

The Advance

The Bulletin of the Greater Wayne Area Branch of the AAUW



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

March-April 2024

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.



Hello. It is nice to reconnect with you. I hope this communication finds you well and happy.

My thoughts and messages to you for March revolve around one issue: women. March is Women's History

Month, and our branch is holding its annual event on March 5 at the Wayne Public Library. I hope you will join us. It is a presentation by a woman scholar/professor and is entitled "Understanding Race and Religion in America." In my opinion, it is a very timely subject. Please see the flyer and info within this newsletter.

A second note is International Women's Day on March 8. On that day, the movie "Cabrini" will be debuted and presented in local theatres over the next month(s). This film centers on Francesca Cabrini, an Italian immigrant who dramatically impacted New York City in the 1890s.

Third is the issue of the Equal Rights Amendment. This year is the 100th anniversary of its initial introduction. We are not done yet. You may or may not be aware that the Equal Rights Amendment has been fully ratified by the required number of states since Virginia became the 38th state to ratify it in 2020. However, the government has delayed certifying it and publishing it as the 28th Amendment to the Constitution until Congress

affirms it as valid and removes the arbitrary time limit contained in the amendment's preamble. Currently there are resolutions in Congress on it. I hope during this year you may be stirred to support it by a phone call, or several, by signing petitions or by being even more of an activist in concert with State and National AAUW initiatives. You can make a difference; every person has that opportunity (please remember that).

My penultimate message is a reminder regarding a letter sent to you at the end of January by our AAUW branch. It asks you for monetary support of our major effort, scholarship funding. As explained in the letter, this appeal is the DIRECT appeal for scholarship funding. 100% goes to that fund. As noted in the letter, none of your membership dues is available for scholarships. We have appreciated your generosity in the past and hope you can help us this year as well.

Lastly, I thank each and every one of you for your membership in AAUW and your support of our local cause and State and National AAUW initiatives. I thank you for sharing by either leading or participating in our many interest groups. I hope you find this newsletter informative and enjoyable, and I hope to see you at events and interest group meetings over the next months.

Linda Nardone



AAUW and our members have been steadfast supporters and leaders of equity for women and girls since our inception. The valued members of our community have a shared interest in creating productive and impactful environments to advance our mission. As part of their engagement with AAUW, all members are responsible for:

- ◆ Promoting inclusion and equity for all, in line with AAUW’s mission
- ◆ Staying informed and up-to-date
- ◆ Being respectful
- ◆ Voting on critical governance matters
- ◆ Paying dues and donating
- ◆ Committing to engage in AAUW’s mission-based work

For those looking to further engage, AAUW-NJ invites you to join its Public Policy Committee. 2024 promises to be an exciting year: a new legislature in Trenton and the upcoming general election for President, one US Senate seat, and all 12 House Representatives. Our policy team aims not only to help pass legislation but also to educate our members and engage them in our efforts. Join us by contacting Mary Hager or Anjali Mehrotra or sending an email to aauwnj@gmail.com.



A huge win for closing the gender and racial pay gaps was announced in January. The White House is banning the use of current or past pay when determining the salaries of new federal employees. This means:

- ◆ The country's largest employer will halt a practice known to foster discriminatory pay and allow it to follow an individual throughout their career.
- ◆ Federal contractors may soon follow a similar rule in the future and may be required to post salary ranges in job listings, as proposed by the White House.
- ◆ Women's paychecks, and the respect for our value in the workplace, should be positively impacted.

It was fitting that these announcements came on the 15th anniversary of the Lilly Ledbetter Fair Pay Act.

Lilly has been tenacious in her advocacy for the fight to reduce pay inequity. Her journey inspires our continued advocacy with the White House, Congress, and around the country to advance policies that address gender and racial inequity.

As Linda said in her article for this bulletin, the Equal Rights Amendment has been fully ratified by the required number of states since Virginia became the 38th state to ratify it in 2020. However, the government has delayed certifying it and publishing it as the 28th Amendment to the Constitution until Congress affirms it as valid and removes the arbitrary time limit contained in the amendment’s preamble. You are urged to support it by a phone call or several or by signing petitions. Keep your eye out for State and National AAUW initiatives. Even one phone call or petition signing can make a difference.

Act — Support Paid Leave for All

Ask Congress to support the FAMILY Act (H.R. 3481) to support paid leave for all!



