: Carol Inman

Book: **Their Eyes Were Watching God** by Zora Neale Hurston

### Rotating Gourmet

**Chair:** Lois Wildrick



Regular dinners will resume after the pandemic.

### Diversity: Deeds and Dialogue

**Chair:** Rosemary Baker



March 24, 7:00 pm

Hostess: Pam Reinholz

Topic: **Anti-Racism Daily articles**

### International Relations

**Chair:** Fran Kennedy



March 9, 1:30 p.m.

Hostess: Fran Kennedy

Topic: **How is President Biden mitigating climate change policies? What are next steps?**

### Tuesday Afternoon Bridge

**Chair:** Rosemary Baker



Regular games will resume post pandemic

### Out To Lunch

**Chair:** Claire Degnan



Members meet for lunch. All members welcome.

Regular lunch meetings will resume after the pandemic.

### Mah Jongg

**Chair:** Toni Hoffman



Regular games will resume after the pandemic.

### Tapas Dining

**Chair:** Yvonne Payne



Members (and spouses) explore small plate dining.

March 21, 5:00 pm  
Zoom

### Stitch and Be

**Chair:** Yvonne Payne



March 4, 3:00 pm

Hostess: Yvonne Payne

## American Association of University Women

AAUW National	800.326.2289	<a href="http://www.aauw.org">www.aauw.org</a>
Easton Branch		<a href="http://easton-pa.aauw.net">easton-pa.aauw.net</a>
Co-Presidents	Nancy Kinzli, Karol D'Huyvetters	<a href="http://easton-pa.aauw.net/contact/">easton-pa.aauw.net/contact/</a>
Membership	Randi Blauth	<a href="http://easton-pa.aauw.net/membership/">easton-pa.aauw.net/membership/</a>
Easton Edition	Toni Hoffman	<a href="http://easton-pa.aauw.net/contact/">easton-pa.aauw.net/contact/</a>

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

In principle and in practice, AAUW values and seeks a diverse membership. There shall be no barriers to members to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national orientation, disability, or class.

The AAUW Funds include the Educational Opportunities Funds (formerly a part of the AAUW Educational Foundation) which help us to advance equity for women and girls through programs such as American and International Fellowships and Community Action grants.

AAUW Funds also include the Legal Advocacy Fund which provides funding and a support system for women seeking judicial redress for sexual discrimination, the Leadership Programs Fund (formerly the AAUW Leadership and Training Institute), the Eleanor Roosevelt Fund, and the Public Policy Fund.



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ADDRESS SERVICE REQUESTED

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Pennsylvania

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