

AAUW VIEWPOINTS

North Hills Pittsburgh, (PA) Branch

AAUW PRESIDENT'S APRIL MESSAGE

This happened fast. In a matter of weeks, the COVID-19 crisis has truly changed our lives. Like so many people around the world, I'll bet you're feeling a range of emotions. If you follow current events, this new concern may seem overwhelming on top of the already high tensions of another contentious election season, threats to the climate, and other worries.



It's normal to have some anxiety around what could happen. The current situation is unprecedented, and uncertainty can cause a lot of fear. If you're having trouble staying positive, remember you're not alone. We need to transfer this fear into positive energy, and keep the facts out in front of hysteria. Utilizing modern technology, we can convene events while adhering to social distancing and we can continue to stay connected. While our social and cultural events that are scheduled as face to face events or as group events are canceled in the next couple of months, we will be examining divergent options to hold these meetings remotely. Throughout this Viewpoint will be information on how to do things remotely and how we are handling events we have needed to change.

Several of these changes are:

- ✓ Great Decision has decided to release the 2020 season of *Great Decisions* on YouTube. Following is the link to this outstanding series: https://www.youtube.com/watch?v=mA1ZxzkUHNI&list=PLDHHJksdsrQFAfjQi4VehimWl_n3SnyGf
- ✓ Board meetings will be done remotely.
- ✓ The April branch meeting will be held via Zoom.
- ✓ Book groups are examining several different options to promote video chats for members.

The good news is warmer weather will soon be here!! With the arrival of **spring**, the **world awakens** to the brilliance of nature. It revives us all with its warm and cheerful ways. As **spring** has arrived, we have prepared ourselves to enjoy the bright **sun**, warm air and lush green grass. **Spring** is the time to renew your hopes. **Wishing you a safe bright and warm spring!**

Debbie

Board of Directors:

If you serve on the appointed Board, off Board or Fundraising please let me know if you do not wish to continue in your role. If I do not hear from you, I will take it that you wish to continue in your present role.

We are looking to someone to assume responsibility for the following:

- Greens sales
- Yearbook

Please be thoughtful and generous with your time if you are asked to serve. Your AAUW branch cannot continue without an active membership that is willing to help lead the organization.

Ways to Make Social Distancing Bearable

As more and more people are opting to stay inside and practice “social distancing” during the COVID-19 outbreak, a lot of us are wondering how to fill our time at home. Here is a list of some activities you can try that will keep the boredom at bay:

- Clean out your closet
- Go for a walk, hike, bike ride
- Take a free online class or on line tours (Google earth to tour the national parks, Use Google Arts & Culture to visit world-class museums)
- Virtually hang out with your friends via a group Facetime, Zoom, Skype etc.
- Tend to your garden
- Read a book then read 5 more
- Cook along with the cooking channel
- Watch the birds through the window
- Clear out your inbox
- Try a new at-home workout routine
- Support a small business online
- Do a crossword or jigsaw puzzle
- Check on your relatives and friends via social media
- **Give an AAUW friend a call just to chat**

What are you doing to stay active, please feel free to share? Take a few deep breaths for the health and safety of your communities. Please stay inside as much as possible. If you have the privilege to stay home, you have the responsibility to do so.

April Branch Meeting

April 22nd would have been our face-to-face branch meeting. We will be holding a virtual meeting on **April 22nd, 7:00 PM via Zoom invite** for those that want to join in.

This will not be a program meeting, just a branch meeting to let the members know what the branch is doing. Debbie Rosenfelder will be sending out an invite. If you have question on Zoom please reach out to Debbie and she can walk you through the process before the meeting.

The April Branch meeting is usually used for the election of new officers for our branch. This year our elections will be administered through email. We will be sending out a ballot for each member to vote online.

ZOOM



We know during the coronavirus outbreak that staying physically apart from family and friends will help save lives, but that doesn't mean you can't stay close to them. There are a string of apps to help you stay in touch.

To help the branch stay in touch we will be holding some events via video chatting.

