



## THE NORTH COUNTRY CONNECTION

AAUW - NEW YORK STATE

# September 2014

The St. Lawrence County Branch was founded in 1927  
PO Box 909, Potsdam, NY 13676-0909

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### Branch Officers and Board Members 2014-15

President:	Betty Connolly	Development VP:	Sue Rice
Program VP:	Tina Flanagan	Secretary:	Relani Prudhomme
Membership VP:	JoAnn Rogers	Open Windows:	Faye White
Treasurer:	Ann Carvill	Public Policy:	Kathy Stein
Newsletter/PR:	Donna Seymour	Book Group:	Pat Musante
<b>Branch webpage:</b>	<a href="http://www.northnet.org/stlawrenceaauw">http://www.northnet.org/stlawrenceaauw</a>		
<b>District 7 Facebook:</b>	<a href="http://www.facebook.com/AAUWDistrict7">http://www.facebook.com/AAUWDistrict7</a>		
<b>AAUW-NYS webpage:</b>	<a href="http://www.aauw-nys.org">http://www.aauw-nys.org</a>		

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## Food Insecurity in St. Lawrence County

AAUW's Fall Membership Meeting

Wed., Oct. 1 at 5:30 pm in the Potsdam Town Hall Community Room

This year's annual fall meeting will focus on St. Lawrence County's food insecurity. The meeting is in the Potsdam Town Hall Community Room, 18 Elm Street. (There is plenty of off street parking and the building is fully handicapped accessible.) Tabling from 5 pm; dinner at 6; program at 7 pm.

As part of community awareness around the issue of food insecurity we are asking that all members bring a guest. Assorted wraps and salads, plus homemade desserts will be served. There is no charge for the meal, thanks to a generous donation, but you are asked to please bring nonperishable food items for donation to a local food bank. Please RSVP for the meal by Saturday, Sept. 27th.

At this meeting we will have a short keynote from guest Daisy Cox, Director of the Potsdam Neighborhood Center and a Garden Share Board member. The Neighborhood Center is one of the several emergency food banks around St. Lawrence County. In addition to help with food, they offer referrals, crises intervention and help for families and persons in need of shelter, heat and other essentials. Daisy will outline for us the needs and the programs that meet those needs.

This is a tabling event, so you can meet other providers to see how they also help to meet the needs in our large, rural county. If you are tabling the event, please arrive at 5 pm.

According to the new "Hunger in America" report, 46.5 million people in our country rely on food assistance programs to survive. One out of five families who need assistance includes a current or former member of the military, and forty percent of these households include a child. Hungry people are turning to food charities to find enough to eat, but those programs are stretched far beyond their capabilities. In fact, these charities are so over-extended, that one in six is worried that they may have to shut down.

**AAUW Book Group:** Pat Musante

265-7230 (w) 353-6671 (h)

[musante@potsdamlibrary.org](mailto:musante@potsdamlibrary.org)

The AAUW-sponsored Book Group meets second Wednesday of every month at Noon for Lunch and a Book (bring a bag lunch) at the Potsdam Public Library. Guests are always welcome.

October 8: **The Hour I First Believed** by Wally Lamb - When high school teacher Caelum Quirk and his wife, Maureen, a school nurse, move to Littleton, Colorado, they both get jobs at Columbine High School. In April 1999, while Caelum is away, Maureen finds herself in the library at Columbine, cowering in a cabinet and expecting to be killed. Miraculously, she survives, but at a cost: she is unable to recover from the trauma. When Caelum and Maureen flee to an illusion of safety on the Quirk family's Connecticut farm, they discover that the effects of chaos are not easily put right, and further tragedy ensues.

November 12: **A Cold and Lonely Place** by Sara J. Henry - Freelance writer Troy Chance is snapping photos of the Saranac Lake Winter Carnival ice palace when the ice-cutting machine falls silent. Encased in the frozen lake is the shadowy outline of a body—a man she knows. A lurid news story goes viral, throwing suspicion on one of Troy's housemates. Troy is assigned to write an in-depth feature on the dead man. As Troy digs deeper into his life and mysterious death—working with his bereaved sister, reclusive girlfriend, and helpful neighbor—a string of incidents makes it clear someone doesn't want the investigation to continue. What Troy discovers threatens to shatter the serenity of these mountain towns, and she must decide which family secrets should be exposed, and how far her own loyalty can reach.

