



N.E.W.S.

Now/Events/Women/Success

Advancing equity for women and girls through advocacy,
education, philanthropy and research

Volume 63 Issue 8

April 2021

Senior Living: The Options, The Choices

Wednesday, April 21, 2021 - 7 pm

ZOOM

Mary Grafilo, Retirement Counselor, at Carlton Senior Living Pleasant Hill-Martinez, will speak about living options available to seniors in this area at our April 21 meeting. We have requested that she touch on the variety of choices available in this area depending on the needs and tastes of individuals and the fact that deciding to choose this option is now a “lifestyle choice” much more than a nursing home alternative. It can also be a temporary living situation when recovering from surgery or a stroke or just to “give it a try”.

She will also talk about the advantages of Independent Living/Assisted Living choices available and what one should look for when visiting a facility and making a choice. Also discussed will be how retirement living is comparable to the alternative of living on one’s own including the savings from home maintenance and lifestyle costs, both monetarily and physically.

Bring your questions!

Harriett and Helen



**Advancing equity for women and girls
through advocacy, education, philan-
thropy and research**

*APRIL BOARD MEETING
WEDNESDAY, APRIL 14, 2021*

7:00 PM

ZOOM

**Copy deadline for the
May/June 2021 N.E.W.S. (2 month issue!)**

Monday, April 27th

Please email copy to:

Reba Siero rebasiero@yahoo.com

(925) 917-1061



PRESIDENTIAL POSTINGS

What a year it has been! There have been highs and lows, and through it all, we've seen the amazing resilience of each of us to not only cope, but to step into the challenges of meeting online, helping our grandchildren go to school online and maintaining our social connections, again, mostly online!

This month brings us a timely presentation about Senior Living choices, whether for ourselves, or for our parents. The Zoom link will go out next week.

And it is the month to vote in our branch election of officers (April 12 to 16), as well as in the elections at the State (April 16 to May 7) [<https://www.aauw-ca.org/elections-nominations/>] and National (now through May 17) [<https://www.aauw.org/resources/member/governance-tools/national-election/>] levels.

The AAUW CA Annual Meeting is taking place on April 17, from 9:30 am to 1 pm, via Zoom. Former State Senator Hannah-Beth Jackson will receive the first Equity Award. [https://www.aauw-ca.org/event/23932/?instance_id=981] Registration is required, and it is open to all.

To vote in our branch election, please send your vote to Gayle Miner, gayle.miner@yahoo.com, or give her a call at (925) 349-6795. She will tally the votes and give us a report at the April 21st meeting. To those who have stepped up to serve, thank you! To the Nominating Committee, thank you!

Be sure to renew your membership, either with a check sent to SarahJoy, or online, using the link in the email sent to you by National!

Reba Siero, 2020-21 Co-President

AAUW Annual National ART CONTEST RESULTS

The results of the voting in the contest is complete and you may find the winning entries here:

<https://www.aauw.org/resources/member/initiatives/art-contest/>

These works of art will grace the notecards sent out later this spring.



HELP WANTED

Our AAUW Branch has openings for the following officers and positions on the board that need to be filled:

Appointed Officers

Parliamentarian

Community

Education

Public Policy

Communications

Appointed Positions

Historian

Major Fundraiser

Let us know if you can help!





ATTENTION BOOK LOVERS

On Monday, April 26, 7 pm, via Zoom, Evening Books will meet to discuss Tori Whitaker's debut novel, *Millicent Glenn's Last Wish*.

THE AUTHOR WILL BE JOINING US!!!

Thanks to member, Sharon Wilson, Tori Whitaker will be joining us on Zoom to speak about her book and answer any questions you might have.

Please let Marlene Maksel know by April 20th so your name can be added to the Zoom link list. Call (925) 689-5439 or email marlene@maksel.us.