Zoom is a modern video communication with easy video and audio connection. As a branch we will be using this to communicate with members. Please let Debbie Rosenfelder know if you have an idea to host a meeting.

ANNUAL MEMBERSHIP RENEWAL ALERT!!

ALL AAUW North Hills Pittsburgh Branch members will receive an email from National, subject – **AAUW Membership Renewal Notice** that will instruct you on how to renew your membership and pay your dues online. Again, we ask you to **please utilize this feature** as so many of you have done in the past. It is easy and safe.

As a thank you for doing this promptly, if you pay your dues online, you will be entered in a drawing to receive a \$59 rebate, which is the amount of AAUW National Dues. If you pay dues by May 1st, you will receive two chances; by May 15th, one chance! If, for any reason, you are unable to complete the dues renewal online, you may send your check for \$100.00 to **Betty Kroniser, Finance Officer, 920 Camelot Drive, Pittsburgh, PA 15237. Drawing for the rebate will be held at the June 3 Board Meeting.**

Thanks so much for your cooperation!

Betty Kroniser, Finance Officer and Janis Kapadia, VP of Membership

Quick Reference Calendar

APRIL 6 — 9:30 a.m. 50th Anniversary Celebration Committee, Virtual Meeting

APRIL 13 — Celebrate “Look for the Helpers Day” per Mr. Rogers

APRIL 14 — 10:30 a.m. Morning Book Club, Virtual Meeting

APRIL 17 — 12:30 p.m. Lunch Bunch, Virtual Meeting. **Let’s all get together on Zoom, have lunch, & chat. (Italian Theme if possible as we were supposed to go to Hoffstot’s in April)** Details on how to participate to follow.

APRIL 20 — Celebrate “Wash Your Hands While Singing Happy Birthday (2x) Day”

APRIL 22 — 7:00 p.m. Branch Meeting, Virtual

APRIL 27 — Celebrate “Wave to Your Neighbor from 6 Feet Apart Day”

MAY 6 — 9:30 a.m. Board Meeting, Virtual

WE ARE WORKING TO HAVE SOME OF OUR OTHER SOCIAL GROUPS VIRTUAL, SO STAY TUNED!

Why Your Gift to AAUW’s Greatest Needs Fund is So Critical

Submitted by Linda Tozier

On March 24th, our AAUW CEO Kim Churches conducted a webinar entitled “AAUW and the Impact of the Coronavirus”, which was viewed by 394 members across the United States. You can access this webinar at <https://www.aauw.org/event/2020/03/aauw-and-the-impact-of-the-coronavirus/>. In this webinar, Kim stressed that AAUW is calm, focused, flexible and committed to accomplishing our mission. AAUW’s focus for the rest of 2020 will be on health and safety, childcare, loss of jobs, fair job hour scheduling, paid leave, equal pay, student debt and debt relief, census rights and voter education. Because AAUW membership dues cover less than 15% of AAUW’s budget, donations to the Greatest Needs Fund are needed now to help AAUW expand our highly successful community-based, mission-driven programs such as Work Smart and Start Smart, conduct groundbreaking research, and launch innovative initiatives to help women and girls thrive. For more information about the Greatest Needs Fund, go to <https://www.aauw.org/resource/the-aauw-fund-faq/>. Contributions to AAUW are fully tax-deductible and can be made online or mailed to P.O. Box 98045, Washington, DC 20090-8045.

PA- State Convention Update



AAUW takes the health and well-being of our members and invited guests as our highest priority. We also must consider the financial well-being of our organization.

Through discussions with the Central Hotel and Conference Center, we have determined that the best course of action is to **postpone the Convention. New dates as of now: July 13, 14, 15.**

If you have already registered for the April Convention, we have transferred your registration to the new dates. If you need to cancel that registration, email aauwpaconfcoord@gmail.com.

Shape the Future Photos - March 7, 2020



Five Star Recognition Program

The Five Star Recognition Program celebrates the efforts of AAUW states, branches and other affiliated AAUW organizations as they continue to advance gender equity on the community, state and national levels.

