



# BAY LEAVES

AAUW/San Mateo

<http://sanmateo-ca.aauw.net>

January 2024, Vol 94, Issue 5

## President's Message

Maureen Buchner

Happy New Year! Although we would like to begin 2024 with a positive note, a communication issue has come up that needs to be addressed regarding emails. We have found that some emails are being bounced or sent to the spam folder. Please be aware of how your email is functioning.

*California Connection* is sent to every AAUW member from AAUW California for a quick and informal read of things to know about AAUW. I recently found mine in my spam folder. Then I almost passed a deadline for reserving spots for 2024 Tech Trek camp because my email provider decided to block (bounced back) the email.

Following that problem, I realized that I had never gotten my *Bay Leaves* newsletter for December. Again, I found that it had been blocked as well. Ads seem to come through but not the emails that I want!

Please check to see if you got your December *Bay Leaves* from Gayle Hardt and then check for California Connections from [siteadmin@aauw-ca.org](mailto:siteadmin@aauw-ca.org). Don't forget to check your spam folders or gmail *social* and *promotional* folders for our branch emails. Also, check with other members to see if their *Bay Leaves* came for January so we can identify who else is affected. Please mention this at your January interest groups.

If you have been blocked from receiving this newsletter or AAUW communications, you will need to add a domain name to your email *safe sender* list. For AAUW it is [@aauw-ca.org](mailto:@aauw-ca.org) or the full email address is [siteadmin@aauw-ca.org](mailto:siteadmin@aauw-ca.org). If you need help, please call Steve or Maureen Buchner.

## ERA at 100, December 13, 2023

*It's been 100 years. Not one more #ERA100*

This date marks 100 years since the introduction of the Equal Rights Amendment (ERA) in the House of Representatives. On this anniversary AAUW gathered in solidarity in Washington, D.C. and across the country to acknowledge that not one more year will pass without our rights being protected.

The ERA reads as follows:

*Section 1: Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.*

*Section 2: The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.*

*Section 3: This amendment shall take effect two years after the date of ratification.*

There was a deadline put on the passage of the ERA. 38 states needed to ratify it before the deadline, only 35 ratified it, three short of passage. Since then, three more states have ratified it bringing the total to 38.

AAUW's strategy for final recognition of the ERA is to support two congressional resolutions that work in concert with one another.

*HJ Res 25* removes the time line and recognizes the ratification of the ERA. *HJ Res 82*, the *ERA Now* resolution, instructing the archivist to publish the ERA as the 28th Amendment.

We have also supported the *discharge petition* which would force a vote in the House of Representatives on *HJ Res 25*. There are currently 201 members of Congress signed on. 218 signatures are needed to force a vote.

Please contact your Senators and Representatives to support the ERA.

## Public Policy AAUW CA Lobby Days April 2 and 3, 2024

We encourage all AAUW California members to participate in this act of advocacy that is essential for achievement of our legislative priorities. In addition to our members, we plan to invite college students to join the event. Their participation will enable us to reach more legislative offices, and we hope that this introduction to our organization will inspire these advocacy-minded young people who share our values to join AAUW.

We are planning a hybrid event with meetings scheduled over Zoom as well as in person at the Capitol. Members who live near Sacramento may participate in person. Legislative offices are willing to meet virtually or in person, and the virtual option makes it easier for AAUW members around the state to participate.

Training materials on the bills and the event will be posted on the state website in mid-March, and a mandatory training webinar will be held on March 25<sup>th</sup>.

Lobby Days provide a wonderful opportunity to meet with your legislators and advocate for legislation to promote gender equity and improve the lives of women and girls. We hope that you will join us in this important activity to advance our values.

An interest survey including a registration form will arrive in your inbox mid-January. Be sure to complete and return the form to be added to the communications list for the event.

## A Message from AAUW-CA President

This time of the year brings celebrations, opportunities to gather with family and friends. It can also lead to an increased feeling of isolation and loneliness.

A 2020 study found that social isolation and loneliness pose serious health risks for the older adult population. Social isolation has been associated with about a 50% increased risk of dementia and other serious health problems.

Do you know someone who might be isolated or lonely? You can make a difference by giving the gift of caring. Pause the frantic holiday preparations and reach out to a friend, member, or neighbor whose social circle might be small, and share a conversation. One person. One short conversation. One amazing outcome. You'll be astonished at how good this small act of kindness can feel. I encourage you to do it.

