



Lower Connecticut Valley Newsletter

lowerctvalley-ct.aauw.net

September 2019

CALENDAR

Sep 4 Wed 1 to 3 PM Afternoon Book Group
Sep 5 Thu 2 to 4 PM Thursday Afternoon Brdg
Sep 11 Wed 6 PM Pot Luck Dinner
Sep 12 Thu Irish Hunger Museum
Sep 19 Tue 12:30 pm MahJongg
Sep 24 Tue 7 PM Evening Book Group

This meeting is always fun and informative. It is a time to renew old friendships and make new ones as well as a time to find out what activities and speakers we have planned for this year.

Hope to see you there,
Olga
President

GENERAL MEETING

POT LUCK DINNER

Date: Wednesday, September 11, 2019
Place: St. Ann's Episcopal Church
Old Shore Rd (Route 156), Old Lyme
Time: 6 PM

The first business meeting of the season is on Wednesday, September 11 at 6pm. It is our annual Pot Luck Dinner at St. Ann's Episcopal Church in Old Lyme on Old Shore Road (Rte. 156). Members are asked to bring either an appetizer, entree or dessert to share. Beverages will be provided.

For members who have not renewed their membership this is your opportunity to do so. The membership committee will have a table set up with renewal forms to fill out. So please bring your check book or cash and take this opportunity to renew before the directories go to print.

PRESIDENT'S MESSAGE

Summer is coming to a close and soon it will be time for our annual Pot Luck Dinner. This year the meeting is on Wednesday, September 11, 6pm at St. Ann's Episcopal Church, Old Lyme. The meeting is a wonderful way to begin the year's activities, see old friends and meet new ones. It is also a time to find out what activities and speakers we have scheduled for the year. In addition, Mary Jane, Mary and I will talk about some of the things that are going on at the State and National level.

We are very fortunate to have ten new members this year who signed up at the Book Author Luncheon and one more who joined at our New Comers and Prospective Members Meeting on August 14 at Deb's home. The meeting at Deb's was fun and informative for the new members as well as the two guests who were invited by members of our branch. I hope many of the new members will be able to attend our September meeting.

At this summer's board meeting there was a discussion of the disbursement of the money raised

from the Book Author Luncheon. We voted unanimously to give grants to three very qualified students and send the remainder of the money to National to be shared between the Education and Training Fund and the Economic Security Fund.

I recently sent get well cards to Marcia N. and Jan L. on behalf of everyone. Marcia is recuperating at home and Jan at Gladeview.

I hope you have a wonderful and safe holiday. I also hope to see many of you at the meeting on September 11 at St. Ann's Church. Please bring either an appetizer, entree, or dessert to share. Beverages will be provided.

Olga S.
President

SCHOLARSHIP COMMITTEE

The Scholarship Committee has selected three women to receive education grants for the upcoming academic year, 2019-2020. Each student was awarded a \$2000 grant which will cover two semesters. Congratulations to the following students.

Rachel . – Rachel is a senior at the University of Connecticut at Storrs and is pursuing a BA degree in Human Development and Family Sciences. She anticipates earning her degree in May 2020, after which she plans to pursue a MA in the same field. Her goal is to work in an administrative area of higher education such as Student Services. While at UCONN, Rachel has worked in the Office of Dean of Students and held an internship with the Female Center of Excellence and Leadership which is a non-profit that connects students with professionals in their prospective fields. In addition, she has mentored for various programs including First Year Experience which guides first-year students in their transition to UCONN and FAMILIEE which helps LGBT youth adjust to college life.

Heather . – Heather is currently enrolled at Middlesex Community College in the Ophthalmic Design and Dispensing Program. She is finishing her second semester in a two year work/study program leading to an AS degree. She is a

working, single mother with two teenage children living in Killingworth. Her goal is to reinvent herself and pursue a career that would enable her to support herself and her family. She anticipates becoming a licensed optician. Heather holds a BA degree in Communications from Cedar Crest College, PA in 1991 and has worked as a substitute teacher, as well as a school volunteer in numerous capacities.

Tabitha . – Tabitha is a mother with two young children and a husband living in Killingworth. She holds a BS degree in Biology and Marine Sciences from the University of Tampa, FL in 2008. She works two jobs as a licensed Veterinary Technician to support the family. Her goal is to become a licensed Registered Nurse and, along with a limited number of students, was accepted into the accelerated nursing program at UCONN at Avery Point. Classes begin in winter 2020. After graduation and working in the field, she would like to pursue a MS degree leading to becoming an APRN.