Affiliates can earn national recognition through five major focus areas:

- Advancement by supporting the greatest needs fund or one of the strategic plan’s focus areas;
- Communications & External Relations by using web and social media that feature Work Smart Online;
- Programs that align with the strategic plan;
- Public Policy & Research by moving AAUW’s Public Policy agenda forward; and
- Governance & Sustainability by ensuring effective leadership succession and strategic plan alignment



Our Branch currently has Three Stars!

- Public Policy & Research
- Advancement
- Community & External Relations

Up Coming State Elections

On Friday, March 27, Governor Wolf signed Senate Bill 422, which reschedules the 2020 primary election from April 28 to June 2. The measure makes other election process changes, including some due to the COVID-19 emergency. The bill provides process improvements to Act 77 of 2019, to allow counties to begin processing and tabulating mail ballots beginning at 7 a.m. on election day, rather than after the polls close at 8 p.m. Additionally, the measure allows counties to temporarily consolidate polling places without court approval and eases other rules regarding location and staffing of polling places for the primary to respond to county concerns about a potential shortage of poll workers and appropriate polling place locations.

The next primary election is on June 2, 2020:

- Polls are open on election day from 7 A.M. to 8 P.M.
- Last day to [register to vote](#): May 18, 2020
- The deadline to register to vote is now 15 days prior to an election, rather than 30 days.
- [Learn about primary elections.](#)

Allegheny County for CEDAW

Submitted by Peggy Schmiedecke

Because the US is one of only 6 countries that have not signed this treaty, many Organizations have concluded that a grassroots approach is needed. Thus, the Cities for CEDAW Campaign was launched at the UN Commission on the Status of Women in 2014. As of today, there are 9 cities and two counties that have implemented a CEDAW Ordinance, including the City of Pittsburgh, which has established a Gender Equity Commission www.pittsburghpa.gov/gec.



Now we are moving forward as previously reported with Allegheny for CEDAW. Our branch is being represented by Linda Tozier and Peggy Schmiedecke as we continue to work with members of the Allegheny County Council. Our committee reached out to the Allegheny Council members that we meet with for direction on moving forward or holding up based on the changes everyone is dealing with regarding the COVID-19. Council Member Olivia "Liv" Bennet D13 said, "My answer would be to continue the conversations so that when we are through this we can hit the ground running and have some of this groundwork done."

Therefore, the Allegheny for CEDAW Coalition will begin to reach out to organizations and individuals to endorse this effort and to look at public policies and services through a gender equity lens. We want to show strong grassroots support as we approach County Executive Rich Fitzgerald and County Council. We hope these organizations and/or individuals will join us. We will be sending them a form to be completed to support this effort along with the *Why CEDAW in Allegheny County* informational flyer (see next page.)

March 2020 FINANCIAL REPORT

CHECKING:

Beg Balance	9,638.52
Deposits	400.00
Expenses	<u>(709.07)</u>
Ending Balance	9,329.45

SAVINGS:

Beg Balance	4,833.86
Interest Earned	<u>0.12</u>
Ending Balance	4,833.98

AAUW State Officers Election

The election for AAUW state officers ended on March 31.

As AAUW-PA Nominations Chair, I can report that 25 branch members took the time to vote.

Thank you for voting!

Linda Tozier



What is CEDAW?

The Convention on the Elimination of all forms of Discrimination Against Women (CEDAW) is an international treaty adopted by the UN in 1972. 189 countries had signed and ratified the treaty by 1989, with the exception of the U.S. However, many cities and local governments have passed ordinances to enact CEDAW and gender equity principles. Pittsburgh was the 6th local government to pass an ordinance in 2016.

Why do we need CEDAW in Allegheny County?

