



November 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 2024-25 is "Harmony"

"National Gratitude Month in November encourages us to embrace the power of gratitude. Gratitude is more than simply saying "thank you." Gratitude's amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives."



Daylight saving time comes to an end soon. Here's when clocks 'fall back' in 2024

The twice-a-year time change for most U.S. states is coming up in just a few weeks.

WASHINGTON — Daylight saving time is coming to an end for 2024 on Nov. 3, the first Sunday in November.

Clocks will "fall back" one hour at 2 a.m. on Nov. 3, granting most people an extra hour of sleep. With the change comes earlier sunrises and nightfall well before 7 p.m. It won't be until March 2025 that we adjust our clocks to "spring ahead" once again.

Frequent measures in Congress have tried to make daylight saving time permanent in order to ditch the practice of changing our clocks twice a year. However, the bills usually die before they ever come close to becoming law.

With little to no progress made on that recent legislation, Americans will continue to "fall back" in 2024 and "spring forward" next year.

When does daylight saving time end?

Daylight saving time in 2024 ends on Sunday, Nov. 3 at 2 a.m.

Why was daylight saving time created?

The practice has been implemented in some form since World War I when Germany originally introduced it to conserve power and energy by extending daylight hours.

The Standard Time Act in 1918 was the first introduction of daylight-saving time to American clocks. The temporary measure, which once held the nickname "war time," lasted from spring to fall and was intended to cut energy costs during World War I. The act is also responsible for the five time zones still in place today.

The Department of Transportation was created and given regulatory power over time zones and daylight-saving time in 1966. In order to correct confusing and alternating time zones, the Uniform Time Act of 1966 sought a nationwide standard for daylight saving time from the last Sunday in April to the last Sunday in October.

Few changes have happened since then. Most recently, daylight saving time was extended by a few weeks in 2005 when former President George Bush changed the law. It is now observed from the second Sunday in March until the first Sunday in November.

Despite the national observance, Arizona and Hawaii don't observe daylight saving time. Under federal law, states are allowed to opt out of daylight-saving time and remain on standard time but are not allowed to remain on daylight time.

The U.S. has previously implemented daylight-saving time year-round twice, once in World War II for fuel conservation and once in 1974 as "trial run" during an energy crisis.

Author: Melissa Hernandez De La Cruz, Andrew Weil

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Three Halloween Traditions That Women Started



A woman sits before a mirror at midnight on October 31. She stares deeply into it, combing her hair and eating an apple. She does this on All Hallow's Eve in hopes of seeing the face of her true love reflected in the glass. This is just one of the many traditions around Halloween created by women who believed that on the eve of Halloween, practices like pumpkin carving and apple bobbing might bring them love.

In Ruth Edna Kelly's *Book of Halloween* (1919), the holiday's unofficial queen recants

the many traditions and rituals celebrated on October 31st that were crafted and honed by women. According to Kelly, these practices often derived from the (kind of archaic, possibly outdated) pursuit of love: Among the many ways women inspired some historic Halloween traditions, these are three that you will be sure to recognize.

Mirror Games

In the 19th century, many believed that Halloween was the boundary between realms: Living and dead.

The lines between these two planes blurred as the presence of otherworldly spirits made it easier to predict the future. Women, specifically, believed that Halloween posed a huge (albeit rather superstitious) matchmaking opportunity. As the story of the woman in the mirror goes, many were convinced that eating an apple in front of a mirror would present you with your one true love if you recited this spell: "Round and round, oh star so fair, you travel and search out everywhere. I pray you sweet stars now show to me this night, who my future husband shall be." (Cue image of Keanu Reeves.) According to the old folklore, if you saw a skull, you were destined to die before you could marry anyone (an unmarried woman? Oh, the horror!).

