



Pleasant Hill-Martinez (CA) Branch

# N.E.W.S.

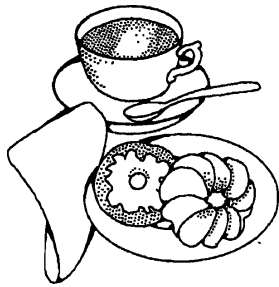
Now/Events/Women/Success

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

Volume 59 Issue 9

May/June 2017

You won't want to miss the final AAUW meeting of the year!



Saturday, May 20<sup>th</sup>  
10:00 a.m. - 12:00 noon

St. Andrew's Presbyterian Church  
1601 Mary Drive, Pleasant Hill

Installation of Officers



Meet our Local Scholarship Recipients  
and  
Tech Trek Campers

Barbara Newacheck Recipient will be named

Names Gift Honorees will be announced

ENJOY A CONTINENTAL BREAKFAST AND FELLOWSHIP!

Bring a Guest



## PRESIDENTIAL POSTINGS

As they say, April showers bring May flowers. Since we had so much rain we now can enjoy the great blooms happening around us. Our branch blossomed and had a banner year. We had so many projects going on to fulfill our mission of education and equity for women and girls that it boggled our minds. Our branch was able to raise funds for five tech trek girls to attend science camp, a student from DVC will be going to Maryland for NCCWSL, high school scholarships (\$1,000 apiece) will be given to 4 girls from Alhambra and College Park and sent funds to AAUW at the national level. This would not have been possible without such an awesome group of members that we have in our branch. Thank you to everyone who worked hard and contributed to our success. We could fill pages of names but know your efforts are greatly appreciated.

Many thanks and appreciation goes to our board which consisted of elected and appointed officers and all of those who served in appointed positions. We are so grateful for their support and enthusiasm for getting things done. We could always count on them for advice. Our leadership team was incredible.

This year we had some very interesting programs and April was enlightening with our AAUW Fellow speaker, Dena Al-Adeeb. It was very clear that she was very passionate about her dissertation on what happened with Iraqi archeological sites, artifacts and artwork during the war. It was an eye opener to learn how many art collectors and museums acquire their artifacts and art through looting as a result of war which is illegal according to international law. What a great idea to have a potluck before and the food was tasty as always. Thank you Gayle Garrison for putting it all together and Janet Sullivan and

Elizabeth Di Pietro who decorated the tables.

The location for our programs has worked out very well at St. Andrew's Church and appreciation needs to be extended to the secretary, Diana Nevares and custodian, Darrell Fowler who have been most helpful thank you so much. Also thank you Gayle Garrison and Marge Munger for coordinating with the church's staff.

Congratulations to our newly elected officers for 2017-2018. We both look forward to working with them and are now working on filling out the rest of the leadership team with appointed officers and positions. Consider becoming involved and fill one of these positions. It is a great way to get to know some of our members and be a part of contributing to our branch successes. Just remember you will have a supportive board and most positions are shared. If you are interested you can contact us or say yes when we contact you.

On Saturday May 20, 2017, we will celebrate all of the successes mentioned above with the End of the Year brunch. We will get to meet our five tech trek girls going to camp this summer and our local scholarship recipients along with their families. It is always rewarding and makes the hard work we do well worth it. Also at the brunch we will be installing our officers and handing out membership awards. It is always a festive time.

Speaking of "festive times", this summer we will be celebrating Pleasant Hill 60<sup>th</sup> and Martinez 70<sup>th</sup> anniversaries and celebrating both branches becoming one. The committee is planning the party and it looks like it will be fun. So put July 22<sup>nd</sup> on your calendar for a great celebration and summer social.

Many of you have received emails in regards to AAUW voting. There are two elections, one for national and one for state boards. The national started on April 17<sup>th</sup> and will end June 15<sup>th</sup> and state started on April 22<sup>nd</sup> and will end May 12<sup>th</sup>. So be sure to vote!!

We hope to see you at the May 20<sup>th</sup> brunch and the celebration party on July 22<sup>nd</sup>.

In closing we are looking forward to the year of 2017-2018 with the first official event being the Welcome Brunch scheduled for September 16<sup>th</sup>.

Claudia and Jennifer

## AAUW FUND

Harriett Burt and Helen Pereira, AAUW Fund VPs

This is Helen's and my last Fund article for the N.E.W.S. It's hard to believe it has been 2 years since you elected us co-vice presidents of Fund Committee. We think that for many years the Branch has had a very successful and enviable record of support for AAUW's longest running active program to provide opportunities for women to succeed often where few or no women had before. We are proud to have been a part of that.

