



The Empire State Virtual (NY) Branch

Empire State (NY)  
Virtual Branch

Founded 2012



# Empire Virtual Times

## Summer 2015



Quarterly Volume 3 No. 3



Greetings from our AAUW NYS Summer meeting in Cazenovia, NY



Greetings from our AAUW NYS Summer meeting in Cazenovia, NY. We had lots of fun while living our AAUW mission and preparing branches to better connect activities with community needs and planning our 2016 AAUW NYS Convention which will take place in Saratoga Springs on April 15-17, 2016.

The Empire State Virtual Branch will be hosting the AAUW NYS District V Conference scheduled for Sat. October 3, 2015 from 2-5 pm at the New York Institute of Technology. See details on page #3.

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



*"What matters now as always,  
is not what we can't do:  
it is what we can and must do." - ER*

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



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



Dear Friends,

I hope this newsletter finds you well and enjoying the summer! I will start by sharing with you some of the highlights of our AAUW Convention in San Diego from June 19-21, 2015. These include the following presentations:

What Does It Take to Make a Woman Leader? How do we encourage more women to risk becoming leaders, that was the question moderator Marianne

Schnall and panelists Noorjahan Akbar, Kate Farrar, Lilly Ledbetter, and Don McPherson attempted to answer during a plenary session at the 2015 AAUW National Convention in San Diego. The panel was very hopeful about the future of women's leadership. The methods used to silence women are not sustainable and Solidarity Is a Solution! We need to create trans-racial groups, places where different voices and faces can get the support they need to move into leadership positions.

Lisa Maatz presentation about "How to Use Your Smartphone for Good: How to Make a Difference Online in Two Minutes or Less." and Global Progress and Equality for Women were two of my favorite workshops. The workshop leaders included Melissa Guardaro, AAUW UN Main Representative; Antoinette Gingerelli, AAUW Youth Representative, Gloria Blackwell, AAUW Vice President of Fellowships, Grants & Global Programs; and Laura Blyler AAUW Program Manager, Fellowships & Grants. As you know, AAUW has a long history of tackling global women's issues, from giving out fellowships to international scholars to working with the United Nations.

After our AAUW Convention, we worked furthering our mission at our AAUW NYS Summer meeting in Cazenovia from Friday, July 24, through Sunday, July 26, 2015. Our AAUW-NYS Summer Meeting main topic was about "Connecting AAUW's Mission at the Branch Level to Local Communities.. Our Mentor Orientation and Opening Dinner" will take place at the College of Mount Saint Vincent, President's Reception Room, on Wednesday, September 9th from 4:30 pm to 6:30 pm. If you would like to become a mentor, please email Maria Ellis at [mellis@fsacap.com](mailto:mellis@fsacap.com).

Finally, I am pleased to report that the Empire State Virtual Branch will be hosting the AAUW NYS District V Conference scheduled on Saturday, October 3, 2015 from 2-5 pm at the New York Institute of Technology in Manhattan. The theme on this year's District V Conference is focused on "Feminism." This was inspired by the success of the A-G-J program where Jennifer Lee was hosted by the branch and her film "Feminist: Stories from Women's Liberation" was shown. Register early and bring a girl at no extra charge, talk with our friends and District V members, and meet Jennifer Hall Lee, outstanding filmmaker and feminist extraordinaire, and find out why she had to make this film. If you want to have fun while moving our AAUW mission forward, please participate in our upcoming teleconference call on Tuesday, September 29th at 7 pm and join us at our District V Conference on October 3<sup>rd</sup> at 2 pm. Thank you!

Best & Thanks,

Maria Ellis, MBA

Empire State Virtual NY Branch, President

<http://empire-ny.aauw.net>; <https://www.facebook.com/EmpireStateVirtualNY>

Twitter: AAUWVirtualNY

Email: [mellis@fsacap.com](mailto:mellis@fsacap.com); Mobile: 973-216-4181

To become a member of the Empire State Virtual Branch or to renew membership click on the following link: [https://svc.aauw.org/RECore/wMembership/ewJoinBranch\\_Enter.asp](https://svc.aauw.org/RECore/wMembership/ewJoinBranch_Enter.asp)

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



Explore Your  
Opportunities:  
The Sky's the Limit!™  
13th Year Conference  
April 16, 2016  
College of Mount Saint Vincent  
Riverdale (Bronx), New York

Cool Workshops (13 of 18) for EYO 2016: are listed below:

