



May 2023



AAUW PUBLIC POLICY PRIORITY ISSUES

Strong system of Public Education
Equality, Individual Rights and
Social Justice for a Diverse
Society.
Economic Self-sufficiency for
Woman

MISSION

To advance equity for women
and girls through research,
education, and advocacy.

VISION

Equity for all.

VALUES

Nonpartisan. Fact-based.
Inclusion and Intersectionality.

AAUW FUNDS

The Educational Foundation is
one of the largest sources of
funding for graduate women in
the world awarding millions
each year in scholarships.

LEGAL ADVOCACY FUND

(LAF) works to combat sex
discrimination in higher
education and the workplace.

Highline AAUW theme for
2022-23 “Diversity, Equity and
Inclusion”



You are invited to this Special Event!

*AAUW Highline Branch Meeting
Friday, May 19, 2023 at Renton
Technical College*

11:00 AM – 2:00 PM

AAUW/Highline Branch will be holding their next monthly session at Renton Technical College on Friday, May 19, 2023. We have invited Carolyn DeFord an enrolled member of the Puyallup Tribe. Carolyn is the Human Trafficking, MMIWP and DV advocate for the Puyallup Tribe Community Domestic Violence Advocacy Program. She is the daughter of a long term missing person and has extensive experience working with the families who have lost loved ones. She is currently a member of the Washington State Missing and Murdered Indigenous Women and People Task Force appointed office member, board member for MMIW USA and board member for the Inter-tribal Coalition Against Violence. Carolyn will be discussing the many factors that lead to MMIWP in our surrounding counties and bringing awareness to the systemic issues and how community members, AAUW members and colleges can help.

The meeting will be at Renton Technical College, 3000 NE 4th Street in Renton, Building I (as in eye), Lower Level, Room 101, Culinary Arts Classroom. The meeting schedule is 11 - 11:30 a.m. arrival and check in, lunch from 11:30 - 12:15, with the program starting at 12:30.

The main speaker is Carolyn DeFord from the Puyallup Tribe, presenting on Missing and Murdered Indigenous Women and Persons, and how both AAUW and Renton Technical College can assist with prevention, increased awareness and educational pathways for Tribal persons.

Faye Watanabe will speak briefly on Dual Credit and Carl Perkins grant funding, with adjournment at 2 p.m.

The lunch buffet will offer a variety of sandwich makings and salads, and dessert will be provided. The price of the meeting is \$20 per person, including beverages and tips. You can pay at the meeting.

*Please RSVP to Mary Kay Ault (home pone) 206-772-4156),
(cell) 206-383-9352 or marykayault@msn.com*



AAUW Highline Branch Meeting Friday, May 19, 2023 (continued)

Agenda

11:00am – 11:30am arrive, check-in and network

11:30am—12:15pm – Lunch

12:15-12:25pm- Break

12:30pm – 1:30pm – **Carolyn DeFord, Puyallup Tribe** presents on MMIWP, and how AAUW members, RTC & Community can assist with prevention and increasing awareness & educational pathways for Tribal persons.

1:30pm-2:00pm—Q&A **Faye Watanabe** will be joining us as well for questions regarding Dual Credit and Carl Perkins grant funded questions.