Although this tradition largely fizzled out over the years, mirrors are still used on Halloween to symbolize various spooky affairs. Mirror symbolization mostly stems from the Bloody Mary mirror ritual which has transformed and evolved into various different practices over time. For the brave and maybe a little morbidly unphased, feel free to give this old theory a try:

On October 31, wait until 12pm before making sure the room is pitch black — except for your candle. Place a mirror face-up, leaning on a desk or table with the candle nearby. Start to comb your hair with one hand and hold an apple with the other while recite poem. Then, hope for the best.

Bobbing For Apples

Apple bobbing is a strange holiday activity which we often forget to question (i.e. why oh why do we stick our heads in a bucket to try and pick up an apple with our teeth?). It was originally popularized as a fortune-telling game on Halloween: The apples represented all of a woman's suitors, and the apple she bit into was supposed to represent her future spouse (very *Twilightesque*). As the Halloween origin tells it, women would then peel the bobbed apples and throw the peels over their shoulders, believing those shavings would reveal their future partner's initials.

The symbol of apples on Halloween took a few derivatives over the years, eventually transforming into representations of all fruit, which would be passed out to children door-to-door. Luckily, modern day interpretations of this old tradition swapped out fruit for a more sugary Halloween snack, so kids could rot their teeth every trick-or-treat season. Still, the tradition of bobbing for apples, and even apples as a symbol of candy, derived from a practice founded entirely by women.

Pumpkin Carving

In the early 19th Century, women prepared Halloween festivities by hosting events with lavish

decorations for All Hallow's Eve. A main component of the holiday's ornamentation involved women carving pumpkins, hallowing them out and filling them with nuts and fruits. At the end of the night, women would eat their fruit-filled pumpkins before going to bed. The hope here was that on Halloween she would dream about (you guessed it) her future spouse.

Although pumpkin carving eventually took shape (literally) in the form of creepy faces that would sit on stoops until far past their expiration date, the practice of carving itself was really honed by Celtic women in Ireland who carved turnips to ward off evil spirits. Aside from pumpkin faces, though, this tradition more or less remains intact.

Now, as we swap out these match-making traditions for serious costume competitions and drinking games, it's important to remember the origins of All Hallow's Eve and the women behind traditions that have lasted multiple centuries.

Halloween History: Traditions Women Actually Started by Gabrielle Caplan



AAUW of Washington “Telling Our Stories” – October 19, 2024



AAUW members from across WA State attended an all-day, in-person conference at the Blencoe Auditorium on the Renton Technical College (RTC) campus. Two of our AAUW Highline members had major responsibilities in setting up this meeting: Jean Munro, from Renton Technical College, and Emily Hitchens, state president. Great job ladies!



Jean Munro with some RTC students



The conference theme was “Telling Our Stories”. A special film, “Arise Firebird” was shown as a private show for the audience. This documentary featured three minority women pursuing their dream jobs and ending up in toxic situations that were holding them back from promotions and raises. All three ended up with other careers for which they finally received recognition. This film directed by Jimi Okubanjo (one of the three women) originated in England. The film was followed by a zoom Q & A session with Okubanjo, currently residing in London.

Dr. Yoshiko Harden, President of RTC, made welcoming remarks, followed by Keynote Speaker April Sims, President of the Washington Labor Council, who spoke about her own personal work history to the present-day job. Following the film and zoom session, Doris Martinez, DEI Director of RTC, led a group session where members shared their own stories about their earliest memories of race and racism and how those experiences lead to where they are now. Also, the book titled, “Racial Healing Handbook”, by Dr. Anneliese Singh was used for reference material.

My takeaway from this conference was this question, “If you could fly, how would you fly?” That question was from April Sims. Five members from the Highline Branch attended. Thanks for coming and representing Highline Branch!

Submitted by Wendy Wenger





AAUW Highline Branch Board Meeting - Friday, October 11, 2024

Present: Kay Crane, Wendy Wenger, Mary Kay Ault, Teri Riordan, Emily Hitchen and Anneliese Ellerton.

The meeting opened at 1:00 with the board members sharing how they were doing and some family activities.

