

The Easton Edition

Easton, PA Branch Newsletter

CALENDAR

Newsletter Deadline Wednesday, March 15

Branch Meeting Community One Read: Wordslut March 21, 6:30 pm, Palmer Library

Board Meeting Monday, February 6

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2023

Sometimes the bravest and most important thing you can do is just show up. Brené Brown

Community One Read March 21, 6:30 pm Palmer Library



Have you ever wondered why there are so many words in the English language that are derogatory to women? And how these words came to mean what they do today?

Join us to find out the answers to these questions and more as Dr. Stacey Zaremba, Psychology Professor at Moravian University gives us insight into this issue and leads what will be a lively discussion.

Bring your friends and learn how to recalibrate!

From the Leadership Team

It's Women's History Month!

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8. The commemoration began in 1978 as "Women's History day" in Sonoma County, California, and was championed by Gerda Lerner and the National Women's History Alliance to be recognized as a national week (1980) and then month (1987) in the United States, spreading internationally after that.

In the United States, Women's History Month traces its beginnings back to the first International Women's Day in 1911. In 1978, the school district of Sonoma, California participated in Women's History Week, an event designed around the week of March 8 (International Women's Dav). In 1979, a fifteen-day conference about women's history was held at Sarah Lawrence College from July 13 until July 29, chaired by historian Gerda Lerner. It was co-sponsored by Sarah Lawrence College, the Women's Action Alliance, and the Smithsonian Institution. When its participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a National Women's History Week.

In February 1980, President Jimmy Carter issued a presidential proclamation declaring the week of March 8, 1980, as National Women's History Week. The proclamation stated, "From the first settlers who came to our shores, from the first American Indian families who befriended them,

men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well. As Dr. Gerda Lerner has noted, 'Women's History is Women's Right.' It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision. I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980. I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality –Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul. Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people. This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that 'Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex." Carter was referring to the Equal Rights Amendment, which was never ratified, not to the amendment which did become the 27th Amendment to the United States Constitution after his presidency.

Information taken directly from Wikipedia

https://en.wikipedia.org/wiki/ Women's_History_Month

WE NEED YOU!

Girls Recognition Night received rave reviews from the students, parents, staff of the Nurture Nature Center and branch members who volunteered their time. Be a part of this exciting event and volunteer for the upcoming event.

Volunteer your time for our second Girls Recognition Night being held on May 4th this year. The volunteer duties consist of attending the event, helping to seat the girls and their parents, handing out programs and name tags, helping with refreshments and clean up.

Contact Susan McNamara or Toni Hoffman to volunteer.

Every time a print order is placed with Canva, a tree is planted. By ordering our membership postcards this way, we help the planet.



January 18, 2023	Income	Cost
Banking		
Fees		
Interest	\$1.45	
Fundraisers		
Donations	\$64.00	
Lunafest	\$1,058.54	\$308.76
Poinsettia Sale	\$700.00	\$426.00
Other Fundraisers	\$700.00	\$380.00
Membership		
Branch Dues	\$720	
Postcards/Brochures		\$26.50
Yearbook		
Newsletter		\$47.95
Other Printing		\$19.68
Insurance		\$200.00
Mailbox		\$182.00
Postage		
Publicity		
Miscellaneous		
Officer Expenses		
Membership		
Leadership Team		
Finance Officer		
Programs		
Meeting Rooms		
Public Policy		
Scholarship		
Honorariums/Speaker Gifts		\$50.00
Diversity		
Socials/Holiday Party		\$306.01
Other Expenses-GRN		
Member Assistance		
Totals	\$3,243.99	\$1,946.9



LAST CALL FOR LUNAFEST® TICKETS!

Tickets to the inaugural year of LUNAFEST® Easton are selling like hot cakes! Get your tickets now and enjoy 90 minutes of short films made by and about women on diverse pathways in life.

Free parking, free refreshments, and a costume jewelry exchange (bring one, get one).

The event is hosted by AAUW-Easton in partnership with the Landis Center for Community Engagement, Lafayette College at Buck Hall, Landis Cinema, 219 N. 3rd St (right off the 4th St. exit on Rt. 22 in Easton). March 19th, 1-4 PM. Fully handicapped accessible.

