



April 2024



**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
2023-24 "Diversity, Equity and
Inclusion"

Here's a special message from Co-President Kay Crane

SPRING



We finally have a few lovely days in a row, with no rain, no grey skies. We have a little sun and a little warmth.

Both my garden and my house cry out to me for attention. Rake me! Sweep me! Pull out more English ivy!

And at the same time our taxes need attention and all sorts of administrative paperwork seems to have mounted up while I wasn't looking.

My To-Do list is bulging at the seams, and I'm sure yours is too. Each single thing I put on the list seems to have a few prerequisites that I need to attend to before I can take care of the main reason I put the item on the To-Do list in the first place. I don't seem to make much headway.

Just for a minute, stop with me. Do not balance the checkbook or check the credit card statement. Do not write that thank-you note. Do not make that phone call for the doctor's appointment you need. Just don't!

Instead, step outside, if your circumstances permit. Walk out your own door, and look at spring breaking out all over. Just for a few minutes, enjoy the warmer air, the bit of sunshine, the songs of the birds, the trees beginning to bloom. Admire your bulbs coming up in the flowerbeds. Just for a few minutes, bask in it all. Let the sense of new life outdoors refresh your soul.

I promise you the dust will still be on the floor, the credit card statement will still need attention, and the thank-you note will still have to be written, but I hope you will return to those tasks with a little, literal, spring in your step.

We've waited a long time for spring. Enjoy this lovely season, every day, even if for only a few minutes. You've earned it!

Kay Crane



AAUW Highline Branch Zoom Board Meeting
March 1, 2024 – 11:00 am – 12:15 pm

Present: Kay Crane, Emily Hitchens, Mary Kay Ault, Jean Munro, Kathleen Rathbun and Anneliese Ellerton. Absent: Wendy Wenger

Agenda

February 23, 2024 Branch Meeting Wrap-up: Emily sent a great summary for the newsletter. She and Sallye Gilbert also submitted photos. The meeting was a great success. Guest speaker, Dr. Katherine Prater was excellent, and said she would return if members were interested. The Board sent her a ‘thank you’ note and honorarium for her wonderful, informative presentation on AD. As requested by Dr. Prater, Kay sent a link with a performance survey to the attendees. Mary Kay sent a letter of thanks to Tony Poplin and his staff at PSSC for catering a delicious lunch.

Election of Board Members: Teri Riordan has offered to serve as Treasurer for the following term. The election will take place at the May 4th annual branch meeting following the program by Dr. Blythe Sather. The Board is also seeking candidates for Public Policy and Tech Trek Liaison. Kay will be contacting a member who may be interested in the Public Policy position.

May 4, 2024 Branch Meeting: Guest speaker Dr. Blythe Sather confirmed that she would be available on Saturday, May 4th. Anneliese has made reservations for the meeting place and beverage orders at the Wesley Gardens clubroom from 10 am until noon. The Board will provide breakfast foods, such as muffins, etc. A branch meeting and election will follow the program.

Old Business

“Open Up AAUW” voting: Online voting is open on April 3rd. See *The Catalyst* or AAUW-WA website for details. Branch members are encouraged to vote for or against the requirement for a college degree to new members.

Tech Trek Updates: Emily gave an update on Tech Trek. She stated that two positions are available on the State Board and that Sharon Feucht might know of someone, such as Sallye Gilbert, as a possible candidate. **See update on Page 3.*

New Business

Bylaws Requirements: Emily and Kay will be meeting with Elise Stratton on March 6 to discuss the bylaw revisions. They will decide whether to cover liability insurance again, since other WA State branches do have this insurance.

Reading Buddies: Kay said that the Burien Public Library was no longer offering a Reading Buddy program after school due to lack of volunteers. She suggested that it might be nice if maybe half a dozen branch members would like to volunteer as a contribution to the community. This would be after school, maybe two days a week.

Branch Planning Survey: A planning survey regarding interests and suggestions for future programs and activities will be handed to the members at the May 4 branch meeting.

Next Board Meeting: Friday, April 5, 2024 at 11:00 am.

Submitted by Anneliese Ellerton

Some details from the board meeting may have been updated since March 1, 2024.

Highline Branch Leadership Team

Co-Presidents

Jean Munro 206-579-6035
jeanmariemunro10@gmail.com
Kay Crane 206-242-0605
gandkcrane@msn.com

Finance/Newsletter

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

Tech Trek Liaison

Position Open

Social Communications

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

Public Policy

Position Open

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
ericksoncarol677@gmail.com

Members at Large

Mary Kay Ault 206-772-4156
marykavault@msn.com
Kathleen Rathbun
253-315-0961
kathyesl@comcast.net

Website

Jean Munro, Anneliese Ellerton

April is ... “Stress Awareness Month”



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle.