- In Allegheny County in 2017-2018, the Women's Center and Shelter of Greater Pittsburgh served 7500+ women and children
- In 2018, 8 victims died related to domestic violence in Allegheny County and 85 women in Pennsylvania died overall (PCADV 2018 Fatality Report)
- 14% of all females in Allegheny County live below the poverty line
- 10% of working women use public transportation to commute
- 55% of poor households in Allegheny County are run by single mothers (2017 American Community Survey)
- The mortality rate for black infants increased in 2016 to 14.9 deaths per 1,000 births resulting in a rate 4.5 times higher than white infants (2015 Allegheny County Mortality Report)

What can Allegheny County Do?

Allegheny County should pass an ordinance to establish a gender equity commission to pursue CEDAW principles including: healthcare, the prevention of violence against women and girls, economic development, education, and delivery of services to women, girls and persons of diverse gender identity and expression.

CARING FOR OURSELVES AND OTHERS DURING THE COVID19 PANDEMIC

Due to the ongoing COVID19 virus pandemic, most individuals are experiencing some combination of:

- Worries about themselves or a loved one getting the virus
- Illness (COVID19, flu and others)
- Feelings of anger, anxiety, fear, grief, loss, loneliness, guilt and powerlessness
- Economic uncertainty or loss
- Increased social distancing between individuals
- Community wide shut-downs and closures of school, work, faith-based and recreational places
- Difficulty accessing food, shelter, medicine and health care
- Increased isolation, loneliness and relationship challenges
- Greater risk of domestic violence (including child abuse and elder abuse)

For most people who are (or were) employed the place, time and manner of their work drastically changed in March, 2020. Lost income means record numbers of individuals and families need unemployment compensation, food and housing assistance, insurance and other services. Those who remain employed must creatively adjust work hours, work from home, and use ZOOM meetings to interact, educate, and provide services or products.

Individuals working in essential, life-saving occupations work long hours for low pay to provide more services for individuals and families. Their working conditions are more difficult, lonely, stress producing and dangerous than “usual.” They are the heroes and heroines in this world-wide war on COVID19.

Universally, our goals are to care for those who have or may have the COVID19 virus, prevent its spread whenever possible, and minimize our own exposure. We can't hug or hold each other, but we can reach out, do kind acts, expressing appreciation and say “I love you.” That lifts our spirits.

Apply 18 tips for self-care:

1. Believe you (and your work) are valuable.
2. Use social distancing: stay home, wear masks and gloves outside, 6 feet from others
3. Wear slippers and house clothes at home. Leave outside shoes and clothes at the door.
4. Use good hygiene: bathe body, wash hands, clean clothes, and sanitize home, car and jobsite.
5. Eat healthy food.
6. Grocery shop safely and wisely.
7. Cut down on sugar, salt and alcohol.
8. Be active and exercise (but not in a public gym).
9. Stay busy: with art, music, games, puzzles, reading, writing, hobbies and/or projects.
10. Center yourself: through meditation, self-reflection, faith and/or spirituality.
11. Stay connected with family and friends via phone or social media.
12. Share your feelings and fears with trusted family, friends, co-workers and/or a therapist
13. Sleep well every night: to repair cells, lower stress, and raise immunity
14. Know you (or a loved one) are likely to get sick; but don't panic about it.
15. Have a plan and prepare in case you (or loved ones) do get sick.
16. Follow your health care providers' medical and behavioral health recommendations.
17. Have a 30 day supply of routine medication
18. Stay positive, confident and optimistic that the COVID19 health and economic crisis will end.

Recognize, respond to, refer and prevent domestic or intimate partner violence

It is a pattern of behavior designed to obtain and maintain power and control over another person in an intimate relationship. Injuries can be emotional, financial, mental, physical, sexual or social. Fear, isolation and sheltering in place with abusers is causing an increase in domestic violence injuries. Safe, free and confidential help is available for victims from Crisis Center North. Contact us by phone (412-364-5556), text (412-444-7660) or chat (www.crisiscenternorth.org).



Your Story. Our Legacy. Our Future.

Dear Members,

In 2020 - 2021, our North Hills Pittsburgh AAUW branch will be celebrating 50 years of its existence.

We, the members of the 50th Anniversary Celebration Committee, would like to invite you to participate in what promises to be a fun and meaningful book project to commemorate and celebrate our 50 years.

