

# The Advance

The Bulletin of the Greater Wayne Area Branch of the AAUW



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<https://www.greaterwaynearea-nj.aauw.net>

January-February 2022

## AAUW GREATER WAYNE AREA BRANCH PURPOSE

The purpose of this branch shall be to further AAUW's mission to advance equity for women and girls through advocacy, education, philanthropy and research.

### FROM THE PRESIDENT'S DESK

Dear GWA Friends,

Twenty-two members and guests enjoyed the Holiday Social last month at Lakeside Restaurant. The food, the company and the entertainment were all excellent. Thank you Carolyn Noble for making the arrangements, the cooking group for supplying the desserts, and Elaine Dolsky and Bobbi Breslow for leading us in holiday songs. All very festive.



As we turn the page on a new year, I am happy to report that our branch is alive and well. Take a look inside at the upcoming activities and join in. Check out the calendar created by Bobbi Breslow to see what is happening when.

Be sure to read about our new member, Elaine Dolsky, the profile of Abby Schwartz, and the award to Arlene Sullivan. We are an interesting and accomplished group.

On January 17th we celebrate Martin Luther King Day which gives us an opportunity to reflect on his life and death and where we are as a country in regards to the battle for racial equality. In 1994, Congress designated the holiday as a national day of service, a "Day On, Not a Day Off." How can each of us participate in this day of service? Share your ideas and actions with other members by emailing [aauwgwa@gmail.com](mailto:aauwgwa@gmail.com).

I hope to see you at the next gathering, on Zoom or in person. Meanwhile, enjoy life, every day.

**Lorraine LaShell**

### CURRENT EVENTS

We meet on the third Friday of most months at 1pm. venues TBD. Our discussion in November was ENERGY as a general topic. The topic for our January 21st meeting is BELFAST which is also the title of a movie currently showing in a few select theatres in NJ. Elaine Kirsch, a newer member of our group, informed me that the movie is available for viewing at home via Amazon Prime, Google Play or U-Tube for \$19.99. She has also directed us to the online version of the 2013 World Book Encyclopedia for entries on Belfast, Northern Ireland and Irish History (as the movie won't cover the extensive history of Ireland's "Troubles").

The topic for February will be decided at the January meeting.

As our group is expanding and our time limited, we have decided to have five presenters and limit their time to about 10 minutes each. This allows time for the group to participate, share and ask questions. The first five members who send me their topics will compose the speaking group. The rest of us will listen, learn and respond.

**Arline Lowe**

### NOTICE

#### ZOOM BOARD MEETING

Monday, January 17, 7:00 -8:30 pm  
ID 552 791 0409 PW 392133

## DONATION CARDS

### *Lorraine LaShell*

The Donation Card fundraiser is ongoing and to date has raised \$1,050! I call that a success.

Consider sending a donation card designed by Peggy Gardner the next time you need a card to remember, honor or celebrate someone. The cost is modest and the cause is worthy. All proceeds go directly to the Scholarship Fund.

Individual Cards can be purchased for a minimum \$10 donation. Packets of five cards cost \$25. Call or email me, Lorraine LaShell, with your request. Include the name and address of the party to receive the card and the reason for the donation (In Honor Of, In Memory Of, Get Well, Happy Birthday) and the amount of the donation. Payment can be mailed to Ann Raynor, 1818 Basildon Rd., Mt Pleasant SC 29466. Make the checks out to AAUW GWA and write "Donation Card" in the check memo section.

### **DONATION CARDS FOR SCHOLARSHIP FUND RECENT PURCHASES**

- **Joan London**, packet of five cards, three sympathy cards in memory of Beck Wagshul, Dr. Jerry Hyshiver and Jack Brook.
- **Dorothy Quinn**, packet of five cards, two birthday cards to Diane Ricart and Linda Trongone, one holiday card to Joan Hahn and one to Stella Hyman to say hello.
- **Linda Nardone** purchased two packets of holiday cards to send to family and friends.
- **Ruth Liston** purchased a sympathy card in memory of Laura Sharkey.

## PROGRAM

Due to possible bad weather and the rising COVID cases, the January meeting will be on Zoom. The program for the meeting on Wednesday, January 19th, at 4:00 PM will focus on a discussion of Eco-Friendly New Year's Resolutions. Members will share their ideas for "going green". Let's put on our thinking caps and help preserve our earth. Log in details will be sent by email before January 19. There will be no general meeting in February.

**A Great Big Thank you..**  
for your generosity in donating gifts  
to the Oasis holiday toy drive.

The photo below shows the gift table at our luncheon that was filled with toys, games, soccer balls and so much more! There will be many happy smiles on the faces of the children thanks to all of you.