LUNAFEST sparks inclusive community discussions about the strengths and challenges of women and the LGBTQIA community using diversity and global thinking as inquisitive lenses. Carol Inman, Chair of LUNAFEST, is passionate about the ability of these films to launch timely dialog: " *I can think of nothing more important in Pennsylvania 2023 than to keep women's and LGBTQIA's issues, challenges, and strengths at the forefront of public discourse. LUNAFEST is a fun, safe, and supportive event for networking and discussions about women and other marginalized people."* Bring the young people in your lives!

Due to the generosity of the Landis Center and Lafayette College and an anonymous donor, 100% of sales support the AAUW-EASTON's scholarship fund that provides scholarships for Easton area high school seniors and other women headed off to 2- and 4-year colleges. LUNAFEST replaces the Author's Luncheon as our main fundraiser for this year. Additional donations are welcome: https://easton-pa.aauw.net/

PURCHASE TICKETS NOW: <u>https://www.lunafest.org/screenings</u> \$25 Adult Admission to theater event; \$10 for students (recommended for middle school and older). There's a virtual option, also for \$10, available for 48 hours after the LUNAFEST event.

Welcome New Members

Donna McDaid

Donna lives in Milford, New Jersey and has previously been a member of AAUW. She's lived many places including Binghamton, NY and Beaver Falls, PA. Donna worked for NJ Transit as Director of Grant Administration and Compliance and later in life attended Princeton Seminary to become an ordained minister. Presently, she serves as parish associate and primarily provides pastoral care to older adults at her church in Milford. Donna enjoys walks with her German Shepard, genealogy, history, quilting, and cross stitch. Look for Donna at our upcoming programs!

Debra Kindervatter

A NJ native, Debra has lived in many places in the United States, but feels most at home in the northeast. Debra now lives in downtown Easton and takes advantage of many activities there. She loves the arts and has her Masters in Museum Studies. Debra has worked as a curator in many places including the old terminal at Liberty State Park. She is excited to join the book group and has already joined us on Zoom for our discussions on body image and book bans. Welcome Debra!



News You Can Use

Power Partnership: AAUW and Ms.

This year, Ms. Celebrates 50 years as a groundbreaking feminist magazine. And AAUW has been the premier organization advancing gender equity for 141 years. Over our long and overlapping histories, both AAUW and Ms. have sparked new laws and ushered in social movements. Now, as part of a special partnership, we're pleased to offer AAUW members a free, one-year subscription to Ms. And everyone can access AAUW CEO Gloria Blackwell's recent Ms. article about the need to push harder for women leaders.

Newsletter Information

Wouldn't you like to learn how to put a newsletter together or just use WORD for all the articles? It is a great learning opportunity and would help tremendously. If this is you, please let Toni Hoffman know.

If any member has information that she wishes to have published in the newsletter, please e-mail the information to **Toni Hoffman.** This would include births, deaths, marriages, happenings at cultural institutions. We also encourage submissions of photos of events and anything that you think may be of interest to other members.

Please note, however, that **submissions must be in by the 15th** of the current month to be included in the following month's newsletter. Otherwise it will be in the newsletter after that.

Newsletter Ads

Do you have a business or service that you would like to promote? The charge for including an ad is only \$5 for each issue. Ads should be no larger than business card size and must come from members. Payment for ads should be made to the finance officer and she will notify the newsletter editor that the ad is ready to be placed.

INFORMATIVE PROGRAM ON MENTAL HEALTH AND TEENS

Did you miss it? Your Easton branch held a timely program on mental health and teens on Tuesday, February 21st. Dr. Dana Milakovic from Safe Schools PA and Attorney Joe Welsh, from the Lehigh Valley Justice Institute provided jaw-dropping statistics and other information on the mental health of our teens nationally and in the Lehigh Valley.