Most of us know each other, but we might not know the stories behind why we came to join AAUW. Did you join because a friend invited you? Maybe you became a member because you attended Great Decisions and found the sessions compelling. Or you participated in one of our branch's yearly fundraisers where you learned that fundraising profits go to provide scholarships for LaRoche women in need of financial help to complete their education. After attending a branch meeting, you felt that AAUW was an organization to which you thought you needed to belong.

During this time of self-isolating when we all have time on our hands, as we wait for better days ahead (!), this could be a time for each of us to take a moment and write down why we joined the branch. Your membership stories will be the beginnings of a book about our 50 years that hopefully will be an enjoyable project written collectively by all of us over the next year.

Simply write a paragraph or two telling the story of how you became a member. It can be serious, poignant, or fun. No one is required to participate, but we think that most of us will find the reminiscing and writing to be enjoyable. Email your "why you joined" story to June Maier, junemaier@gmail.com, and she will write back to let you know that she has received your email. Your story can be just a few sentences, or a couple of paragraphs. All stories welcome!

Our goal is to compile AAUW stories into a book that the branch will gift to every member when it is complete (target date: May 2021). All stories must be sent to June in order for them to be included in the book. June will be the editor for this project. She will not write your stories, but will organize and incorporate them into this book we will all be writing.

The title of this article is Your Story. Our Legacy. Our Future ... so we won't be stopping with just why we joined!

But to get us started, let's just begin with stories about why we are proud to be members. Everyone's story will have a byline unless you do not want it.

So much of what our branch has accomplished over the past 50 years has to do with AAUW's support of women's issues, our outreach to the community, Tech Savvy, STEM, protection for women and girls, equal pay. Our programs have enriched, informed, and inspired us. And then there are the fun social and interest groups we enjoy that have deepened our relationships with one another.

There is so much to write about, and all are invited to contribute. As they say, stay tuned. More topics to write about to come, especially if the response to this request is great and most of you are willing to begin to write!

Please just take a moment to write about why you are a member. A membership that makes you proud to belong to AAUW. Junemaier@gmail.com.

Happy writing!

The 50th Anniversary Celebration Committee

June Maier, Chair

MISSION STATEMENT OF AAUW LEGAL ADVOCACY FUND

LAF provides funding and a support system for women seeking judicial redress for sex discrimination.

AAUW MEMBERSHIP

AAUW, founded in 1881, is open to all graduates who hold an associate's or higher degree from a regionally accredited college or university.

AAUW DIVERSITY STATEMENT

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

BRANCH CONTACT INFORMATION

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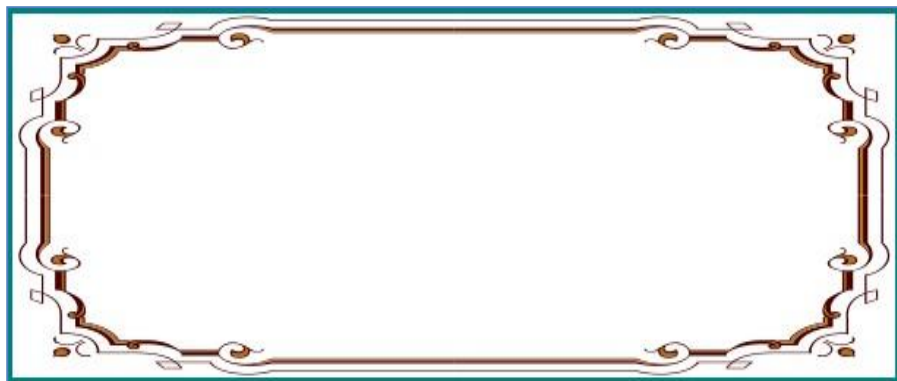
CONNECT2AAUW: 800-326-2289 or connect@aauw.org

National Website: www.aauw.org

State Website: www.aauw-pa.org

Viewpoints

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Because **Equity** is still an issue