



October 2023

"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book." ...John Sinor

“SAFETY FIRST” by Kay Crane, Co-President

President Biden has just created a White House Office of Gun Violence Prevention, to be overseen by Vice President Kamala Harris. Its goal is to accelerate efforts to reduce gun violence, to coordinate and expand partnerships with cities and states, and to support victims.

I expect each of us has a gun violence story to tell. Some years ago I worked at High Point Library for Seattle Public Library. One of the youngsters who came often to the library had quite a scar on her cheek. “Oh, yes,” she said. “I used to live in Los Angeles. I was just a baby and my teenaged aunt was carrying me around outside. There was a drive-by shooting. The bullet went through my cheek.” Years later I was tutoring for the Highline School District, working with too-young mothers who received a few weeks of tutoring around the time of the birth. One mom was living with the boyfriend’s family on 4th Avenue SW. We usually sat on the sofa in the front room together, but this particular day she waved me through to the kitchen in the back of the house. “Oh, yes,” she said. “There was a drive-by shooting. The sofa where we used to sit has bullets inside it now, so we don’t use the front room anymore.”

Fengting Yan, M.D., wrote a stirring OpEd in *The Seattle Times* recently about losing her nurse to gun violence when the young woman was attending an event at the Gorge. Dr. Yan is my medical oncologist, and deals with life and death every day. She says her patients are asking what a person can do.

You can help. **Grandmothers Against Gun Violence** is working hard right here in Washington State to support sensible efforts to protect us all from gun violence. You do not have to be a grandmother to join and you don’t even have to be a woman. You do have to be 18 years old, because we lobby. In fact, our lobbying has helped demand background checks for gun sales, safe storage requirements, and restriction of open carry. “Grandmothers” is one of the partners of The Alliance for Gun Responsibility. You will find grandmothersagainstgunviolence.org on your computer or phone. Just follow the prompts to join. The usual fee is \$50 for a year’s membership, but Grandmothers will gladly accept whatever you can afford. The membership year coincides with the calendar year, but I have it on good authority from the Treasurer that anyone who joins now is paid up until January 1, 2025.



The White House Office of Gun Violence Prevention is a wonderful recognition of how badly our country manages guns. Too many people are frightened, scarred or killed every week. Here in Washington State, Grandmothers can provide you with a way to make your voice heard on a subject all too close to home.

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

Advancing Gender Equity
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
2023-24 “Diversity, Equity and
Inclusion”

Message from Jean Munro, Co-President - October is here!



Thank you for participating in AAUW/Highline meetings! I hope everyone had an amazing September month, as we saw mothers, grandparents and aunties at record speed picking up the long list of school supplies that each child is required to bring and share with classmates. The 34 Community and Technical colleges & Universities have either started their fall quarter or will have before the end of the September month. Fall weather seems to be approaching, and the leaves on the trees are changing to their beautiful orange and red colors and Trader Joes and Starbucks are selling pumpkin themed foods, and drinks, "oh-my"! It is time to rotate the closet, to your winter clothing and put away the flip flops and sandals...hot cocoa or tea, a crackling fire, and a good book. Carolyn DeFord provided us some book titles to read as well. Below are a few examples...

- Calling My Spirit Back, Elaine Alec**
- Red Paint, Sasha LaPoint**
- You are the Medicine, Asha Frost**
- The Seven Circles, Chelsey Luger**
- Haboo, Vi Hilbert**
- Herstories Northwest, Jay Miller**
- Isadore Tom, Vi Hilbert**
- In My Own Moccasins, Helen Knott**
- Quiet Thunder, Joseph Marshall**
- The Wisdom of Native Americans, Kent Nerburn**
- The World we Used to Live in, Vine Deloria**
- Black Elk Speaks, John Neihardt**
- Healing the Soul Wound, Eduardo Duran**
- Restoring Kinship World View, Wahinkpe Topa**
- The Beginning and End of Rape, Sarah Deer**

October 9th is Indigenous Peoples day, which is the second Monday of October. Renton Technical College (RTC) has asked Arlie Neskahian and [Arlie Neskahi, Native American Consultant, Musician, Composer, Performer](#) to present at 12:00pm at Gerald Jackson's staff and faculty potluck in the college cafeteria. Potluck starts at 11:30 everyone brings a dish or snack to share.