National Stress Awareness Month has been observed since April 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. Having a dedicated month for stress awareness allows opportunities for open conversation on the impact of stress in our daily lives.

10 Stress Busters

1. **Be active:** Exercise won't make your stress disappear, but it can reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.
2. **Take control:** If you think you cannot do anything about your problem, your stress can get worse. That feeling of loss of control is one of the main causes of stress and lack of wellbeing. The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.
3. **Connect with people:** A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way. The activities we do with friends can help us relax and relieve stress.
4. **Have some "me time":** Many of us work long hours, meaning we often don't spend enough time doing things we really enjoy. It's important to take some time for socializing, relaxation or exercise.
5. **Challenge yourself:** Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport can help build confidence. This may help you deal with stress.
6. **Avoid unhealthy habits:** Don't rely on alcohol, smoking and caffeine as your ways of coping. They might provide temporary relief, but in the long term, these crutches won't solve your problems. They'll just create new ones. It's best to tackle the cause of your stress.
7. **Help other people** Evidence shows that people, who help others, through activities such as volunteering or community work, often become more resilient.
8. **Work smarter, not harder:** Working smarter means prioritizing your work, concentrating on the tasks that'll make a real difference. Leave the least important tasks to last. Accept that you will not have time for everything.
9. **Try to be positive:** Look for the positives in life, and things for which you're grateful. Try writing down 3 things that went well, or for which you're grateful, at the end of every day.
10. **Accept the things you can't change:** Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

Source – NHS “Stress Busters”

* “Currently I am taking care of Tech Trek and have contacted the Kent School District. Sharon Feucht also knew someone there and made contact as well.

(It would be nice if I could get her to participate in TT, so I am working on that.)

The two positions on the State Board are, 2-years terms each, one could be for DEI and the other for Communications. We also need an editor for the Evergreen Leader.” Emily Hitchens



Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by [Earthday.org](https://earthday.org) including 1 billion people in more than 193 countries. The official theme for 2024 is "Planet vs. Plastics."

[Wikipedia](https://en.wikipedia.org/wiki/Earth_Day)

HONORING OUR CONNECTION TO THE LAND ON EARTH DAY

By [MODERATOR](#) / Published: APRIL 16, 2019



April 22 is [Earth Day](#), a day of environmental awareness and activism across the world. Earth Day began as a protest in 1970 against the industrial progression of the world and the increasingly adverse impact on the environment and wildlife population. It was a critical moment for environmental awareness. That same year, the Nixon administration instituted the Environmental Protection Agency, and cornerstone protection such as the Clean Water Act and the Endangered Species Act were enacted. This Earth Day, we recognize how much the environment means to all of us, and especially Native Americans. Many Native people maintain their relationship with the Earth as best they can, whether it's helping their communities protect the land and water or restoring their relationship to the Earth that was lost over time. PWNA assists tribal

communities by focusing on sustainability, recognizing the land and water of Mother Earth are part of the solution.

Remote reservations often experience higher levels of malnutrition and obesity akin to some developing countries, resulting from a lack of affordable food, healthy food and sustainable food sources. PWNA supports sustainability projects on the reservations, such as [Project Grow](#) and [community gardens](#), that address food insecurity, favor Mother Earth and its inhabitants, and honor our connection to the land. For garden projects in communities across South Dakota and Montana, for example, PWNA provides seeds, tools and gardening training to plant and harvest fruits, vegetables and even honey.

There are plenty of resources for starting your own community garden, including [Native Food Systems](#), and the [SDSU Extension Office](#) that has tons of information on planting, maintaining and harvesting a wide variety of crops and plants.

Our relationship with the Earth is a fragile one that seems to be slipping away from us into a place from which it may never recover. By promoting more projects such as community gardens, we encourage self-reliance, keep our traditions alive and reduce the harmful footprint on our Earth and eco-system.

It is my hope that more communities will embrace Earth Day and learn how to [protect the environment](#). By caring for Mother Earth, we ensure that we, and future generations, can live off the land.

Source: Partnership with Native Americans (PWNA)

Diversity Officers' Meeting (March 12, 2024)

Summary by Kathleen Rathbun



Thirty-three DEI (Diversity Equity and Inclusion) participants attended this online meeting from various branches around the country. Several ideas and events were discussed and shared.

