



Empire State NYC Branch

Founded 2012

Empire Times Summer 2020

Quarterly Volume 8 No.3

Welcome to the New AAUW Empire State NYC Branch!

Members of the New AAUW Empire State NYC Branch meet the 1st Friday of each month at the Harvard Club in NYC from 5:30 pm to 7:00 pm to discuss current issues related to women's education and other issues. Please join us for drinks and conversation.

Zoom Invitation to The Empire State NYC Branch by The AAUW Westchester Branch



Members of the Empire State NYC Branch & AAUW Westchester Branch attended the Zoom meeting on Wed, June 10, 2020!!



The Empire State NYC Branch was invited by AAUW Westchester Branch to speak at their June 10, 2020 meeting on zoom. We talked about AAUW's Fellowships and Grants. In addition to our president, **Maria Ellis**, there were two AAUW NYC Fellows namely, **Bolor Amgalan**, International Fellow and **Danielle Guindo**, Community Grant recipient.

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AAUW—Empire State
NYC Branch
973 216 4181
<http://empire-ny.aauw.net>

Founded 2012

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



Dear Friends,

AAUW continues to be committed to train 10 million women in salary negotiation by 2022. Therefore, I am happy to report that we will continue to offer Smart Smart/Salary Negotiation workshop via zoom meetings at the New York Institute of Technology & The New School. I encourage each of you to start your free online salary negotiation workshop, click on the following link for details: <https://salary.aauw.org/>

We would like to Congratulate the 2020-2021 AAUW Fellows and Grantees! We are excited to announce that AAUW has granted more than 200 awards and \$3.5 million in funding for fellows and grantees in the 2020-21 award year. These exceptional recipients will pursue academic work and lead innovative community projects to empower women and girls.

As we are all learning to cope with the Covid-19, our branch meetings have taken place via zoom. We have enjoyed fun and educational zoom meeting as we covered Great Decisions topics written by contributors to Foreign Policy Association. Our members have learned and enjoyed our various global topics which have included the following:

1. Climate Change and the Global Order

Climate change has become one of the defining issues of our time. As much of the world bands together to come up with a plan, the U.S. remains the notable holdout. What is the rest of the world doing to combat climate change? What impact will the effects of climate change have on global geopolitics?

2. India and Pakistan

India's Prime Minister Narendra Modi rode a wave of Hindu nationalism to a historic reelection in 2019. His first order of business was to revoke the special status granted to the Kashmir region, inflaming the rivalry between India and Pakistan. How will the Kashmir situation affect the region, both economically and politically?

3. Red Sea Security

The Red Sea has remained vital for global trade since the time of ancient Egypt. Once home to the spice trade, the Red Sea now sees millions of barrels of oil a day transported across its waters. With major nations like China, France, Italy, and the U.S. building large ports and bases in the region, what does the future of the region look like? How important is Red Sea security for global security? Can the region be a place of global cooperation?

4. Modern Slavery and Human Trafficking

Almost every nation has enacted laws criminalizing human trafficking, and international organizations, governments, and NGOs sponsor a large variety of projects to curb trafficking and slavery. Billions of dollars have been allocated to these efforts. What is the international community doing to combat slavery and trafficking? What are the experiences like for those being trafficked?

5. U.S. Relations with the Northern Triangle

Combatting illegal immigration has become a priority of the Trump administration. The Northern Triangle of Central America, made up of Honduras, El Salvador, and Guatemala, is a special target of the administration, which hold the nations responsible for the large flow of migrants from Latin America to the U.S. With funds from the U.S. cut, how can the Northern Triangle countries curtail migration?

6. China's Road into Latin America

As the Trump administration continues to withdraw from the world stage, China is looking to fill the void. How does Latin America fit into China's "One Belt, One Road" plan? How will the relationship with China affect the region? Should the U.S. be concerned about China's growing "sphere of influence"?

7. The Philippines and the U.S.

The Philippines has had a special relationship with the United States since the islands were ceded by Spain to the United States after the Spanish-American War at the end of the 19th century. However, since the election of Rodrigo Duterte, the country has pivoted more toward China, and away from the U.S. Duterte has also launched a largescale war on drugs that many criticize for its brutality. What does the future hold for U.S. relations with the Philippines?