December 10: **A Child's Christmas in Wales** by Dylan Thomas - In print for fifty years, this gem of lyric prose has enchanted both young and old from its very first edition. Dylan Thomas, one of the greatest poets and storytellers of the twentieth century, captures a child's-eye view, and an adult's fond memories, of a magical time of presents, aunts and uncles, the frozen sea, and in the best of circumstances, newly fallen snow.

¡Adelante! Books of the Month 2014-15  
Personal growth and branch change go hand in hand. That's the idea behind the ¡Adelante! Book of the Month Club, a component of AAUW's diversity outreach program. Book clubs are a fun, social way to open a dialogue on women, diversity, and change.

September 2014:

**Latinovating: Green American Jobs and the Latinos Creating Them** By Graciela

Tiscareño-Sato

Profiling 10 different career paths to becoming an environmental entrepreneur, this is the first book showcasing Latino-led innovation and entrepreneurship in the green economy.

October 2014:

**The Woman Who Changed Her Brain: And Other Inspiring Stories of Pioneering Brain Transformation** By Barbara Arrowsmith-Young

and Norman Doidge, M.D.

The Woman Who Changed Her Brain powerfully and poignantly illustrates how the lives of children and adults struggling with learning disorders can be dramatically transformed. This remarkable book by a brilliant pathbreaker deepens our understanding of how the brain works and of the brain's profound impact on how we participate in the world.

November 2014:

**The Round House: A Novel** By Louise Erdrich

The Round House transports readers to the Ojibwe reservation in North Dakota. It is an exquisitely told story of a boy on the cusp of manhood who seeks justice and understanding in the wake of a terrible crime that upends and forever transforms his family.

December 2014:

**Calla Lilies: A True Story of Four Sisters and Their Struggle to Survive Abuse, Addiction, and Poverty in America**

By Kay Corbett

Calla Lilies recounts the story of four young Southern sisters living life with courage and determination despite an alcoholic birth mother who deserted them and a maternal grandmother who left them at the Salvation Army. Through all their adversities the four sisters show an amazing inner strength and resiliency.

## From the President:

The St. Lawrence County Branch of the American Association of University Women is beginning another busy year.



One question I often hear: **What is AAUW?**

**Our Vision is Simple:** We bring people together for the common goal of breaking through educational and economic barriers for women and girls.

**Our Mission is Sound:** Advancing equity for women and girls through advocacy, education, philanthropy, and research.

What concrete step are we taking to fulfill these goals?

One major event this fall is the inaugural **Young Women's Leadership Institute** on November 15, 2014. The conference will bring together students from the Canton-Potsdam Colleges and area women leaders from the community to discuss leadership and initiate mentoring relationships.

Plan on attending our **Fall Membership Meeting** on October 1, 2014 at the Potsdam Town Hall from 5 to 8 pm to hear more about what is planned for the new year.

I'm looking forward to seeing you then.

**Betty Connolly**

### North Country Matters: Fall 2014 Show List

We have an exciting line up of shows scheduled for this fall. Several have been completed and you can always watch them on YouTube.

**John F. Richey**, candidate for Judge of the St. Lawrence County Surrogate Court (Sept. 9, 2014) <https://www.youtube.com/watch?v=hrpkarBJLvk>

**St. Lawrence County Community Food Security Assessment** with **Heather Sullivan-Caitlin**

(Sept. 9, 2014) <http://www.youtube.com/watch?v=xkJSazXiuQI>

**Greg Hart** from the **Regional Workforce Development Institute** (Sept. 16, 2014)

<https://www.youtube.com/watch?v=ykRscFLOnik>

**Dr. Zvi Szafran**, the new president of SUNY Canton (Sept. 16, 2014)

<https://www.youtube.com/watch?v=FiM0kae2gjY>

### In America, Healthy Eating Is for the Privileged

According to new study published in the Journal of the American Medical Association, the rich are eating healthier and the poor are still eating worse. The study authors add that healthy foods generally cost more than unhealthy ones and that access to healthful foods also widens the gap — many low-income residents do not own a car to reach supermarkets with better, healthier foods. <http://www.alternet.org/food/rich-poor-gap-healthy-eaters>