2:00pm adjourn

Location: **Renton Technical College**

Address: 3000 NE 4th ST. Renton, WA 98056

Building I lower-level room 101 Culinary Classroom

<https://rtc.edu/campus-map-and-directions>

Renton Technical College

Directions to the RTC Campus

Driving Directions

To RTC Main Campus from I-405

NORTHBOUND

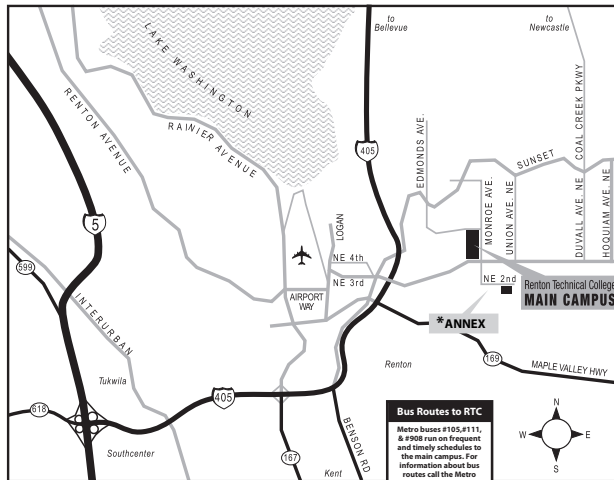
Take Exit 4. After exiting, do not take the Maple Valley exit to the right. Stay to the left and take the Bronson Way exit to Renton. Turn right at bottom of the off-ramp. Continue to the next stoplight and turn right onto Sunset Boulevard. One block further at the stoplight, turn right onto NE 3rd Street. Follow NE 3rd Street to the top of the hill. RTC is on the left side after you crest over the top of the hill. Turn left on Monroe Avenue NE to access the main entrance.

*If your meeting/event is located in the Annex, turn right on Monroe Avenue NE, then left at NE Second Street (3407 NE Second Street).

SOUTHBOUND

Take Renton Exit 4, merge onto Sunset Boulevard, turn left at the first stoplight onto NE 3rd Street. Follow NE 3rd Street to top of hill. RTC is on the left side after you crest over the top of the hill. Turn left on Monroe Avenue NE to access the main entrance.

*If your meeting/event is located in the Annex, turn right on Monroe Avenue NE, then left at NE Second Street (3407 NE Second Street).



Main Campus
3000 NE 4th Street
Renton, WA 98056-4195
425.235.2352

***Annex**
3407 NE 2nd Street
Renton, WA 98056-4195
425.235.2352

Bus Routes to RTC
Metro buses #105, #111, & #908 run on frequent and timely schedules to the main campus. For information about bus routes call the Metro Transit Information Line, (206) 559-3000.



Washington State Missing and Murdered Indigenous Women and People Task Force

<https://www.atg.wa.gov/print/14078>

From Carolyn DeFord (she/her)
Anti-Trafficking Program Manager/MMIWP Advocate
Puyallup Tribe of Indians
Community Domestic Violence Advocacy Program



"I've included some info on data below. We have a challenge documenting Native murders as the coroner or medical examiner often list the primary cause of death like hypothermia, organ failure or drowning but doesn't report it as murder even if the person was beaten and died of organ failure or was unconscious and left in the cold where they caught hypothermia. And, anyone found in the water- the cause of death is drowning regardless of signs of physical abuse or foul play. Hopefully this will change someday..."

Justice for Native People:

<http://www.justicefornativewomen.com/>

Justice for Native People Master

List: https://docs.google.com/spreadsheets/d/1GhJexBiBfgl8qay8l1svFh_Dtp8HrDC6kFv4FTzTm-c/edit#gid=302334148

Justice for Native People

Deceased: https://docs.google.com/spreadsheets/d/1GhJexBiBfgl8qay8l1svFh_Dtp8HrDC6kFv4FTzTm-c/edit#gid=840168240

I see you have the taskforce report listed, but there is a little bit of data in it. Ex, native people make up 2% of the population in Washington State however, they make up 6% of missing women.

[https://agportal-](https://agportal-s3bucket.s3.amazonaws.com/uploadedfiles/Another/News/Press_Releases/MMIWP%20Interim%20Report%202022.pdf)

[s3bucket.s3.amazonaws.com/uploadedfiles/Another/News/Press_Releases/MMIWP%20Interim%20Report%202022.pdf](https://agportal-s3bucket.s3.amazonaws.com/uploadedfiles/Another/News/Press_Releases/MMIWP%20Interim%20Report%202022.pdf)

National Missing and Unidentified Persons System: Filter it for Native people in Washington State

<https://www.namus.gov/MissingPersons/Search>

Washington State Patrol MMIWP List this updates monthly.