8. Artificial Intelligence and Data

Policymakers in many countries are developing plans and funding research in artificial intelligence (AI). Global growth is slowing, and not surprisingly, many policymakers hope that AI will provide a magic solution. The EU, Brazil, and other Western countries have adopted regulations that grant users greater control over their data and require that firms using AI be transparent about how they use it. Will the U.S. follow suit?

In closing, I encourage you to renew your membership by clicking on the link below.

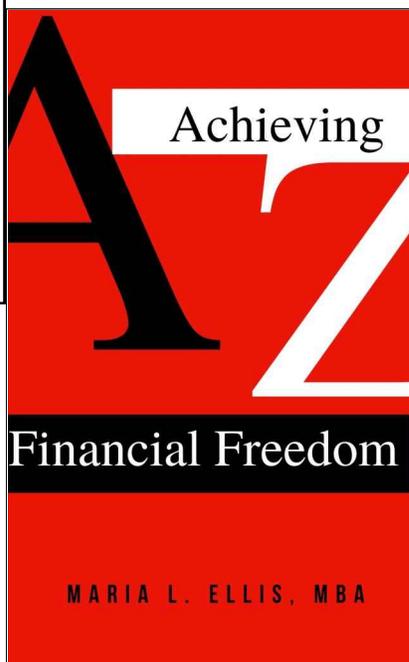
https://svc.aauw.org/RECore/wMembership/NewJoinBranch_Enter.asp?branchid=NY2091

Keep Positive & Healthy!

Maria Ellis, MBA
Empire State NYC Branch President
Email: mellis@fsacap.com
Mobile: 973-216-4181
<https://empire-ny.aauw.net/>

To become a member or to renew your membership click on the link below:
https://svc.aauw.org/RECore/wMembership/NewJoinBranch_Enter.asp?branchid=NY2091

**Achieving Financial Freedom: A Roadmap to Financial Freedom
by Maria L. Ellis MBA**



Congratulations to our president, **Maria Ellis** for receiving the **#1 new book release status** on Amazon.com. Maria's book is entitled: **Achieving Financial Freedom**. The ebook is on a pre-order status, the print copy of video will be available this Fall. **Congrats, Marial**

AAUW NYS Virtual Annual Meeting

AAUW NYS Virtual Annual Meeting
will take place via zoom on
June 25th from 5:30 pm to 7 pm

Guest Speaker: Julia Brown, AAUW Board Chair

For details contact: Janice Brown, AAUW NYS President at 4jmac2@gmail.com

Welcome to Empire State NYC Branch Program VP!

Danielle Guindo, Community Grant recipient



Whitney Oriana, Program Vice President, ESNYCB

Whitney Oriana recently moved to NYC and have been a member of AAUW Empire State NYC Branch since 2019, but have known about AAUW's work and mission for much longer. In the 7th grade, Whitney was invited to an **AAUW-sponsored science camp** and it made a big impression on her, from getting excited about attending college to considering a career in science. Undergraduate and two graduate degrees later, She is now a **Disease Ecologist working at EcoHealth Alliance in New York City**, a nonprofit that does research at the intersection of public health and conservation, and specializes in scientific research to prevent pandemics and promote conservation. Whitney recognizes the impact exposure to science and role models had for her in the 7th grade, and she is thrilled that her journey has come full circle and now she has the opportunity to help promote education for women and girls, with the very organization that helped inspired her trajectory in science. **Congratulations Whitney!**



Danielle Guindo, Community Grant recipient

As Executive Director, **Ms. Guindo** manages **Read Alliance's** collaborations with schools throughout the five boroughs of New York City that benefit more than 1,500 children annually. Ms. Guindo spearheads a multitude of meaningful new organizational initiatives designed to build upon Read Alliance's strong record of enriching the lives of its young students.