Suzanne Young-Mercer began the meeting and alerted us to the DEI toolkit on the AAUW.org national website by going to membership>governance and tools then scroll down the page to the bottom. There are some pertinent topics to become familiar with regarding diversity equity and inclusion.

Voting by all members will end on May 15. One of the items will be whether to change the national bylaws concerning membership or allow them to remain. One idea from the Missouri branch was either send out reminder post cards by having a label and stamp party.

Roseanna from Port Townsend shared with us an outreach program that she conducted by interviewing women of the global majority. She would choose three women who are not necessarily known to the community. She would highlight indigenous, Middle Eastern, Latin American, African, and African American women. The interview write-ups could be put in the local newspaper or branch newsletter with possible free membership to AAUW for a year. I told about our branch event last fall at Renton Technical College presented by the Muckleshoot tribal members on Missing and Murdered indigenous persons. Jen from Nevada went to a seminar on how to bring more peace to the world by focusing on language. To acknowledge that language is powerful, softer words can also be used for example, “influence” instead of “impact,” or “due dates” instead of “deadline.” Being conscious of our words may be helpful. Another point someone made was to “push back” to “old ideas.” Say “ouch” to give “push back.” Don’t let things slide by. This is a critical year. Back up words with actions. Since we are a service organization, let’s get out and serve. It was suggested to go to a school board meeting or plan an event. I found this meeting very inspiring and worthwhile.



Happy April Birthdays to:

***Nancy Wilson 4/1
Carol Erickson 4/21***

***Leilani Schuh 4/6
Jane Armstrong 4/26***

***Kathy Fitch 4/15
Emily Hitchens 4/29***

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



Celebrating International Women's Day, March 8, 2024 at Seattle Columbia Center



Emily Hitchens and Anneliese Ellerton attended a Panel Conversation about "Global Voices on Gender Equity", hosted by Grace Yoo, Executive Director of Washington State Women's Commission (WSWC). Guests were consuls Eunji Seo from the Republic of Korea, Prakash Gupta, India, Nathalie Beaudoin, Canada and deputy consul Junichi Simi from Japan.

She opened the discussion with a Washington State spin "Women making history month!" The WSWC commission serves 3.8 million women and is a voice in the governor's office. The focus is pay equity and in the industries that we have in Washington State, we are in the bottom 10 in the country. It was a great afternoon!

Grace Yoo, Moderator in the center, with Emily Hitchens and Anneliese Ellerton



Nathalie Beaudoin (Canada) with Junichi Sumi (Japan)

Nathalie Beaudoin with Emily Hitchens



Eunji Seo, Consul of Republic of Korea in the center

The Panel: Nathalie (Canada), left, Prakash Gupta (India), Eunji (Rep. of Korea) and Grace Yoo on the right.



For more details about the meeting please refer to "President's Message" by AAUW President Emily Hitchens in the *Evergreen Leader*.

<https://aauw-wa.aauw.net/files/2024/03/2024-March-EvergreenLeader.pdf>

Or March 2024 Evergreen Reader AAUW-WA website:

<https://aauw-wa.aauw.net/evergreen-news-archive/>



AAUW-WA Annual State Meeting

Our annual state meeting will be on ***Sunday, April 21, from 12:30-4:30***
2024 Theme: *The Climate Matters to Women*

The meeting will be virtual on Zoom and we encourage all members to attend!
Look for the Zoom link in future emails and on our website

The Annual Business Meeting will begin at 12:30 with a social "half" hour, followed at 1:00 with a welcome and introductions. The afternoon program will include the annual reports from the President, updates from Public Policy, Communications, Membership, DEI, Finance, Bylaws, Policies & Procedures and the Special Projects fund.

Four current Board members have agreed to run for a second, 2-year term: Susie Johnson - VP of Finance, Barbara Sandro - Bylaws / Policies & Procedures and Board Vice President, Sandra Distelhorst - Public Policy and Judi Edwards - SPF Board Chair, both Yvonne Berliner and Judy Peasley have completed their board terms. Thank you to Yvonne for her work on DEI and to Judy for her work in communications and as editor of the Evergreen Leader. Two nominees remain to be identified.