The Membership Chair position was up for discussion. A question was asked if branch members were required to elect this position? Emily shared that it could be a board decision. Following a discussion, it was agreed that Anneliese had already assumed some of these duties during her term as treasurer. A motion was made and seconded that Anneliese take over the role of Membership Chair for Highline Branch. This was approved unanimously by the board.

According to Emily the **AAUW annual branch survey** required by the state has not yet been returned. It contains information on how the branch is doing. Another survey will be requested with either Jean or Kay completing the form.

October 19, 2024- This WA state in-person meeting will be held at Renton Technical College. According to Emily, there were no further details on the meeting arrangements. Emily, Jean, Wendy and Anneliese will be attending. Attendees will get a link to the film "Arise Firebird", which was produced in England.

November 2024 Branch Meeting – (tabled)

The following **AAUW WA online Fireside Chat** will be available **November 13th – "Elections 2024: What Did We Learn"** Sharing ideas and success for hosting candidate forum and voter registration.

November 21st – "Election 2024: It's Been a Crazy Ride" will be available via Zoom by the WA Online group.

Future AAUW Webinars will be announced on the AAUW website.

December 2024, 1:00 pm - The board meeting will be at Kay's house at 1:00 pm. Members will be mailing holiday cards to the branch members.

February 2025 - It was suggested that past speaker Gaylloyd Sisson, author of "Down the Road A Piece", a fictional historical memoir of his childhood, might be available for Black History month. Wendy will be contacting him in regard to his availability. A possible meeting place could be the Heritage Museum in Burien. Other venues were suggested depending on the outcome. The theme would be "Harmony Through Sharing".

Possible branch meeting ideas for the rest of the year were suggested.

March 2025 (TBD)- The Remembrance Gallery of the Japanese Internment Camps during World War II was one. Ideas included inviting a speaker or taking a field trip to a museum at the Puyallup fairgrounds (called Camp Harmony during WWII).

May – June 2025 (TBD)- Huckleberry Gardens, a local nursery in Burien offers gardening classes. It was suggested that it might be fun to have a meeting where hands-on activities are available with something to take home. The theme would be "Harmony in the Garden". Anneliese will take the lead for this meeting and go visit the nursery.

Further Business:

Teri, treasurer, had no further updates to report. She will check on the 990 tax filing, due in October.

Mary Kay said she will contact Tony at the Puget Sound Skills Center to book a culinary meeting before the end of the school year.

Updates on the honorary life membership status for qualifying members were discussed. Anneliese will send applications to AAUW National.

The meeting was adjourned around 2:00 pm.

Respectfully submitted,

Wendy Wenger, Recording Secretary

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Jean Munro, Anneliese Ellerton

Don't forget to vote on Tuesday November 5th!

Reminder from Kerry Lohr, Public Policy Chair – Highline Branch



The information below shows three of the four initiatives that will be on the ballot on November 5th. You are encouraged to vote NO on all three initiatives as we believe their passage will only benefit the few and that all three pose gender issues. My opinion is that the 4th initiative does more harm than good, so I will vote “no” on it as well.

Ballot Measures: Initiatives and Referendums

An important part of the policy-making process in Washington State is ballot initiatives and referendums. Here are AAUW-WA's positions on three initiatives on the ballot in 2024.:

NO on I-2124 Long Term Care Insurance Program Changes

NO means we support maintaining the state long-term care program, WA Cares Fund, as a mandatory payroll tax deduction to ensure equitable access to benefits which are often unaffordable or unavailable to most Washingtonians. Long-term care is a gender equity issue.

- AAUW NO on I-2124, [Talking Points for Members](#)
- [AAUW-WA Letter to Editor](#)
- [Vote NO on I-2124 Campaign](#)

NO on I-2109 Capital Gains Excise Tax Repeal

NO means we support maintaining the capital gains excise tax that funds Washington's Education Legacy Trust that supports childcare, early learning, K-12 education including technical and career training, and school construction. AAUW-WA supports progressive taxation with a clear gender equity goal.