Bolor Amgalan, International Fellow



Bolor Amgalan is an experimental anti-disciplinary designer investigating the role of e-textiles, machine learning and other disruptive emerging technologies as catalysts for social change. She started out as a zero-waste fashion designer and later developed her practice further at Central Saint Martins using speculative design narratives, and yet further at Parsons School of Design using computation. Bolor programs hybrid materials that belong to both the digital and analog realms and occupy the space at the intersection of craft values, tangible interface design and embodied learning. Her designs function as culturally sensitive transition design interventions with implications for the future of work,

slow production and meaningful consumption. Bolor's work has been exhibited in museums and shows internationally including the Museum of Applied Arts and Sciences in Sydney, the Museum of Science in Boston, Milan Design Week and Dutch Design Week. She was an AAUW International Fellow from 2018 to 2020, a Women's International Leadership Fellow for 2019-2020 and is the recipient of numerous scholarships and awards.

AAUW-NYS Centennial Lapel Pin Sale!

AAUW-NYS CENTENNIAL PIN SALE

- REDUCED PRICES:
- \$35 EACH PIN
- \$100/3 PINS
- FREE PIN: \$100 DONATION OR MORE TO AAUW GREATEST NEED FUND



PAY ONLINE VIA PAYPAL OR SEND CHECK TO PAYABLE TO AAUW-NYS

JANICE BROWN
27708 ROGERS RD
EVANS MILLS, NY 13637

Choose Silver or Gold Pin

2020 Great Decisions on Zoom

Great Decisions Conversation Invite!

Empire State NYC Branch members and friends are invited to join us, on the 2nd and the 4th Thursdays starting Thurs. Feb. 13th from 5:30 pm to 7 pm at the Harvard Club for drinks and conversation. Please see below the 2020 Great Decisions topics and register to participate by emailing our International Director, Julie Kleszczewski at juliek@msn.com.

Topics for Great Decisions* 2020 on Zoom	Date	Leader
<p>5. U.S. RELATIONS WITH THE NORTHERN TRIANGLE</p> <p>Combatting illegal immigration has become a priority of the Trump administration. The Northern Triangle of Central America, made up of Honduras, El Salvador, and Guatemala, is a special target of the administration, which hold the nations responsible for the large flow of migrants from Latin America to the U.S. With funds from the U.S. cut, how can the Northern Triangle countries curtail migration?</p>	3 rd Sun, June 21	Dr. Sharada Jayagopal
<p>7. THE PHILIPPINES AND THE U.S.</p> <p>The Philippines has had a special relationship with the United States since the islands were ceded by Spain to the United States after the Spanish-American War at the end of the 19th century. However, since the election of Rodrigo Duterte, the country has pivoted more toward China, and away from the U.S. Duterte has also launched a largescale war on drugs that many criticize for its brutality. What does the future hold for U.S, relations with the Philippines?</p>	4 th Sun, June,28	TBD
<p>8. ARTIFICIAL INTELLIGENCE AND DATA</p> <p>Policymakers in many countries are developing plans and funding research in artificial intelligence (AI). Global growth is slowing, and not surprisingly, many policymakers hope that AI will provide a magic solution. The EU, Brazil, and other Western countries have adopted regulations that grant users greater control over their data and require that firms using AI be transparent about how they use it. Will the U.S. follow suit?</p>	2 nd Sun, July.12	Whitney Oriana

Zoom Meetings (COVID-19), 5:30—7:00 p.m. For more information, email Julie K: juliek@msn.com

*Check back with us for a finalized list of authors and titles for each topic.



Great Decisions 2020 Discussion Participants on Zoom
 Host: Maria Ellis, President, ESNYC Branch
 Organizer: Julie Kleszczewski, International Director, ESNYC Branch

Start Smart/Salary Negotiation Workshop

Ask the President

Learning to Negotiate the Wage Start Smart Workshop
 Sponsored by
AAUW's Westchester and Empire State Virtual Branch!
Place: New York Institute of Technology
Date: Zoom Meeting TBD
Time: TBD

https://www.nyit.edu/box/features/know_your_value_how_to_negotiate_salary
https://www.nyit.edu/events/aauw_work_smart_salary_negotiation_workshop



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>

AAUW StartSmart Salary Negotiation - NYIT



My Start Smart AHA moment was when I realized that I could have gotten a much higher salary during the role playing exercise. I feel that instead of taking the employer's word, I should have negotiated more; now I know better! I really enjoyed the workshop and I learned quite a bit. I want to thank you and everyone involved for taking the time to share this very valuable information with us.