Committee members have met all three students and note that they are truly deserving of our awards. They excel academically, have an impressive set of goals, and clear financial need. They have been invited to attend our branch meeting on September 11th so that you are able to meet them. Due to class schedules, their acceptance is pending.

National Conference for College Women Student Leaders – We awarded the Alan Spargo Memorial NCCWSL Scholarship for Women to four students to attend the annual NCCWSL conference this past May at the University of Maryland. Three students attend Middlesex Community College and one attends Endicott College. Written feedback from the students indicated that the experience helped them learn how to branch out as a woman in the community, at school, and in professional life. They learned something as simple as “speaking up and standing up for themselves” and “not being afraid to say no,” as well as “how to gain confidence” and “take charge of their future as young women.” For more details, see the attached summary by Linda F., Scholarship Committee Liaison to NCCWSL.

Rose P., Chair

Summary of NCCWSL 2019

4 Students attended (3 from Middlesex Community College and 1 from Endicott)

- Samantha . – Middlesex Community College. Environmental Science Major. Already has a BA in visual arts and plans to go on for a Masters
- Kandra . Middlesex Community College – Biology Major
- Ailis . – Middlesex Community College Attended the Women’s March on Washington in the Spring. She is an honors student
- Libby . – Endicott College Major: Nursing & graduates 2020

General Description: A great experience. Invaluable. Powerful. Loved meeting so many amazing women. Exceeded my expectation. Enjoyed the talks and workshops. The conference was amazing, so much to do in so little time. Conference gave me a better appreciation for opportunities and the strength and wisdom to take charge of my own life and try to live it to its fullest

Travel

- Train (Amtrak \$200-\$250) then needed transportation from Union station to College Park. Apparently, there is a Free shuttle to get to the college but signage was problematic. She took an uber back to the train station at the end of the conference
- Two students drove down separately.

Sessions/Seminars

- **Women’s self-defense** – saying no and setting boundaries. Great session
- **Know your Worth** – learn how to negotiate with your boss or supervisor on how much your salary should be for the job being done. Negotiate in person, always put it in writing and come prepared – do your research
- **Everyone bussed for a night in Washington D.C.**

- My new friends and I explored the botanical gardens, the White House and the Capitol Building
- Another comment - Wished evening in Washington DC could have been earlier before museums had closed

- **Leadership Inside out: Balance in a chaotic world** – Had them do an activity demonstrating the fullness and busyness of their lives and the need to figure in time to relax and take care of yourself. Make goals that are attainable.
- **Dr. Tererai Trent** – was incredible speaker! Tererai Trent is a Zimbabwean-American woman whose unlikely educational success has brought her international fame.
- **Build your Legacy: How to Create a Career of Impact** -workshop spoke about the power we have over our path. Legacy = career + values + influence
- **Roxanne Gay.** She was a great speaker. Roxane Gay is an American writer, professor, editor, and commentator. She is the author of The New York Times best-selling essay collection Bad Feminist, as well as the short story collection Ayiti, the novel An Untamed State, the short story collection Difficult Women, and the memoir Hunger.

Financial

- **Received a 15% discount for sending 4 students, received an early bird discount and received \$250 from AAUW-CT**
 - Conference cost \$1581 or \$395.25/student after discounts and money from AAUW-CT
 - We gave each student \$175 for travel
- **Al Spargo fund covered all expenses with \$1294 remaining by June 30, 2019**



BOOK AUTHOR LUNCHEON 2020:

Save the Date—March 28!

There's a very important date to place on your 2020 Calendar—our Book Author Luncheon. While it is in March, a bit earlier than usual, it will be fabulous!

Our speakers, Heather Webb and Hazel Gaynor, are unique. Not only have they collaborated on their second historical novel, *Meet Me in Monaco*—but they did so while living on different continents! Their discussion about researching and creating their storyline will whisk you from the Saybrook Point Inn back to the time of the fairy-tale wedding of Prince Rainier to actress Grace Kelly.

Co-chairs Penny H. and Mary M. met Heather (who lives in Storrs) and Hazel (who lives in Ireland) at RJ Julia's and found them to be perhaps our most fun and engaging speakers yet.

Hazel Gaynor's first novel, *The Girl Who Came Home—A Novel of the Titanic*, won the 2015 Historical Novel of the Year by the Romantic Novelists Association. Among her other books are *The Lighthouse Keeper's Daughter* and *A Memory of Violets*. Heather Webb, who is also a freelance editor and teacher, is solo author of *Becoming Josephine*, *Rodin's Lover*, and *the Phantom's Apprentice*.

