

Empire State (My) Virtual Branch



Empire Virtual Times **Spring 2016**

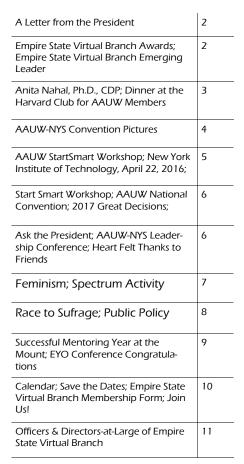
Founded 2012





Quarterly Volume 4 No. 2

Inside this issue:



AAUW-Empire State Virtual Branch 973 216 4181 http://empire-ny.aauw.net

NYSE: Empowering Women & Girls to lead

Happy Memorial



NYSE Press Photos | American Association of University Women March 30, 2016 | Opening Bell

It was with great pleasure that Edwina Martin, AAUW NYS president, Melissa Guardaro, UN representative and Maria Ellis, AAUW NYS C/U Director & ESVB President participated in the New York Stock Exchange Opening Bell on March 30, 2016. Representatives and quests of the American Association of University Women (AAUW) visited the New York Stock Exchange to highlight Women's History Month. In honor of the occasion, AAUW CEO Linda D. Hallman, CAE and AAUW Board Chair Patricia Fae Ho, rang the NYSE Opening Bell®.

Attendees included AAUW's national staff, our Public Relations manager, Ryan Burwinkel, Nicole Phillips and representatives from Verizon and Symantec and other AAUW corporate partners.



Congrats to the ESVB for participating in the Share & Learn live session with Claudia Richards at 7:30 pm on April 13, 2016.

The purpose of this live session was to share ideas amongst the participating branches about how to recruit and retain members.

To learn more about this educational and fun presentation email Claudia Richards,, AAUW's Senior Branch Relations Manager at richardsc@aauw.org.

> To renew your Empire State Virtual Branch membership, click or copy/paste in URL the following link::

https://svc.aauw.org/RECore/wMembership/NewJoinBranch_Enter.asp

"Leadership is the capacity to translate vision into reality."



A LETTER FROM THE EMPIRE STATE VIRTUAL BRANCH PRESIDENT, MARIA ELLIS

Dear Friends,

Congratulations to all of you who were able to join us in our AAUW NYS Convention in Saratoga Springs, New York on April 15-17, 2016. The theme of the Convention was AAUW Women on the Move: Achieving Women's Economic Justice, we had good representation from most of our AAUW NYS branches and we have some great speakers.

I particularly enjoyed the Student Track Workshops and welcoming **Dr. Kathleen McCoy**, English Division Chair and Professor of English, **CUNY Adirondack College**. Dr. McCoy shared with us insights about

"Scribbling Women: Elizabeth Cady Stanton and Eleanor Roosevelt". The talk considered Stanton and Roosevelt as writers and social revolutionaries whose influence continues to be felt and demonstrated today. I was also very proud to have two members of the Young Women's Task Force, Sindy Poluboth, CPA, a graduate from Boston University and Irene Huang, a graduate from Boston University shared important and timely information about financial issues such as student loans and budgeting with students from the New York Institute of Technology and the New School. Special thanks to my Student Track Committee for making this such a successful event. For more information and a copy of their presentation, click on our AAUW NYS website http://www.aauw-nys.org/convention.htm

Congrats again to the Empire State Virtual Branch youngest member, Michelle Messenger for being recognized as our "Emerging Leader" at our AAUW NYS Convention. Michelle Messenger, is a senior at the New York Institute of Technology (NYIT). During the convention, Michelle also participated in our NYS board meeting, as our 1st member of the AAUW NYS Student Advisory board.

Special thanks to the NYIT's staff including Marta Panero, Director of Strategic Partnerships, School of Engineering Computing Sciences; Amy Bravo, Assistant Dean Career Services, Faith Consolo from Elliman, AAUW members and staff including Edwina Martin, Roli Wendorf, who along with myself and Jesse Rauch, AAUW's Senior Program Manager, Start Smart & Work Smart, successfully presented on April 22, 2016, the Start Smart workshop to students and representatives from the New York Institute of Technology, the New School and the College of Mount Saint Vincent.