We and our stalwart Fund Committee want to thank you all for supporting our projects and for contributing generously to the annual Fall Brunch "Ask Letter". Along with other contributions made by Branch members, Pleasant Hill-Martinez ranks very near the top of the California list including branches that have more members and resources than we do.

Shia Stennis is getting ready to leave for Baltimore as our third National Conference of College Women Student Leaders (NCCWSL). Our first, Brenda Ruiz, will be graduating from UC Berkeley in June. Zuhail Rahmani is finishing her junior year at Davis. Shia will enter UC Berkeley in the fall. We look forward to meeting her at the Fall Brunch.

This column started two years ago with Fund Facts going back to 1888. We'll exit stage right with a few more Fund Facts for us to be aware of.

In 1980, the Educational Foundation programs, awards, and grants exceeded \$1 million in one year for the first time. (Currently it's \$3 million annually). Another milestone passed that year with the award of more than 100 American Fellowships. In 1987 members raised more than \$235,000 to establish the Judith Resnik American Fellowship Endowment, a memorial to the 1975 American Fellow who was among the astronauts killed in the 1986 Challenger space shuttle disaster. In 1989 the Eleanor Roosevelt Fund was established expanding AAUW's education focus to girls in grades K-12 and now funding important research on education opportunities for girls and women as well. Thanks to the increase in grants and awareness raising like Start Smart and programs like Tech Trek, AAUW is the outstanding force nationally in raising expectations and opportunities for girls and women in fields long restricted by gender.

Makes us proud, doesn't it?

### Treasurer Request

Joan Foster, Treasurer, requests that all bills be submitted by June 10, 2016. All bills are required to be paid during the fiscal year the money was spent. Bills presented after June 30<sup>th</sup> will not be paid.

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

*MAY BOARD MEETING  
WEDNESDAY, MAY 10, 2017*

*7 PM*

*Rolling Green Clubhouse*

*JUNE JOINT BOARD MEETING  
WEDNESDAY, JUNE 14, 2017*

*5:30 PM*

*Home of Claudia Bass*

**Copy deadline for the**

**July/August 2017 N.E.W.S. is:**

**Thursday, June 22<sup>nd</sup>**

**Remember that this is another**

**2 month newsletter!**

Please email copy to:

Reba Siero

[rebasiero@yahoo.com](mailto:rebasiero@yahoo.com)



## Pleasant Hill - Martinez AAUW Website



Our website will show you everything you need to know about our Pleasant Hill - Martinez branch. Enjoy photos from our April Program on the **Photo Page**.

Find our upcoming events on the **Program 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**




  
**Celebrating Together! 136 years**
  
 70 years - Martinez Branch
   
 60 years - Pleasant Hill Branch
   
 6 years - Pleasant Hill-Martinez Branch TOGETHER!
   
 Save the date - July 22<sup>nd</sup> at Nancy and Kent Hobert's home
   
 5:00 pm dinner catered by Cynthia Espinoza
   
 Details will follow!

# INTEREST SECTIONS MEETINGS



**\*\*MORNING BOOKS** will meet on Wednesday, May 3, 10 am, at Sherrie Moore's. We will be discussing *At the Edge of the Orchard* by Tracy Chevalier. The story is about pioneering in the mid-1800's and the repercussions for all members of a family ~ with a brief connection to Johnny Appleseed (Chapman). PLEASE call your hostess to let her know if you are planning to attend. Please join us for great discussions.

In June, MORNING BOOKS will meet on Wednesday, June 7, 11:30 am, Brookview Clubhouse. This will be our annual potluck salad luncheon. We will not discuss a book, but may have a short quiz. And, we will pick a book for September.



**\*\*IN INDELIBLE INK** will meet on Wednesday, May 10, 10 am, at Ginny Hargrave's. Our topic will be to tell about a memorable vacation ~ good, or bad! Fiction or fact ~ both okay! We welcome oral versions as well as written. Come and try us out!

Ill will not meet in June.



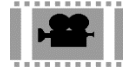
**\*\*LUNCHIN' LADIES** will meet on Tuesday, May 16, 1 pm at El Charro's in Lafayette. This restaurant has been around FOREVER, but it's still good. Please let Marlene know by the 15<sup>th</sup> if you are interested in lunching then. Also, please tell Marlene if you are interested in this section ~ and if you have an idea for a great restaurant it would be fun for us to try.

This section will not meet in June.



**\*\*EVENING BOOKS** will meet on Monday, May 22, 6 pm, at a local restaurant TBA. There will be no book discussion, but we will start planning for next year! Plan to join us!