Your  
**GRATEFUL**  
chairpersons,  
**Ada Liggett  
& Diane  
Snyder Ricart**  
Social Concerns Committee



## MEMBERSHIP

I was very proud to introduce our newest members at the Holiday Social and just wanted to bring all their talents to your attention. You will note that there is an article on page 4 highlighting the outstanding work done by Arlene Sullivan to produce much-needed masks at the beginning of the pandemic. Those of us who attended the Holiday Social were impressed with the talent of Elaine Dolsky and Bobbie Breslow. Not only impressed, but really had fun singing along to their music. Additionally Arlene had run for the office of Wayne Mayor and Linda Nardone had run for Councilperson. Congrats to both of them for participating in the political process.

AND--I have just been notified that we have another brand-new member. Pat Durante who lives in Montville and is a friend of Elaine Dolsky has joined Greater Wayne. A warm welcome to Pat, and I understand she will be joining us at the Lit Group meeting January 5.

Once we have a chance to catch our breaths in the New Year, let's make an effort to continue to reach out and share our friendships and good works. In 2021 we added seven new members--I have no recollection of ever having achieved that much success. And congrats to all of us who are working to spread the Good News.

**Ruth Liston**

## Abby Schwartz, a Model of the Law of Attraction by Dorothy Quinn



Abby Schwartz's introduction and 10-year relationship with the GWA Branch supports the secret that positive thoughts and emotions attract positive experiences and opportunities.

Abby, who lives in the Ridge Rise community in Wayne couldn't help but notice the avid walker who regularly

traversed the neighborhood, namely Stella Hyman. One day Stella stopped and chatted with Abby. After an interesting conversation, Stella spoke about the mission and activities of the AAUW. Abby, finding Stella provocative and convincing, decided to come to a branch meeting and give the organization a try since she spent much of her life volunteering for public service. When Stella picked her up, in the car was another woman from the neighborhood who was unbeknown to Abby; her name was Aviva Sanders. By the end of the meeting and hence the evening, Abby knew that this organization of bright, fascinating and social women promoting the cause for the advancement of women was a new opportunity to grow intellectually, meet new and like-minded women who supported a cause that was close to her heart. And, incidentally, she established a new, lasting friendship with Aviva.

Abby continued to spread the good news about our branch and was responsible for bringing warm, talented and life-long friend, Peggy Gardner to our branch, as well as the capable and worldly Merrill Crowell to our group.

Abby definitely personifies the law of attraction! Abby is not intimidated to make good decisions for herself.

Professionally a Speech/Language Therapist, she has worked at many private schools in Upper Montclair, Totowa and Wayne. Her compassion for children and her desire for them to succeed is evidenced in a learning technique she used. Since many of her students were language deficient, she gave them disposable cameras and instructed them to take pictures of their pets, bed, favorite meal, etc. After posting their pictures she gave them the

opportunity to share stories about the pictures they took. This was met with great success in breaking the trust barrier in a group.

In her second marriage to Paul,

she has enjoyed extensive travel to China, Japan and many European countries. She tells of one story in Rome where upon arrival she found herself very ill and needing to find a local doctor. The hotel arranged for a young, attractive doctor who only spoke Italian. Unable to communicate her 101F temp to the doctor who only knew Celsius was comical and tragic. Abby went to a local hospital, alone and language-isolated while Paul tried to enjoy Rome on his own. The irony, the medication she received kicked in when they were departing. On the plane, in first-class, a perk by Paul because of her missed opportunity, Abby's appetite returned and she enjoyed the food, the wine and the flight! However, Paul kept his promise to return to Rome for another travel opportunity!

Abby's dedication to volunteer service is not limited to the AAUW. She, along with Peggy Gardner, were members of the Women's American ORT (Organization for Rehabilitation through Training); she shopped for those who couldn't through the Passaic County Home Care Options and is active in the Jewish Federation of Northern N.J. which delivers Kosher meals to those in need. Since her back surgery she has given this task to Paul to "keep him busy". She also was an Uber Driver for a year when she got her electric car, "an opportunity to enjoy riding it".

Needless to say, Abby Schwartz, mother of two and grandmother of five, is another busy, interesting, delightful woman who attracts and graces the GWA Branch!