Please contact Sandy Heidergott, Chair of the Nominating Committee if you have questions, or if you have a nomination for our 2024-25 board. Sandy Heidergott - secretary@aauw-wa.org

The program committee is looking for some additional people to join, to help with content, speakers and behind the scenes Zoom support. If you'd like to join and help with this year's program, please contact Jodi Forsell at jrforsell92@gmail.com

From *The Evergreen Leader*

Highline Board Meeting – Friday, April 5, 2024 at 11:00 am via Zoom

Federal Way Branch invites you! Saturday, April 13 @ 10:30 am – Topic - Sound Transit

PLACE: Christ Lutheran Church, 2501 SW 320th St. Federal Way, WA 98023

Ms. Drexel, will discuss the latest transit information, the Operations and Maintenance Facility, the Tacoma Dome Link Extension, and more. Coffee, tea and light refreshments will be served.

There is no cost to attend and we are looking forward to seeing you!

Questions: Contact: Co-Program Chair, Diane Hoyer, 571.239.2207 or dthoyer@hotmail.com

Join the Seattle Branch Meeting – Wednesday, April 24, 7:00 – 8:30 pm.

High School STEM Scholars Recognition - Center for Urban Horticulture, 3501 NE 41st St., Seattle.

RESCHEDULED Pro-Choice Washington Salon - APRIL 25, 2024/5:30pm/Virtual --Join us for our Salon Program & meet our Board Chair, Margo Franz for an evening discussion on abortion access thru the lens of public health in WA State.

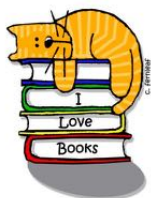
My name is Melissa Johnsen. I am a board member for **Pro-Choice Washington**. I would like to invite you to our **rescheduled Salon Program on April 25, 2024 at 5:30pm - our first of 2024. I hope to see you at the upcoming Pro-Choice Washington Salon via ZOOM.** Please email Johnsen.Melissa@gmail.com to make a reservation.

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, April 9, at 10:00 am.** If you are interested in joining this virtual coffee club, email Barbara Sando at barbarasando@yahoo.com

AAUW-WA Annual Meeting (virtual) - Sunday, April 21, 2024 from 12:40-4:30 pm. Check the AAUW-WA website for further details. <https://aauw-wa.aauw.net/>

Highline Branch & Annual Meeting – Saturday, May 4, 10:00 am – 12:00 pm at Wesley Gardens 5th floor Clubroom. Guest speaker: Dr. Blythe Sather, *A Day in the Life of an Immunologist*. Dr. Blythe Sather will be guest speaker and discuss her career as an immunologist. She will be sharing her work on immunology and the latest developments with CRISPR. A branch business meeting and election will follow.

For more information regarding AAUW events, see *The Evergreen Leader* on the AAUW-WA website and *The Catalyst* on the AAUW Seattle website.



Morning and Afternoon Book Group Discussion Meetings

2nd Friday – Mornings at 9:30 am unless otherwise specified *

April 12, 2024, 9:30 am – *A Fierce Radiance*, by Lauren Belger- Discussion Leader: Jane Emerson, Host: Kathie Walker – Wesley Family Lounge.

May 10, 2024, 9:30 am – *The Only Woman in the Room*, by Marie Benedict – Discussion Leader: Kathy Linnell, Host: Jane Emerson at her home.

June 14, 2024, 9:30 am – *Susan, Linda, Nina & Coki*, by Lisa Napoli – Discussion Leader: Joanna Brunso, Host: Kathy Linnell – Wesley Family Lounge

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

April 1, 2024, 2:30 pm – *Five Little Indians*, by Michelle Good – Host: Anneliese Ellerton – Wesley Family Lounge

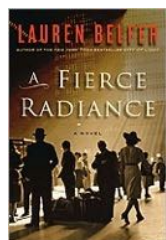
May 6, 2024, 2:30 pm – *Horse*, by Geraldine Brooks – Host: Janis Jacobson

June 3, 2024, 2:30 pm – *Lessons in Chemistry*, by Bonnie Garmus – Host: Mary Kay Ault



Five Little Indians by Michelle Goode

Taken from their families when they are very small and sent to a remote, church-run residential school, Kenny, Lucy, Clara, Howie and Maisie are barely out of childhood when they are finally released after years of detention. Alone and without any skills, support or families, the teens find their way to the seedy and foreign world of Downtown Eastside Vancouver, where they cling together, striving to find a place of safety and belonging in a world that doesn't want them. The paths of the five friends cross and crisscross over the decades as they struggle to overcome, or at least forget, the trauma they endured during their years at the Mission. Fuelled by rage and furious with God, Clara finds her way into the dangerous, highly charged world of the American Indian Movement. Maisie internalizes her pain and continually places herself in dangerous situations. Famous for his daring escapes from the school, Kenny can't stop running and moves restlessly from job to job—through fishing grounds, orchards and logging camps—trying to outrun his memories and his addiction. Lucy finds peace in motherhood and nurtures a secret compulsive disorder as she waits for Kenny to return to the life they once hoped to share together. After almost beating one of his tormentors to death, Howie serves time in prison, then tries once again to re-enter society and begin life anew. With compassion and insight, *Five Little Indians* chronicles the desperate quest of these residential school survivors to come to terms with their past and, ultimately, find a way forward. *Goodreads*



