

December 2021

CHIPS

The monthly newsletter of the Westchester Branch of the American Association of University Women, Westchester County, New York



Westchester AAUW Has Been
Empowering Women and
Girls Since 1933

FUNDRAISER FOR WESTCHESTER AAUW SCHOLARSHIP FUND!

THE MURALS & MOSAICS OF SPANISH HARLEM:

TELLING THE STORY OF A COMMUNITY

by Marilee Scheuneman



This will be a virtual tour, a fundraiser for the benefit of our local scholarship project arranged by Shelli Pines and Marlene Brenhouse who lead the Art Interest Group. The date is Thursday, January 13 at 11 a.m. All branch members are invited to join us. Suggested donation is \$15 (or more if you can do it). You will receive a link to your email address when you email shellipines@gmail.com.

Our guide, Leigh Hallingby, describes the tour as follows: The many colorful murals and mosaics of Spanish Harlem, AKA East Harlem or El Barrio, tell us so much about the history, culture, and politics of this neighborhood and its residents. Some murals and mosaics are dedicated to accomplished citizens, such as the writers Julia de Burgos and Nicholasa Mohr. Others honor world-famous people such as Che Guevara and Celia Cruz. Some of the public art celebrates the Latinx culture or expresses strong political statements. And many of the murals and mosaics include the gorgeous scenery of the tropical islands from which so many members of this community emigrated to New York. A number of the gifted artists who created the artworks received commissions from the City of New York as part of projects to add more public art to the Spanish Harlem community. This slideshow with live commentary runs under an hour, and is followed by Q&A with the audience.

Please make your check payable to WCC Foundation with AAUW Scholarship in the memo line, and mail it to Marilee Scheuneman, 27 Hillside Drive, Yonkers, NY 10705. Also, be sure to email shellipines@gmail.com in order to receive the Zoom link.

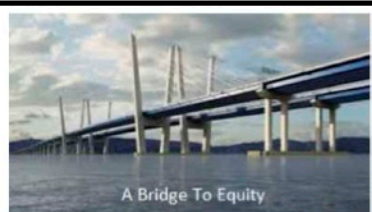
Thank you for helping us fund scholarships to three female students at Westchester Community College who will go on to earn a four year degree, who are selected by the college based on having maintained a grade point average of 3.0 or higher, and having demonstrated leadership qualities and concern for women's issues.



HOLIDAY LUNCHEON

WEDNESDAY, DEC. 1, 12 NOON.

CRABTREE'S KITTLE HOUSE



MISSION: To advance gender equity for women and girls through research, education, and advocacy.

VISION: Equity for All

VALUE STATEMENT: By joining AAUW you belong to a community that breaks educational and economic barriers so that all women have a fair chance. AAUW is nonpartisan, fact-based, and values integrity, inclusion and intersectionality.

2021-2022 BRANCH OFFICERS

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westchester-ny.aauw.net

State Web Site

www.aauw-nys.org

National Web Site

www.aauw.org

Facebook at AAUW Westchester NY

The AAUW

Legal Advocacy Fund

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

The AAUW Educational

Opportunities Fund

provides fellowships and grants to aspiring graduate women scholars in the US and around the globe.

Bridge Photo from NY
State Thruway Authority

Please Join Us!

Westchester AAUW Holiday Luncheon!



December 1st, 12 to 3 PM

Crabtree's Kittle House Restaurant

11 Kittle Road Chappaqua, New York 10514

Phone # 914-666-2684

Cost \$40 (including tip)/Check made out to AAUW Westchester Reservation response to Susan Gardner, 19 Robbie Rd.

Cortlandt Manor, NY 10567 If you haven't already signed up, please e-mail or call Susan to let her know that your check is on the way.

Our speaker is Jennifer Fecu, an alumna of Marymount Manhattan College in NYC, who will share her journey through trauma, jail, their college program and successful reintegration to being independent.