## 2014 Open Windows Report!

Faye White reports that a total of 13 St. Lawrence County girls were sent to camp this summer, thanks to the generous donations of AAUW members and friends. Among those community friends was a very generous donation from Stewart's Shops of \$850 donation for "camperships." A total of \$2,890 was spent on these camps in 2014.

### Meet our Open Windows for Girls 2014:

Four Canton High School Hugh O'Brian Youth Leadership Seminar Participants:  
**Lucia Jenkins, Sami Curtis, Aida Shipley and Kiersten Larrabee**, all in Grade 11.

**Hannah Gagnon**, in 5th Grade at Heuvelton Central School, who went to 4-H Camp Overlook



Two OW girls went to Camp Invention at SUNY Canton: **Ella Kitzman**, Madrid-Waddington Central School, and **Alyse Tavernier**, a Canton Central 4<sup>th</sup> Grader.

Three girls went to Clarkson's Horizons camp: **Faith Miller**, 8th Grade, and **Gillian Seale**, 9<sup>th</sup> Grader, both from Gouverneur, and **Olivia Todd**, an 8<sup>th</sup> Grader from Canton Central.

**Alicia Moulton**, a Norwood-Norfolk Central School 6th Grader went to Camp Aldersgate/Casowasco; **Kaitlyn Wells** from Parishville Hopkinton Central School attended Camp Mandaville; and **Cypris Samelski**, in 5th Grade at Parishville Hopkinton Central School, attended the Creative Art Camp at SUNY Potsdam.

Never doubt sending a girl to camp will make a difference. Faye had this testimonial from one of the school counselors who helped make sure a girl had an Open Windows opportunity:

*She is a different girl, this school year. Just radiant, she is smiling, happy to be in school and so different - a positive attitude! I don't know if it is all from the camp, but from the comments below, I am sure it was part of the difference! So please thank everyone who helped her. ... I am so happy from the inside out!!!! Thank you for all your help - you ROCK!*

*The first day she was silent and very timid. By the end of camp she was talking up a storm and engaging with others.*

*The camp seems to have helped coax her out of her shell and given her more confidence, and we will absolutely welcome her back next summer.*

There are three NYS Ballot Items up for a vote this Nov. 4th:

1. One would permit the **electronic distribution of legislation** to state lawmakers in lieu of the printed bills that are currently required to sit on their desks for three days prior to voting on them.
2. Another asks voters to allow the state to borrow \$2 billion to fund a **"smart schools" initiative** that would fund the purchase and installation of interactive whiteboards, computer servers, and desktop, laptop and tablet computers in classrooms; pay for high-speed wireless Internet connections; build and refurbish new classroom space to accommodate more pre-kindergarten classes; and install more security features on school grounds.
3. The last proposed amendment will ask voters to change **the way lawmakers draw their legislative districts**. The so-called Goo-Goos - the good government groups - are evenly split on whether this bill would actually help take the politics out of redistricting in New York State.

## The Gender Pay Gap is (still) Alive and Well!

The pay gap between women and men narrowed last year, albeit slightly, the first time the gap contracted by more than a penny since the recession began in 2007.

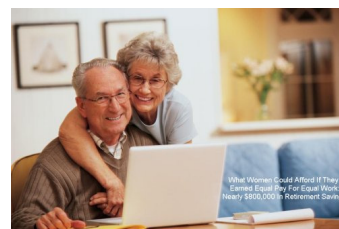
Women earned 78.3 cents for every dollar men earned in 2013, a Census Bureau report showed. That compares to 76.5 cents a year earlier.

The latest data shows the smallest gender-pay gap on records back to 1960, but continued to show a wide disparity between the men and women. The median earnings of men with full-time, year-round jobs were \$50,033 last year, compared to \$39,157 for comparable women.