A Fierce Radiance by Lauren Belfer

Set during the uncertain early days of World War II, this suspenseful story from the *New York Times* bestselling author of *City of Light* follows the work of photojournalist Claire Shipley as she captures America's race to develop life-saving antibiotics—an assignment that will involve blackmail, espionage, and murder. *Goodreads*

April 2024 Stress Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Nancy Wilson</i> <i>PM Book Group 2:30</i>	2 <i>Autism Awareness Day</i>	3 <i>National Walking Day</i>	4 <i>National School Librarian Day</i>	5 <i>Highline Board Meeting 11am</i>	6 <i>Leilani Schuh</i>
7 <i>World Health Day</i>	8 <i>Solar Eclipse</i>	9 <i>Seattle Coffee Group 10 am</i>	10 <i>National Siblings Day</i>	11	12 <i>AM Book Group 9:30</i>	13 <i>Federal Way Branch Meeting</i>
14 <i>National Pan American Day</i>	15 <i>Kathy Fitch</i> <i>Income Tax Day</i>	16 <i>Emancipation Day</i>	17	18	19	20
21 <i>AAUW-WA Annual State Meeting</i> <i>Carol Erickson</i>	22 <i>Earth Day</i>	23 <i>World Book Day</i>	24 <i>Seattle Branch Meeting</i>	25 <i>Pro-Choice WA Salon webinar</i> <i>World Malaria Day</i>	26 <i>Chernobyl Disaster Remembrance Day</i> <i>Jane Armstrong</i>	27
28 <i>World Safety & Health at Work Day</i>	29 <i>Emily Hitchens</i>	30 <i>Honesty Day</i>				

*Please complete and print form to bring to the branch meeting
Or email your survey to Kay Crane at gandkcrane@msn.com*



Dear AAUW Highline Branch member:

In anticipation for planning the Highline Branch's 2024-25 year, the Board would like you to respond to the following questions:

1. What are your favorite AAUW activities or programs?
2. Are there activities or programs you have little interest in which could be dropped without too much regret or sadness?
3. In what way would you like to help the branch next year, as a participant, helper, co-leader or leader?
4. What social media accounts are you active on? Instagram, Facebook, Nextdoor, LinkedIn or other:

Would you be willing to occasionally post or share AAUW news on your account? _____

5. Would you be interested in being part of an e-mail list that would share both AAUW and personal member news more frequently than the monthly newsletter? This could be used to share ideas of possible programs or community news. Yes/No
6. What suggestions do you have for AAUW programs or activities during the coming year?
7. Who in the branch has been especially helpful to you in regard to helping you get acquainted, providing valuable information or help, or being particularly effective at their job?

Please respond within the next two weeks, to help us with planning for the coming year. Please respond to: gandkcrane@msn.com, or print and bring your completed form to the May 4th branch meeting.

We would appreciate your responses by the end of April. If you have not had a chance to complete this survey, forms will be available at the May 4th Branch Annual Meeting.

Thank you for your assistance.

Kay Crane

On behalf of the Highline Branch Board



2024 Vote to Change National AAUW Membership Requirements

National AAUW Voting Dates – April 3 – May 15 (All details are in link below)

<https://www.aauw.org/resources/member/governance-tools/national-election/>

Watch your email for ballot access

You are probably aware of the upcoming vote on “Open Up AAUW”, the initiative to eliminate the college degree requirement for AAUW membership. The proposed National bylaws changes are detailed on the [**AAUW website at AAUW National Election 2024, where you can also find an Open Membership Toolkit and FAQ.**](#) In addition, the Open Up AAUW website contains much information on this change.

(FYI: We have tried this vote several times and it has yet to pass.)

Let’s make this vote to **Open Up AAUW membership** be our last vote on opening up AAUW membership! Please vote, and **please vote YES** to making AAUW **the inclusive organization it strives to be.**

Message from Barbara Sando – AAUW-WA Bylaws Chair – bylaws@aauw-wa.org