Also, special thanks to **Joan Monk** for introducing a fun activity and "Conversation on Feminism". We also distributed copies of "We Should All be Feminists" by Chimamanda Adichie. We asked the audience to read this book and write a comment inside, then pass the book to a friend, relative or colleague. Special thanks to the New York Metro Fund who funded this event. Joan and I would like to invite you to join us at our teleconf call to discuss this book, "We Should All be Feminists" on Tuesday, June 28, 2016 @ 7pm. (Call in number 712-432-0926/Code: 223128#). We will be sending a copy of the article "Four Waves of Feminism" as a follow up and reminder about the conference call. http://www.pacificu.edu/about-us/news-events/four-waves-feminism.

During our June 28th teleconf call we will also review the results of our **Diversity and Inclusion Needs Assessment Survey Questions created by our Diversity Director, Heidi Parreño and Dr. Anita Nahal**, PhD., CDP, (Certified Diversity Professional). Anita is our diversity and inclusion (D & I) consultant to our diversity team and a new member of the Empire State Virtual Branch. Dr. Nahal was one of the original members of the Diversity and Inclusion Task Force of National AAUW. To participate in the Empire State Virtual Branch Diversity and Inclusion Needs Assessment Survey Questions, please click on the link below or copy and paste the link in your URL box: https://docs.google.com/formsd/1g0h9APN7WV9qWZO2ttyMf5io3MpUutqjqijyzeSr5MY/viewform

Kindest Regards,

Maria Ellis, MBA

Empire State Virtual NY Branch President

https://svc.aauw.org/RECore/wMembership/NewJoinBranch_Enter.asp

AAUW NYS College & University Director

AAUW Strategic Communications Task Force

http://empire-ny.aauw.net

https://www.facebook.com/EmpireStateVirtualNY

Twitter: AAUWVirtualNY



Empire State Virtual Branch Won Many Awards!



Congrats to all the ESVB members and friends who made possible winning so many awards at the AAUW NYS Convention April 15-17, 2016
Saratoga Springs Holiday Inn, NY.



- Award of Distinction for our quarterly Empire Virtual Times newsletter
- 2) Award of Distinction for our Website
- 3) Award of Merit for Social Media
- 4) Award of Excellence for Visibility
- 5) Membership Award with 10% increase for recruiting and maintaining members
- 21st Century Program— Silver Award for the Mentoring at the College of Mount Saint Vincent
- Public Policy Award for Voter Registration & Education Award
- 8) Public Policy Award for STEM
- Legal Advocacy Fund (LAF) Star Branch
 Fourteenth (14th) Place Per Capita Contributions. Specials thanks to our generous members
 including Dot McLane, Dr. Chigurupati Rani,
 Joan Monk!

Empire State Virtual Branch Emerging Leader



Congratulations Michelle Messenger

for being nominated as an "Emerging Leader" for the Empire State Virtual Branch and being recognized at the AAUW NYS Convention on April 15-17, 2016 at Saratoga Springs Holiday Inn, NY



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Spring 2016 NEWS

Diversity and Inclusion Matters







Anita Nahal D&I Consultant, ESVB

Welcome to Dr. Anita Nahal, PhD., CDP, (Certified Diversity Professional). Anita is our diversity and inclusion (D & I) consultant to our diversity team and a new member of the Empire State Virtual Branch. Dr. Nahal was one of the original members of the Diversity and Inclusion Task Force of National AAUW.

I am doing an interview format as a way to know Anita Nahal. Her impressive biographical data will follow this interview.

Heide: In a nutshell how would you describe yourself?

Anita: Hello Heide...First of all thank you so much for this interview and having trust in me to bring me on as your D&I consultant! I am looking forward to contributing in meaningful ways to ESVB diversity and inclusion initiatives!

So, in a nutshell....I am a blessed mother, D&I consultant, writer, poet, blogger, dancer, former professor and administrator, a global citizen...an all-rounder...who has traversed continents, countries and jobs, to raise her son and herself, at the periphery and within myriad diverse personal and professional experiences. I am an extremely creative and innovative, ideas and policy person who is ever thinking of what next I can do to improve the lives of others and myself...how I can feel positive and assist others similarly, despite the challenges we face.

Heide: Why should diversity and inclusion matter in AAUW as an organization of women? In the U.S. and globally?