Last year, the number of men working full-time increased by 1.8 million. The number of women doing the same rose by 1.0 million.

The difference in pay between genders has wide implications. One is found in the types of families that live in poverty. The Census report showed that 11.2% of families with children live in poverty. But that number jumps to 30.6% for families led by a single mother. The poverty rate for married-couple families was 5.8% last year. AAUW Vice President of Government Relations **Lisa Maatz** said: "The gender pay gap will remain stuck — and will continue to prevent families from making ends meet — unless women voters speak up. We know that gender pay discrimination isn't a myth; it's math. And the wage gap isn't just a number. It represents families scrambling to pay for food, gas, housing, education, and child care. In the next Congress, those families deserve more than just a floor debate. We need solutions, and we'll demand action."

The pay difference has an impact beyond the workplace. Financial advisers and analysts say the gap is one of the main reasons women are drastically behind men when it comes to retirement savings. Figures from the Employee Benefit Research Institute show that women have an average of \$81,700 saved in their individual retirement accounts, compared to the average \$139,467 saved by men. And that was despite the fact that women contributed just as often to their retirement accounts as men did.



## SLC Board of Legislators – 2014 Election Map

The entire County Board of Legislators is up in 2014. Election Day is Nov. 4, 2014

District	Incumbent	Challenger(s)	Open
1	Vernon (Sam) Burns, D	Donald J. Hooper, R	
2	<del>Mark Akins, R</del>	David W. Forsythe, R	Open
3	Joseph Lightfoot , R		
4	<del>Alex A. MacKinnon, R</del>	Michele McQueer, D Joel LaPierre, R	Open
5	Donald Peck, D	Travis E. Dann, R	
6	Frederick S. Morrill, D	Larry D. Denesha, R	
7	<del>Scott M. Sutherland, R</del>	Richard Perkins, D Jerry G. Moore, R	Open
8	<del>Kevin Acres, R</del>	David Forsythe, R	Open
9	Stephen Putman, D	Daniel E. Martin, R	
10	Jim Bunstone, D	Joe Timmerman, R	
11	<del>Daniel F. Parker, R</del>	Ryan C. Warr, D Chad Colbert, R	Open
12	Jason A. Clark, D	John H. Burke, R	
13	Tony Arquiett, D		
14	Gregory M. Paquin, D		
15	Jonathan Putney, D		

### Professors on food stamps: The shocking true story of academia in 2014

Forget minimum wage, some adjunct professors say they're making 50 cents an hour.

“The most shocking thing is that many of us don’t even earn the federal minimum wage,” said Miranda Merklein, an adjunct professor from Santa Fe who started teaching in 2008. “Our students didn’t know that professors with PhDs aren’t even earning as much as an entry-level fast food worker. We’re not calling for the \$15 minimum wage. We don’t even make minimum wage. And we have no benefits and no job security.”

Over three quarters of college professors are adjunct. Legally, adjunct positions are part-time, at-will employment. Universities pay adjunct professors by the course, anywhere between \$1,000 to \$5,000. So if a professor teaches three courses in both the fall and spring semesters at a rate of \$3000 per course, they’ll make \$18,000 dollars. The average full-time barista makes the same yearly wage. However, a full-time adjunct works more than 40 hours a week. They’re not paid for most of those hours.

“On the whole, teaching quality by adjuncts is excellent,” said Kane Faucher, a six-year adjunct. “But many are not available for mentoring and consultation because they have to string together so many courses just to reach or possibly exceed the poverty line. This means our resources are stretched too thinly as a matter of financial survival, and there are many adjuncts who do not even have access to a proper office, which means they work out of coffee shops and cars.”

[http://www.salon.com/2014/09/21/professors\\_on\\_food\\_stamps\\_the\\_shocking\\_true\\_story\\_of\\_academia\\_in\\_2014/](http://www.salon.com/2014/09/21/professors_on_food_stamps_the_shocking_true_story_of_academia_in_2014/)

## Creating the World of the Future: Eleanor Roosevelt Fund Award at 25

Twenty-five years ago, AAUW presented the first **Eleanor Roosevelt Fund Award** at the 1989 AAUW National Convention in Washington, D.C. This eventful convention gave members the opportunity to learn more about the new Eleanor Roosevelt Fund, which launched in 1988 and supports AAUW research.