Menu:(Gluten free lunch available)

Hors D'oeuvres

**Winter Provencal Pastry Tart Served with Kittle House Salad
organic lettuces, market vegetables Butternut Squash**

Shot Glass of Soup Offered Table-side

**Hiddenfjord Organic Scottish Salmon hepworth farm broccoli rabe &
cherry tomatoes, organic black rice, yuzu beurre blanc**

Goffler Farm Chicken

local farm vegetables, truffled yukon gold potato purée, natural juices

Fillet of Mediterranean Branzino

shiitake mushrooms, baby bok choy, couscous

Signature Chocolate Mousse Cake

vanilla bean gelato

fresh fruits

Assortment of Soft Drinks

Juice

Pepsi, Diet Pepsi, Ginger Ale,Sprite

Coffee, Herbal Tea, Decaf

CURRENT ISSUES GROUP

The Current Issues Interest Group will have a Zoom meeting on Friday December 3 at 10 a.m. Several topics will be covered, including some climate issues. For further information, please contact Selena Barron, Diona Koerner, or Marie McKellar.



There are times when a one of our members is dealing with an illness, a loss, or another personal crisis.

If you know of a member who should receive our well wishes or support, please send the information to our corresponding secretary, Abby Hirsch, at ahirsch03@gmail.com.

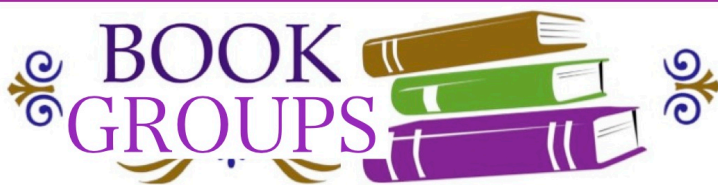
ART INTEREST GROUP

The Art Interest Group will not meet in December, but on January 13th, Leigh Hallingby will take us on another wonderful virtual tour, The Murals & Mosaics of Spanish Harlem: Telling the Story of a Community. Like Leigh's virtual tour last year, it will be a fundraiser for our scholarship fund. All branch members are invited to attend. Details are on page one of this issue of CHIPS.

**Have
You Seen
Our Web Site?**

westchester-ny.aauw.net

Board minutes are posted on the Web Page.



TUESDAY MORNING LIT GROUP

The Tuesday Morning Lit Group will meet, via Zoom, on December 14 at 10 a.m. to discuss the novel, Beekeeper of Aleppo, by Christy Lefteri. Selena Barron will be leading the conversation. Please contact Wilma Gitchel if you'd like to join us.

EVENING LITERATURE GROUP

The Evening Literature Group will meet at 5:30 p.m. on Wednesday, December 8 at Stone Fire in Mt. Kisco. Phyllis Dale will lead the discussion of Three Women by Marge Piercy. Please email or call Marsha Savino if you plan to attend.

JOIN AAUW

WESTCHESTER BRANCH

Membership is open to anyone with an associate or equivalent, baccalaureate, or higher degree from an accredited college or university. To join, please complete this form and send a check payable to AAUW Westchester Branch to the address below. New Member Dues for 2021-22 are \$88, of which \$85 are tax deductible. When you join the Westchester Branch of AAUW, you also become a member of the AAUW New York State and National organizations. The Membership team can also provide you with more information about AAUW-Westchester's activities on our branch record form.

Name: _____

Address: _____

City:State:Zip: _____

Phone: _____

Email: _____

College/University, Degree, Graduation Year: _____

Send check and/or branch record form request to: Judith Walsh at 2 Fountain Ln. Apt. 1V, Scarsdale, NY 10583 or 734-748-9318 or email: westchesteraauw@gmail.com

THE PANDEMIC'S UNIQUE IMPACT ON OLDER GENERATIONS

By, Darryl Taylor, SUNY Purchase AAUW Intern

Nicole Brunale and Mari Diamond spoke at AAUW Westchester's November meeting about coping with COVID-19 and the pandemic's detrimental effect on aging populations. Brunale earned a Master of Social Work from Columbia University. She specializes in providing mental health support to older victims of crimes and survivors of elder abuse. Brunale is the Director of Senior Mental Health Programs at Family Services of Westchester. Mari Diamond earned her Bachelor of Psychology of Women and Gender Studies at Hunter College. She is pursuing a Master of Social Work at Fordham University. Diamond is passionate about working with adults on issues of mental health, trauma, and relationships.