October 10th Renton Technical College is having an information session and we are encouraging our Indigenous community members to come and check out our programs and learn how to get into college. Everyone welcome.

I have also included a recipe for October: *My Best Pumpkin Bread*, which will be included in our upcoming AAUW Highline Recipe Book.





AAUW Highline Branch Zoom Board Meeting Minutes

Friday, September 8, 2023 – 11:00 am – 12:10 pm

Present: Kay Crane, Emily Hitchens, Mary Kay Ault, Kerry Lohr, Kathleen Rathbun and Anneliese Ellerton

Absent: Jean Munro and Wendy Wenger

Agenda

New Member Meeting: Date: Sunday, September 10. Kay will host an informal gathering to welcome new members. Jean is bringing over door prizes and raffle tickets. Emily will talk about AAUW history and the current situation, especially state. Anneliese has emailed invitations.

Recipe & Book Exchange Branch Meeting: Saturday, Sept. 23, 10-12, at Wesley Gardens. Members will share favorite recipes and bring samples to taste. Focus will be on “Diversity, Equity and Inclusion”.

October 21 branch meeting at Renton Technical College (RTC): The theme will be “intellectual freedom and banned or challenged books”. Five library systems are involved. KD Hall to be contacted to confirm plans for meeting, which will be open to the public.

November 11 branch meeting to be held at Wesley Gardens Clubroom: Dr. Blythe Sather will be guest speaker. She will be sharing her latest work on immunology and the latest developments with CRISPR.

Some members have requested her views on dealing with COVID.

December Branch Meeting - There will be no December branch meeting. As usual, board members will sign and send cards with teabags to branch members. Time and place will be decided.

February 2024 meeting at Pacific Sound Skills Center (PSSC) – Mary Kay has contacted Tony Poplin regarding date and time for a breakfast or Luncheon meeting.

Other Business

There was further discussion on inviting Adam Smith, Representative for the 9th district, WA, to share his views on education, healthcare and other legislation. Plans for a meeting (possibly at RTC?) will be arranged.

Kay suggested inviting Professor Louis Newman to a future AAUW Highline meeting. Newman’s book “Thinking Critically in College: The Essential Handbook for Student Success” was published earlier this year. Newman was mentor to Kay’s son Jonathan.

Articles will be contributed to the newsletter by board members. As well as the introductory messages from our co-presidents. Kathleen will send an article to the October newsletter about her recent Mediterranean cruise. Contributions by branch members are also welcome.

There was discussion on forming a program and events committee. This has always been successful in the past.

Members have shown interest in continuing the Cuisine Club. Anneliese will take a sign-up sheet to meetings to encourage members to join.

Highline Branch Leadership Team

Co-Presidents

Jean Munro 206-579-6035
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

Social Communications

Lynnette Smith 206-914-1946
Lbs533@comcast.net

Public Policy

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

State Board & Membership

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
Kathleen Rathbun
253-315-0961
kathyesl@comcast.net

Website

Jean Munro, Anneliese Ellerton

Member Announcements & News



Project Feast empowers refugee and immigrant cooks by preparing them for culinary careers and becoming food entrepreneurs. Participants reside in South King County and many are low-income women. The program is located at 202 W Gowe St, Kent, WA 98032 - **Phone:** [\(253\) 236-5297](tel:2532365297).

Of note are three programs:

The **Culinary Skills Apprentice** program combines classroom, kitchen, and ESL lessons to prepare English Language learners for a good job in a food business or to start their own food business.

Family Meals to Go is a weekly meal which can be ordered on Tuesday for pickup on Thursdays between 12-2 pm at the Café in Kent. Each week's meal is inspired by one of the apprentices. Ordering is open to anyone and vegan options are available. Catering is also available which Saltwater enjoyed at our recent Pledge Drive celebration dinner.

The **Community Meals** program provides culturally appropriate emergency meals for immigrant and refugee families as well as seniors. The Kent School District participates in this supplemental food program.

Take a look at their website for more information. <https://projectfeast.org/donate/>

Submitted by Kathy Linnell

A Different Cruise



Cruises are our dance around the world! We love to unpack once and see different places. On our recent cruise in August, we flew to Lisbon, Portugal to begin our voyage. We saw the Belem Tower, a monument to the Portuguese explorers, and ate a pastry called pastel-de-nata (a buttery vanilla custard tart).