Our April 13 Annual Meeting will be virtual (based on the vote taken by the branch presidents). The Nominating Committee is currently in the process of polling members for several positions at the State level and have received positive responses from many members.

On January 12, AAUW-NJ Communications Vice-President Anjali Mehrotra was in attendance as the Governor signed the Data Disaggregation bill into law. AAUW-NJ supported this bill as data that has been aggregated creates a misleading narrative that all AAPI women are well off and don’t need support in their fight for pay equity. A big round of applause and thank you to all our members who took action to ask their legislators to support the bill.

The new legislature that was sworn in on January 9 is historic in many ways. We have 37 new legislators in the two chambers; among them is retired judge Luanne Peterpaul, New Jersey’s first ever out-lesbian legislator. Other bills that AAUW-NJ is supporting have been carried forward to the 2024-2025 session. The pay transparency bill is moving forward as S2310.

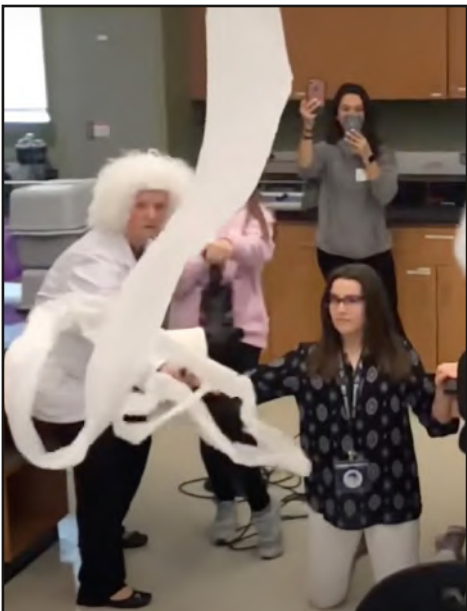
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Senator Zwicker’s bill to curb book bans is also moving forward as S1633 and is expected to be a priority in the upcoming legislative session.



On January 3, 2024, a Tween Tech program was hosted by Dr. Claudine Keenan at Stockton University in conjunction with AAUW of Atlantic County where 131 seventh graders from six area schools attended a variety of STEM workshops. The students were split into groups to attend their choice of two workshops; lunch was served in between, along with a continuing education presentation. The exciting Egg Drop Challenge was coached by Jackie McGuiness, an AAUW member and strong contributor to STEM events.



Girls send toilet paper flying in a workshop to demonstrate Bernoulli’s Principle.

Below students learn the science of brain scans



Workshops covered a variety of subjects: Build a Wind-Powered Turbine, Coding Your Sphero Robot, Food Chemistry, Oceans and Climate, Lasers and Lissajous Figures, [Maple] Sap to Syrup, and Upcycled STEM Challenge Lab. At the closing session, three of the student teams spoke to the group about their projects: Egg Drop Challenge story characters, a Wind Turbine Model and a STEM Challenge masterpiece: a Rube Goldberg Marble Drop.

The AAUW-NJ Trek Tech program is off to a great start. Many applications have been received already for the week-long program this July. If you know of anyone teaching STEM programs in middle school, urge them to nominate a female student for this outstanding program.

Submitted by *Karen Wertheimer*



We had a great meeting on February 16! A little off topic, but very engaging.

We sort of finished our discussion of the Mid-East Crisis and selected subjects for our next meeting on March 15.

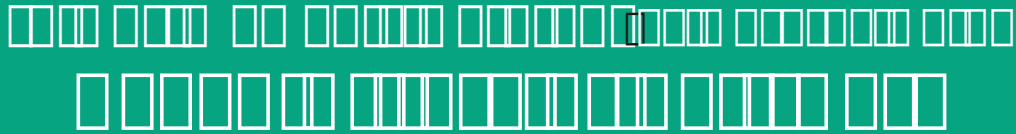
For March we will be discussing the status of the ERA, which was conceived in 1923 as a constitutional amendment and has not been adopted by Congress as we speak. It has been ratified by the requisite 38 states but is still not published as the 28th amendment to the Constitution.

And for the following month in April, we will be discussing Information and Misinformation in our news feeds.

Please send me your topics for the ERA. We will address the first five submissions, and the rest of us will listen and learn. We will try to keep our presentations to under 10 minutes so we can all have our say about the topics.

Stay well and hope to see you at Ada Liggett's house in March.