## **GWA Member Arlene Sullivan Receives Congressional Recognition**



*Congressman Mikie Sherrill and Arlene Sullivan*

Morris Catholic High School Visual and Graphic Arts teacher, Arlene Sullivan, received Congressional recognition from Congresswoman, Mikie Sherrill for her work in 3D printing parts for over 13,000 face shields for healthcare workers in hospitals, nursing homes and homeless shelters that were donated at the height of need throughout New Jersey. "This is a great honor not only for me but the entire Morris Catholic community who jumped right in and raised \$7000 to support the supply costs. It shows who we are as a school", says Sullivan

March 2019, the very beginning of the pandemic, when all teaching went virtual literally overnight, Arlene jumped right in and began using her skills to print 3D PRUSA 3 parts for healthcare worker's protective safety shields. Sullivan heeded a call from Picatinny Arsenal, which had hosted a 3D printing workshop for art teachers several years prior, asking local teachers to join together in a grassroots effort to print 3D parts. Initially, teachers from four area schools joined in but it soon grew to over 58 people, printing, assembling and distributing over 10,000 masks to healthcare workers in local hospitals and nursing homes throughout the state. Thor Labs purchased and donated clear shield material to the cause, which brought in Mark Maruska, Gravity Designworks in Newton, who used his company's resources to laser cut the plastic shields that attached to the parts to complete each face shield.

When the group shut down in May of 2020, saying they felt the need was filled, it caught some participants off guard, particularly Sullivan whose school raised an amazing \$7,000 for the cause. Sullivan felt there was still a continuing need, especially for nursing homes and homeless shelters, so she contacted others in the group who agreed and

they continued printing. Together, members of the Vernon HS Robotics team, Mark Maruska and Sullivan continued printing, assembling and distributing over 3,000 additional protective face shields to local nursing homes and homeless shelters, until the material for the shields ran out. A discussion took place and it became apparent that it was more cost effective to purchase comparable quality shields than to print them and to that end the remainder of the funds purchased an additional 600 masks, all of which have been donated. "It's amazing what people working toward a common goal can accomplish", said Sullivan. "I am proud to have been a part of this overwhelming effort".

And GWA is proud of Arlene!

## **Meet New Member Elaine Dolsky**



Hello Fellow AAUW-GWA Members,

It is an honor to introduce myself to you as a new member, who is already participating in the mah jongg online group, the Lit Group and the fun socials. Thank you, ladies for your warm welcome!

My husband, Ken and I live in Parsippany where we raised our two daughters, Robyn and Beth. When our girls started elementary school, I returned to my other career as an educator for the Parsippany-Troy Hills School District. After 30 years of getting to do what I loved, I retired in 2019.

In retirement I now enjoy reading, playing Mahj Jong, walking and dancing for exercise, and socializing with friends and family. I support various Environmental Activists groups, and I also support local musicians as a member of the NJ Jazz Society.

Here's to a Happy, Healthy, and Productive 2022 to all!

Yours,  
Elaine Dolsky

# January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 3 PM Online Bridge	4 2 PM Mah jongg online	5 3:30 Online Bridge 1-2:30 PM Lit Group (Zoom)	6 12 PM In Person Bridge 1 PM Lit Group (Zoom)	7	8
9	10 11:30 In Person Bridge	11 2 PM Mah jongg online	12 3:30 Online Bridge	13 12 PM In Person Bridge 1 PM Lunch Bunch @Blossoms (Packanack Shopping Center)	14	15
16	17 3 PM Online Bridge 7 PM Board Meeting (Zoom)	18 2 PM Mah jongg online	19 3:30 Online Bridge 4 PM General Meeting (Zoom)	20 12 PM In Person Bridge	21 1 PM Current Events Location:TBD	22
23	24 11:30 In Person Bridge	25 2 PM Mah jongg online	26 3:30 PM Online Bridge	27 12 PM In Person Bridge	28 12:30 PM Cooking Group @Carolyn Noble	29
30	31	1	2	3	4	5

# February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 3 PM Online Bridge	8 2 PM. Mah jongg online	9 3:30 Online Bridge 1-2:30 PM Lit Group (@Lorraines)	10 12 PM In Person Bridge 1 PM Lunch Bunch @High SocieTea House, Wayne	11	12
13	14 11:30 In Person Bridge	15 2 PM. Mah jongg online Articles due for Advance	16 3:30 PM Online Bridge	17 12 PM In Person Bridge	18 1 PM Current Events Location:TBD	19
20	21 3 PM Online Bridge	22 2 PM. Mah jongg online	23 3:30 PM Online Bridge	24 12 PM In Person Bridge	25 12:30 PM Cooking Group (Location TBD)	26
27	28 11:30 In Person Bridge	1 2 PM. Mah jongg online	2	3	4	5

## FUNDRAISING

This fall, several events were held at which we collected a significant amount of money. We hope that the events this winter and spring will allow us to accrue additional funds.