Anita: Gender has from time or history immemorial, been willingly or not, a context of power, control and divisiveness. And in today's world, domestically and globally there are critically humanity defining areas, such as LGBT rights, abortion, immigration, equal pay, domestic violence, education, child and women abuse, human trafficking, home and human capacity building that rest on individuals who self-identify themselves in categories that may not necessarily be women or men. Therefore, AAUW, which is situated at the extremely opportune intersection of education and policy, in no less a place than the capital, can address these issues and take leadership strides, becoming a domestic and global mentor and trend setter in one of the most crucial diversity and inclusion issues... gender...within the perspective of all the above mentioned areas. From my colleges days I always wanted to secure an AAUW scholarship, but due to living in India at the time, for one reason or another, I could not. And so I became a member! For me thus, a woman, a single mother and recent immigrant and US citizen, and a staunch champion of diversity and inclusion, what greater pleasure and pride that one of my favorite organizations can take a lead in this recard!

Heide: One of the concerns expressed is the current situation of refugees and immigrants and why diversity is important in this regard?

Anita: Heide, your question is both deeply complex and simple! Thank you for asking this question! As I said, I am a single mother, recent immigrant and US citizen so your question is dearly close to my heart. We are all immigrants and all refugees in one way or another. We all came from the same human species gene pool, and we all came from the continent of Africa. Race as we employ to describe ourselves, is a misnomer, an artificial construct...because we are all from one race...the human race. All humans have a common heritage. However, due to where humans settled geographically, and the systems that developed therein in political, social, religious and cultural categories, the diversities that developed thereof, became over time less a matter of celebration and more a matter of bias, prejudice, condemnation, dismissal, disrespect, denial, rejection, and at the extreme... destruction. And the current world which as predicted quite rightly by Samuel P Huntington in his book, Clash of Civilizations, is churning in myriad ethnic clashes all over the world. Humans are killing each other in the name of terrorism or other conflicting ideologies, leading to among other catastrophes, to the rise of a global refugee and immigration crises. As diversity champions, as D&I consultants and practitioners, thus, our role becomes even more crucial.

Heide: What are the three actions that the ESVB diversity can do?

Anita: In my opinion, though I am still to do a deeper diversity needs assessment, for which I have created a survey which your members can take, I think these three could be: Create a diversity and inclusion mission statement and set three-five years' D&I goals; Develop and implement diversity programs and events that bring focus to D&I issues of ESVB members, and of the larger D&I AAUW National community; and Develop D&I assessment metrics that will assist in comparing ESVB three-five year goals and outcomes, in turn informing ESVB members of their D&I multiple year applications, developing D&I best practices, and creating future D&I road maps.

Dinner at the Harvard Club for the AAUW Members

Congrats to AAUW and AAUW NYS and the Empire State Virtual Branch for hosting a dinner on March 16, 2016 at the Harvard Club in New York City for the 2015-2016 AAUW Fellows.



The Empire State Virtual Branch was very pleased to host a successful dinner at the Harvard Club for the AAUW members who attended the AAUW Delegation to the United Nations Commission on the Status of Women Parallel Event. We had the opportunity to talk with AAUW leaders from NYS and the national office as well as the NYS Fellows. Many thanks to Edwina Martin, AAUW NYS President, AAUW-NYS Development VP Janice Brown and AAUW staff member Laura Byler for their organization of this collaborative national/NYS event.

If you missed this AAUW Fellows dinner event, please join us at our Teleconf on Tuesday, May 31 and Tuesday, June 28 at 7 pm to hear some of our Fellows share with our ESVB members about their work and research.



Melissa Guardaro, AAUW UN Representative and our 2015-2016 Fellows





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Spring 2016 NEWS

AAUW-NYS 2016 Convention Pictures



Nanco Micro & Edwins Martin

L-R: Dr. Rani, Roli Wendorf, Jane Pendergast



Maria Ellis & Nancy Mion







L-R: Dr. Rani, Maria Ellis, & Heide Parreño,



L.R. Dr. Kathleen McCoy & Edwina Martin



AAUW-NYS 2016 Convention Attendees





Student Track Speakers: Sindy Poluboth & Irene Huang (BU graduates)



Maria Ellis, Raegan Sealy, Audrey & Michelle Messenger Singling!