In June, this Interest Section will not meet.



**\*\*MATINEE IDLE** will go to the movies on Thursday, May 25 on our regular 4<sup>th</sup> Thursday. Call Marlene (689-5439), if you have any suggestions for a movie. We always discuss the film after over coffee, other liquid refreshment, or frozen yogurt ~ sometimes, lunch!

This Interest Section **WILL** meet in June on Thursday, June 22<sup>nd</sup>.

## OTHER GROUPS



### **\*\*MAH JONGG**

COME PLAY MAH JONGG!

Mah Jongg meets at 12:30 PM on May 19<sup>th</sup>, at Brookview Clubhouse.

We will also meet at 12:30 PM on June 16<sup>th</sup>, also at Brookview Clubhouse.

There is a \$2.00 per person charge for the clubhouse rental. If you don't know how to play Mah Jongg, but would like to learn, we will be happy to teach you.

Reservations are a must each month, so contact Suzanne Salter at (925) 935-0861, email: [seabear2@msn.com](mailto:seabear2@msn.com) OR Gayle Miner at (925) 349-6795, email: [gayle.miner@yahoo.com](mailto:gayle.miner@yahoo.com)

We play on the 3<sup>rd</sup> Friday of the month We would love to have you join our group.

Grand Slammer bridge players:

Florence Fowler, who played with us, is moving from her PH home of 60 years, to an assisted living facility. Her new address is:

545 East Main Ave, Room 1  
Morgan Hill, CA 95037

Florence had her 99th birthday on April 6<sup>th</sup>. Send her a card and let her know how much we will miss her.

## MEMBERSHIP MATTERS

Bea Ball and Elva Valli, Membership VPs

Greetings to all of you who rushed to mail in your income tax returns and almost just as important, your Dues Renewals!!! Thank you for your promptness. We think you are faithful AAUW members, but know that the opportunity to win one of the dues renewal SLOTS is an added incentive. At the April 19<sup>th</sup> general meeting four members' names were drawn and awarded free national dues. The lucky winners were Leslie Rueb, Trinkia March, Barbara Minneman and Carol Baier. Congratulations, Ladies!

If you have not already done so, please send in your check for the same amount as last year, \$87.00, made out to **AAUW Pleasant Hill-Martinez Branch**. It is absolutely necessary that your checks be written correctly in order to be accepted by the bank. **All dues must be submitted by June 1<sup>st</sup>**. Bea and I appreciate all of your help raising awareness about AAUW. New members will continue to need your encouragement so as to learn about this organization and to become involved in all that it does to benefit women.

For your information, plans are already underway for the September Welcome Brunch. Please SAVE THE DATE of Sept. 16, 2017 for this event. Marilyn Thelen has once again graciously offered to hold this event in her party-perfect patio.

More information will be made available in the next newsletter. The Brunch committees will be working on the plans this coming summer. Hopefully you will be available to enjoy the Brunch in September. We welcome all the help you can give us. This is the ideal opportunity for any new members to get involved and get acquainted with other members so please contact Bea or Elva to sign up for one of the committees. Have a happy and safe summer.

Bea Ball 925 890-0202

Elva Valli 925 228-8056

## TECH TREK TIDINGS

Diane Coventry

Our branch continues to show tremendous support in raising money for Tech Trek, sending five local girls to camp. We had start-up funds from the previous year and have money in the bank for next year. We received a generous \$2000 grant from Shell, a wonderful community sponsor, in November 2016. Thank you for your contributions to keep this amazing program funded. Just so you know, Tech Trek, a week-long academic residential camp features hands-on activities in science, technology, engineering and math (STEM). The camp is June 18 – 24 at Sonoma State University. It costs \$1000 per camper this year.

This year the Tech Trek committee had a challenge in selecting five out of twenty four applicants from our four middle schools. We are excited to present our 2017 campers: Deandra Lara and Mia Puljiz from Martinez Junior High, Elanor Schichnes from Pleasant Hill Middle, Kira Funk from Sequoia Middle, and Jasmine Kimbrough from Valley View Middle School. We look forward to introducing them at our end of the year brunch on Saturday, May 20<sup>th</sup>. I hope you'll plan on attending so you can see for yourself these young women who show interest and promise in math and science for the future.

These seventh grade girls will have an opportunity to meet the other campers from neighboring AAUW branches at our Ice Cream Social on June 11, at the Pacheco Community Center. They have also promised to attend our Fall Brunch in September to share their fabulous experiences at Tech Trek camp.