1. **Playing Games in Alice World:** Learn to create interactive games using "Alice" programming.
2. **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 DNA!** 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.
9. **Grrrrrrs Leading the Way in Animal Science:** Learn how you can enhance animal lives and wellbeing in a hands-on enrichment workshop.
10. **Blizzard in a Bottle!** Create a "snowflake crystal" scene in a jar using Chemistry!
11. **Cool Web Design:** Learn the basics of HTML and JavaScript by making your own "Web Page".
12. **Paper Engineering + Origami = (Fun)** Use paper and geometry to build a spherical container to store jewelry and other small items.
13. **Play Doctor.** Learn the physical exam components and tools that the doctors and Pas use to ...



Programming a Robot in  
Build-a-Bot



Kitchen is Full of Chemistry Too?

# Summer 2015 News



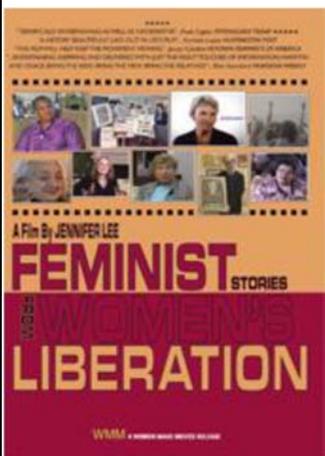
## District V Conference

The Empire State Virtual Branch & the Younger Women’s Task Force cordially invites you to attend the District V Conference

Focus on Feminism: Past & Present, Near & Far

Saturday October 3, 2015 from 2-5pm at the New York Institute of Technology, 16 West 61st street, 11th floor auditorium, New York, NY 10023

Join us to celebrate International Day of the Girl with an outstanding filmmaker and feminist, Jennifer Hall Lee and meet members of AAUW NYS.



- 2:00 - 2:30 pm Meet & Greet
- 2:30 - 3:30 pm Movie Screening
- 3:30 - 4:15 pm Q&A and Discussion
- 4:15 - 4:30 pm Action Plan- Social media: Use Your Cell Phone for Good
- 4:45 - 5:00 pm Optional Campus Tour
- 4:30 - 5:00 pm Reception

Cost: 2/1 Offer - \$30 members & guests/\$15-YWTF/Students \$5

All paid participants are welcome to bring a "girl" as their guest at no extra charge.

\*\*\*\*\*

Name \_\_\_\_\_ Branch \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Please make your check/s payable to "Empire State Virtual NY Branch AAUW."

\_\_\_\_\_ Enclosed is my check for \$30/\$15/\$5

\_\_\_\_\_ Yes, I am bringing a HS/College/Grad school student.

Student’s name \_\_\_\_\_ School \_\_\_\_\_

**Registration Deadline: Checks must be mailed by September 21, 2015.**

Send this form with check to: Joan S. Monk, District V Coordinator, 18 Devonshire Drive, Canterbury Crossing, Yorktown Heights NY 10598 (Contact: 914-245-7704 or ftmaven@gmail.com)



# Summer 2015 News

## Ten Reasons to Attend the District V Conference



### Ten Reasons to Attend the District V Conference Focus on Feminism: Past & Present, Near & Far October 3, 2015 in NYC

- Get the scoop on AAUW NYS Summer Meeting in July 24 -26, 2015  
"What happens at Caze, stays at Caze" need not apply.
- Spend a Saturday afternoon on campus, enjoying the facilities of one of C/U partners in Manhattan. Tours will be available
- Hone your networking skills as you meet new members and/or reconnect with dear friends and branch members throughout our District V AAUW NYS branches and to share our successful and fun AAUW mission based programs.
- Meet Nnenna Agba, AAUW Career Development Grant Recipient from Nigeria; and her mentor Kechie Ogbodo, the founder of Kechie's Project and learn of her amazing work in Nigeria to educate and empower girls.
- Celebrate International Day of the Girl by bringing school supplies for Kechie's Project
- Take advantage of our special 2/1 offer and bring a girl to this event
- Become a GI – get informed, get inspired and get involved to revitalize your branch and community.
- Meet Jennifer Hall Lee, outstanding filmmaker and feminist extraordinaire, and find out why she had to make this film.
- Let's focus on feminism, so we can boldly answer when asked, "Are you a feminist?"