AAUW Members at the Convention

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Spring 2016 NEWS

AAUW StartSmart Salary Negotiation for Students New York Institute of Technology, April 22, 2016

Maria Ellis



Edwin Martin





Marta Parero, NYIT



Roli Wendorf, Westchester & ESVB Member

L-R: Maria Ellis, Roli Wendorf, Edwina Martin





Jesse Rauch AAUW Senior Program Manager

Amy Bravo NYIT's Career Services Assistant Dean

Below: Jesse Rauch Salary Negotiation presentation





AAUW StartSmart Workshop Attendees



L-R: Faith Consolo, Elliman & Maria Ellis, Rutenberg

The purpose of life after all, is to live it, to experience to the utmost, to reach out eagerly and without fear for newer and richer experiences.

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Start Smart Workshop

Learning to Negotiate the Wage Start Smart Workshop Sponsored by

AAUW's Westchester and Empire State Virtual Branch!
Place: College of Mount Saint Vincent
Date/Time: Fall 2016 (DTBA)



Suzanne DeChillo/photographer, The New York Times Annie Houle of the WAGE Project uses \$1 bills and play money to show men's pay advantage over different groups of women. Her program teaches women how to negotiate for better salaries. Did you see the article on the wage gap on the front page of the business section of the New York Times? If you haven't read the article, click on the link below for details:

2017 AAUW National Convention







Wed-Sat, June 14 - 17, 2017

www.aauw.org

Save the Date for Your 2017 Eduvacation!

2016 Great Decisions Great Decision Dates Reviewers U.N. 2nd Thurs, May 12 Maria Ellis The Rise of ISIS 4th Thurs, May 26 Jayne Herrick

Charles Room, The Harvard Club, 27 W 44th St., 5:30—7:00 p.m. For more information, email Julie K: juliek@msn.com

Ask the President

What should I bring to the National Conference for College Women Student Leaders (NCCSWL)?

The NCCSWL will be held on June 2-4, 2016 at the University of Maryland. According to AAUW's Ryan Burwinkel, here are 10 things you need to bring:

- 1. Comfy shoes: You'll spend a lot of time on your feet, networking and meeting rock stars like our inspiring <u>Women of Distinction</u> and <u>keynote speakers</u>. You'll also be walking about 10–16 minutes between the dorms to the conference sessions. So make sure you pack comfortable dress shoes low heels, boots, or flats that you can walk in for a full day.
- **2. Business casual attire and some casual wear:** We recommend business casual clothing for the conference itself. For general conference sessions, you do not have to dress up in a formal dress or high heels. Consider nice pants, a blouse, a suit, a dress, or a skirt for each day of the conference. Avoid jeans except for the more casual outings, like your <u>pre-conference activity</u> or the Friday night out in Washington, D.C.
- **3.** A nice outfit for the Women of Distinction Awards: For the Women of Distinction Awards, you'll want to dress more formally. This is a special evening, and you will be meeting and networking with the Women of Distinction. We recommend you wear a full suit, a dress, or a skirt. Add a pair of dressier shoes (flats or heels, you pick!) and you're all set.
- **4. Toiletries and a towel:** The bathroom situation at the conference is communal, so BYO bathrobe and towel. You'll also want to pack shower shoes, toiletries, and anything else you'd bring with you to the shower at school. (Note: You'll be receiving several free, full-size products from NCCWSL sponsor Pantene, so leave extra room for a big bag of goodies!). **What don't you need:** bed linens, a light blanket, and pillows for your stay. If you get cold easily, you might want to bring an extra blanket just in case.
- **5.** A little extra cash: Check the schedule to see what meals, transportation, and activities are included. You'll need a little spending money for meals that aren't covered by registration, local transportation, and potentially your Friday night out in D.C. (though your ride to the city on Friday night and walking to the monuments don't cost a thing). Several dining options are available on and off campus and we'll have information for you when you arrive.
- **6.** A camera to capture your NCCWSL memories: Sharing pictures from the conference on social media.
- **7. Rain gear:** Don't get caught in the rain! Bring an umbrella or raincoat in case of summer showers.
- **8. Business cards:** If you've got them, consider bringing business cards to hand out to all of your new contacts. Don't have any? <u>Vistaprint</u> is a great, affordable option for ordering cards.
- **9.** A game plan for the Graduate School Fair and Career Fair: There are tons of amazing people to meet at our <u>Graduate School Fair and Career Fair</u> representatives from 75 schools and 25 employers and <u>we want you to be prepared to take advantage</u> of every opportunity. Here's what you need to make it a success:

Bring a list of questions you want schools or potential employers to answer.