I would like to extend a special thank you to my co-chair Trinkia March and our committee, Sherrie Moore, Helen Pereira, Nancy Hobert, Penny Harris, Claudia Bass. These women have been extremely valuable in guiding me through my first year as co-chair, answering my questions, working on timelines, interviewing and selecting our campers. A shout-out thank you to Janice Walker for jump starting me and passing on organized binders.

We have more exciting fundraisers coming up in the future, Bocce Blast and Painting with a Twist, so stay tuned! Thank you for your continued support and check out the Tech Trek website at:

<http://aauw.org/what-we-do/stem-education/tech-trek>

## EDUCATION

Gayle Duncan

Students at Park Middle School, in Antioch, are using Yoga and breathing techniques to maintain calm on campus. The two-pronged approach was adopted by the school principal, John Jimno, last year. The school has approximately 1,063 students. The two main goals of this program is “to retain teachers who were struggling to manage unruly students and enable adolescents to keep strong emotions in check.” These tactics are being introduced to all three grade levels, in stages. Each day, several hundred students spend 15 minutes learning to regulate their breathing, perform yoga movements and focus on the present. Each student does this twice a week. These methods are also known as practicing “mindfulness.” The students now have tools to communicate what they need to keep their emotions in check. Bidyut Bose is the founder and executive director of Niroga Institute, a nonprofit providing the training. Knowing breathing techniques can aid students to become more tranquil. Many students are confused as to why they are upset and have no idea how to calm themselves down. The students count as they breathe in and out, resulting in a slower heart rate that allows them to focus. The modulated breathing also is used before students take exams to relieve anxiety and relax students after Physical Education classes. Students are instructed to concentrate on the moment at hand instead of worrying about the past or what may happen in the future. John Jimno sounds chimes every afternoon, telling students to “Just remember to hold onto that last bit of sound. This brings you focus and helps you to concentrate.” Jimno then conducts breathing drills for several minutes. One of the portable classrooms is named the “wellness room”, where students practice Yoga moves. Students can go to this room if they need a brief break from conflict in the classroom. Some students stop in every morning if they have had a history of referrals from the Principal’s office. Students visited the wellness room 1,518 times in nine weeks last fall. As of March 31<sup>st</sup>, 2017, there have been only 120 suspensions, compared to 522 for the same length of time last year. The Antioch School Board has approved \$1,500 to provide similar training to Belshaw Elementary, and the district introduced “Tool Box” - 12 behaviors recommended for students to practice. Positive Behavioral Intervention and Supports, PBIS, has been used throughout the district for the past two years. Another program, “restorative justice,” is being used to help students reconcile their conflicts with each other. These various programs seem to be reaping many benefits for the teachers and the students. The students are learning strategies that will help them throughout their school years and beyond.

## PROGRAM NOTES

Because PH-MTZ branch (not chapter) AAUW members have many interests, our programs at general meetings cover a wide range of topics. Not every program is of interest to every member, however, though we do have the “faithful” who attend all meetings. Not often, but some programs are “duds” and some others are surprises, and exceed what we expected...and that’s great. Most years, our January Soup Supper is our best attended program, and we have had some really good speakers on international topics.

As your program Vice Presidents in 2016-17 we have a program evaluation sheet and would like your opinion and comments. It will be available at our May general meeting on May 20 or you can request one. It will be helpful in planning programs for next year.

Any questions?

Gayle Garrison at 798-7528 or email [tarheel61@excite.com](mailto:tarheel61@excite.com)

Nancy Hobert at 228-7271 or email [nhobert@aol.com](mailto:nhobert@aol.com)

## PUBLIC POLICY

Lita Gloor-Little [lgloorlittle@gmail.com](mailto:lgloorlittle@gmail.com)

Due to pressing personal matters, I haven't been able to put anything in the newsletter for the past 2 months. Here are some of the articles posted by Linda Maatz, our National Public Policy Director.

As our Mission Statement says Advancing equity for women and girls through advocacy, education, philanthropy, and research. The American Association of University Women (**AAUW**) is the nation's leading voice promoting equity and education for women and girls. ... Cheers to an inclusive Violence Against Women Reauthorization Act. In that vein, I am truly aware that we all hold a variety of political opinions, I am trying to present a balanced view of the public policies.

For those of us who have paid off student loans, those of us who helped put children and grandchildren through college, Secretary DeVos' decision will directly affect us.