Maryam Khan, NYIT Student



YOU ARE YOUR OWN BRAND

What are the current AAUW Fellowships and Grant Opportunities?

AAUW provides fellowships and grants to exceptional applicants who want to pursue academic work and lead innovative community projects to empower women and girls. For more information, click on the link below:
<https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/>

The current opportunities include:

- 1. American Fellowships**
 For women pursuing full-time study to complete dissertations or conduct postdoctoral research, or to those preparing research for publication for eight consecutive weeks.
 Deadline November 1
- 2. Career Development Grants**
 For women pursuing a certificate or degree to advance their careers, change careers, or reenter the workforce and whose bachelor's degree was received at least five years before the award period.
 Deadline November 15
- 3. Community Action Grants**
 For individuals, AAUW branches and states, and nonprofit organizations that fund innovative programs or non-degree research projects that promote education and equity for women and girls.
 Deadline December 1
- 4. International Fellowships**
 For women pursuing full-time graduate or postdoctoral study in the United States who are not U.S. citizens or permanent residents
 Deadline November 15
- 5. International Project Grants**
 For alumnae of AAUW's International Fellowships program who are living in their home countries and pursuing community-based projects to improve the social advancement and economic empowerment of women and girls
 Deadline November 1
- 6. Research Publication Grant in Engineering, Medicine and Science**
 For women conducting basic research in engineering, medicine or the physical or biological sciences and who have a doctorate degree in one of those fields are invited to apply for this funding. Grantees are required to publish their research in a scholarly scientific publication and be listed as a primary author.
 Deadline December 1
- 7. Selected Professions Fellowships**
 For women pursuing full-time study in a master's or professional degree program in which women are underrepresented, including STEM, law, business and medicine.
 Deadline December 1

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Download & Share my Mobile App
<http://app.kw.com/KW1LOGOOT>

Diversity and Inclusion



Diversity is critical to AAUW's mission. Issues of equity — from fair pay to sexual assault to access to health care — affect all women, and women in marginalized

groups often disproportionately experience the effects of these issues. To succeed in empowering women and girls, we must have diverse voices contributing different perspectives.

AAUW-Apprises Passage of The Paycheck Fairness Act

By passing this important bill, the House of Representatives has demonstrated its commitment to the economic security of American women and their families. We know there is a pay gap for all women, at every age, in every part of the country, and in nearly every industry. The gap has closed by less than a nickel in the 21st century, and it's obvious that something needs to be done to ensure families can thrive.

"The Equal Pay Act of 1963 was a powerful first step, but the law has been weakened over time as the workforce demography has changed. We need new tools to fight discriminatory pay practices, and we need effective incentives and assistance to help employers comply with the law. The Paycheck Fairness Act provides these tools by closing loopholes in the Equal Pay Act and putting new protections in place for the benefit of all American workers. Its passage is long overdue.

"AAUW commends Representative Rosa DeLauro (D-Conn.) for her leadership on this bill for over 20 years. We urge the Senate to follow the House's lead and act now to pass the Paycheck Fairness Act. We can't wait any longer for equal pay."

Mary C. Hickey, AAUW

YOU CAN: GIVE WOMEN TOOLS TO NEGOTIATE THEIR SALARIES

Did you know that 57% of men try to negotiate their salary, but only 7% of women do?

HOW CAN YOU PROVIDE WOMEN WITH THE SKILLS THEY NEED TO NEGOTIATE TO HELP CLOSE THE GENDER PAY GAP?

THE ANSWER: You can spread the word about the **FREE** AAUW salary negotiation workshop course "**WORK SMART ONLINE**" at <https://salary.aauw.org/>. It is a complete computer course, comprehensive, amazing, informative, and worthwhile. It gives women the tools they need to negotiate for better salaries and benefits. They'll learn the market value of their skills and experience; be able to determine an equitable "target salary"; and have more confidence and better negotiating skills to ask for and get the pay they deserve.