Arline Lowe Chairperson



We're well into the new year, and the winter doldrums might have withered away many of our good intentions for personal improvement. As we face gray skies and cold blustery March days there might be a great temptation to sit on the couch and watch a mindless series on Netflix or worse yet, staying tuned to the 24/7 news cycle sucking the life out of you while eating potato chips. However, that behavior cannot promote well-being, and instead of gray days, a gray demeanor can set in. It's definitely time for a reminder of a well-balanced routine of self-care which includes a mental, emotional, physical, environmental, spiritual, recreational, and social checklist to keep ourselves joyful and energized.

To keep ourselves mentally sharp, a routine of short cerebral startups can be as simple as a daily Wordle challenge or a mini crossword to start your day. Also, weekly games such as bridge, mahjong, or canasta can keep the cortex stimulated and spark the multitasking that goes with friendly conversation which accompanies those games. Another suggestion is to learn something new! Current Events sponsored by the AAUW is a great idea as is learning a new language online or a new skill.

Emotional self-care is one that usually starts with loving yourself. Do things that you "want to" as opposed to "have to," which produce guilt and shame. Activities, whether for others or for ourselves, should feel good. There is nothing worse than doing something charitable and feeling obligated. Charity work is important, but it must be done with the right intention. Saying "NO" may take some practice, but making a quick response to an urge or a request may leave you depleted. Emotional self-care is a way to charge your battery!

Physical routine is an important part of self-care as well. A daily walk, a weekly exercise class, a "get-up-off-the-couch" when reading a book or watching a show is a good way to keep the endorphins

flowing and promote sound sleep. Movement is therapeutic for stress, coordination, cardiovascular health, mood, and cognition. It is important to make movement part of your day and building it into your schedule is assurance that the day won't slip by without some exercise. Fitbits and Apple watches are great devices to track your exercise, movement, and standing during the day.



Our environment plays an important role in our well-being. Surrounding ourselves with interesting and entertaining people who can make us think as well as laugh is vital. (By being a member of the AAUW we share this aspect in our lives already.) Also, the walk we take can be doubly beneficial by walking in nature. Forest Bathing is a way to slow down and connect with your senses. It is said to be very therapeutic for mood and emotional well-being. Organizing our home, straightening up so to speak, can leave us calm and with a sense of satisfaction as we enjoy the order around us.

Self-care would not be complete without a spiritual component. Human beings have duality, both physical and spiritual. How we practice some form of spirituality, whether through organized religion, yoga, meditation, etc., depends on what we feel most comfortable with. Inevitably spirituality breeds humility. Knowing that there is something greater than ourselves as a daily reminder takes a lot of pressure off ourselves. We do not know all the answers, nor do we have the solutions to every problem. Also, practice gratitude! Focusing on all the good things in our life gives us joy, since most of the tragedy that may have occurred we cannot do much about.

Recreation is important to self-care. No matter what our age, it is important to play! Perhaps it is

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painting, playing a sport, getting up and dancing your heart out (even if you're alone), finding a hobby - just doing something to make you happy. We are never too old to laugh with our friends, find happiness in accomplishment, or to just laugh at ourselves. Play is therapy.

Socialization is the final pillar of self-care. We are social beings, and we shine when we are with others. Choosing friends of like minds, high spirits, and high interest keeps us happy. Members of the AAUW are sterling at practicing this pillar. Friendships are tools to keep our spirits high, to give wisdom when needed, and to reconfirm that we are worth loving. However, if we find ourselves alone, unable, or isolated for any reason, technology today provides an opportunity to Facetime a friend or make a phone call. It's a great pick-me-up.

It is advertised that a day of pampering at the spa is considered self-care, but it only lasts so many hours and costs plenty besides! Continual well-being is accomplished by practicing a daily balance of all of the pillars of self-care for a happier, calmer, and healthier life, and it's all for free!

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In 2023, the Greater Wayne Area Branch awarded three scholarships totaling \$9,000. Someone you know may be eligible to receive one of our scholarships in 2024 if they meet the following criteria:

- Preference for a woman at least 25 years of age
- Currently pursuing a first bachelor's degree at an accredited college or university
- Enrolling in school during the 2024-2025 academic year,
- Residing in Northern New Jersey, living in Bergen, Essex, Hudson, Morris, Passaic, or Sussex County

Applications accepted until Friday, April 12, 2024.

Visit <http://greaterwaynearea-nj.aauw.net> for more information and to apply.