- AAUW-WA NO on I-2109, [Talking Points for Members](#)
- [AAUW-WA Review of Tax Policy and Gender Equity Challenges](#)
- [Vote NO on I-2109 Campaign](#)

NO on I-2117 Climate Commitment Act Repeal

NO means we support the effort to maintain the strongest policy in the country to reduce Greenhouse Gases (GHG), prevent catastrophic warming and protect our air and water quality. Funds from the carbon auctions support overburdened communities and seek environmental justice. Climate justice is a gender equity issue.

- AAUW-WA NO on I-2117, [Talking Points for Members](#)
- AAUW-WA [Gender Equity in Climate Change Leadership Matters](#)
- [Vote NO on I-2117 Campaign](#)

Scan the QR code for more information or visit <https://aauw-wa.aauw.net/actions-we-take/>.





AAUW Honors the Legacy of Lilly Ledbetter

October 16, 2024

AAUW honors the recent passing of Lilly Ledbetter and her outstanding legacy, which will impact women well into the future. She was the pioneer of the Lilly Ledbetter Fair Pay Act of 2009 to ensure all women receive fair pay for their work.

Ms. Ledbetter's story resonated with so many women fighting for fair pay. After almost 20 years of working at Goodyear Tire and Rubber Co., Ms. Ledbetter received a note revealing that she, the only female supervisor, was being paid 40 percent less than her male peers. Ms. Ledbetter filed a gender discrimination lawsuit in 1998 that made its way to the U.S. Supreme Court, only to have the court say in 2007 that she had been paid unfairly long enough to make it legal.

Ms. Ledbetter and AAUW had a long-lasting, strong, and productive relationship, and we held her in high esteem as an unwavering icon and trailblazer in the fight for equal pay. Together, Ms. Ledbetter, AAUW, and countless other organizations advocating for equal pay participated in marches, wrote letters, and sent emails which motivated Congress to pass the Lilly Ledbetter Fair Pay Act in 2009. Today, we continue her legacy by championing equal pay legislation such as the Paycheck Fairness Act, which would give workers new tools for ensuring that employers pay women and men equally for equal work.

As Lilly said in a Q&A session with AAUW, "The gender pay gap is everybody's issue." Lilly Ledbetter never stopped fighting for gender pay equity. The laws at the time failed her and yet she never stopped advocating for better laws and better pay for women. In her memory and in her honor, AAUW vows to continue the fight.

AAUW (American Association of University Women) is the nation's leading organization for equity in higher education and women's economic empowerment.

Founded in 1881 by women who defied society's conventions by earning college degrees, AAUW has since worked to increase women's access, opportunity, and equity in higher education through research, advocacy, and philanthropy of over \$146 million, supporting thousands of women scholars. Learn more at [aauw.org](https://www.aauw.org).

<https://www.aauw.org/resources/news/media/press-releases/aauw-honors-the-legacy-of-lilly-ledbetter/>

Happy Thanksgiving!

My Best Pumpkin Bread, recipe by Jean Munro

Author: [Sally](#)

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour, 15 minutes

Yield: 1 loaf

Homemade pumpkin bread is a favorite fall recipe packed with sweet cinnamon spice, tons of pumpkin flavor, and optional chocolate chips.

Ingredients

1 and 3/4 cups (219g) **all-purpose flour** ([spooned & leveled](#))
1 teaspoon **baking soda**
2 teaspoons **ground cinnamon**
1/4 teaspoon **ground nutmeg***
1/4 teaspoon **ground cloves***
1/4 teaspoon **ground ginger***
3/4 teaspoon **salt**
2 large **eggs**, at room temperature
1/2 cup (100g) **granulated sugar**
3/4 cup (150g) packed light or dark **brown sugar**
1 & 1/2 cups (340g) **pumpkin puree** (canned or fresh)
1/2 cup (120ml) vegetable **oil**, canola oil, or melted coconut oil
1/4 cup (60ml) **orange juice***
2/3 cup (120g) semi-sweet **chocolate chips***