<https://www.wsp.wa.gov/wp-content/uploads/2023/04/Missing-List-for-Public-Release-041723.pdf>

haʔ kʷ(i) adsəslabcəbut – Watch Over Yourself Well

<https://www.missingandmurderedindigenouswomenwashington.org/>



May is Mental Health Awareness Month

“As Mental Health Awareness Month, May is a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the ways how mental illness and addiction can affect all of us – patients, providers, families, and our society at large.” American Hospital Association

Read books about mental health. (Some suggestions on Google)

We’re certain your [local library](#) or [independent bookstore](#) has a wide array of resources for your mental health studies, but if you’re looking for some recommendations, here are a few reads to check out as you expand your mental health knowledge:

- "Reasons To Stay Alive" by Matt Haig ([Bookshop](#)) ([Amazon](#))
- "My Grandmother's Hands: Radicalized Trauma and the Pathway to Mending Our Hearts and Bodies" by Resmaa Menakem ([Bookshop](#)) ([Amazon](#))
- "Burnout: The Secret to Unlocking the Stress Cycle" by Emily Nagoski ([Bookshop](#)) ([Amazon](#))
- "Permission To Come Home: Reclaiming Mental Health As Asian Americans" by Jenny Wang ([Bookshop](#)) ([Amazon](#))
- "I Thought It Was Just Me (But It Isn't)" by Brene Brown ([Bookshop](#)) ([Amazon](#))
- "Willow Weep For Me: A Black Woman's Journey Through Depression" by Nana-Ama Danquah ([Bookshop](#)) ([Amazon](#))
- "Why Has Nobody Told Me This Before?" by Julie Smith ([Bookshop](#)) ([Amazon](#))
- "Nobody's Normal: How Culture Created The Stigma Of Mental Illness" by Roy Richard Grinker ([Amazon](#))



Everything You Should Know about May!

Catherine Boeckmann

April 28, 2023

Celebrate the gorgeous month of May! Find out why this month is called “May” and which seven holidays are coming up.

The Month of May

“May” is likely named after the Roman goddess Maia, who oversaw the growth of plants. Alternatively, the name might have come from the Latin *maiores*, “elders.”

May Calendar

- **May 1** is **May Day**. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region. May Day is also “Lei Day” in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers such as plumeria. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.
- **May 5** is **Cinco de Mayo (“The Fifth of May”)**. This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862. Discover Mexican-American recipes and ways to celebrate Cinco de Mayo!



- **May 14** is **Mother’s Day**—don’t forget! Do you have something planned to show appreciation for your mother? Learn about the history of Mother’s Day.

- **May 20** is **Armed Forces Day**, which honors those who serve in all branches of the United States military.
- **May 22** is **National Maritime Day**. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- **May 22** is **Victoria Day** in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. The holiday is observed on the penultimate Monday in May.



- **May 29** is **Memorial Day**—a poignant reminder of the tenacity of life. It’s tradition to raise the flag on this day; know how to fly your American flag properly.

May’s full Moon, called the **Flower Moon**, appears on Friday, May 5, reaching peak illumination at 1:36 P.M. (EDT). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 4th or the 5th and look for that big, bright, shining lunar disk!



May Weather

”*A warm January, a cold May.*” May acts as the bridge between spring and summer; hinting at warmer weather for those still stuck in spring’s grasp, while heating things up for those already well on their way.

Membership Dues AAUW Annual Renewals for 2024 (July 1, 2023 – June 30, 2024)



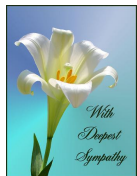
Just in case you haven't had a chance to renew your AAUW dues yet, AAUW National fees are now \$72, but State fees remain at \$10 and Highline at \$13. (Total \$95) We do appreciate your continued support of AAUW and our great branch! Please invite someone you know who may not be eligible for AAUW college requirements, but interested in joining our branch, to become a Friend of Highline for an annual branch fee of \$13. They will not be charged AAUW National or State fees. Annual renewal forms will be available at future meetings, so bring your checkbooks, or you can simply fill out and print the renewal form at the *end of this newsletter* and return to our Highline treasurer, Anneliese (mailing details on the form). Or you could renew directly online, using the AAUW website, in just a few minutes!