See you on October 3<sup>rd</sup>!! Joan Monk, ftmaven@gmail.com

## AAUW-NYS Women's Economic Equity News Vol. 2, Issue 28, August 17, 2015

### How Four Millennial Sisters Joined Forces To Demolish \$182K Debt Within Two Years

When four 20-something sisters in the small town of Plainview, Texas, realized they were all drowning in debt and scratching to get by, they decided to band together and tackle their problem as a family. "We had accumulated \$182,000 in student loans, credit cards and car loans collectively," said Rufina Barrientos, a clinical laboratory scientist, now 30. "Our yearly income came out to about \$106,000, so it sounded plausible that we could effectively pay down our debt in three years. Being the youngest, I thought I was getting the best deal out of the arrangement. I was two years out of college, when most student loans take 10 or more years to pay off. Score!"

## AAUW-NYS Women's Economic Equity News Vol. 2, Issue 28, August 17, 2015 (cont'd)

The sisters met every Sunday to talk about their collective and individual financial status, as well as what they'd need for meals during the week. "These sessions were like therapy too because only three other people in the world knew what I was going through, and it was nice to have company during our joint quarter life crises," Barrientos says. "The emotional setbacks were overshadowed by the amount of traction we were hitting with our debt."

They rented a \$1,000 three-bedroom duplex in Dallas (the den was converted to a fourth bedroom), saving them \$400 a month off the bat. Then they drew up a contract. The rules were relatively simple:

1. They direct-deposited all their paychecks to joint account, which paid monthly bills, groceries, medical bills and car maintenance; all the leftover income would be thrown to the debt.
2. [They planned to tackle the smallest debt first](#), aka [Dave Ramsey](#). That meant credit card debt got paid off first, student loan debt last.
3. They each got \$75 in spending money every two weeks.
4. They were religious about recording everything. "We took advantage of our sister Ana's borderline OCD tendencies and she made spreadsheets for everything: debt, income, monthly bills and even groceries," Barrientos says. They stopped shopping for anything unnecessary. <http://www.forbes.com/sites/vanessamcgrady/2015/08/11/millennial-sisters/>

### Gender gap in federal salaries? Let's not go there anymore, new personnel chief says

The acting director of the Office of Personnel Management (OPM), Beth Cobert, is taking steps to eliminate the wage gap in the federal government. In 2012, OPM found that women in government still made 12.7 percent less than men, overall. To help close that gap, Cobert informed senior government leaders that a common metric for setting wage rates of new employees — prior salary history — can no longer be the basis for establishing salaries. This move could help women who have been out of the workforce for a period of time or who have been paid unequally in the past. It will also focus hiring decisions on each candidate's qualifications and ability to meet an agency's particular needs. Additionally, Cobert urged government agencies to collect wage data separated by gender, review how jobs are classified for pay-setting, and publicly post salary rates.

<https://www.washingtonpost.com/blogs/federal-eye/wp/2015/08/05/new-opm-chief-beth-cobert-takes-aim-at-gender-gap-in-federal-salaries/>

### Let's Expose the Gender Pay Gap

HOW serious are we, really, about tackling income equality?

The [Securities and Exchange Commission](#) took a shot at it last week, approving a rule that would require companies to disclose their [C.E.O. pay gap](#) — comparing how much chief executive officers take home compared with ordinary employees.

That's a fine idea. But here's a better one: require companies to publish their *gender pay gap*.

Think about it. Calling out top executives for making too much money will at most embarrass a few suits. But calling out companies for paying women too little will help millions — and perhaps crack one of the most intractable problems of our time.

More than a half-century after President John F. Kennedy signed the Equal Pay Act of 1963, the gap between what men and women earn has defied every effort to close it. And it can't be explained away as a statistical glitch, a function of women preferring lower-paying industries or choosing to take time off for kids.

# Start Smart Workshop

# Ask the President

**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 2015 (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:

<http://www.nytimes.com/2012/12/16/business/to-solve-the-gender-wage-gap-learn-to-speak-up.html?ref=business&r=1>

## Are there any upcoming College & University Partnership Webinars?

Yes, there are College & University Partnership Webinars scheduled for either September 18 or September 25 at 3 p.m. These webinars are organized by Kristin Lang, College/University Relations Manager and let us know how best we can be of assistance in reaching out to your local colleges in your area! Please also invite your C/U Partner in your area since this webinar is especially designed for C/U representatives at AAUW partner member institutions who want to learn more about their role, the benefits of C/U membership, and resources available to them. Participants can expect to a) Learn the basics of AAUW and C/U partner membership; b) Learn more about the expectations of C/U representatives; and c) Hear updates for 2015-16. Participants will have the opportunity to submit questions before the call about their C/U partner membership, their C/U representative role, and other related content. AAUW campus program staff will walk you through the basics and answer your questions.