Our kids don't want to go to school and they don't think they learn anything of importance. This may sound like "same old, same old" but it's definitely not. Over sixty-eight percent of our kids report emotional abuse. Cyberbullying is pervasive. Bullying concerning sexual orientation has increased almost ten percent in the last ten years. There is an increase in self-harm and drug use. Suicide, isolation and depression are occurring at younger ages. One in nine teens attempt suicide. Two in five are depressed. If kids are in school, they're likely to get the counseling and help they need. School-based therapy reports a twenty-five percent lower incidence of trauma or depressive symptoms. Some schools, like Bethlehem's Liberty High School, are proactive and teachers are taught to identify students in need. Other schools use a two-minute pause/reset before starting each class. We can do simple things such as include pronouns near our signatures or on our Zoom screens to let our LGBTQ+ youth know people recognize and support them. **All children need safe spaces.**

The pandemic served to escalate what was already a problem. There are many things the community can urge our school boards and communities to do. Northampton County has already created drug and mental health courts. Those take the place of our regular system that would likely put a teen directly into a prison pipeline situation. We can let our school boards know that we support mental health programming in our schools and that more counselors are needed. Pennsylvania has only fifty percent of the professionals recommended for adequate service.

Nine percent of the children in the LV are food insecure and five percent have no steady housing. Poverty causes stress. Ninety-five percent of people in jail or prison have experienced trauma. And, "trauma breeds trauma" says Joe Welsh. Trained mental health corresponders are needed to work with police to de-escalate situations enabling our children to get the kind of help they need without entering "the system."

Race is a definite factor in how our children are treated and to where they're referred if necessary. Black and Brown children are four times more likely to be disciplined than white children for the **same** behavior.

Visit <u>www.lvji</u> and find their recent study under "Resources." You can also search for "SAP" data (Student Assistance Program). Think about what you can do to help our youth. They are our future.

-Randi Blauth

Public Policy

Broadly speaking, workplace and economic equity and education are the most discussed issues in the AAUW world.

Prioroties in education include:

- Gender bias in schools
- The STEM gap
- · Sexual misconduct in schools
- Title IX
- · Higher education and other career pathways
- · Women and student debt

Priorities in workplace and economic security include:

- The gender pay gap
- The gendered workforce
- Workplace sexual harassment
- The motherhood penalty
- Women and retirement
- The future of work

What is a call to action? It's a statement designed to get an immediate response from the person reading or hearing it.

This is your call to action. Which of the above issues speak to you? Pick one and take action!

Actions you can take:

- 1. Sign up for the 2 minute activist, which allows you to send emails and texts to your legislators to fight for equal pay, family leave, stopping sexual harassment, equality in education and more. Sign up <u>here</u>.
- 2. Write a letter to the editor.
- 3. Post about the issue on social media.
- 4. Visit the local office of your legislator to discuss your concerns.
- 5. Volunteer for a phone or text bank.
- 6. Have a conversation with friends and family about issues important to you and ask them to take action.

Mental Health and Teens

FACTORS BY GRADE

	Parental Attitudes Favorable to Anti-Social Behavior	Low Perceived Risk of Drug Use	Low Commitment to School
6 GRADE	57.9 % 2019: 53.3% 2017: 50.1%	51.6% 2019: 48.8% 2017: 47.2%	47.0% 2019: 45.4% 2017: 37.2%
8 TH GRADE	47.2% 2019: 41.7% 2017: 40.9%	44.8% 2019: 43.2% 2017: 43.8%	58.3% 2019: 52.7% 2017: 46.8%
10 th grade	51.8% 2019: 50.4% 2017: 47.2%	45.7% 2019: 46.7% 2017: 46.3%	61.7% 2019: 55.3% 2017: 49.8%
12 th grade	49.4% 2019: 47.7% 2017: 47.1%	57.1% 2019: 58.2% 2017: 58.6%	57.9% 2019: 53.3% 2017: 50.1%

PROTECTIVE FACTORS Highest levels of protection for 2021 remain in the Family Domain:



Mental Health in Lehigh Valley Middle and High Schools Youth are in crisis 4 in 10 youth felt depressed in 2021. 1 in 9 attempted suicide at least once. Substance use is more common in students experiencing depression 3x Students feeling depressed were 3-4 times more likely to have consumed alcohol or vaped in the past month. Percent Symptom Reduction by Month Students using school-25% based therapy report 20% symptom reduction 15% Students using Liberty High School's 10% 5%

0%

2

3

4

5

Students using Liberty High School's therapy services reported a 25% reduction in clinical symptoms after 4 months of continued usage.