Inquiries to aauwwascholarship@gmail.com.

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The letter you received in January requests your financial support for women who have returned to college to complete their college degree. It is admirable that despite being older and under numerous hardships, they have chosen to persevere and complete college in spite of the many stumbling blocks they encounter.

This fundraising activity is one of the major sources of revenue for these scholarships. All donations go directly to the women chosen by the Scholarship Committee. While we all have financial responsibilities and constraints, your generous support of these women makes a significant difference in their lives.

Many of us joined AAUW because of its commitment to this goal. Others joined because of the numerous activities and social opportunities it offers. Whatever the motivation, please help us to help them. Kindly send your contribution to Elaine Kirsh before March 15 so that the Scholarship Committee can effectively plan.

As a reminder - none of your AAUW dues goes toward scholarships.

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Linda Nardone has sent an application for tax exempt status to the state and continues to pursue this goal. If approved, we can reach out to corporations and organizations for funding.

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Don't forget to use these cards to recognize life events. I am now coordinating this activity.

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Candy sale from Wayne Hills Leo Club
Rotary donation

Joan London
Fundraising Chair



With doom and gloom dominating the climate change reports we hear and read daily, it's sometimes hard to be optimistic about the future of our planet. So, I would like to share some positive news affecting New Jersey that makes me feel we have something to cheer about in 2024.

Plans for building the largest wind energy farm in the United States off the coast of New Jersey were reinvigorated when two new energy companies,

Leading Light Wind and Attentive Energy, received contracts for the projects. When completed, these two projects will power over 1.8 million homes and reduce emissions equal to 1.3 million cars removed from the road.

While these projects are a bit larger in scope than the original plan, they should reduce the pushback from those NIMBY (Not In My BackYard) opponents who deemed they were too close to the shore and might affect tourism. These new wind farms will be located approximately 40 miles from shore (more than 3 times farther from shore than the turbines planned in the earlier projects), so this should eliminate that anxiety.

These projects are joining another NJ wind farm, Atlantic Shores, currently under construction and positioned off the coast of Atlantic City. Atlantic Shores is expected to power 700,000 homes and is slated to begin construction this year and deliver power in 2027.

During the same time period, New Jersey had another climate victory with the cancellation of a gas-powered power plant located in Kearny. Due to grassroots

activism over the past five years, the NJ Transit Microgrid Facility will no longer be an increased pollution threat to overburdened communities. Instead, the funds for the \$500 million project will go towards replacing the century-old Raritan River Bridge destroyed during Hurricane Sandy, expanding the Delco Train Storage Facility in New Brunswick to provide a haven for trains due to potential flooding, and filling in the Hoboken Slip Canal in order to raise train tracks to be used during flooding conditions.



On a smaller scale, but with increasing momentum, transition to low and zero emission vehicles also continues to build across the state. The Electric School Bus Grant program is being launched by NJDEP with a first-round grant of \$15 million,

following the recent allocation of funds by the New Jersey Legislature. This will be followed by another \$30 million in funding over the next two years. Transportation is the largest source of greenhouse gas emissions in the state, making up 37% of all emissions; yet only 1% of the 21,700 school buses are electric. The switch to electric school buses is great news for New Jersey communities, especially those that share a disproportionate amount of air pollution. Since 2019 the state has awarded over \$373 million to purchase hundreds of electric trucks, large vans, shuttles, and school buses.

On another renewable energy front, NJ joins eight states in ramping up efforts to electrify homes and other residential buildings by having electric heat pumps account for 65% of all heating, cooling, and water heating by the end of the decade. By 2040 they hope to achieve 90% of sales in all nine states.

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Currently in New Jersey only 5% of the homes use heat pumps, but these nine committed states combined are responsible for 25% of the market.

Let me end with the most significant event for the future of our planet, and probably the most controversial of them all—the pausing of the construction of the largest liquid natural gas plant (LNG) in Louisiana by President Biden. According to Biden, “this pause on new LNG approvals sees the climate crisis for what it is: the existential threat of our time”; his action has implications not only for the Louisiana LNG plant but also for the LNG plant planned for Gibbstown, NJ, and the 16 other LNG plants tentatively approved for construction in the US over the next five years. The United States not only leads the world in the production of gas and oil but also in the exporting of liquefied natural gas. At present, just 7 LNG facilities along the Gulf Coast are responsible for this output, an output that is expected to double by the end of this decade. It would be hard to imagine what 17 more LNG facilities currently in the approval process would do to the warming of our planet with the addition of these potent greenhouse gases into our atmosphere. While climate activists are thrilled with the pause, those who want to perpetuate the use of fossil fuels are not. We can only hope that this “pause” is a signal of things to come in what many now consider a climate emergency. With numerous offshore wind energy projects from Massachusetts to North Carolina planned or in process (at last count 46 projects), coupled with an increase in solar, electric vehicles, heat pumps, and other renewable sources of energy, we are off to a good start in 2024!