Our next port of call was Porto, also in Portugal. We took a shuttle bus to the city center and young folks helped us to get online tickets to the famous Livraria-Lello, a bookstore that appeared in one of the Harry Potter movies and has a very unusual staircase.



We then cruised north through the notoriously rough Bay of Biscay. Rough a couple scheduled stops. Cornwall and Guernsey were skipped. We of Scilly and Weymouth, which are both British vacation spots.

Then we went on to Cherbourg, France and called it a day due to windy rainy weather after we toured a castle garden. We disembarked in Dover, England. The bus took us from Dover through Greenwich into London. We stayed at an Indian owned hard rock cafe like hotel where we were the minority inclusion.



It wasn't our best cruise, but it will definitely not be our last. We are already scheduled for a river cruise in Egypt next year.

Kathleen Rathbun



Jan Dietrich was member of AAUW Highline. She was born and raised in Seattle. She graduated from U.P.S. And was an educator in the Highline School District. She raised 3 sons. She enjoyed reading, walking, traveling and family. When she retired she was a hospital volunteer and was able to spend time with grandchildren. Jan was passionate about AAUW and is the reason I joined!! She was a lovely lady.



Submitted by Judy Storey

Message from Carol Mohler

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book* and meeting in a Discussion Group to discuss eight of the most thought-provoking foreign policy challenges and critical global issues facing America today. Published annually by the Foreign Policy Association, the *Great Decisions Briefing Book* serves as the focal text for discussion groups by providing background information, expert analysis, and suggested discussion questions for each foreign policy issue. Carol Mohler is the coordinator of the program at Wesley Des Moines and AAUW members are welcome to join. If you have questions and/or are interested in participating in the 2024 program contact Carol at 206-870-3497 or cmcmohler@gmail.com



Cuisine Club Meetings Update

Highline branch members: Liz Zietz, Jenny Rydberg, Lynn Zachow, Kay Crane, Lynnette Smith, Mary Kay Ault, Emily Hitchens, Kerry Lohr and Anneliese Ellerton, have signed up to participate in a new Cuisine & Culture club. Dinner meetings will be held on a quarterly schedule. Members will be encouraged bring their partners to the meetings! As well as sharing the cooking and culture of various countries or regions of the USA, members will decide on the format of the dinners, such as time of day, location, cooking an entire meal at home, bringing potluck dishes to add to the main course, or dining out at various restaurants of choice. This might appeal to those whose homes are too small to accommodate the guests.

A planning meeting will be scheduled soon to decide on times, places and themes.

Please email Anneliese Ellerton at ellerton13@gmail.com if you would like to sign up.



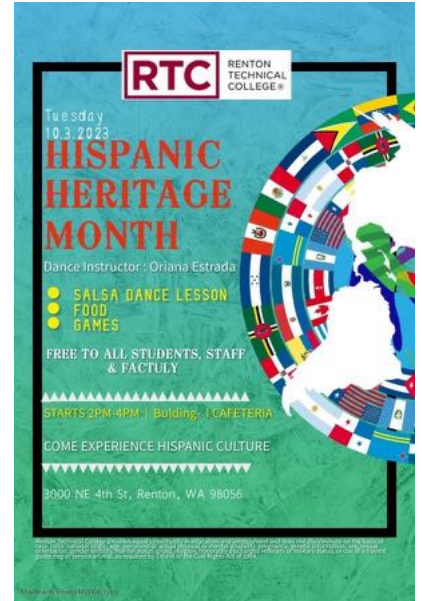
AAUW Highline Members Directory – Updated September 26, 2023

After emailing drafts of the directory and receiving changes and corrections from members, the final copy will be sent within the next week.

Mark your calendar!



Jean Munro, on behalf of the Associated Student Government of Renton Technical College (RTC) cordially invites you to the upcoming **Hispanic Heritage Month celebration on Tuesday, October 3rd, from 2:00 PM to 4:00 PM in the (RTC) cafeteria.**



This event aims to honor and celebrate the impactful contributions and enduring legacy of Hispanic and Latino communities in the United States. Don't miss this opportunity to indulge in good food, fun salsa dancing lessons and entertaining games. Join us in amplifying the significance of Hispanic and Latino heritage and fostering a more inclusive campus community.