To register, click on the link: <http://www.aauw.org/event/2015/09/cu-101-webinar-membership/>

Also, join us for the Student Orgs 101 webinar on September 8 at 7:30 p.m. ET. This webinar is especially designed for students and campus professionals who are interested in bringing an AAUW student organization to their campus. C/U representatives at AAUW partner member institutions as well as our e-student affiliates are encouraged to register. Participants can expect to a) Find out what AAUW resources are available for students, staff, and faculty; c) Learn the benefits of bringing an AAUW student organization to campus; c) Understand the steps needed to bring an AAUW student organization to campus; d) Receive updates and suggestions for campus programming; and d) Ask questions to AAUW national staff and current AAUW student organization leaders. Attendees will have the opportunity to submit questions about AAUW student organizations before the webinar begins.

To register, click on the following link: <http://www.aauw.org/event/2015/09/student-orgs-101-webinar-get-involved/>

## UNTAPPED SOURCE OF PEACE

a beautiful poem by Jean Shinoda Bolen



When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.

— Jean Shinoda Bolen —

AZ QUOTES

Untapped source of peace,  
 The only real hope  
 Is to draw upon the collective wisdom of women.  
 Those with direct experience of the cost of war:  
 The life of child, grandchild, sibling, spouse.  
 The loss of limb or mind of someone near and dear,  
 The loss of laughter, the pervasiveness of fear,  
 The loss of hope for the future.

Untapped source of peace,  
 Those who know of domestic violence:  
 Seen the effect of bullying on sons,  
 Seen daughters become silent,  
 Seen light go out in their eyes.  
 Those who know  
 That when every child matters,  
 When none are hungry, abused or discounted  
 The world will become a kinder place  
 For us all

## UNTAPPED SOURCE OF PEACE (cont'd)

Untapped source of peace,  
 Women with empathy  
 Who live in a world apart,  
 Are safe, loved, and fortunate,  
 Yet can imagine  
 Being helpless, beaten, and raped,  
 Then forced to bear a child  
 Conceived in violence.  
 Women who know in their hearts  
 That what happens to any woman  
 Anywhere  
 Could happen to them.

Untapped source of peace,  
 Women who see loved ones filled with vengeance and hate,  
 Hypervigilant, fear-ridden, or afraid to sleep  
 Because of the nightmares.  
 Husbands, brothers, sons, and now daughters  
 Home from wars,  
 Bearing little resemblance to who they could have been  
 In a peaceful world.  
 Untapped source of peace,  
 Women in circles,  
 Women connecting,  
 Women together  
 Bringing the sacred feminine,  
 Maternal instinct, sister archetype,  
 Mother power  
 Into the world.

# New Mentoring Program for Middle and H.S. Girls!

We are pleased to announce a new Empire State Virtual Branch Leadership program for middle and high school girls as part of the New York State Project, Leadership: Yesterday, Today and Tomorrow. Leadership, character development, feminism, advocacy and philanthropy are all essential parts of this project. We are calling this piece of the project, "Standing Tall with Eleanor and Michelle." This project is being funded by the Empire State Virtual Branch and a \$500 grant for AAUW NYS.

Three on site visits of 90 minutes are planned with our coalition partners – Kechie’s Project Outreach Schools Bronx NY, YWCA of Yonkers and Mary J Blige Center in Yonkers. Varied formats are being developed to accommodate school and vacation schedules as well ages of our participants. This project come out of Phase 3 of the NY/NJ AAUW WILD Project this summer.