Do contact family, friends, and acquaintances who would benefit from taking this **FREE WORK SMART ONLINE** class and encourage them to us it and to tell others about it.

AAUW LEADING THE WAY TO GENDER PAY EQUITY!
Nancy Mion, AAUW Empire State NYC Branch

Public Policy



Public Policy Updates from Public Policy VP & State Board Public Policy

Liaison, Hon. Edwina Frances Martin, Esq.

The Census Is Critical to the Futures of New York State. According to Governor Andrew Cuomo, New York State's Census response rate is at 56.7%, well below the national average of 60.5%. We can do better. If battling the COVID-19 pandemic has taught us anything, it is that it is vital for our future that every New Yorker takes a few minutes to complete the Census form to ensure that our state receives its fair share of national resources. And it couldn't be easier this year because it can be completed online. Visit my2020census.gov and make sure all your family, friends, and neighbors do too. If you are not counted, you don't exist. 10 questions, 10 minutes for 10 years of funding for our communities.

Have You Supported GEEA? GEEA — The Patsy T. Mink and Louise M. Slaughter Gender Equity in Education Act, H.R.3513, 116th Congress (2019-2020) (<https://www.congress.gov/bills/116/house-bills/3513/text?r=7&s=1>) — will help to reduce and prevent sex discrimination in all areas of education by supporting the vital, on-the-ground work of Title IX coordinators through additional resources, training, and technical assistance. It will also authorize competitive grants to K-12 schools, colleges, local educational agencies, or states to support their gender equity work by:

- Providing additional resources, training and technical assistance to educational entities in order to ensure compliance with Title IX.
- Establishing an Office of Gender Equity in the U.S. Department of Education to coordinate activities within the Department and among other federal agencies.
- Supporting the work of thousands of Title IX coordinators by providing annual training and technical assistance.
- Authorizing competitive grants to K-12 schools, colleges, local educational agencies, or states to support their gender equity work.

Particularly during this time when Title IX is under assault, it is critical to send the message that NYS will protect what it stands for, the right to education without harassment. During times of crisis it is all too easy to forgo basic civil rights, but it is paramount that we ensure those who are most vulnerable are protected in times of peril. If you did not receive the recent AAUW Two-Minute Activist encouraging you to write to your congressional and senate representatives in support of this legislation, visit <https://www.aauw.org/act/two-minute-activist/geea/>.

Edwina Frances Martin, Esq.

NYS Public Policy Liaison
ESVB Public Policy Co-VP
Member, National Board of Directors, American Association of University Women
Co-Chair, Committee on Leadership Development, New York State Bar Association
Member, Board of Directors, NY Bar Foundation



Diversity Director Anita Nahal

Congratulations to our Diversity Director, Anita Nahal, Ph.D. on her two latest books:



- Hey...Spilt milk is spilt, nothing else (book of poems)
- Life On The Go-Flash fictions from New Delhi to America (book of very, very short stories)

The Role of a Diversity Practitioner

The Role of a Diversity Practitioner

by Anita Nahal, Ph.D., CDP

Change agent? The elephant in the room? The un-defined but pertinent pianist? What is the role of a diversity practitioner?



<https://societyfordiversity.wordpress.com/2014/02/27/change-agent-the-elephant-in-the-room-the-un-defined-but-pertinent-pianist-what-is-the-role-of-a-diversity-practitioner-by-anita-nahal-ph-d-cdp-2/>

EYO Pictures! Cont'd



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



Explore Your Opportunities:
The Sky's the Limit!™
2020 Conference
Date: TBD
College of Mount Saint Vincent
Riverdale (Bronx), New York