"COVID Cave Syndrome" refers to anxiety about returning to the outside world regardless of vaccination status. An American Psychological Association's survey found that 49% of adults anticipated anxiousness about returning to in-person interactions. "This anxiety we have when going out just builds when we're thinking about going to in-person events," said Diamond. "We're estimating the risk." Indoor public spaces obviously present higher risk for spread. Home environments are more controllable to the individual. News of infection and death rates can also induce hesitancy for adults to return to civilian life.

Older adults are also aware of their increased vulnerability to the coronavirus. "The effects of staying home, quarantining and distancing, can include loneliness, isolation, anxiety, and chronic stress," said Diamond. "Chronic stress can lead to lower immune function." Chronic stress negatively impacting the immune system increases the likeliness of this same population contracting the virus. Prolonged isolation has led to increased depressive disorders, post-traumatic stress disorders, and adjustment reactions. Loneliness can be somewhat mitigated through Zoom calls and FaceTime but the elderly often lack access to technology or aren't tech-savvy.

Dealing with grief has been more complicated since 2020. Coronavirus patients are unable to have visitors. People were denied the closure of sharing time with their loved ones who have died.

Diamond outlined steps for grieving:

- *Accepting the loss can shorten the overall grieving process.*
- *Recognizing anger is uncomfortable but it's okay to have this feeling.*
- *Find the necessary support system for help and comfort.*
- *Healing isn't linear because the process isn't perfect.*
- *Grieve and heal at your own speed.*
- *Never feel guilty in moments of joy.*

Brunale reviewed some pandemic-era coping skills, specifically for the older population. Making the effort to stay in constant contact with family helps individuals who are living alone. It's also incumbent upon younger family members to keep in touch with their elders, especially on Zoom. News consumption is still a possible trigger of anxiety. Brunale urged a healthy balance between communicating with others and observing health updates.

Listening to music is a simple activity but it can be a critical positive emotional spike. At Family Services of Westchester, there are weekly services for an Alzheimer's group to sing-along and listen to music. "Just seeing the difference in them after that one hour is amazing to watch," said Brunale. "But if music isn't your thing, there are tons of other activities like crafting and going for walks."

Technology is still the most convenient form of making connections for those skeptical of social situations. Schools are creating volunteer reading programs via Zoom and mentorships for high school students interested in college. Adults particularly benefit because it helps them emotionally to help others. Virtual tours have partially replaced tour guides. Tours of museums and safaris are different ways of keeping the mind active.

Brunale and Diamond reviewed current resources available in Westchester. The Department of Community Mental Health provides a multitude of services including assisting individuals with substance use disorders. Mental Health Association of Westchester provides therapy, family services, behavioral health treatment, and education training. Project Hope currently has confidential and free support for anyone experiencing mental health complications related to COVID-19. Family Services of Westchester is currently holding both virtual and in-person counseling. Brunale also mentioned that there are volunteer opportunities such as Ride Connect and other programs through the Volunteer NY website: volunteernewyork.org

MARIA TALLCHIEF OSAGE AMERICAN

-by Selena Barron



The following recent announcement by the Smithsonian Museum has special relevance to AAUW members because in the present denigration of native Americans and failure to support equity and acknowledge women's outstanding achievements, it honors a woman who reached worldwide acclaim despite her heritage as an Osage Indian and her gender as a woman.

November was Native American Heritage Month. The Smithsonian is building an American Women's History Museum in Washington DC to highlight and celebrate achievements by outstanding American women. Maria Tallchief was chosen as one of those very special woman both for her closeness to her heritage and her extraordinary contributions to ballet.

Elizabeth Marie "Betty" Tall Chief was born in Fairfax, Oklahoma, on Osage land in 1923. Her Osage name was Ki He Kah Stah Tsa. Her father came from two influential families, the Tall Chiefs and the Big Hearts. When Betty Marie was eight, her non Indian mother took her and her younger sister to live in California to seek better training for her artistic gifts. Betty was also a talented pianist. There she trained with the ballerina, Herina Bronislava Nijinska, sister of the world famous dancer, Vaslav Nijinsky.