AAUW Membership	\$95 Dues/Year
National AAUW	\$72
Washington State	\$10
Highline Branch	\$13

A big "thank you" to those members who have already renewed! We appreciate your support!

If you have any questions on your specific membership dues, contact Anneliese Ellerton at ellerton13@gmail.com or call 858-205-3771

Highline Branch Member News



We would like to extend our deepest sympathies to Kerry Lohr on the loss of her dear sister who passed away in April.

Our thoughts and wishes go out Carol Mohler for a speedy recovery from her recent illness.



From the AAUW Highline Board



Fun trip with friends to the beautiful W.W. Seymour Botanical Conservatory in Tacoma!

Anneliese Ellerton – April 26, 2023



Happy birthday to:

Janet Knowlton 5/3

Gwen Koch 5/6

Jane Emerson 5/25

Chris Kopet 5/30



AAUW Highline Branch Zoom Board Meeting Minutes

Friday, April 14, 2023: 12:30 – 1:45 pm

BOARD MEETING

Attending: Kerry Lohr, Emily Hitchens, Anneliese Ellerton, Kay Crane, Jean Munro and Wendy Wenger

New Business:

Branch Meeting: Luncheon and Program, Friday, May 19, 2023

Contact person: Jean Munro will make arrangements for location and program for the meeting at Renton Technical College (RTC) Culinary Arts classroom.

Proposed Speaker: Carolyn DeFord/ Puyallup Tribe, member of the MMIWM (Murder and Missing Indigenous Women and Men). Ms DeFord believes that indigenous people with more education will achieve better employment opportunities and decreasing dependency on bad relationships.

Faye Watanabe will be joining her as well for questions regarding Dual Credit and Carl Perkins grant funded questions. Both speakers will be invited to lunch.

The following AAUW groups will be invited: SE King County, Federal Way, and Puyallup Valley.

Venue information: Renton Technical College (RTC)

The members would be arriving at 11 with lunch at 11:30 to 12:15.

There might be a raffle for donations or just a fun raffle. The goal would be to raise funds for 7/8 indigenous girls to attend Tech Trek. The college would be contacted if the raffle involved money. The speaker would have 45 minutes with 15 minutes for questions/answers. Meal choice possibilities were discussed. A fee of \$20 will be collected at the door. Choices available are luncheon bars, ordering from dining room, or box lunches.

Mary Kay will volunteer to take the RSVP's for this meeting. Board members will make follow-up calls to members with results in by the end of the month. The current member directory will be used. Jean mentioned that her landline was cancelled.

Information about the meeting will be published in the May newsletter.

Announcements:

1. Next board meeting will be at 11:00 on Friday, May 12.
2. Memberships dues can be mailed or given directly to Anneliese.

Respectfully submitted, Wendy Wenger, Secretary

Highline Branch Leadership Team

Co-Presidents

Jean Munro 206-824-9112
jmunro10@comcast.net

Kay Crane 206-242-0605
gandkcrane@msn.com

Finance/Newsletter

Anneliese Ellerton 858-205-3771
ellerton13@gmail.com

Tech Trek Liaison

Eva Parks 206-870-5846
evaparks@aol.com

HCC Women's Program

Jean Munro 206-824-9112
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Public Policy

Kerry Lohr 206-870-4136
kerrylohr@yahoo.com

State Board

Emily Hitchens 206-824-6816
ameliahitchens95@gmail.com

Secretary

Wendy Wenger 206-242-0245(w) 206-276-6494 (c)
2015AAUW@gmail.com

Mailer

Carol Erickson 206-246-5767
Ron58Carol61@hotmail.com

Member at Large

Mary Kay Ault 206-772-4156
marykavault@msn.com

Website

Jean Munro, Anneliese Ellerton, Kay Crane, Emily Hitchens and Kerry Lohr



Future Branch meetings will be held on a quarterly basis in 2023 (tentatively for January/March/May)

Highline Board Meeting – Friday, May 12, 2023 at 11:00 am via Zoom

Join the Seattle Branch Meeting – Saturday, May 20, 2023 – 9:30AM – 12:00 PM. Latina Struggles – Professional and Personal Experiences with Dr. Maria Chavez. Location: Watertown Hotel, 4242 Roosevelt Way NE, Seattle, WA 98105 - RSVP@aauw-seattle.org

Seattle Branch On-line Monthly Meetings.