Educational Workshops for EYO

1. **Blizzard in a Bottle!** Create a "snowflake crystal" scene in a jar using Chemistry!
2. **Brain Games.** Learn about some of the mind boggling things a brain can do from making memories to controlling emotions.
3. **Egg-cellent Parachutes Don't let it Splatl!** Learn about the basic of flight in order to ensure your egg's safe landing in a parachute.
4. **Hands-On Cosmetic Chemistry.** Step into the laboratory and design your own cosmetic portion.
5. **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.
6. **Kitchen Concoctions!** Ransack your kitchen and come learn the chemistry behind the products you see in your cabinets every day!
7. **Lifting the Chemical Fingerprint.** Learn to be a detective and start using your eyes, ears, nose and some weird tools to track down strange smells ... let's hunt down those clues!
8. **Paper Engineering + Origami = (Fun)!²** You will learn how to use paper to build a icosahedron shaped container in which you can store jewelry and other small items. You will also make a spinning top.
9. **Play Doctor.** Learn the physical exam components and tools that the doctors and PAs use to evaluate sick patients.
10. **Playing Games in Alice World!** Learn to create interactive games using "Alice" programming.
11. **Rolling DroneBots.** Manually operate and program Unmanned Ground Vehicles.
12. **Using Leverage to get Super Powers..** Learn basics about how levers can multiply force and how leverage is used in everyday items. Build and take home a model of a common type of lever.
13. **Wading through the Web.** Smarter searching on the Internet—DeeperWeb, Clusty, Carrot, website reliability checks. Oh My!
14. **What is a Cell?** Ever wonder how big cells are? Play a computer game to help scientist's measure cell sizes.
15. **Whatever Floats Your Boat.** Keep your boat afloat with your knowledge of material science and forces.
16. **Women & Machine.** Learn about and create mechanical systems that mimic or interact with the human body in beautiful and useful ways.



Blizzard in a Bottle!



Lifting the Chemical Fingerprint

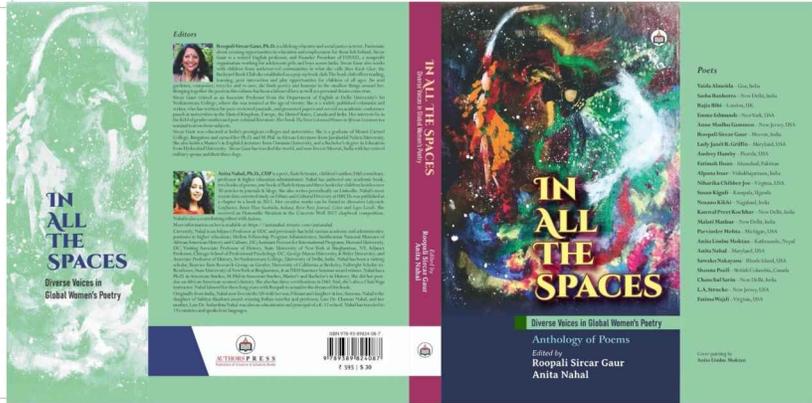


In All The Spaces: Diverse voices in global women's poetry

In All The Spaces: Diverse voices in global women's poetry

Edited by Roopali Sircar Gaur and Anita Nahal, Diversity Director

**BOOK RELEASE set for March 2020
Publishers: Authorspress, New Delhi, India**



living, loving, dying, surviving and thriving. Also, you will find spellings that are both British English and American English.

We hope this volume will be useful as required reading for literature, sociology, anthropology, gender, international and multicultural courses around the globe. It could well be a strong reference book of women poets writing about humanity and our world in different parts of the planet, and in varied manners, styles, and voices. We chose not to have well known poets in this volume for we want to share with you those poets who aren't under the limelight. Our poets have lived in the shadows, at the periphery, and at the center of life's myriad realities and dreams, and created new pathways, new journeys and like alchemists they seek to employ their hidden, unknown, seemingly magical powers to urge on the process of transmuting of experiences...yours and ours.

Roopali Sircar Gaur and Anita Nahal

If you would like to contact the authors, please email at: anitanahal@yahoo.com and roopalisircar@gmail.com

(The above review pulls a lot from the introduction to the book)

Virtual Chair Yoga

Diversity in a poetry volume

We worked for three years on this volume...a lot of time, energy, discussions, frustrations, tears and smiles went into this effort! We wanted to bring out an edited book with poems by women from all over the world. Some asked us, "why just women poets?" Our answer, said quite in unison, "because women don't often have a space for themselves only." We were in a kind of frenzied dedication to find women poets from different countries, and also those who were not so well known. So, we wanted to uplift others and ourselves. And today, the hard work, long hours, and continuous drafts has brought us to the wondrous moment when we have just received a contract for the publication of the book. It stands at 23 poets strong with their diverse writings, styles, themes spread over 272 pages!