Barbara Stomber



MARCH		April	
Lois Wickham	16	Nancy Ferer	6
Randi Galinowsky	29	Kim Fitzpatrick	6
Carol Palmer Yomtov	29	Jeanne Pisatowski	8
		Bethany Duane	12



The monthly Walking and Wellness meeting was held on Thursday, February 22 at Ruth Liston's home. Those attending were Peggy Gardner, Jan Rutherford and Ann Sheridan.

The following schedule was decided upon:

- March 1 10 am Walk Willowbrook Mall
- March 8 10 am Walk Willowbrook Mall
- March 15 10 am Walk Rail Trail,
Pompton Plains
- March 22 10 am Laurelwood Arboretum
- March 29 Good Friday--No walk
- April 5 10 am DeKorte State Park--this
is in the Meadowlands area, and I am hopeful that
Barbara Stomber can lead this outing.

The next Walking and Wellness meeting will be held at Ruth's on March 28 at 10 am.

As we get closer to each of the walk dates, additional information will be supplied.

Ruth Liston



Cocktails and Conversation has been a moving target since the beginning of the year during which both January and February meetings were cancelled.

BUT we are on schedule for March 12 at 2 p.m. at Ruth Liston's home. In case you have forgotten, the topic is "A volunteer activity in which you had participated in the past and enjoyed, and going forward, an activity you would like to be part of." Perhaps there is a woman-centered activity in which a few of us could participate. We will discuss.

Also, I understand the 2 p.m. start time has been a challenge for some. We will go back to a 4 p.m. start time in April when the daylight will be longer. If continued interest is shown in this group, we are open to starting an additional group so that everyone can be accommodated.

Just a note - Joan London, who was instrumental in the creation of this group, has fallen playing pickleball and broken her kneecap. She will be recuperating in Florida.

Ruth Liston



It's A Pizza Party for the Culinary Group in March. Members will make pizza like a pro using different crusts, sauces, and toppings.

April's theme will be Pick Up Sticks. The menu will feature everything on a skewer, stick, or pick.

Both events will be held at my home at 12:30 p.m. Dates are March 22 and April 26, respectively.

Carolyn Noble
Chairperson



Delicious vegetarian dishes provided by members of the Culinary Group were enjoyed by all at our February meeting.

- Ada Liggett-copper penny carrots*
- Carolyn Noble- chick pea salad & stuffed mushrooms*
- Arna Taraporevala-peas and paneer*
- Jean Billings-eggplant quiche*
- Kim Fitzpatrick-cucumber goat cheese appetizer*
- Peggy Gardner-roasted veggie/butternut squash soup*
- Jeanne Pisatowski-spinach cheese squares*
- Lorraine LaShell-baked apple dessert*

LUNCH BUNCH

Lunch Bunch did not meet during the winter months but will resume on the second Thursday of March, so mark your calendar for March 14. An email will be forthcoming as to the location.

Ann Sheridan

LITERATURE GROUP

**ON A COLD WINTER DAY
RELAX INDOORS WITH A GREAT BOOK!**

Wednesday, March 6: *Trust* by Herman Diaz
Discussion Leader: Mary Ann Lund

REMOTE MEETING

Please let me know if you plan on attending. A link will be sent to the membership prior to our meeting.

HOPE TO SEE YOU THERE!

We resume our in-person gatherings in April, as follows:

Wednesday, April 3: *Only the Beautiful* by Susan Meissner
(Please note that this is a new book for April that Carol has highly recommended, and she will lead the discussion.)

Host: Ada Liggett

Please let Ada know if you are attending.

Discussion Leader: Carol Palmer Yomtov

Wednesday, May 1: *Lady Tan's Circle of Women* by Lisa See

Host: Mary Ann Lund

Discussion Leader: Dot Anton

I am looking forward to our upcoming Lit Group meetings.