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Explanation for Page 8

The February 22nd edition of the Nazareth Key published the information about the upcoming municipal primary election on May 16, 2023. This page of the Key lists all the open offices throughout Northampton County.

Once you know who is running for each office (I know this is only a primary) please check out their credentials to make sure their values and your values align.



The International Relations Study Group has changed their agenda for February and March. We have decided to focus on two of the Great Decisions topics. We encourage members who attend Great Decisions presentations to join us for a small group discussion of two of the topics. If you do not attend the Great Decisions presentations at Kirkland Village and you are interested, you may request a copy of the topics being discussed by contacting Fran Kennedy.

On March 28 at 2 pm we will meet at the home of Margaret Skaarup to discuss Climate Migration. Again members may choose to check out a reference or two listed at the end of the article.

We hope that more members will be interested in joining us.



Nominating Committee Report

In the fall of 2023 a nominating committee was formed to search for candidates for several expiring terms. The term of our Finance Officer, Fran Kennedy, was due to end on June 30, 2023. Randi Blauth, Membership Chair would finish her term at the same time. The Leadership Team consisting of Nancy Kinzli, Toni Hoffman, Randy Blauth, Fran Kennedy, Rosemary Baker and Karol D'Huyvetters, were also ending their two year term.

Carolyn Conners, chair of the Nominating Committee, and her team of Nancy Berry, Jan Schwartz and Phyllis Finger, worked tirelessly to put together a slate of officers for the 2023-2025 term.

The slate of officers presented to the membership in this newsletter and to be voted upon at the April meeting is:

Co-Presidents	Lisa Spitale Fran Kennedy
Membership VP	Kathleen Morgan
Finance Officer	Becky Goldenberg

The Nominating Committee recommends that a Program Committee be formed to assist the co-presidents. Margaret Skaarup will chair the committee and Carolyn Conners, Karol D-Huyvetters and Phyllis Finger have volunteered to be on the committee. Please consider volunteering for this new branch committee.

The Leadership Team extends their heartfelt thanks to the Nominating Committee for all their hard work and congratulates them on a job well done.



A Journey with AAUW

Join us for a luncheon to recognize and celebrate the women in our branch who have been members for 50 years and more.

Where: The View at Morgan Hill

Time: 12:00

Date: April 15, 2023

R.S.V.P.: Karol D'Huyvetters or Rosemary Baker by

April 10,2023

A complementary lunch choice will be offered to 50 year members. All other members will be able to order off the lunch menu.

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: Susan McNamara



March - No meeting this month Hostess:

International Relations Chair: Fran Kennedy



March 28, 2:00 p.m. Hostess: Margaret Skaarup Topic: Climate Migration

Diversity, Equity, Inclusion, Belonging Chair: Rosemary Baker



March 2, 7:00 p.m. Hostess: Zoom Topic: Report back on option chosen to honor Black History Month Out To Lunch Chair: Claire Degnan



All members welcome. Wednesday, March 22, 1:00 p.m. Location: Nazareth Diner RSVP to Claire by March 17th.

Bridge Chair: Rosemary Baker



Contact Rosemary for date and time. New members welcome.

Mah Jongg Chair: Becky Goldenberg



March 13, 1:30 p.m. March 27, 1:30 p.m. Hostess: Rosemary, Toni

Stitch and Be Chair: Toni Hoffman



March 2, 2:30 p.m. Hostess: Vera Cosgrove

Tapas Dining



Date and hostess to be determined.

Women & Science Chair: Susan McNamara



Date:Thursday, March 30 Topic: **Beaverland** by Leila Philip Read through Chapter 5 Zoom at 7 pm

Walking Group Chair: Fran Kennedy Every Friday 9 am. Call Fran for details.

American Association of University Women

AAUW National800.326.2289Easton BranchEaston BranchLeadership TeamRosemary, Karol, FranMembershipRandi BlauthEaston EditionToni Hoffman

www.aauw.org easton-pa.aauw.net easton-pa.aauw.net/contact/ easton-pa.aauw.net/membership/ easton-pa.aauw.net/contact/

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

Easton Pennsylvania Branch

A9, notse3 18044-1464

ADDRESS SERVICE REQUESTED

PO Box 1464