The March–April 1989 edition of AAUW Outlook included a fascinating article describing the mission of the fund:

- ♦ Remove barriers to women’s and girls’ participation in education
- ♦ Promote the value of diversity and cross-cultural communication
- ♦ Develop greater understanding of the ways women learn, think, work, and play

Do you know of an individual, project, or organization that has made an outstanding contribution to equality and education for women and girls? Nominate them for an Eleanor Roosevelt Fund Award. Nominations are due on November 15, 2014.

The fund’s activities have changed over the past 25 years, but the ideals remain the same. AAUW recognized in 1989 that it must continue its “ongoing support of greater participation by women and girls in actively shaping their future.” This support included not only creating the Eleanor Roosevelt Fund Award to honor women and organizations that fulfill the fund’s mission in their communities but also supporting Teacher Enrichment Sabbaticals, which provided elementary and secondary school teachers “time and resources to increase their effectiveness with girls in math and science courses and with at-risk girls.”

The leaders who created the fund and award were inspired by the words of Eleanor Roosevelt:

“It is today that we must create the world of the future. Never have we needed as acutely as now — in a world of ferment, shifting and changing its course, often without direction — the full use of all the brain power we have. We need every single mind. We cannot afford to have any potential talent or ability dulled to apathy.”

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### Hunger in New York State:

The **Food Bank of Central New York's** fiscal year just ended. St. Lawrence County is included in that region. The Food Bank of Central New York:

- ♦ Distributed 16,074,870 million pounds of food
- ♦ This food translates into 13,395,725 meals or 36,700 meals every day
- ♦ 1,274,842 pounds of food were distributed through our Fresh Foods program
- ♦ 213,755 pounds of food were distributed through our Kids Cafe and Summer Food Service Program
- ♦ SNAP Outreach provided 3,087,298 meals to eligible families

### Did You Know?

- ♦ \$0.96 of every dollar donated goes into acquiring food resources
- ♦ Each \$1 donation provides 2.6 meals

## October is Domestic Violence Awareness / Breast Cancer Awareness Month

**October 1: AAUW-St. Lawrence County Branch** fall membership meeting at the Potsdam Town Hall from 5 to 8 pm.

**October 5: The Harvest Walk/Run** fundraising event at the Dobisky Center in Ogdensburg. Registration is at 12 noon with the Walk at 1:00 pm. Call Catholic Charities at 315-393-2255.

**October 8: TWC News debate** between the three candidates in the **21st Congressional District**, Republican Elise Stefanik, Democrat Aaron Woolf, and Green Party candidate Matt Funicello, will air at 7 pm on TWC News in Northern New York, and online.

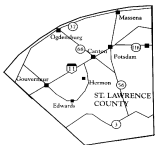
**October 11: U.N. International Day of the Girl Child**

**October 24: Last day to register in-person to vote in NYS**

**October 30: Branch Board Meeting** at SUNY Canton's SUNY Canton-Miller Campus Center room 208 at 4 pm. Branch members are welcome.

**November 4: Election Day**

The **American Association of University Women** advances equity for women and girls through advocacy, education, philanthropy and research. AAUW is 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. The **AAUW Educational Foundation** provides funds to advance education, research, and self-development for women and to foster equity and positive societal change. The **AAUW Legal Advocacy Fund** provides funding and a support system for women seeking judicial redress for sex discrimination.



## THE NORTH COUNTRY CONNECTION

September 2014 Newsletter

Editor: Donna Seymour

8 Cedar Street, Potsdam, NY 13676

**Because Equity is Still an Issue**

**AMERICAN ASSOCIATION OF UNIVERSITY WOMEN**

ST. LAWRENCE COUNTY BRANCH, NEW YORK STATE

Visit our webpage at [www.northnet.org/stlawrenceaauw](http://www.northnet.org/stlawrenceaauw)