**PLEASE JOIN US FOR AN INTERESTING EVENING WITH
A BOOK REVIEW AND DISCUSSION.**

NOMINATING COMMITTEE

Slate of Candidates for the 2021-2022 Year

President: Gayle Miner and Reba Siero

Program Vice Presidents: Bobbi Horack and Sally Whitsett

Membership Vice Presidents: Barbara Minneman and Karen Winters

AAUW Fund (EF) Vice Presidents: Jennifer Apkarian and Claudia Bass

Secretary: Susan Trebino

Treasurer: Trinkia March

The election of our Executive Officers for the 2020-2021 year will take place via email and phone call during the week of April 12 to 16. Gayle Miner will collect the votes and report to the branch on Wednesday, April 21, at our general meeting. A separate email will go out to everyone with the request to vote! Special thanks is extended to the following members of the nominating committee for their time and effort: Barbara Chambers, Joan Foster and Sharon Wilson, with Penny Harris as alternate from the General Membership and Gayle Miner and Reba Siero, with Claudia Bass as alternate from the Executive Board, and to the above candidates who have stepped forward to offer their time and effort for the benefit of the Pleasant Hill-Martinez Branch.

INTEREST SECTIONS MEETINGS



****MORNING BOOKS** met on April 7th, via Zoom at 10 am. We will be discussing *American Spy* by Lauren Wilkinson. Since no one volunteered, we will all take part in leading the discussion. In May we will be reading Isabel Allende's *A Long Petal of the Sea*. Will YOU volunteer to lead the discussion?



****LUNCHIN' LADIES** will not meet in April. When the weather is warmer, maybe we will try outdoors at a restaurant.



****EVENING BOOKS** will meet on April 26th, via Zoom at 7 pm. We will be discussing *Millicent Glenn's Last Wish* by Tori Whitaker. Ms. Whitaker will be joining us on Zoom, so please plan to attend also.



****MATINEE IDLE** will not meet in April.

OTHER GROUPS



****MAH JONGG**

CANCELLED UNTIL FURTHER NOTICE

Suzanne Salter at (925) 935-0861,
seabear92020@outlook.com
Gayle Miner at (925) 349-6795,
gayle.miner@yahoo.com



****GRAND SLAMMERS**

CANCELLED UNTIL FURTHER NOTICE

Marlene DeLaurenti at mdl@astound.net or
(925) 934-4171

MEMBERSHIP MATTERS

SarahJoy Haynes and Kathleen Woulfe, Membership VPs

Dear members,

It's membership renewal time and this year we are trying something new, online renewal. Each member should have received an email from AAUW National around March 26. The email address it was sent from is memberinfo@aauw.org

Many members have already used it.

It is very user-friendly and your membership can be charged on your credit card. If you prefer to send a check, please mail \$108 made out to:

AAUW Pleasant Hill-Martinez Branch

And sent to:

Sarah Joy Haynes
635 Sherree Court
Martinez, CA 94553

We will still have the drawing for free local membership for renewals received by April 19th.

Thank you.

SarahJoy Haynes, (925) 586-9493
plumleathr@aol.com

Kathleen Woulfe, (925) 372-7726
kathleendwoulfe@aol.com

TECH TREK TIDINGS

Diane Coventry

We are springing ahead with Tech Trek 2021 Virtual Camp. Since the camp is virtual this year, we increased our number of campers to 12. Five girls from 2020 and seven new girls for 2021. The cost this year is \$400 per camper. Our 2020 finalists are filling out online forms and selecting their camp dates. Interviews are done for the 2021 candidates and forms are being processed by the Virtual Camp Director. The seven new 2021 finalists are: Victoria Perez from Martinez Junior High, Adora Nzewi, Victoria Coy, and Maya Ponce from Valley View Middle, Makena Meyer and Samantha Houston from Pleasant Hill Middle, and Samantha Campbell from Sequoia Middle. Congratulations to these young women! They are invited to attend our Spring Virtual Brunch. We look forward to introducing them to our members.

I wish to thank the outstanding job of the Tech Trek Committee, Trinkia March, Claudia Bass, Helen Pereira, Penny Harris, Susan Trebino, and Bobbi Horack. Thank you for reading through the online applications, essays, and interviewing candidates for the virtual Camp 2021.