Here are the topics we are planning to develop through this program:

- Just the Facts – biographical information
- Compare/Contrast these first ladies
- Discuss First Lady "Firsts"
- Explore their pet projects
- Discover your favorite Eleanor quote?
- Find a favorite quote from Michelle Obama that speaks to you.
- What leadership characteristics (virtues) do they share?
- Focus on feminism – was ER a feminist? Michelle?
- How did each first lady support women and girls?
- Eleanor’s crowning achievement was the Universal Declaration of Human Rights. Why was this so important for her?
- What do you think Michelle Obama’s greatest achievement is so far? What might she do in the future?
- Investigate "Let Girls Learn" Why is this initiative so important?
- In 2012, the United Nations created two new celebrations – International Day of the Girl (October 11<sup>th</sup>) and International Day of Happiness (March 20<sup>th</sup>). How do these new celebrations connect to these two first ladies?
- How did each first lady advocate for? What is an advocate? How does one advocate?
- Where they philanthropists? What is the classic definition of a philanthropist? What is the new meaning of this word?
- What has/had heart and meaning for these two extraordinary women? What has heart and meaning for you?
- Do you consider Eleanor and/or Michelle a role model? Reflect on all the individuals you do consider role models. List them.
- What has surprised you in this study? What has inspired you?
- What has challenged you? What has touched your heart?

**Rationale:**

"Girls on the Go" is a great way to introduce young women and girls to AAUW as well as for the Empire State Virtual Branch to work with new coalition partners. Public transportation plus entry fees will be covered for girls and their teachers for events held in the NY metropolitan area. Here are the events we will encourage these girls to attend:

AAUW NYS District V Conference in NYC on October 3<sup>rd</sup>, 2015 at New York Institute of Technology, "Focus on Feminism: Near & Far, Past & Present"

CTAUN Conference at the United Nations on January 22<sup>nd</sup>, 2016. This year’s theme is : Stewardship for a Sustainable World: Education in the Sustainable Development Goals (SDGs)

United Nations Annual Report on Happiness in celebration of International Day of Happiness on March 20<sup>th</sup>

Attendance at parallel events for Committee on the Status of Women during the first two weeks in March

Explore Your Opportunities Conference hosted by Westchester American Association of University Women and Empire State Virtual Branch at College of Mt. St. Vincent on April 16<sup>th</sup>, 2016

Participants would be asked to share their learning with their classmates or write an article for the our newsletter, The ESVB Times. A suggested format for both the discussion and article could be: What surprised you at this event? What inspired you? What challenged you? What touched your heart? If you would like to join the Girls on the Go Committee, please email Joan Monk at [ftmaven@gmail.com](mailto:ftmaven@gmail.com).



Listening to her heartbeat



Learning how our brain works



Creating a blizzard in a bottle



Observing flowers



Robots playing ultrasonic cricket!



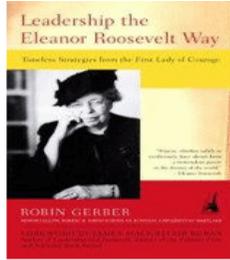
Hands-on cosmetics chemistry

# The Wild Women are Coming!

# Public Policy



The NY/NJ AAUW "WILD" Women Project  
(Women In Leadership Development)



## "Embracing Eleanor in the 21<sup>st</sup> Century"

Members from the NY/NJ WILD Project (Women in Leadership Development) are attending the AAUW National Convention in San Diego come June. They will be promoting Phase 3 of the Eleanor Roosevelt Leadership Read. State board members connected at our last national convention in New Orleans and strong bonds of friendship developed, as they often do in AAUW. Robin Gerber, keynote speaker there inspired these women to focus on leadership through her book "**Leadership the Eleanor Roosevelt Way.**" There are monthly conference calls, convention workshops and program planning. You too can become "WILD" and join in Phase 3 that started in July. Members connect on the third Tuesday of each month to review and discuss the current chapter with a focus on the leadership virtues Eleanor exemplified.

Eleanor was named as the most influential first lady of all times by a Siena Poll in 2014. Ken Burns made her an integral part of his new series, "The Roosevelts" last fall. The UN has designated her birthday as the date to celebrate International Day of the Girl. The time is right for you to establish a relationship with Eleanor or renew an old friendship. Robin's book connects you to Eleanor in a very personal way.

National will be hosting round table discussions at the convention. We think this New York/New Jersey collaboration is something to talk about. There will also be opportunities in both New York and New Jersey to learn more about this project at their spring gatherings. If you have a personal or family story related to Eleanor be sure to share it with us.

Eleanor believes that we were all 'born to be WILD.

**Interested in becoming a WILD Woman?**  
Contact Joan Monk, AAUW NYS District Director –  
[ftmaven@gmail.com](mailto:ftmaven@gmail.com) or 914 245 7704

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



## AAUW'S ADVOCACY IMPACT IN NEW YORK STATE

This is how AAUW was involved in educating our New Yorkers, citizens and lawmakers, about the policies needed to advance our mission in fiscal 2014. These efforts were supported by your generous donations.