### **Coin Collection**

At the winter social, \$290 was collected from members who had been saving their change in coin collection boxes. Hopefully everyone will continue to use these boxes so that additional funds can be collected in the spring.

### **Restaurant Week**

This year we are planning a 'restaurant month' instead of 'restaurant week.' During a specific month this spring, a different restaurant will be offering a one day rebate. Patronizing these restaurants on the designated dates will provide our branch with additional scholarship funds. More information to come.

Ideas for additional events are always welcome and appreciated.

**Joan London**  
*Fundraising Chair*

## SCHOLARSHIP

### **Annual "No Fuss No Muss" Fundraiser for Scholarships**

A very happy and healthy 2022 to all branch members and their families.

The Scholarship committee kindly asks that you contribute in this month of January to our branch's annual "no fuss no muss" fundraiser for college scholarships. Every year we award undergraduate scholarships to deserving women from our area. This week you will receive in the mail an important letter from our scholarship committee asking for your contribution and with those details. Our goal is 100 per cent participation of our branch members in this fundraiser.

We will award our scholarships in the spring, and you will have an opportunity to meet our recipients for 2022-2023. In July, 2021, many of us enjoyed meeting last year's deserving recipients from Ramapo College and Rutgers University at the summer social. Education for women is what AAUW is all about.

Please look for this important letter from the scholarship committee in your U.S. mail.

With thanks in advance for your generosity,

**Greater Wayne Area Scholarship Team co chairs:**

***Marianne Ritter and Lorraine LaShell***  
***with Diane Ricart, Barbara Stomber,***  
***Linda Trongone***



### **January**

Michele Bodden	2	Maryann Davidson	8
Nancy Ferer	10	Joan London	8
Barbara Stomber	17	Dorothy Quinn	13
Lorraine LaShell	25	Ruth Liston	16

### **February**

## COOKING GROUP

The cooking group will "break bread" on Friday, January 28th, 12:30 PM at Carolyn's home. Each member will bring their favorite cheese and a bread or cracker to share. Beverages are optional. Save the date, Friday, February 25. Location and theme TBD

**Carolyn Noble**

## NATIONAL

As a branch we are part of the larger AAUW national organization. How often do we think about what AAUW stands for and how it acts to advance equity for women and girls? Follow the link below to read the 2021-2023 AAUW Public Policy Priorities adopted in May 2021.  
<https://www.aauw.org/resources/policy/aauw-public-policy-priorities/>



# ~ Technology Simplified ~

This year, the cost of cybercrime has soared to \$6 trillion worldwide. Crooks are way ahead of us, able to guess our passwords based on clues we leave behind. Once the criminal cracks the formula, and sign in as you, they can take over your account, because you've made it very, very easy for them to use your information across multiple social-media accounts, bank accounts and e-commerce sites. Using their own ingenuity and automated programs that target thousands of computers simultaneously, hackers can quickly crack many simple passwords and break into online accounts. And once they sign in as you, they have access.

The internet can be navigated relatively safely. To keep your information safe and your financial accounts protected, security comes down to a few basic boxes to tick, with strong passwords topping the list.

We know we should take those hated passwords seriously, but most of us do them wrong, like reuse them or choose obvious terms like a pet's or child's name. What makes a good password?

- The first step towards making a more secure password is to increase its length, perhaps to a sentence. The more characters that a password has, the more characters a hacker has to guess before they can break it. According to today's standards, passwords should be at least 12 letters long and a combination of both upper and lower case letters, numbers and symbols (!, @, #, \$, %, &).

- To help keep your data secure, use a different password for every website and service. Don't use the same root password, like your grandson's name by merely adding numbers or symbols, and use passwords that are strong and difficult to guess. Now, how to remember all of your passwords?

- Write them down and put the paper in a safe place. Of course, this is not ideal.

- Your iPhone will save your passwords (always back up to the Cloud), as will your Android phones via the Google app, but you might lose your phone.

Password savers are built into the browsers from Apple, Google, and Firefox.

- Or, as I do, use an easy-to-use password manager. There are several free and lowcost password managers (between \$15-25/year and free versions with scaled-down services) like

OnePassword, Dashlane, Keeper and LastPass.

Password managers are not hard to use, and you will only have to remember one great password, or 'password sentence' like ILove2\$wimInTheOcean92!. If you create an account that requires a password, the managers also offer to create a unique password — a long, computer-generated combination of numbers, characters and upper and lowercase letters — for each site. This removes risks associated with reusing passwords. And you're done. Each password is encrypted and saved.

An AARP-sponsored report examined identity fraud and found more than 1 in 4 Americans were hit by identity fraud last year, when losses were almost \$17 billion. Identity fraud is worse than identity theft, which is when your personally identifiable information (PII) is stolen or compromised, as in a data breach. In identity fraud cases, a crook capitalizes on that sensitive data and rips you off or commits a related offense.