Here is information about the 2021 Virtual Camp:

This is a week-long virtual camp for rising 8th grade girls. The camp is centered on a morning project-based robotics/engineering/coding class that meets daily and results in a personalized creation by week's end. After lunch, the campers hear from inspirational women for an hour, then participate in one or more 90-minute hands-on or interactive science, technology, engineering, and math workshops to encourage fun while learning. They can return for evening workshops with girls from another country, social activities, or even parent sessions.

While the university campus continues to be an integral component of the Tech Trek experience, it is one that must be forgone this year. The virtual camp addresses an equally critical component: exposure to STEM subjects in a welcoming community. Under the careful supervision of trained coaching staff in a low 3:1 camper-to-staff ratio, and using kits distributed prior to camp, the campers will interact with women who model a high degree of science, technology, engineering, or math expertise as part of their daily lives.

In 2021, three Monday-Friday weeks are currently scheduled:

June 21-25

July 12-16

July 26-30

Each camp will serve approximately 300 campers from all over California.

On a proud, celebratory, happy note, I received an email from Isabella Martinez, former Trekker of 2016 and camp counselor for two years. I will share part of that with you here:

“I wanted to share with you my recent admission to UCSD's chemical engineering program. I also got into UCLA, UC Berkeley, UC Santa Barbara, University of Colorado Boulder, and the University of Oregon; however, I was offered a FULL-RIDE as a Jacob's Scholar in their engineering scholarship program. Tech Trek is where my love for STEM began to sprout, and I would not be where I am without the program, so I thank you for giving me the opportunity to be a camper and a counselor. I will gladly come and speak in the panels or volunteer anywhere I can. Thank you again! Best regards, Isabella Martinez “

AAUW FUND REPORT

Jennifer Apkarian and Claudia Bass, AAUW Fund VPs

Spring is finally in the air and we are gearing up for our spring Kinder's coupon sales. The sale will start on April 19th and will end on May 17th. Cost will be \$14.00 per coupon. The price is more due to a significant increase in food costs. Kinder's had to raise the price to cover their costs. However, we will get an extra 25 cents so the total profit per coupon will be \$5.75. Each coupon will include a choice of a ball tip or chicken sandwich and a small drink. Coupons will expire on August 31st.

Sales will be done by mail order and you can fill out the form or simply call Gayle at (925) 349-6795 or email her at gayle.miner@yahoo.com. Other coupon sellers are Marlene Maksel (925) 689-5439; marlene@maksiel.us, Claudia Bass (925) 372-8679; cbasslancer29@aol.com, Jennifer Apkarian (925) 228-2027; apkarian1@att.net and Helen Pereira (925) 685-0757; helenmp45@aol.com. Coupons will be delivered to you. Also, if you are interested in selling contact Gayle.

Since the tickets are good through the summer it will be perfect for a picnic and at the same time raise money for AAUW Fund and help us sponsor a student from DVC to attend the National Conference for College Women Student Leaders (NCCWSL). In the past it has been a wonderful and lasting experience for the student. This year will be virtual but looks like in 2022 it could be back in person.

Usually, we donate money from our branch AAUW Fund to unfinished endowments. Since the endowments are on solid ground our committee decided to donate \$2,400 to unrestricted funds which is in greater need of money to fulfill AAUW's mission of education and equity for women and girls.

We tossed around the idea of doing a virtual game day, but it was too complicated and was missing the camaraderie of being physically together playing games. Unfortunately, we will not be holding game day but looking forward to doing it next year.

Our next AAUW Fund Committee meeting is on Monday, May 17th at 2:30. If you are interested in attending contact Jennifer or Claudia. We would love to have you at our meeting!

Jennifer Apkarian at (925) 228-2027 or apkarian1@att.net or
Claudia Bass at (925) 372-8679 or cbasslancer29@aol.com



KINDER'S COUPON ORDER FORM

Coupon sales help our branch send a DVC student to the National Conference of College Women Student Leaders.