We look forward to seeing you there!

Best regards,

RTC Associated Student Government and LatinX Club

The theme for 2023 is “Latinos: Driving Prosperity, Power, and Progress in America,” highlighting the contributions of Hispanics to the economic, political, and social growth of the United States. Sep 15, 2023

September 10, 2023 – New Membership Social At the home of Kay Crane



Many thanks to Kay for hosting this great meeting!

Those attending:

Kay Crane (Host), Emily Hitchens, Linda Hagen, Kaylene Moon, Kerry Lohr and Anneliese Ellerton

The new members were, Liz Zietz, Kathleen Rathbun, Jenny Rydberg and Lynn Zachow.

Jean Munro was unable to attend, but left gifts for all!

Kay provided cookies, muffins, pound cake and other delicious items.

Emily discussed AAUW history and current issues. She also handed out cards with quotes from famous women, Eleanor Roosevelt, Shirley Chisholm, Frances Perkins and others to the new members.

Submitted by Anneliese Ellerton

September 23rd Branch Recipe/Book Exchange Meeting



What a great branch meeting we had!

The event was held at Wesley Gardens Club Room and very special, since our dear member Molly Cone, a Wesley resident was able to join us!

In the photo, Kerry Lohr with Molly Cone

Emily Hitchens kicked off the meeting with her introductory speech on “Diversity, Equity and Inclusion” the AAUW theme for the year. She also read some excerpts from “Our Table of Memories”



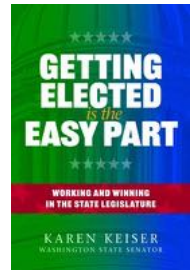
Members brought samples from their favorite recipes and shared them as well as stories about the recipes.

Our next speaker was Washington State Senator Karen Keiser, a member of our branch. As well as being an extremely busy legislator, she has written a new book,

“Getting Elected is the Easy Part”. She shared some valuable lessons from well known women, such as Georgette Valle, former representative and Highline branch member, who fought for years to enforce the “non smoking” policy at the State Capitol and other public places.



In the photo Karen is showing the famous ashtray which symbolizes the “non smoking” rule.



At the end of the session Senator Keiser signed some books she had brought with her.

Thank you to our members who brought recipes. We are going to share these recipes from our members in a book later this year.

- Canlis SaladJane Emerson
- Crock Pot Tortellini Soup.....Judy Storey
- Genoa Stuffed Zucchini.....Emily Hitchens
- Danish Recipe for Frikadelles..... Joanna Brunso
- Wild Rice Casserole.....Kathy Linnell
- Creamy Miso Party Dip.....Kathleen Rathbun
- Navajo Frybread.....Jean Munro
- Vanilla Sugar-Coated Nuts.....Kerry Lohr
- Vietnam Cookies.....Mary Kay Ault
- Apple Streusel Cupcakes.....Liz Zietz
- Traditional Gluten Free Sacher Torte.....Anneliese Ellerton
- Latkes.....Kay Crane
- Mushroom & Onion Puff Pastry Bites.....Karen Keiser
- Julstjärnor (Poinsettias).....Jenny Rydberg





Mark Your Calendars!

Highline Board Meeting - Friday, October 11, at 11:00 am via Zoom

October Branch Meeting –The “Intellectual Freedom” program has been tentatively moved to the middle of **November**. This meeting will be open to the public, possibly at Renton Technical College. A panel of speakers will discuss the subject of banned and challenged books. Final plans are still in the works. Announcements will be sent later this month. **Since the regular branch meeting is already scheduled on November 11, there will be two meetings that month. These meetings will not conflict.*

Federal Way AAUW invites you to attend a Special Safety Presentation **on Saturday, October 14, 10:30 - 11:30 am** at Christ Lutheran Church, 2501 SW 320th Street, Federal Way. Contact Carolyn – 206.496.2038 or Dianne – 571.239.2207 for details and reservations.