What to do? Creating an action plan to keep safe, and stronger passwords are a good start. It's risky for a consumer to use an identical sign-on name — coupled with the same, weak password — But whatever you do, do something. Hacking isn't going away. The risks are growing daily. Just like everybody should be wearing a seat belt, everybody should be using a password manager.

**Bobbi Breslow**



## LUNCH BUNCH

Lunch Bunch will meet close to home during the months of unpredictable weather. On January 13, you can have your choice of Thai, Japanese, Chinese, or Indian at Blossom, located in Packanack Shopping Center on Route 23 in Wayne. On February 10, enjoy a traditional Scottish tea in an historic house, HighSocieTea, located on Old Turnpike in Wayne.

In Spring, we can move out a bit. Some suggestions are Segovia in Oakland, Royal Warsaw in Elmwood Park, numerous restaurants in Montclair, Morristown, and Parsippany. Further suggestions are welcome.

Notify Lois if you plan to attend, so that she can make a reservation.

**Lois Wickham**

## WEBSITE UPDATE

### Bringing Our Website into the 21st Century

At the last Board Meeting a committee was formed to review our current website with the goal of making it more attractive and user-friendly. The committee of four, Arline Lowe, Lorraine LaShell, Diane Ricart and Dorothy Quinn, recently met on Zoom to start the process. Lots of good ideas were exchanged and a plan developed on how to move forward. You Can Help.

At meetings and events take photos or short videos. Make them interesting and show action by staging the scene. Email images to lorrainelashell and watch for the launch of our updated website.

**Lorraine LaShell**



## LITERATURE GROUP

### Upcoming Lit Group Meetings Warm up with a cozy book discussion with friends old and new!

**Date:** Wednesday, January 5th

**Time:** 1-2:30

**Place:** Zoom ID 552 791 0409

Passcode 392133

**Leader:** Jan Rutherford

**Book:** *The Reading List* by Sara Nisha Adams

A heartwarming story about how a chance encounter with a list of library books helps forge an unlikely friendship between two very different people in a London suburb.



**Date:** Wednesday, February 2nd

**Time:** 1-2:30

**Place:** Lorraine LaShell's home

**Leader:** Volunteer needed

**Book:** *The Ladies' Midnight Swimming Club*

by Faith Hogan

An emotional story about finding new friends and living life to the fullest. Three women. Three different stages of life. United by one thing: the chance to start again.



Please RSVP to Diane Snyder Ricart if you plan on attending or if you would like to host or lead the discussion in February.

**Diane Snyder Ricart Chairperson**

## BRIDGE-MAH JONGG

Just a quick note to let you know that bridge and mah jongg are alive and well. Bridge is being played in two separate in-person groups on Monday and Thursday afternoons. In addition online groups are being held on Monday and Wednesday afternoons. Mah jongg is played online on Tuesday afternoon. Newcomers are welcome, and we really have fun!! Join us.

Just give me a call, and we will find a group and time for you.

**Ruth Liston**



# AAUW GREATER WAYNE AREA BRANCH

## PURPOSE

The purpose of this branch shall be to further AAUW's mission to advance equity for women and girls through advocacy, education, philanthropy, and research.

## 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, creed, age, sexual orientation, national origin, disability, or class.

## VALUE PROMISE

By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women have a fair chance.



**Greater Wayne Area Branch**

## MEMBER TOWNS

Bloomington  
Englewood  
Kinnelon  
Montville  
Mt. Pleasant, SC  
North Haledon  
Nutley  
Parsippany  
Pompton Lakes  
Pompton Plains  
Teaneck  
Wayne  
West Milford

## GWA OFFICERS 2021-2022

### ELECTED OFFICERS

President	Lorraine LaShell
Vice President	Arline Lowe
Secretary	Dorothy Quinn
Treasurer	Ann Raynor
Program VP	Carolyn Noble
Membership VP	Ruth Liston

### APPOINTED OFFICERS

Cards / Mahjongg	Ruth Liston
Cooking	Carolyn Noble
Current Events	Arline Lowe
Diversity/Inclusion	Beth Marmolejos
Fundraising	Joan London
Interest Groups	Arline Lowe
Lit Group	Diane Ricart
Lunch Bunch	Lois Wickham
Parliamentarian	Bea Kettlewood
Public Policy	Lorraine LaShell
Publicity	Abby Schwartz
Social Concerns	Ada Liggett/Diane Ricart
The Advance	Peggy Gardner
Webmaster	Ruth Liston