YOUR NAME _____

YOUR ADDRESS _____

YOUR TELEPHONE _____

YOUR EMAIL _____

Coupons are good at the Martinez and Pleasant Hill Kinder's. You get a Ball Tip or Chicken Sandwich and a small drink.

COUPON SALE IS FROM April 19 to May 17, 2021 ONLY. NO EXCEPTIONS

PRICE: \$14.00 each (price increase is due to dramatic increase in food costs)

Amount of coupons you ordered: _____

Amount of your check: \$ _____

(Make checks payable to: AAUW Pleasant Hill Martinez Branch)

Mail Order Form to: Gayle Miner, 125 Price Lane, Pleasant Hill, CA 94523.

Gayle will deliver or mail your coupons to you upon receiving your check.

Checks must be in by May 17.

QUESTIONS? Call Gayle Miner at (925) 349-6795

NOTE: You can do mail order to Gayle OR call any one of the following people for coupons: Claudia Bass – (925) 372-8679, Jennifer Apkarian – (925) 228-2027, Helen Pereira – (925) 685-0757, Marlene Maksel – (925) 689-5439 and Gayle Miner – (925) 349-6795.

WE LOOK FORWARD TO YOUR SUPPORT!



Pleasant Hill - Martinez AAUW Website



Our website will show you everything you need to know about our Pleasant Hill - Martinez branch. Check out the Zoom photos from our virtual March Program on the **Photo Page**. Meet our NCCWSL representative on the **About Us Page**.

Just go to <http://www.aauw-pleasanthill-martinez.org> for all of this and more. Remember to press F5 to get the most current version of each page. Forward any questions or comments that you may have to the webmaster, located on the **About Us Page**.

Sherrie Moore, webmaster



SUNSHINE

Gayle Garrison

Sunshine likes to send cards to members, however, I do not always know who is ill or might just need a "thinking of you" card. Please call and let me know, as several calls are better than none.

Gayle Garrison

tarheel61@yahoo.com or (925) 798-7528

Thanks for a Successful Lobby Day!

AAUW California's first attempt at a virtual Lobby Day with the California Legislature presented many challenges, such as contacting dozens of legislators' offices, registering and communicating with members wishing to participate, analyzing legislation to discuss...but the Public Policy Team made it happen successfully!

First and foremost, we thank our lobbyist, Kathy Van Osten who, with help from her assistant Jennifer, made all the appointments with legislators. Kathy also arranged for our key opening speakers, Assembly Member Christina Garcia, Chair of the Women's Legislative Caucus (who had a bit of a delay as her bill was being heard in a committee), and Assembly Majority Leader Eloise Reyes, author of AB 92, which we are co-sponsoring. Hearing from these two prominent legislators was empowering and it was also significant for them to learn about AAUW and our Public Policy Priorities.

After the opening session, 30 teams of 3 or 4 AAUW members connected with individual legislators or their staff. Thanks to our Team Leaders, who prepared their teams for their meetings! Every effort was made for members to meet with their Assembly Member or Senator, with some teams having as many as 3 meetings during the day. In these meetings, members communicated information about AAUW CA, their branches and also the three bills which are high priority for AAUW in the current session.

AB 92 Assembly Member Reyes *Child Care Family Fees*

SB 62 Senator Durazo *Garment Worker Protection Act*

AB 373 Assembly Member Min *Consumer Debt: Economic Abuse*

The results of these meetings are important in several ways. Sixty legislators or their staff now know about AAUW and our commitment to improve the lives of women and girls in California. They'll remember us when we contact them again as our bills move through the legislative process. Several legislative staffers asked for more information about becoming members! Co-Chairs Kathi Harper and Sue Miller met with members of Governor Newsom's staff, who are influential in assisting the Governor in his decisions about signing or vetoing bills, and with Senate President Pro Tem Toni Atkins staff. Kathi and Sue also met with Assembly Member Reyes who is ecstatic that we are co-sponsoring AB 92! She made a point of telling us that AAUW IS very well known and respected in Sacramento! All of this will enable our lobbyist to better connect with legislators as our bills move through the legislative process from now through September.