### **Secretary Betsy DeVos Rescinds Obama-era Student Loan Protections**

On April 11, Education Secretary Betsy DeVos [signed an order](#) turning over key parts of the Obama-era plan to streamline the student lending system and to protect student borrowers. A major piece of the Obama administration's guidance struck down by DeVos states the Department should strongly consider a company's track record when choosing student loan vendors and should not choose companies who have demonstrated poor service or other issues in the past. Nearly two dozen state attorney generals [spoke out](#) against DeVos' move to revoke this federal guidance to increase consumer protections in student loan servicing. In their letter, the attorneys general told Secretary DeVos that her decision "to roll back essential protections imperils millions of student loan borrowers and families." The Obama administration cut out private banks and lenders as student debt collectors, as they profited greatly from student loans, and put the federal government in charge of lending. The Department then contracted out to private firms for the services and put strict safeguards in place to protect borrowers. Overturning the guidance allows for contracting companies that have historically mistreated consumers, which is troubling for the future of student loans.

When visiting a Virginia elementary school this week, [Secretary of Education Betsy DeVos said](#), "The role [of ensuring civil rights] is a very important one, and it really is to help ensure that every child has a safe and nurturing environment in which to learn. It is a very broad goal, but a very important one." That same week, the U.S. Department of Education [announced](#) the appointment of an acting assistant secretary for the Office for Civil Rights (OCR) who, as a nonpermanent employee, will not be subject to Senate scrutiny despite some concerning positions on Title IX and other civil rights laws. AAUW [looks forward to working](#) with OCR to ensure that a qualified nominee for assistant secretary is fully assessed and will work for all Americans, regardless of gender, race, ethnicity, religion, disability, sexual orientation, or gender identity.

There is always more room for volunteers, please consider helping either your local, state or national organization go in the direction you wish.

### **Take a More Active Role in AAUW**

Do you want to take an active role in AAUW's work and growth? [Apply](#) for a volunteer position on an AAUW committee or task force! We are looking for enthusiastic and responsible leaders to share their experience in a formal position within the organization. Applications for a two-year term, beginning July 1, 2017, are now being accepted for appointment by the national board. Members wishing to be re-appointed for another two-year term must re-apply. Applicants may apply for no more than two committees/task forces. Ten committees are looking for members. Please [click here](#) to read about the committees and the application process. Applications will be accepted through Monday, May 1, 2017.

## **COMMUNITY - PLEASANT HILL**

"Off the Grid" food trucks are still on Trelany Road by City Hall from 5 – 9 pm on Wednesdays. Nine trucks rotate each week. Live music, too.

Farmer's Market returns on Saturday, May 6, on Trelany Road by City Hall. You can shop from 10 am to 2 pm.

"Relay for Life" will take place at PH Middle School on Saturday, May 20<sup>th</sup>. This event is a fund-raiser for the American Cancer Society and begins at 9 am and continues for 24-hours. "Runners" walk laps on the track for sponsors.

"Sunset by the Lake" concerts resume for the summer series on Sunday, May 28 at the lake by PH City Hall. The event is every other Sunday from 6-8 pm. Bring your dinner, relax on the lawn, and enjoy the music!



## 2016–2017 LEADERSHIP TEAM

### May/June 2017 and beyond

- May 3** Morning Books, 10 am, Sherrie Moore's
- May 10** In Indelible Ink, 10 am,  
Ginny Hargrave's
- May 10** Board meeting, 7 pm,  
Rolling Green Clubhouse
- May 16** Lunchin' Ladies, 1 pm,  
El Charro's, Lafayette
- May 19** Mah Jongg, 12:30 pm  
Brookview Clubhouse
- May 20** Installation of Officers for 2017-2018  
Tech Trek and Local Scholarship presentations  
10 am, St Andrew's Presbyterian Church
- May 22** Evening Books, 6 pm, Local restaurant TBA
- May 25** Matinee Idle, Marlene Maksel
- June 7** Morning Books, 11:30 am,  
Brookview Clubhouse, Annual Luncheon
- June 14** Joint Board meeting, 5:30 pm,  
Home of Claudia Bass
- June 16** Mah Jongg, 12:30 pm  
Brookview Clubhouse
- June 22** Matinee Idle, Marlene Maksel
- June 22** Jul/Aug 2017 N.E.W.S. deadline to Reba
- July 22** Celebrating Together! 60 + 70 + 6  
5 pm, Nancy and Kent Hobert's

#### Presidents

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Claudia Bass 372-8679 [cbasslancer29@aol.com](mailto:cbasslancer29@aol.com)

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**Copy deadline for the July/August 2017 N.E.W.S. is**

**June 22<sup>nd</sup>.** Please email copy to: **Reba Siero**

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

### Montecito Animal Clinic



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