Diane Snyder Ricart
Chairperson



Please Join Us at the
**AAUW-GWA Scholarship and
Installation of Officers Dinner!**



IL Palazzo

When: Wednesday, May 15 at 5:30 p.m.

Where: Il Palazzo Restaurant
600 Ringwood Ave.
Wanaque

Price: \$50 made payable to AAUW- GWA

Our sit-down dinner includes:

Fresh Mozzarella & Tomato
Fried Calamari, Fried Shrimp
Fresh Garden Salad
Penne Vodka
Choice of 3 dinner selections
Fresh Vegetables & Potatoes
Fresh Baked Rolls
Sheet Cake Served with Ice Cream & Cookies
Unlimited soda, coffee, & tea

At this meeting the Scholarship Recipients will be honored, and the new Board Officers will be installed.

RSVP with your check by May 1 to:
Elaine Dolsky





MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4 11:30 AM Bridge (in person) 3 PM Bridge online	5 11 AM Canasta 2 PM: MJ online 7 PM Bridge online 6:30 PM Wayne Library <i>Understanding Race & Religion in America</i>	6 1 PM Book Club (Remote)	7 12:30 PM: Bridge in-person	8 10:00 AM Walking Group	9
10 3-5 PM Rotary Thanksgiving in Spring	11 11:30 AM Bridge (in person)	12 2 PM: MJ online 7 PM Bridge online 2 PM Cocktails & Conversation	13	14 12:30 PM: Bridge in-person Lunch Bunch 7 PM Women's History Month Patsy Mink Presentation (remote)	15 10:00 AM Walking Group 1 PM Current Events	
17 St Patrick's Day	18 11:30 AM Bridge (in person) 3 PM Bridge online	20 11 AM Canasta 2 PM: MJ online 7 PM Bridge online	20	21 12:30 PM: Bridge in-person	22 10:00 AM Walking Group 12:30PM Culinary Group	23
24	25 11:30 AM Bridge (in person)	26 2 PM: MJ online 7 PM Bridge online	27	28 12:30 PM: Bridge in-person	29 Good Friday 10:00 AM Walking Group	30



APRIL 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 11:30 AM Bridge (in person) 3 PM Bridge online	2 2 PM: MJ online 7 PM Bridge online	3 1 PM Book Club (at Ada Liggett's)	4 12:30 PM: Bridge in-person	5 10:00 AM Walking Group	6
7	8 11:30 AM Bridge (in person)	9 2 PM: MJ online 4 PM Cocktails & Conversation 7 PM Bridge online	10	11 12:30 PM: Bridge in-person Lunch Bunch	12 10:00 AM Walking Group	13
14	15 11:30 AM Bridge (in person) 3 PM Bridge online	16 2 PM: MJ online 7 PM Bridge online	17	18 12:30 PM: Bridge in-person	19 10:00 AM Walking Group 1 PM Current Events	20
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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.

MEMBER TOWNS

Bloomingtondale
Englewood
Franconia, NH
Hewitt
Kinnelon
Little Falls
Montville
Mt. Pleasant, SC
Newfoundland
North Haledon
Nutley
Parsippany
Pompton Lakes
Pompton Plains
Riverdale
Teaneck
Wanaque
Wayne
West Milford



ELECTED OFFICERS

President	Linda Nardone
Vice President/Program	Elaine Dolsky
Treasurer/Finance	Elaine Kirsh
Secretary	Lauren Coyle
Membership VP	Ruth Liston
Communications VP	Lorraine LaShell

APPOINTED OFFICERS

Advance Design	Peggy Gardner
Advance Editor	Randi Galanowsky
Advance Special Features	Dorothy Quinn
Diversity & Inclusion	Elaine Kirsh
Environment Issues	Barbara Stomber
Fundraising	Joan London
Public Policy	Karen Wertheimer
Scholarship	Lorraine LaShell
Social Concerns	Diane Ricart
Sunshine	Ruth Liston
Technology	Bobbi Breslow
Website	Lorraine LaShell

INTEREST GROUPS CHAIRS

Culinary Group	Carolyn Noble
Cultural Events	Lauren Coyle
Current Events	Arline Lowe
Games	Ruth Liston
Historic Sites	Marlys Huss
Lit Group	Diane Ricart
Lunch Bunch	Ann Sheridan
Movies	Joan London/ Elaine Dolsky
Walk & Wellness	Lauren Coyle

Contact aauwgwa@gmail.com