Betty Marie's performances received very positive reviews and after graduation from Beverly Hills High School she moved to New York City and joined the Ballet Russe de Monte Carlo. The company management wanted to give her a Russian performing name like Tallchiefskaya. She resisted but did agree to be billed as Maria Tallchief, a name by which she soon became known worldwide. Through Ballet Russe she became a protegee of George Balanchine who fell in love with Maria and married her. In 1946 Tallchief became the first star of Balanchine's own company which today is known as The New York City Ballet.

Many critics and ballet lovers agree that Tallchief's performance in Igor Stravinsky's Firebird was a sensation that put the company on the cultural map and expanded the audience for Balanchine's collaboration with Stravinsky. One critic said her performance in the folktale based ballet was "sharp, exotic, sensuous, tender." Tallchief remembered that the applause made the hall sound like a football stadium. In a biography of Tallchief, Held Erdich wrote that Tallchief drew inspiration for the role from Osage traditions. This "magical creature, half bird and half woman was a difficult part to dance but Maria remembered the stories her grandmother had told her about a time when spirit birds spoke to the Osage. Maria tried to capture the feelings of his magic in her performance."

Tallchief continued as America's leading ballerina into the 1960's even after leaving Balanchine in a friendly divorce. She wanted children and he didn't. She remarried and raised a daughter, Elise. In 1966 she retired and worked to promote ballet in Chicago. Widely honored, she died in 2013 at the age of 88.

THE HISTORIAN

November 8, 2021, was a day in history.

The United States opened to travel. Trains, cars, and planes united families. That day may turn out to be the official end of the pandemic.

We are about to welcome a new year filled with hope of a return to normal social interaction.

We plan to celebrate together at a lovely luncheon at the Kittle House with a speaker who will deepen our ties with the Bedford Correction facility.

Our speaker sets an example of achievement.

We are again giving holiday gifts to the children of incarcerated mothers, as we did during the darkest months of the Covid pandemic last year.

That is who we are.

Please contact me at any time to join the history group as a proud member of AAUW.

Happy Holidays from Elaine Weiss



Holiday Gifts For Children

Every year the Westchester AAUW branch collects gifts and monetary donations for the children of mothers in the Bedford Hills and Taconic Correctional Facilities. We will continue that tradition this year and bring joy to about 450 children.

Due to continuing pandemic precautions, donation methods have been modified from previous years. If you choose to donate by check or are forwarding a gift through Amazon, please email the AAUW Toy Drive Coordinator Thea Jacobs at tmjacobs1@gmail.com to inform her of what you will be donating or the amount of your donation.

Here are the ways you can donate:

1. Bring your unwrapped gift or money donation to the holiday luncheon.
2. Send a check donation. Make checks out to THE HOUR CHILDREN PARENTING CENTER. Mail checks to:

**Hour Children/Deb Rigano
180 E. Prospect Avenue / PO Box #229
Mamaroneck, NY 10543**

3. Use the list below to purchase a gift either in person or through Amazon. You may deliver the gift yourself or have Amazon deliver the gift to Thea Jacobs 42 Edgewood Ave., Mount Vernon, NY 10552. All gifts must be delivered to Thea by December 10. Thea will arrange for pickup or delivery to Hour Children on or about December 12.

(Please – Only NEW and UNWRAPPED Items)

Ages 0-2: V-Tech (6-36 months – we need 26 of the same type); Clothing: for Newborns to 4T (**No Blue, Black, Orange, Gray**); Baby Blankets (Toddler Size - **No Solid Colors of Blue, Black, Orange, Gray**); Rattles; Teething Rings (NUBY Brand); Muslin Swaddles; Winter Hats (Newborn – 1 year); Stacking Cups/Rings; Baby Einstein or Fisher Price Toys; Shape Sorters

Ages 3-5: Large Trucks; Baby Alive Dolls; Disney Character Items; Crafts Sets; Baby Dolls; Disney Princess Dolls

Ages 6-10: Legos; K'Nex/Playmobile; Barbie/Bratz/Monster High Dolls; Trucks; Transformers; Actions Figures - Captain America, Stars Wars, Superman, etc.; Matchbook Tracks and Car Sets; Plastic Knitting and Crocheting Kits; Cranium, Brain Quest; Painting and Art Sets; 3D Glasses and Books; Train Sets; Card Games such as: Skip Bo, Uno and Monopoly