AAUW Action Fund Lobby Corps made 43 visits to members of Congress from NYS.

AAUW public policy staff provided materials for 36 events in NYS, including 26 Equal Pay Day events.

AAUW staff, NYS members & members of Congress held a Women's Economic Agenda event with Leader Pelosi and U.S. Rep. Carolyn Maloney

New Yorkers sent 20,744 messages to Congress and the president through the Two-Minute Activist.

AAUW Action Network provided free access in NY for alerts on NYS issues and events.

An AAUW Impact Grant of \$1,000 plus Public Policy staff resources was awarded to NYS for action on behalf of safer campus climates and paid sick days in NYS.

Use your voice, your hand and your heart; utilize your phone, your computer and your money to Make a Difference.

Nancy Mion, ESVB Public Policy Director  
[Myown220@aol.com](mailto:Myown220@aol.com)

# 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
- Joan Monk
- Marilyn Tedeschi
- Jan Lisa Huttner



# Monthly Events

## A Tribute to Heide and Her Good Works



### HEIDE PARREÑO

*A Filipino nurse with a vision for a multicultural country*

By

### AVANELL BROCK

a student at the Rochester Institute of Technology School of Photography, did this short documentary on Heide and her good works:

MARCH 9<sup>TH</sup>, 2015

Complete article at <https://avanell.exposure.co/heide-parreño>

They sometimes call her the flower lady, after the signature fake tropical flowers which she always has in her hair. Her voice is quiet, with a distinctive Filipino accent even after living here in the States for 54 years. She listens with the care and discernment of a nurse, totally attentive to those she is interacting with, no matter if they're 3 or 103.

Heide Parreño is an inspiring member of the Rochester community. Originally from the Phillipines, she immigrated to Seattle in 1961 to become a nun and a nurse. As a young woman, she ran away from home to join the order because her parents didn't want her to become a nun. She later left the order but is still passionate about her faith and is interested in holistic nursing - healing the mind and body. She is around 70 years old but still passionate and active in the community, desiring to help the underserved in her area. Refugees, the elderly and the poor are all people that she helps on a regular basis.

#### REFUGEE JUSTICE

Heide is especially involved in the advocating for immigrants, refugees and undocumented workers here in the United States. As a member of the board on the Greater Rochester Coalition for Immigrant Justice she is helping to work for rights of immigrants. An immigrant herself, she helped her parents and siblings move from the Phillipines to America.

Multiculturalism is a constant in Heide's work here in Rochester. When she first moved from Seattle to Rochester she started working for a progressive Catholic church doing outreach, evangelisation and multiculturalism. She has tried to engage the refugees in the city to make them feel welcome and to help her city and the United States to become more diverse. She says, "...[The] mutual enriching process its not to make people into a melting pot. The more people can maintain who they are, the more they can contribute to the United States because the United States will be informed about what is happening globally, politically, socially, economically..."

During the summer of 2014 some young blacks committed acts of violence against Nepalese/Bhutanese refugees, committing theft and in once case a refugee was beaten. This created a public

outcry and police action. Involved in the world of refugees, Heide was inspired by this to start a group to support refugees and reconcile differences between them and their oppressors. They meet once a month to celebrate their cultural differences and work towards mutual understanding of each other. One of the families involved are Heide's neighbors.

Refugees from Bhutan via Nepal, Tek and Devi along with their 2 year old son have only been in the United States for 8 months. Heide and her husband Duane met them by chance on a warm summer day when they ran into each other at a nearby park. Since then, Heide and Duane took them to see the Fourth of July celebration and over the winter have been supported and blessed them by bringing warm clothes for the baby, fixing their television and in other ways shown them how to live an American life here in Rochester.