Several of our Highline members have joined some of the Seattle interest groups, such as the West Seattle & Points South on the second Tuesday of the month at 10 am. The current theme is “Writing triggers”. Seattle invites all Highline members to the monthly Zoom programs, generally on the third Saturday. Next meeting is on **Tuesday, May 9, 2023 at 10AM**. If you are interested in joining this virtual coffee club, email Barbara Sando at barbarasando@yahoo.com

Highline Branch Meeting – Friday, May 19 – 11AM to 2PM - A special luncheon meeting and program at Renton Technical College (RTC) Culinary Arts building I, with guest speaker, Carolyn DeFord from the Puyallup tribe. RSVP’s for lunch to Mary Kay Ault. (See page one for details)

Vote in National AAUW’s Election Before May 15, 2 pm PT

AAUW National’s member election is open. Don’t miss your opportunity to vote on our directors, bylaws amendments and changes to our public policy priorities. If you haven’t voted, look for the email from ‘AAUW’ with the email address of ‘vote@simplyvoting.com’. Info on the ballot here: <https://www.aauw.org/resources/member/governance-tools/national-election/>

That Yellow Postcard from AAUW

By now you might have received a postcard asking you to call a number to verify your information in National’s member database. **It is legitimate.** You can make sure all your information is correct and also share your experiences with AAUW and how the organization helped shape your life to participate in National’s **Oral History Project.**
From the Seattle Catalyst

If you would like to keep up with AAUW Washington news, we suggest that you add the Seattle Catalyst and the Evergreen Reader to your list of resources



<https://aauw-seattle.org/>



<https://aauw-wa.aauw.net/>

Please like and join us on our newly created AAUW -WA Highline Facebook page at
<https://www.facebook.com/profile.php?id=100083148625851>



Morning and Afternoon Book Group Discussion Meetings

4th Friday – Mornings at 9:30 am unless otherwise specified *

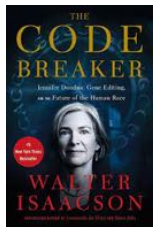
May 26 – *The Code Breaker*, by Walter Isaacson- host Jane Emerson at her home, discussion leader Kathy Linnell

June 23 – *Finding the Mother Tree*, by Suzanne Simard – host Mary Kay Ault, discussion leader Carol Mohler, location TBD

1st Monday - Afternoons at 2:30 pm unless otherwise specified *

May 1 – *The Year of Magical Thinking*, by Joan Didion – host: Anneliese Ellerton, Wesley Gardens 1st floor lounge

June 5 – *Nature's Best Hope*, by Douglas Tallamy – host Lynn Smith at her home



The Code Breaker: Jennifer Doudna, Gene Editing and the Future of the Human Race, by Walter Isaacson

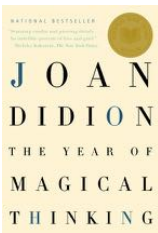
The bestselling author of Leonardo da Vinci and Steve Jobs returns with a “compelling” (The Washington Post) account of how Nobel Prize winner Jennifer Doudna and her colleagues launched a revolution that will allow us to cure diseases, fend off viruses, and have healthier babies.

When Jennifer Doudna was in sixth grade, she came home one day to find that her dad had left a paperback titled *The Double Helix* on her bed. She put it aside, thinking it was one of those detective tales she loved. When she read it on a rainy Saturday, she discovered she was right, in a way. As she sped through the pages, she became enthralled by the intense drama behind the competition to discover the code of life. Even though her high school counselor told her girls didn't become scientists, she decided she would.