Of course, the luncheon will also include our renowned silent and chance auctions, as well as a wonderful SPI lunch. We will keep you updated on this event, so **save the date and tell your friends!**

EVENING BOOK GROUP

The first meeting of the Evening Book Group will take place on Tuesday, September 24 at 7 pm at the home of Mary Jane P., We will be discussing The German Girl by Armando Correa. Please call or email Mary Jane if you plan to attend.

New book group members are welcome!

AFTERNOON BOOK GROUP

Welcome back to September and our book choice of **My Dear Hamilton**, a novel of Eliza Schuyler Hamilton by Stephanie Dray. Our group is open to new members; we meet on the first Wednesday of each month, 1-3pm, usually at Acton Library, upstairs.

At our first meeting in September we discuss the book chosen last year and then take suggestions for the coming year book choices. Sara as our leader, compiles the list and sends it via email for group voting to tally the top choices which become the monthly choices. At the first meeting, we vote on the choice for October and then the top choices are read Nov--May. June has traditionally been the joint meeting of our group with the evening book group for a discussion of a book from the author luncheon.

We usually have a discussion facilitator for each book. It isn't an onerous responsibility, doesn't require a professorial prep:) but people seem reluctant to assume this role. Let's rotate turns so everyone can participate and help the group process:) This year, let's have these volunteers commit at the Nov. meeting so they can plan.

Our September meeting will be at Carolyn F's lovely Westbrook home overlooking the sound. This has been a generous tradition Carolyn started and a delightful kick off to the year. RSVP to Carolyn. Her helpful husband, Bill, directs the parking of cars so look for Bill.

For any questions, please feel free to contact Sara. **Anyone interested in being the facilitator in Sept, please let Sara know.-

MAH JONGG

Mah Jongg will be on Tuesday, September 19th at the home of Sharon H. at 12:30. Anyone interested please let Sharon know.

THURSDAY AFTERNOON BRIDGE

Thursday afternoon bridge will be hosted by Dawn B. at her home on September 5 from 2-4. Please let Marcia N. know if you would like to come. We welcome players at all levels.

GOURMET GROUP

Time to gather for Gourmet. We are planning the traditional Cocktail Party on Saturday, Oct. 12 for our first get together. All are welcome so sign up at the meeting or contact us so you'll be included.

We look forward to another successful year of enjoyable eating together.

Your indefatigable hosts,
Mary Ann K. and Elaine N.

GREAT DECISIONS

IMPORTANT – CHANGE IN DATES FOR GREAT DECISIONS

Great Decisions has been off for the summer, and we were due to meet again in September. In order to attend the Cultural Event scheduled for AAUW on September 12 -- a lecture and discussion by Kevin Jenner (President of Tenement Museum in NYC) on our country's love-hate relationship with immigrants -- we are postponing our GD meeting until October. Jenner will speak at the Irish Hunger Museum on Quinncipiac campus on Thursday Sept 12 at 5:30 p.m. This lecture and discussion will supplement our GD discussion of immigration held last spring. Please sign up!

Great Decisions will begin again in October for three more meetings this calendar year. All the meetings will begin at 6:45 pm at the Westbrook Library.

Oct. 10*	Cyber Conflict	Led by Sara
Nov. 14	U.S. and Mexico	Led by Carol
Dec. 4**	State of Diplomacy	Led by Eileen

* At the October 10 meeting, we will collect money to contribute to the Westbrook Library for use of their meeting room. Suggested contribution is \$5 per person.

**Note we moved this last meeting up a week to avoid much of the "activity congestion" that usually occurs later in December.

CULTURAL TRIPS

EXTRA SPECIAL CULTURAL EVENT ---
Lecture and Discussion on America's Love/Hate Relationship with Immigrants throughout our history. At the Museum of Irish Hunger on September 12 at 5:30pm.

KEVIN JENNINGS, President of The Tenement Museum in NYC will travel to the Irish Hunger Museum to give a talk entitled 'EXCLUDING NEWCOMERS IS A TRADITION AS OLD AS THE REPUBLIC.'

It is to be followed by a discussion in which we are invited to participate.

Jennings is a sought after speaker and historian of immigration in the USA. He recently published an article in the NY Daily News and has been speaking throughout the country on the topic. This is a limited audience and we have reserved ten seats.

The Great Decisions members are likely to find the evening an interesting add-on to this year's multiple topics concerning immigration. And all of us who read the headlines every day know how current this topic is. This evening should provide us with an interesting historical context.

EVENT: KEVIN JENNINGS lecture and discussion of US Immigration -- Welcoming?