Thanks to all of you who participated! Hopefully, we can do this in person in 2022!

via member Kit Hein from the AAUW-CA Public Policy Committee

And thank you once again for all of you who were able to participate in Lobby Day. What a day it was.



THE FUTURE FOR ROE V WADE AND CHOICE

by Claire Noonan, California Public Policy committee

The times they are changing – a new president and vice-president who support pro-choice, but a sixth very conservative justice is added to the Supreme Court.

Abortion rights activists stress state-by-state vigilance to be aware of how reproductive choice is now used as a political tool, says Ilyse Hogue, recently retired president of NARAL. New anti-choice bills are mainly introduced by the white male religious minority, except in Montana with six abortion-limiting bills introduced this year by conservative female legislators and one male.

For instance, extreme 2021 legislation in Tennessee will allow fathers to veto an abortion. A Texas bill will require a fetus to have a lawyer. Arizona's new bills propose to criminalize a woman who gets an abortion and the doctor who performs it.

During a pandemic telemedicine is valuable to prescribe pills for medication abortions. In July 2020 the federal courts temporarily suspended the doctor's visit rule for the first pill, mifepristone, but in January 2021 SCOTUS reinstated the rule. Patients again must visit a doctor for the first pill and get a prescription to obtain the second, misoprostol.

These restrictions have a particularly significant impact on low-income communities, which often include women of color, which are stressed economically by the year-long and counting pandemic. Clinics especially in the South, like [West Alabama Women's Center](#), are constantly searching for money sources to provide reproductive services as well as current needs for newborn assistance. The center focuses on providing financial assistance to the under-served, even when services are 'temporarily' deemed "non-essential". Despite efforts to provide full-spectrum reproductive health care access, dwindling numbers of clinics from the Sun Belt across the Deep South curb the availability of services. In the Navajo Nation, Covid infection is so high that patients need a doctor's note to leave the tribal area for a clinic appointment.

Consequently, vigilance means watching the power of the courts, encouraging reversal of the Hyde Amendment, and backing codification of the Roe v Wade decision. As you know, each woman in California can choose, but support for organizations that oversee the reproductive health rights of women in America are worth the effort.

EVENTS WITH OTHER IBC AAUW BRANCHES

AAUW Danville-Alamo-Walnut Creek

April 21st, 5:00-6:30PM via Zoom (see attached flyer)

Conversation with local woman leaders – Candance Anderson, Sally Scholl, Beverly Lane

Registration link: : <https://www.eventbrite.com/e/local-women-in-encore-careers-tickets-145794434077>

AAUW San Ramon

April 24th, 10AM – 1PM – Shredding Event (see attached flyer)

2020-2021 LEADERSHIP TEAM

April 2021 and beyond

All meetings virtual

- Apr 7** Morning Books, 10 am, Zoom
- Apr 14** Board Meeting, 7:00 pm, Zoom
- Apr 12 to 16** Branch election of officers via email and phone
- Apr 19** Kinder's Coupon sale begins
- Apr 21** D-A-WC branch, 5 to 6:30 pm, Zoom, Conversation with local women leaders
- Apr 21** General Meeting, 7 pm, Zoom, Senior Living: The Options, The Choices
- Apr 24** San Ramon branch, 10 am to 1 pm, Shredding Event
- Apr 26** Evening Books, 7 pm, Zoom
- Apr 27** May/June 2021 newsletter deadline
- May 17** Fund Committee Meeting, 2:30 pm, Zoom
Last day to buy Kinder's coupons
- Jun 5** End of Year Brunch, Installation, 10 am, Zoom (Tentative)

Please, write any checks to the branch:
AAUW Pleasant Hill-Martinez Branch

PH-M AAUW N.E.W.S. SPONSOR

Montecito Animal Clinic



5280 Pacheco Boulevard
Pacheco, CA 94553
925/686-0683
FAX 925/686-4754



Katrinka March D.V.M.
Karen Shore B.V.M.S.
Cindy Pieper D.V.M.

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