Four generations of intelligent and smart women have contributed their poems to this volume which we believe could become a great reference book on how women from diverse cultures, nationalities, ethnicities, religions and so forth select the themes they want to write about and how they express their thoughts and emotions. In a growing divisive world, our poets are rooting for peace and understanding, friendship and humanity. Through projecting commonality and divergence of experience despite the diverse cultures we are positing the truth of humanity and questioning the false ideology of hatred and separateness.

Do women poets write differently? Is our poetry confined only to our homes? These are oft pondered and critically raised queries. The answer is simple. We women, like men, also write of personal love and loss, celebrate births and grieve deaths, and sing of clouds, nightingales and skylarks. And we write on all possible topics such as; gender, ethnicity, nationality, immigration, religion, language, domestic violence, relationships, nature and so forth. Yet, because we stride many real worlds, we freely choose the ones we wish to occupy. Other spaces and other places compelled by our hearts and souls. Our poetry keenly observes minute details of the teeming multitudinous world around us, filling rainbow colors and sometimes stark black and white. Our memories we suffuse in sepia colors.

From Delhi, Gurgaon, Vishakhapatnam, Meerut, Kohima and Goa in India to Vilnius in Lithuania to Virginia, Maryland, New Jersey, Florida in the United States, to British Columbia in Canada, Islamabad in Pakistan, Kampala in Uganda, Kathmandu in Nepal, and, London in the United Kingdom, and some originally from other places such as Japan, Afghanistan, India, Europe and Africa but now residing in the US...we are poets – and we are women. We made sincere and wholehearted efforts to find poets from other parts of the world, too. It wasn't easy. We were attempting to create that very special space that only we women can create for ourselves.

Find in this large, endearing volume a plethora of voices and writing styles, which we did not alter. Some poets write in lower caps, and for some the first letter needs to be in capital letters. For others, the title needs to be in capital letters, and for others there are no grammatical rules. Why would we go with rules, after all, as women, as humans, traversing numerous boundaries, we hope to have no rules that bind, enslave, abuse or ridicule. And so, we let our poets freely express themselves in the styles of their choosing and in the process allowed for a polarity of expressions on life,



Topic: Chair Yoga

Date: Every Saturday morning!

TIME: 10:00 AM Eastern Time, 7:00 AM Pacific Time

Join us and enjoy "Chair Yoga" with Dr. Anita Nahal, LVCY certified teaches a quick 30 minute virtual Chair Yoga class. Join in for strengthening, stretching, some asanas (poses), mudras (hand gestures, and Shavasana (meditation and relaxation). For more on Anita's class, please see: <https://anitanahal.wixsite.com/anitanahal/chair-yoga>

"Yoga is about building a better relationship with yourself!" – Anita Nahal

Anita Nahal is inviting you to a scheduled Zoom meeting.

Click on the link below to join the Zoom meeting:

<https://us02web.zoom.us/j/89324443837?pwd=MDJJBkJDdGZVnhuZDQvUVRUaDdwdQ09>

Meeting ID: 893 2444 3837

Password: 797685

If you wish, please have 3 to 5 pound weights, or water, juice bottles. We might do some weight lifting!!

AAUW Chief Executive Officer: Kimberly Churches
AAUW NYS President: Janice Brown
AAUW Empire State NYC Branch President: Maria Ellis

Websites:

National: www.aauw.org
State: www.aauw-nys.org
AAUW Empire State NYC Branch: <http://empire-ny.aauw.net/>
EYO: www.aauw-eyhconference.org

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AAUW EMPIRE STATE NYC BRANCH

Officers & Directors-at-Large

President: Maria Ellis, AAUW Empire State NYC Branch (ESNYCB)

Program VP: Whitney Oriana, ESNYCB

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Members will kindly send in their articles for the Empire Times at the beginning of each quarter (January 7, April 7, July 7, October 7) to mellis@fsacap.com & csrani.rani@gmail.com. Send your ideas and letters to Maria Ellis and C.S. Rani, Ph.D.

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.



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