Ages 11-17: Craft Kits; Sports Balls - Basketball, Soccer, Football; Baseballs, Mitts (**No Bats**); Chess and Checker Games; Friendship Bracelet Kits; How to Knit/Crochet Books; Make-Up Kits Only (**No Mirror or Glass**); Burt's Bees Lip Gloss; Burt's Bees Shower Gel And Body Wash (**No Alcohol in Ingredient List**); Wallets (boys and girls), Burt's Bees Face Wash; Sunglasses (**No Bling**); Headphones/ Ear Buds; Watches (**Analog only and No Bling**); Board Games for Ages 10 and Up such as: Apples to Apples, Life, Trivial Pursuit (Adult and Children Versions) etc.; Leather Bracelets; Musical Instruments (No Recorders)

ITEMS ALWAYS NEEDED FOR HOUR NURSERY MOMS (New or Gently Used) Strollers; Pack 'N Plays; Baby Swings; Bouncing Chairs; Medela Breast Pumps and Accessories; "Boppy" Pillows and New Car Seats

NONE OF THE FOLLOWING ITEMS ARE ALLOWED: Glass, scissors, sharp objects, pencil sharpeners, mirrors, clay, Play-Doh, items that promote violence, teen/adult clothing, electronics, DVDs, no rhinestones on watches or toys, metal or items in tins; wooden toys, soft dolls or stuffed animals.

ADVOCACY ACTIVITIES

- by Jane Pendergast

- Election Work – Several AAUW members wrote postcards or made phone calls to voters in key states under the Reclaim Our Vote (ROV) program, which I organized. Enthusiastic participants included Connie Partridge and Elaine Weiss.
- POWHER NY – I am participating in The Equal Pay Legislation Group, which is currently developing a plan for legislative work this year. I will keep you informed.
- POWHER NY continues its work to promote the recently developed Vision Statement and Roadmap to Create Inclusive Gender Justice in New York: Building an Equitable Recovery in the Wake of Covid-19, which covers Essential Rights, Employment, Caregiving, Gender-Based Violence & Safety, Girls & Education, Legal Justice, Reproductive Justice, Health & Rights, and Voting, Democracy & Representation. Please visit the POWHER NY website to read this comprehensive Vision Statement. Also check out the Recommendations, which are possible actions to implement the Vision in New York State.
- Westchester Women's Agenda – I am participating in the Female Empowerment in the Workplace Strategic Plan Working Group. I will keep you informed.
- Pay Equity Outreach – I am working with Sister to Sister International to offer Work Smart Workshops to women in Westchester. I recommend that AAUW members read "And Still I Rise", STSI's report on women and girls in Westchester County, available at <https://www.s2si.org> - a remarkable read!

**MANY THANKS TO
MEMBERS WHO HAVE
ALREADY SENT IN
DONATIONS FOR THE
ANNUAL FUND
CAMPAIGN. EVEN SMALL
AMOUNTS HELP TO
SPONSOR AAUW'S MANY
WORTHWHILE PROGRAMS.**

**Yes, I would like to contribute to the
AAUW Greatest Needs Funds in the amount of:**

\$1000 \$500 \$100 \$50 \$25 Other _____

If you do not designate a specific fund in your check memo line, your contribution will be applied to the AAUW Funds, # 9110.

Name: _____ Phone: _____

Address: _____

Please make your check out to AAUW Funds and specify in the memo line AAUW Funds or any particular fund to which you would like your contributions applied, and how much to each fund. Checks should be mailed to Mary Logan, 1204 Hall Ave, White Plains, NY 10604. Thanks for your support!



DECEMBER 2021

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|-------|-----------------------------------|-----------------------|-----------|
| 12/1 | Holiday Luncheon | Crabtree Kittle House | 12 p.m. |
| 12/3 | Current Issues Discussion Group | Zoom | 10 a.m. |
| 12/8 | Evening Literature Group | Stone Fire Restaurant | 5:30 p.m. |
| 12/10 | Deadline for submitting for CHIPS | | |
| 12/14 | Tuesday Morning Literature Group | Zoom | 10 a.m. |
| 12/21 | Poetry Interest Group | Zoom | 1:30 p.m. |

On line bridge is scheduled every Monday at 1 p.m.