Bring at least 10 copies of your résumé along with your transcript, if possible, to show to representatives at the fair.

Decide who you want to see beforehand. We'll be <u>updating the list</u> in the weeks leading up to NCCWSL.

Try to talk to as many schools and companies as possible. Sometimes the right match is a place you never even considered.

10. Your elevator speech: You never know who you'll meet at NCCWSL. So know <u>what you're going to say</u> to sell yourself or your project?

2016 AAUW-NYS Summer Conference

NYS Summer Leadership Conference July 22-24, 2016 Cazenovia College, Cazenovia, NY

Heartfelt Thanks to Friends!



Thank you for your generous and thoughtful donations to the Empire State Virtual Branch!

Maria Ellis Melissa Guardaro Dr. C.S. Rani Dot McLane Debbie Deats Shirley Herrick



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Feminism Spectrum Activity



Thank you, Joan Monk for introducing the "Feminism Spectrum Activity" a fun way to begin our "Conversation on Feminism" at the New York Institute of Technology on Friday, April 22, 2016.

A discussion of the activity followed and participants shared their thoughts & feelings regarding this

experience. Joan Monk purposely chose not to define the words she selected, hoping that multiple perspectives would arise from our discussion. That is exactly what happened! By the way, the spectrum began with "I am not a feminist" and ended with "I am a feminazi."

We also distributed copies of "We Should All be Feminists" by Chimamanda Adichie. We asked the audience to read this book and write a comment inside, then pass the book to a friend, relative or colleague.

The Empire State Virtual Branch is hosting a conference call to discuss this book on Tuesday, June 28, 2016 @ 7pm. (Call in #: 712-432-0926/Code: 223128) You are most welcome to join us. We will be sending a copy of the article "Four Waves of Feminism" as a follow up and reminder about the conference call. http://www.pacificu.edu/about-us/news-events/four-waves-feminism

Below are some comments from "Conversation on Feminism" at New York Institute of Technology in NYC on April 22, 2016.

"I believe in equality not superiority."

"I resist the term 'feminist' because it is a label that I can't identify with."

"There is not enough information about feminism."

"Women should be treated equally."

"There is a negative stereotype associated with feminist."

"The term "feminazi" is much too negative with its association to Nazi Germany."

"How you live your life is more than the words you use to describe yourself."

"Actions speak louder than words."

"The word "militant" is too extreme and incites violence."

"I actively participate in the support of women at every opportunity."

"The term feminazi' is stronger than militant because it rebels against the society that labels and stereotypes strong women."

"There is a negative stereotype that begin in the 1960's and continues into the 21st century."

To reclaim and redefine the word feminist, you might consider one or more of the actions below:

Use Your Voice

- •Talk about feminism with friends/family
- •Speak out of feminist issues
- •Write a letter to the editor or op-ed piece

Learn

- •Subscribe to We-news (womensenews.org)
- •Sign up for a class on feminism
- •Follow feminist organizations on Facebook or Twitter who are taking positive actions
- $\bullet \text{Suggest}$ books on feminism to your book club -Bad Feminist by Roxane Gay
- •-We Should All Be Feminists by C. N. Adichie

Joan also encouraged the students to use their cell phones for such and engage in activities such as: Post Jennifer's Facebook Page https://www.facebook.com/feministstories?fref=ts

Follow her on Twitter

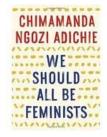
https://twitter.com/JenniferLeeUSA

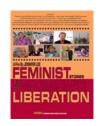
Follow your Senators/Representatives on Twitter or post on their Facebook Pages

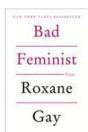
Share what you've learned with others



a Fun Activity and "Conversation on Feminism" at the New York Institute of Technology, Friday, April 22, 2016 "I Am not a Feminist" to "I Am a Feminazi" Spectrum!