Driven by a passion to understand how nature works and to turn discoveries into inventions, she would help to make what the book's author, James Watson, told her was the most important biological advance since his co discovery of the structure of DNA. She and her collaborators turned a curiosity of nature into an invention that will transform the human race: an easy-to-use tool that can edit DNA. Known as CRISPR, it opened a brave new world of medical miracles and moral questions.

The development of CRISPR and the race to create vaccines for coronavirus will hasten our transition to the next great innovation revolution. The past half-century has been a digital age, based on the microchip, computer, and Internet. Now we are entering a life-science revolution. Children who study digital coding will be joined by those who study genetic code. Should we use our new evolution-hacking powers to make us less susceptible to viruses? What a wonderful boon that would be! And what about preventing depression? Hmmm...Should we allow parents, if they can afford it, to enhance the height or muscles or IQ of their kids?

After helping to discover CRISPR, Doudna became a leader in wrestling with these moral issues and, with her collaborator Emmanuelle Charpentier, won the Nobel Prize in 2020. Her story is an “enthraling detective story” (Oprah Daily) that involves the most profound wonders of nature, from the origins of life to the future of our species. (Amazon)



The Year of Magical Thinking, by Joan Didion

'An act of consummate literary bravery, a writer known for her clarity allowing us to watch her mind as it becomes clouded with grief.'

From one of America's iconic writers, a stunning book of electric honesty and passion. Joan Didion explores an intensely personal yet universal experience: a portrait of a marriage—and a life, in good times and bad—that will speak to anyone who has ever loved a husband or wife or child.

Several days before Christmas 2003, John Gregory Dunne and Joan Didion saw their only daughter, Quintana, fall ill with what seemed at first flu, then pneumonia, and then complete septic shock. She was put into an induced coma and placed on life support. Days later—the night before New Year's Eve—the Dunnes were just sitting down to dinner after visiting the hospital when John Gregory Dunne suffered a massive and fatal coronary. In a second, this close, symbiotic partnership of forty years was over. Four weeks later, their daughter pulled through. Two months after that, arriving at LAX, she collapsed and underwent six hours of brain surgery at UCLA Medical Center to relieve a massive hematoma.

This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness . . . about marriage and children and memory . . . about the shallowness of sanity, about life itself." *GoodReads*



“Diversity, Equity and Inclusion”

Annual Membership Renewal
July 1, 2023 – June 30, 2024

Updated Directory Information (*please fill in*) Today's Date _____

Name _____

Address _____

City _____ State _____ ZIP _____

Email _____

Phone _____ Cell _____

College(s)/University (s) attended: _____ Degree(s): _____

Birthdate: (M/D) _____ (so we can send you a card)

Check your membership category:

_____ Renewal of regular membership (National \$72+State \$10+ Branch \$13) **\$95**

_____ Life Member (for paid Life Members (State \$10 + Branch \$13) \$23

_____ Honorary Life Member for members 50+ years (State \$5 + Branch \$13) \$18

_____ Dual Member (if Seattle/other is primary - AAUW Branch is \$13) \$13

_____ Friend of the Branch only \$13

_____ Donation (voluntary) \$ _____

(Due to increased AAUW National fee, we have kept Highline Branch at reduced \$13)

I am enclosing my annual dues check, payable to Highline AAUW, for a total of \$ _____

Mail completed form and check to: **Highline AAUW**
c/o Anneliese Ellerton
2121 SW 152nd St, #203
Burien, WA 98166

Please detach and return upper portion only-----✂



Keep this Receipt

_____ Renewal of regular membership (National \$67+State \$10+ Branch \$13) **\$95**

_____ Life Member (for existing Life Members (State \$10 + Branch \$13) \$23

_____ Honorary Life Member, for members 50+ years (State \$5 +Branch \$13) \$18

_____ Dual Member (if Seattle/other is primary AAUW Branch) \$13

_____ Friend of the Branch only \$13

_____ Donation (voluntary) \$ _____

Total remitted-----\$ _____

Check # _____ **or money order** _____

AAUW Highline Branch Newsletter
2121SW 152nd Street, #203
Burien, WA 98166