***November Branch Meeting – Saturday, November 11, 10:00 am to 12:00 pm**, at Wesley Gardens, 5th floor clubroom. Dr. Blythe Sather will be guest speaker and discuss her career as an immunologist. She will be sharing her latest work on immunology and the latest developments with CRISPR

Seattle October Branch Meeting - Sunday, October 22, 2:00 pm – 3:00 pm, at El Centro de la Raza, Seattle – “Finding the Silver Lining in your Traumatic Experiences” with Annabel Quintero. *(Check the Catalyst for details and reservations)*

West Seattle & Points South online interest group

Several of our Highline members have joined the above group, which meets on the second Tuesday of the month at 10 am. The current theme is “Writing triggers”. Next meeting is on **Tuesday, October 12, at 10:00 am**. If you are interested in joining this virtual coffee club, email Barbara Sando at barbarasando@yahoo.com



October 3: State Senator Karen Keiser, author of [Getting Elected Is the Easy Part](#), shares her observations about opportunities for upcoming generations of women legislators and leaders.

October 10: Cat Howell, Executive Director of [Literacy Source in Seattle](#), and Katherine Freimund, director of [Whatcom Literacy Council](#), describe how they create opportunities to read and empower women through literacy.

November 14: Jessica Gerdes, Manager of Outreach and Mentorship at the [Department of Translational Medicine and Physiology at Washington State University](#). By introducing students in rural school to healthcare roles such as EMT, her program addresses the shortage of healthcare providers in rural areas in our state.

December 12: [Grace Yoo, Executive Director of the Washington State Women’s Commission](#), established in 2018 by Governor Inslee. She will be discussing the work of the commission and opportunities for women in leadership.

Registration is \$50 for all four webinars or \$15 for single sessions

Go to the AAUW WA State website to register: <https://aauw-wa.aauw.net/activities-information/>

Morning and Afternoon Book Group Discussion Meetings

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

(Meeting days will change to 2nd Friday of the month – starting January 2024)

October 27 – *The Age of Innocence* by Edith Wharton – Wesley Gardens, leader Nancy Wilson

* December 1 – *Horse* by Geraldine Brooks – Host: Kathy Linnell at Wesley Gardens, leader Vicki Moore

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

October 2 – *The Plague and I* by Betty MacDonald – host Kerry Lohr

November 6 – *The Woman They Could Not Silence* by Kate Moore – host Kathy Fitch

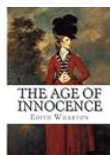
December 4 – *Dial A for Aunties* by Jesse O Sutano – host Lynn Smith

***The Plague and I* - by Betty MacDonald**



Tuberculosis. A terrifying word, as terrifying then as cancer is now. It meant entering a sanatorium for treatment, leaving her family, her children. And what if she did not recover? Hardly the basis for comedy, one would suppose. And one would be wrong. Betty MacDonald always had the ability to face up to adversity -- and heaven knows she had enough in her life -- so after the initial shock had passed, she proceeded to laugh at her illness, the other patients, the nurses, the doctors, and -- chiefly -- herself. Humor was her greatest medicine; right up to the day she left the sanatorium, cured. Of course she had her bad moments when despair and tragedy underlying what she saw and heard refused to be pushed into the background, but she had the grit and wit to rise above it. The result is a lively, cheerful and most funny book. In fact, it's a tonic. (*GoodReads*)

***The Age of Innocence* – by Edith Wharton**



The Age of Innocence is Edith Wharton's twelfth novel, initially serialized in four parts in the Pictorial Review magazine in 1920, and later released by D. Appleton and Company as a book in New York and in London. It won the 1921 Pulitzer Prize for Fiction, making it the first novel written by a woman to win the Pulitzer Prize for Fiction, and thus Wharton the first woman to win the prize. The story is set in upper class New York City in the 1870s. (*Amazon*)

Happy October Birthday Wishes to our Members!



Elsie Taniguchi - 10/3
Lynn Zachow - 10/7
Molly Cone - 10/17
Teri Riordan - 10/31
Georgette Valle - 10/31

If we have missed anyone's birthday, please email Anneliese at ellerton13@gmail.com

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



UnCensored!

A webinar highlighting proactive approaches to protect knowledge exploration in our communities

Co-sponsors:   LEAGUE of WOMEN VOTERS OF WASHINGTON  Chicago North Shore 