Maria Ellis, Roli Wendorf & Edwina Martin



Maria Ellis, Rutenberg Faith Consolo, Elliman



Faith Consolo, Elliman



NYIT Students participating in the fun



Students, Maria Ellis & Dr. Rani

Race to Suffrage

RACE TO SUFFRAGE Preparing for the NYS 2017 Centennial and Looking Forward to 2020

Men and Women in NYS and the nation have the right to vote. In New York State women were granted the Right to Vote on November 6, 1917. They gained suffrage through the efforts of thousands of New Yorkers. Women have the vote. They sometimes need to be reminded how important it is to use it. What better way than to engage the community in becoming aware of the massive fight that, without bloodshed, secured women a citizen's right to vote. To encourage branches to celebrate the centennial of this event ESVB members Maria Ellis and Nancy Mion organized a workshop at the 2016 NYS Convention.

The Race to Suffrage: Preparing for the NYS 2017 Centennial and Looking Forward to 2020 Workshop featured three speakers. Each provided information to enable members and their branches to spread the word of the fight for suffrage and how we must continue to engage women in the voting process. Bonnie Mion, storyteller and researcher, gave ways to find suffragists in your area, bringing the Movement to your own backyard. She also told stories about individual suffragists and what they did, including my grandfather, who made a difference. There is a handout available -just ask me myown220@aol.com.

Sara Ogger, Executive Director NY Council for the Humanities, spoke of the Commission for the NY Women's Suffrage Centennial, the funding that is available and how to apply for it through the Council. It is to be used to sponsor educational suffrage events and activities around the state to bring knowledge of the Movement to more people. Susan Zimet, legislator, Executive Director of Hunger Action Network NYS and founder of Project 20/20, talked of raising awareness of the Women's Suffrage Movement through legislative action. She promoted having "Spirit of 1776 Wagon Day proclaimed statewide honoring the Suffragists Wagons and worked to ensure the Commission was foamed of which she is a member. She discussed involving students in related activities in Washington, DC.

Young women from the Convention Student Track, which too was organized by Maria Ellis, joined us.

Are AAUW members interested in the Women's Suffrage Movement? Yes! Over 38% of the Convention goers attended this Workshop.

CELEBRATE THE CENTENNIAL! ENCOURAGE WOMEN TO USE THIS HARD WON RIGHT!

Nancy Mion, ESVB Public Policy Director

Public Policy



Colleges and Universities Should Review Title IX Policies in Wake of DOJ Investigation

В

Donna Seymour

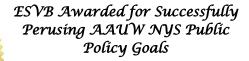
On April 22, 2016, the Department of Justice released its findings from an investigation that it undertook against the University of New Mexico (UNM) regarding its compliance with Title IV of the Civil Rights Act of 1964 and Title IX of the Education Amendments of 1972. The investigation examined UNM's policies and practices for investigating and responding to complaints of sexual assault and sexual harassment, as well as its training for staff, students, and faculty, including those responsible for coordinating Title IX enforcement and investigating complaints of sexual harassment and assault.

The DOJ concluded that:

- UNM's policies and procedures failed to provide clear and consistent notice of prohibited conduct and were not effectively publicized, resulting in confusion as to where victims should report sexual harassment and assault;
- The University's sexual harassment training was lacking in content and depth and did not align with best practices in the field;
- UNM's grievance procedures violate Title IX and Title IV; and The University's staff is not adequately trained to avoid gender bias, to promptly investigate complaints, and to effectively gather evidence.

The DOJ will now require UNM to revise its policies, procedures, and investigative practices to ensure prompt and equitable resolution of sexual harassment and sexual assault allegations. What should you do in light of this ruling? We encourage colleges and universities to undertake a comprehensive review of their existing policies and procedures, as well as any training provided to Title IX coordinators and other individuals who are involved in investigating sexual assault and harassment complaints, to ensure compliance with the DOJ's directives.

Members of the Steptoe & Johnson Higher Education team are familiar with the DOJ's guidance regarding Title IX and stand ready to assist with compliance efforts. http://www.natlawreview.com/article/colleges-and-universities-should-review-title-ix-policieswake-doj-investigation



Our ESVB has been very active in furthering AAYW's Public Policy. This is evidenced by three Public Policy Awards we received in 2016:

- Public Policy Award for Voter Registration & Education
- Public Policy Award for STEM
- Public Policy Newsletter Recognition

Nancy Mion, ESVB Public Policy Director



"The future belongs to those who believe in the beauty of their dreams!" ... ER

Monthly Events

Successful Mentoring Year at the Mount!