~ Sandi Gabe

## Moving Beyond Cultural Competency

Charmen Goehring, Director, Diversity, Equity, & Inclusion  
AAUW CA

For many years now, cultural *competency* has been cited as the ideal way to be more inclusive. And it certainly does help one on a journey towards being more equitable and inclusive. But, cultural *humility* is a better aspiration. Whereas cultural competency says, *I am an expert*, and leads to a feeling of knowing everything there is to know about others, cultural humility says, *You are the expert*, and leads to a lifelong process of learning, self-reflection, and knowing we don't have all the answers. Both are similar in that they work to address inequities and encourage collaborative work.

As we navigate the holiday season, I am reminded of a meme I saw on social media that says, *Why do I say Happy Holidays? Between November 1st and January 15th, the world's major religions celebrate at least 29 different holidays. Mine isn't the only one that matters.* I hope you might consider this in regards to your branches and the journey towards a more diverse, equitable, and inclusive membership throughout the year.

## New Member

Please welcome our new member:

Helen Hasma

Helen has a bachelor's, master's and PHD and is retired from UC Santa Barbara. She lives at Woodlake Condominiums in San Mateo, a few blocks from her son and 2 teenage granddaughters and a few blocks from her daughter. She is a quilter and a member of the Bay Area Modern Quilt Guild.

Helen has recent publications on the idea that life emerged between mica sheets in micaceous clay. She comments that *Mica has many advantages for the origin of life, especially that it is perhaps unique among sites for life's origins in having the high concentrations of potassium ions, found in the cells of all types of life.* Helen is interested in Tech Trek, DEI, Boggle and California Fact & Legend and has offered to car pool. Helen joined San Mateo AAUW through the national website.

## Movie Group

Movie group will meet on Tuesday, Jan. 16, for a movie to be announced later. There will be no movie group in February. The movie chosen is usually a matinee so the group can meet afterward for coffee and discuss the movie. For further information or to be placed on the movie group contact list, please contact Mary Ann McKay.

# January 2024 Interest Sections

Mary Ann McKay

## **Boggle (All Members Welcome)**

Judy Steele, 650-574-8089, Judy-Steele@comcast.net

Wed. Jan 17, at 1:30 pm

Host: Judy Steele

## **Book Discussion I**

Elissa James

Thurs. Jan 18, at 10:00 am

Host: Carol Rose

*Cloud Cuckoo Land*, Anthony Doerr

## **Book Discussion II (wait list)**

Karlyn Schneider

Thurs. Jan 25, at 12:00 pm (Date Change)

Host: Julia Pitcher

*All the Beauty in the World*, Patrick Bringley

## **Book Discussion III (wait list)**

Pat Fuetsch

Mary Ann McKay

Thurs. Jan 18, at 1:30 pm

Host: Pat Fuetsch

*Gertrude Bell*, Georgina Howell

## **Bridge**

Elissa James

Mon. Jan 15, 12:30 pm

Host: Marge Denni

## **California Fact & Legend**

Helen Hatchett

**No Meeting in January**

## **Drama Reading**

Marjorie Kobe

Wed. Jan 10, at 9:30 am

Host: Bobbi Benson

## **Foreign Affairs - Great Decisions**

Margo King

Thurs. Jan 11, at 10:30 am

Host: Norma Tarrow Topic: TBD

## **Lunch Bunch!**

Annette Delaney

Fri. Jan 19, at 11:30 am

Thai Tamarind Restaurant

1316 El Camino Real, Belmont, CA 94002

## **Mah Jongg**

Helen Hatchett

Wed. Jan 10, at 1:00 pm

Host: Helen Hatchett

Tues. Jan 23, at 1:00 pm

Host: Maureen Buchner

## **Membership: New and Prospective**

Mary Ann McKay

## **Movie Group**

Mary Ann McKay

Tues. Jan 16, time TBD

Please contact Mary Ann for more information

## **Mystery Book Group**

Jan Lundquist

Fri. Jan 12, at 1:30 pm

Host: Barb Schotzko

*Northern Spy*, Flynn Berry

## **Public Policy/Current Events**

Nancy Hobbs

Diane Silven

**No Meeting in January**

**Walking 2<sup>nd</sup> and 4<sup>th</sup> Mondays 10:00 am year round**

Bobbi Benson

Mon. Jan 8, 10:00 am

Mon. Jan 22, 10:00 am

Contact Bobbi Benson for more information.

American Association of University Women  
P.O. Box 1465  
San Mateo, CA 94401-0816

**AAUW advances equity for women and girls through advocacy, education, and research.**

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

### January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i>	2	3	4 AAUW Board Meeting	5	6
7	8 Walking	9	10 Drama Reading Mah Jongg	11 Foreign Affairs	12 Mystery Book Group	13
14	15 <i>Martin Luther King Day</i>  Bridge	16 Movie Group	17 Boggle	18 Book I Book III	19 Lunch Bunch	20
21	22 Walking	23 Mah Jongg	24	25 Book II	26	27
28	29	30	31			