Instructions

1. Adjust the oven rack to the lower third position and preheat the oven to 350°F (177°C). Lowering the oven rack prevents the top of your bread from browning too much, too soon. Grease a metal [9×5-inch loaf pan](#) with non-stick spray. Set aside.
2. In a large bowl, whisk the flour, baking soda, cinnamon, nutmeg, cloves, ginger, and salt together until combined. Set aside. In a medium bowl, whisk the eggs, granulated sugar, and brown sugar together until combined. Whisk in the pumpkin, oil, and orange juice. Pour these wet ingredients into the dry ingredients and gently mix together using a rubber spatula or a wooden spoon. There will be a few lumps. Do not over-mix. Gently fold in the chocolate chips, if including.
3. Pour the batter into the prepared loaf pan. Bake for 60–65 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from getting too brown. The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. This may be before or after 60–65 minutes depending on your oven, so begin checking every 5 minutes around the 55-minute mark.
4. Allow the bread to cool completely in the pan on a wire rack before removing and slicing.
5. Cover and store leftover pumpkin bread at room temperature for up to 3–4 days, or in the refrigerator for up to a week.

Notes

1. **Make Ahead Tip:** Baked pumpkin bread can be frozen for up to 3 months. Thaw overnight in the refrigerator and bring to room temperature before serving.
2. **Spices:** You can use 1-teaspoon store-bought or [homemade pumpkin pie spice](#) instead of nutmeg, cloves, and ginger. Be sure to still add 2 teaspoons of cinnamon to the batter.
3. **Chocolate Chips:** If desired, try using milk chocolate, white chocolate, dark chocolate, or even chopped pecans/walnuts instead of the semi-sweet chocolate chips. You can leave the pumpkin bread plain, too.





Highline Branch Member News

To Our Highline Branch Members who may be feeling "Under the Weather", recovering from illness, injuries or surgery.

know so we can send a card.

If you know of anyone who needs some well wishes or cheering up, please let us



November and December Birthdays

Pat Scott 11/17

Linda Wade 11/26

Carol Mohler 12/29

Carol Thomas 12/31

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

We'd ♥ to hear
from you

Dear Members: You are invited to submit your writings for publication in our newsletter. Consider a book review, a favorite poem, recipe, holiday trip or memoir!

The newsletter is the voice of our members! Please submit your contributions to Anneliese at ellerton13@gmail.com.



Highline Board Meeting – Friday, November 8, at 1:00 pm (Zoom)

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, November 12, at 10:00 am**. If you are interested in joining this virtual coffee club, email Barbara Sando at barbarasando@yahoo.com

Come Join us – Seattle Branch Meeting "The Politics of Bathrooms" with Dr. Sara Chatfield, Saturday, **November 16, 10 am** via Zoom. Joint meeting with Seattle branch & Edmonds/SnoKing branch, others welcome. Free registration required <https://aauw-seattle.org/events/branch-events>

November Branch meeting: "Traffic Safety, Harmony on the Road". - Cancelled

Cuisine & Culture Planning Meeting – On hold for now- The theme for the cuisine meetings will be "Women of Different Cultures".

AAUW-WA "Fireside Chats" Zoom sessions this fall



Elections 2024: What Did We Learn" - Wednesday, November 13, 700 p.m.

Register in advance for this Zoom meeting at <https://aauw-wa.aauw.net/2024/09/17/fireside-chats-2024-2025/>

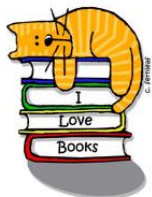
After registering, you will receive a confirmation email with a Zoom link.