Explore Your Opportunities: The Sky's the Limit!TM

Celebrating another successful Mentoring Year at the College of Mount Saint Vincent, Thursday, May 5, 2016



Mentors & Mentees at the College of Mount Saint Vincent Thursday, May 5, 2016



Left: Marial Ellis & Kimberly Gomez

Below: Lorrin Johnson & her Mentee



Joan Monk & her Mentee



Right: Dr. Rani & Jhanielle Daley





Explore Your
Opportunities:
The Sky's the Limit!TM
14th Year Conference
Spring 2017 (DTBA)
College of Mount Saint Vincent
Riverdale (Bronx), New York

Congratulations to Lorrin Johnson, Wilma Gitchel and Marilee Scheuneman for another successful Explore Your Opportunities: the Sky's the Limit Conference held on April 16, 2016 at the College of Mount Saint Vincent in Riverdale, New York. We have received great reviews from our 7th grade participants about all the 17 workshops given at this Conference. . Our key note speaker, the Australian GPS girl, Karen Jabosen received the most accolades from our students. We were all very engaged and enjoyed Karen's "Recalculate" motivational talk!

The 7-Grade girls attended the following 17 workshops for EYO 2016:

- Playing Games in Alice World": earn to create interactive games using "Alice" programming.
- Brain Games: Learn about some of the mind boggling things a brain can do from making memories to controlling emotions.
- 3. *Flower Hour.* Observe and describe flowers and discover similarities that group them and differences that make them unique.
- 4. *It's a Sugar...It's a Base...It's DNAI*: Discover the structure of DNA and learn how to isolate DNA from your own cells painlessly.
- 5. Acoustics & Wildlife Sound Can Save Animals!. How do scientists track whales, recognize birds, and count tigers and frogs? They use sound!
- 6. **What Color is a Rose?** Roses are red, violets are blue, ever wonder how plants get their color? See which plant pigments are hiding in your favorite plants using paper chromatography!
- 7. *Datalogging-A-Bot:* Learn how to program a robot to analyze sounds using a sound sensor.
- 8. *Plant Superhighways:* An introduction to the vascular system of plants with real-life applications in the food and florist industries.
- Grrrrrls Leading the Way in Animal Science: Learn how you can enhance animal lives and wellbeing in a hands-on enrichment workshop.
- Blizzard in a Bottlel: Create a "snowflake crystal" scene in a jar using Chemistry!
- Cool Web Design: Learn the basics of HTML and JavaScript by making your own "Web Page".
- Paper Engineering + Origami = (Funf) Use paper and geometry to build a spherical container to store jewelry and other small items.
- Play Doctor: Learn the physical exam components and tools that doctors and PAs use to evaluate sick patients.
- 14. Hands-On Cosmetic Chemistry (2 sessions): Step into the laboratory and design your own cosmetic potion.
- Wading Through The Web: Smarter searching on the Internet -DeeperWeb, Clusty, Carrot, website reliability checks. Oh My.
- Brain on Overload?: Learn about the neuroscience of cognition while conducting tests on the effects of multitasking.
- 17. *Using Leverage to get Super Powers:* Learn basics about how levers can multiply force and how leverage is used in everyday items.



Programming a Robot in Build-a-Bot



Kitchen is Full of Chemistry Too?