WHERE: Museum of Irish Hunger

WHEN: September 12 at 5:30 pm

MEETING PLACE FOR TRAVEL: Exit 65 Park and Drive Lot at 4:15

COST: \$5.

LIMITED GUARANTEED SLOTS: 10, first come basis

The first 10 members who sign up will be guaranteed a place. Additional members may be able to be accommodated [but the demand for this event is high -- so early decision will be best guarantee!].

Email your desire to attend to:

Eileen B. Registration is \$5. Please indicate if you are willing to Drive.

We will gather at Exit 65 and drive together at 4:15, thus making sure we get parking in the lot and that we have a bit of time to stroll the beautiful grounds of this part of Quinnipiac University where the Museum of Irish Hunger is located.

note: additional registrations will be accommodated if possible, but demand is high for this event, so quick response is your best guarantee of participation in this very interesting evening.

DECEMBER ANNUAL THEATER PARTY

Date: December 18th (Wednesday)

Play: "Pride and Prejudice" - a rousingly theatrical twist on a beloved classic produced by Kate Hamill, adapted from the Jane Austen novel

Place: Long Wharf Theater, New Haven

Time: 2 pm matinee

Optional: Lunch at nearby restaurant prior to the play

Transportation: Carpool from Exit 65 (or on your own)

Ticket price: Discounted to \$55

We usually have our theater party on the first Wednesday of December. But there is no matinee that day. The second Wednesday is our Christmas meeting so I have reserved 20 tickets for the 18th.

Hope that you will still be interested in going! If so, there will be a sign up sheet at the September meeting. Or you can call me to reserve a seat. I Need a good count since a deposit is required.

However, your payment is not due until mid November.

This is an annual event and we always have a great time! Look for the sign-up sheet at the meeting....or give Dot a call if you would like to join us for a fun afternoon.

AAUW FUNDS

AAUW Funds – What do our donations and dues support?

August 05, 2019 press release: AAUW Teams Up With New York City To Train women to "Ask for More" - AAUW has joined forces with New York City Economic Development Corporation (NYCEDC) to train 10,000 New York City women with the skills to negotiate salary and benefits, as well as to advocate for promotions and leadership opportunities. The initiative—called "Ask for More"—includes online training sessions and, starting in the fall, a series of in-person workshops in the city's five boroughs. Future plans include offering Spanish-language training, as well as programs tailored to women in specific industries. An employer roundtable and other conferences are also

planned. Once fully implemented, “Ask for More” will be among the largest salary negotiation and women’s leadership initiatives in the country, according to the NYCEDC.

“We are unleashing the power of education and training to address the wage gap that denies women economic security, undermines their ability to support their families, seek higher education, and access health care,” said Chirlane McCray, the first lady of New York City. “This is the kind of program we must invest in if we want to support women and their financial futures, and if we want New York to continue leading the nation.” “These workshops bring the city one step closer to the city we want to be—one where everyone is getting paid what they deserve,” said Faye Penn, Executive Director, of Women.nyc. “These free bootcamps are designed to reach women of all backgrounds throughout the boroughs. We’re proud to partner with AAUW to teach women how to ask for more as part of our effort to keep New York the greatest city in the world for women to succeed.” “Our goal is for every woman to be able to articulate their value and negotiate their financial futures,” said **Kim Churches, Chief Executive Officer, AAUW**. “Through this partnership, we are thrilled to help thousands of New York women recognize their full potential and to help the city become an even more equitable place for all.”

Since AAUW launched its salary-negotiation program in Boston in 2015, close to 100,000 women nationwide have completed the trainings. In post-course surveys, 85 percent of online program participants report feeling more confident asking for a raise or a promotion. Thousands of women who have taken the course say that they have successfully negotiated salaries 10 to 20 percent higher than what was initially offered.

Deborah R.

AAUW Monthly Meeting Dates: 2019-2020

September 11, 2019 - Pot Luck 6 pm
at St Ann’s Church Old Lyme

October 16, 2019 6:45pm

Essex Public Library

November 13, 2019 6:45pm

Westbrook Public Library

December 11, 2019 Holiday Party 7pm

St Ann’s Episcopal Church - Old Lyme

January 4, 2020 Annual Tea 1 - 3 pm

Old Saybrook Pavilion - Saturday

February 12, 2020 Lunch 12 - 2 pm

Acton Library Old Saybrook

March 11, 2020 6:45pm Essex Public Library

April 15, 2020 - joint meeting with Shoreline -
location and time TBA

May 13, 2020 - Annual Meeting 6:45pm

Essex Public Library

June 2020- Ivoryton Theatre Evening - TBA