Election 2024: It's Been a Crazy Ride: AAUW WA Online Branch program – November 21 at 5:30 pm

Register online at <https://wa-online.aauw.net/>

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

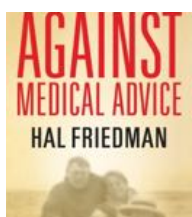


2nd Friday – Mornings at 9:30 am unless otherwise specified *

November 8, 9:30 am – *Against Medical Advice*, by James Petterson & Hal Friedman,
Discussion Leader: Eva Parks, Host: Carol Mohler – Wesley Gardens Family Lounge
December 13, 9:30 am – Holiday Special at Wesley Brownstone Club Room

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

November 4, 2:30 pm – *How to Know a Person*, by David Brooks – Host Barbara Sando
December 2, 2:30 pm – *The Bad-Ass Librarians of Timbuktu*, by Joshua Hammer – Host Lynn Smith

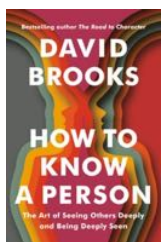


***Against Medical Advice* by James Patterson, Hal and Cory Friedman**

This is the heart-rending drama of one family's courage, heartbreak, sacrifice, and triumph in confronting an agonizing medical condition, written by two master storytellers.

Cory Friedman woke up one morning when he was five years old with the uncontrollable urge to twitch his neck and his life was never the same again. From that day forward his life became a hell of uncontrollable tics, urges, and involuntary utterances. Eventually he is diagnosed with Tourette's Syndrome and Obsessive-Compulsive disorder, and Cory embarks on an excruciating journey from specialist to specialist, enduring countless combinations of medications in wildly varying doses. Soon it becomes unclear what tics are symptoms of his disease and what are side effects of the drugs. The only certainty is that it kept getting worse. Despite his lack of control, Cory is aware of every embarrassing movement, and sensitive to every person's reaction to his often-aggravating presence. Simply put: Cory Friedman's life is a living hell.

Against Medical Advice is the true story of one family's decades-long battle for survival in the face of extraordinary difficulties and a rigid medical establishment. *Goodreads*



***How to Know a Person* by David Brooks**

As David Brooks observes, "There is one skill that lies at the heart of any healthy person, family, school, community organization, or society: the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood."

And yet we humans don't do this well. All around us are people who feel invisible, unseen, misunderstood. In *How to Know a Person*, Brooks sets out to help us do better, posing questions that are essential for all of us: If you want to know a person, what kind of attention should you cast on them? What kind of conversations should you have? What parts of a person's story should you pay attention to?

Driven by his trademark sense of curiosity and his determination to grow as a person, Brooks draws from the fields of psychology and neuroscience and from the worlds of theater, philosophy, history, and education to present a welcoming, hopeful, integrated approach to human connection. *How to Know a Person* helps readers become more understanding and considerate toward others, and to find the joy that comes from being seen. Along the way it offers a possible remedy for a society that is riven by fragmentation, hostility, and misperception.

The act of seeing another person, Brooks argues, is profoundly creative: How can we look somebody in the eye and see something large in them, and in turn, see something larger in ourselves?

November 2024*Month of Gratitude*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>All Saints Day</i>	2 <i>All Soul's Day</i>
3 <i>Daylight Savings Day</i>	4 <i>PM Book Group 2:30 pm</i>	5 <i>Election Day</i>	6	7	8 <i>AM Book Group 9:30 am</i> <i>Board Meeting 1pm</i>	9
10	11 <i>Veterans Day</i>	12 <i>Seattle Coffee Group 10am</i>	13 <i>Fireside Chat 7pm</i> <i>World Kindness Day</i>	14 <i>World Diabetes Day</i>	15 <i>America Recycles Day</i>	16 <i>Seattle Branch Zoom Meeting 10 am</i>
17  <i>Pat Scott</i>	18	19	20 <i>Universal Children's Day</i>	21 <i>Fireside Chat 5:30 pm</i> <i>World Philosophy Day</i>	22	23 <i>National Espresso Day</i>
24	25 <i>Int'l Day for Elimination of Violence Day</i>	26 <i>National Cake Day</i>  <i>Linda Wade</i>	27	28 <i>Thanksgiving Day</i>	29 <i>Black Friday</i>	30

AAUW Highline Branch Newsletter
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