CALENDAR FOR MAY - JULY 2016

Day	Date	Time	Event	Happy Flag Day (6/29),
Sun	05/08/16		Mother's Day	**************************************
Thurs	05/12/16	5:30-7:00 p.m.	Great Decisions, Harvard Club	* Members interested in scheduling
Thurs	05/26/16	5:30-7:00 p.m.	Great Decisions, Harvard Club	an event/meeting for the branch
Mon	05/30/16		Memorial Day	‡ please contact the Program VP to ‡ reserve dates and confirm before
Mon	05/30/16	7:00-8:00 p.m.	Meet Gemma Mangione, AAUW Fellow. Doctoral Candidate, Northwestern University. Teleconference, Call 712-432-0926;	publicizing the event/meeting.
			code 223128#	Maria Ellis & Dr. C.S. Rani mellis@fsacap.com
Thurs- Sat	06/2-4/16		National Conference for College Women Student Leaders (NCCWSL), Univ. of Maryland, College Park	*
Tues	06/14/16		Flag Day	
	06/19/16		Father's Day	Save the Dates:
	06/28/16	7:00-8:00 p.m.	Meet Natascia Boeri, AAUW Fellow, Doctoral Candidate, NYU, Empire State Virtual Branch Teleconference, Call 712-432-0926; code 223128#	Thurs-Sat, 06/2-4/16 National Conference for College Women Student Leaders (NCCWSL), University of Maryland,
Mon	07/04/16		Independence Day	College Park, MD
Fri-Sun	07/22-24/16		AAUW-NYS Summer Leadership Conference, Cazenovia College, Cazenovia, NY	Fri-Sun.: July 22-24, 2016 AAUW NYS Summer Leadership
Fri-Sun	04/21-23/17		AAUW NYS Convention, Double Tree Inn, Syracuse, NY	Conference Cazenovia, NY
Wed- Sat	06/14-17/17		AAUW National Convention, Washington, D.C.	Fri-Sun, April 21-23, 2017 AAUW-NYS Convention
			4-	Double Tree Inn, Syracuse, NY



Wed-Sat, June 14-17, 2017 **AAUW National Convention** Washington, D.C.

Join or renew your membership with Empire State Virtual Branch!

AAUW national dues are \$49, AAUW NYS dues are \$13.00, and the Empire State Virtual Branch dues are \$5.00. The branch dues year is July 1 to June 30, and if you join now, your membership is good through June 30, 2017. See the various memberships below and to join, please visit our website at http://empireny.aauw.net/membership/

- § Not currently a member of AAUW: \$67 (\$49 for national dues, \$13 for NYS; \$5 for Empire)
- Current branch member: \$5 for a dual membership
- § Current member-at-large: \$18 (\$13 for NYS; \$5 for Empire)
- § Current student member: \$17* a year (Campus is not a college member)
- § Current student member on an AAUW NY member campus: Free
- § New Graduate: first year free
- Graduate Student: member \$18.81 a year
- § Primary Member & Donor for \$100* a year including a generous contribution of \$33

Membership <u>dues can be paid by a credit card or check</u>. This feature is available on our website. Go to: http://empire-ny.aauw.net/PayPalMemForm.html or simply fill out and mail the coupon below:

Me	Name:	Please click on the link below to join us:
embership F	Address:	http://www.aauw.org and follow the steps for online registration. If you prefer to write a check for your membership, please issue a check payable to AAUW and mail it to Angela M. Cooper, AAUW Membership Dept, 1111 Sixteenth Street, NW, Washington, D.C. 20036. If you have any questions, please call Angela at 202 785 7782 or Maria Ellis at 973 216 4181.
	Telephone:	
	Email:	
Н	College Attended:	

Empire State Virtual

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AAUW Executive Director: Linda Hallman AAUW President: Patricia Fae Ho

AAUW NYS President: Edwina Frances Martin

AAUW Empire State Virtual Branch President: Maria Ellis

Websites: National: www.aauw.org State: www.aauw-nys.org

Empire State Virtual Branch: http://empire-ny.aauw.net/Facebook Page: https://www.facebook.com/EmpireStateVirtualNY

EYO: www.aauw-eyhconference.org

Webmaster: Dr. Chigurupati Rani; csrani.rani@gmail.com

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Members will kindly send in their articles for the Empire Virtual Times at the beginning of each quarter (January, April, July, October) to mellis@fsacap.com & csrani.rani@gmail.com. Send your ideas and letters to Maria Ellis and Dr. C.S. Rani.

AAUW EMPIRE STATE VIRTUAL BRANCH

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Any individual donations to the Empire State Virtual Branch will be matched by the fund.

American Association of University Women advances equity for women and girls through advocacy, education, and research.

AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy and measurable change in critical areas impacting the lives of women and girls.

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



Empire State (NY)
Virtual Branch
http://empire-ny.aauw.net/



Moving the Mission Forward

The Empire State Virtual Branch is the first virtual branch in New York State.