Refugees from Bhutan via Nepal



Hymns of Praise



House of Mercy

# CALENDAR FOR AUGUST - DECEMBER 2015

**Happy Summer!**

Day	Date	Time	Event
Tues	09/08/15	7:30-8:30pm	Colleges /Universities Student Organization Webinar
Wed	09/09/15	4:30-6:30pm	Mentor-Orientation at the College of Mount Saint Vincent
Fri	09/18/15	3:00-4:00pm	Colleges/Universities Partner Webinar
Tues	09/22/15	10:00am-3pm	Voter Registration at CUNY NYC
Fri	09/25/15	3:00-4:00pm	Colleges/Universities Partner Webinar
Tues	09/29/15	7:00-8:00 p.m.	Empire State Virtual Branch Teleconference, Call 712-432-0926 ; code 223128#
Sat	10/03/15	2:00-5:00 p.m.	AAUW NYS District V Conference at the New York Institute of Technology
Fri	10/09/15	1:30-3:30 p.m.	EYO Planning Mastronardi B
Tues	10/27/15	7:00-8:00 p.m.	Empire State Virtual Branch Teleconference, Call 712-432-0926 ; code 223128#
Sun	11/01/15		Daylight Saving Time Ends
Tues	11/03/15		Election Day
Wed	11/11/15		Veterans Day
Sat	11/14/15	9:30-11:30 a.m.	EYO Planning Mastronardi B
Tues	11/24/15	7:00-8:00 p.m.	Empire State Virtual Branch Teleconference, Call 712-432-0926 ; code 223128#
Thurs	11/26/15		Thanksgiving Day
Tues	12/08/15	6:00-8:00 p.m.	Empire State Virtual Branch Holiday Party!
Fri	12/11/15	1:30-3:30 p.m.	EYO Planning Mastronardi B
Thurs	12/25/15		Christmas Day
Thurs	12/31/15		New Year's Eve

\*\*\*\*\*  
 \* Members interested in scheduling an event/meeting for the branch  
 \* please contact the Program VP to reserve dates and confirm before publicizing the event/meeting.  
 \*  
 \* Maria Ellis & Dr. C.S. Rani  
 \* mellis@fsacap.com  
 \*\*\*\*\*

**Save the Dates:**

Sat. 10/03/15, 2-5 pm  
 AAUW NYS District V Conference at the New York Institute of Technology

Tues 12/08/15  
 Empire State Virtual Branch Holiday Party!

Fri-Sun, April 15-17, 2015  
 AAUW NYS Convention  
 Saratoga Springs, NY

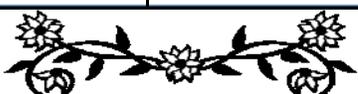
**Empire State Virtual Branch Membership**

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, 2016. See the various memberships below and to join, please visit our website at <http://empire-ny.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 *dues can be paid by a credit card or check.* 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:

<b>MEMBERSHIP COUPON</b>	Name:	Please click on the link below to join us:  <a href="http://www.aauw.org">http://www.aauw.org</a> 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.
	Address:	
	Telephone:	
	Email:	
	College Attended:	



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](http://www.aauw.org)  
 State: [www.aauw-nys.org](http://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](http://www.aauw-eyhconference.org)  
 Webmaster: Dr. Chigurupati Rani; [csrani.rani@gmail.com](mailto:csrani.rani@gmail.com)  
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**AAUW EMPIRE STATE VIRTUAL BRANCH**

**Officers & Directors-at-Large**

**President:** Maria Ellis, Empire State Virtual Branch (ESVB)  
**Program VP:** Open  
**Membership VP:** Open  
**Educational Opportunities Fund VP:** Open  
**Recording Secretary:** Eileen Hartmann, Fairport Area Branch, ESVB  
**Treasurer:** Dr. Chigurupati S. Rani, (ESVB)

**Directors-at-Large:**

**Bylaws:** Diane Haney, North Shore Branch, ESVB  
**College & University Relations:** Lorrin Johnson, Westchester Branch, ESVB & Jan Huttner, (ESVB)  
**Communications Director:** Open  
**Cultural Director & Young Women Task Force Liaison:** Jenn Mayfield, ESVB  
**Diversity Director,** Heidi Parreno, ESVB  
**UN Representative:** Melissa Guardaro, Rockland County Branch, ESVB  
**International Director:** Miki Noguchi, ESVB  
**Parliamentarian:** Laurie Ginnitti, Jamestown Branch  
**Public Policy:** Nancy Mion, Islip Area Branch, ESVB

**Ellis & Friends Fund**  
 Any individual donations to the Empire State Virtual Branch will be matched by the fund.

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](mailto:mellis@fsacap.com) & [csrani.rani@gmail.com](mailto:csrani.rani@gmail.com).  
**Send your ideas and letters to Maria Ellis and Dr. C.S. Rani.**

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.



**American Association of University Women**

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




**THE EMPIRE STATE VIRTUAL (NY) BRANCH**

**Moving the Mission Forward**  
 The Empire State Virtual Branch is the first virtual branch in New York State.

