



September 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"

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer."
Helen Hunt Jackson

Welcome back Highline Branch Members!
Our theme for 2024-2025 is "Harmony"

We kicked off the fall season with a branch meeting on August 23, 2024.
The theme was "Personal Harmony in the Face of Stress"



"Harmony with oneself, or inner harmony, is a feeling of peace of mind that comes from self-acceptance, acceptance of others, and acceptance of the past. It can also mean being at peace with your actions and the world around you. Some say that inner harmony can lead to happiness, reduced stress, improved physical health, and enhanced spiritual awareness. "(Google)



Emily Hitchens, with extensive experience in teaching relaxation techniques to student nurses, shared her program with a group of twelve eager attendees. We only wish more members could have made it.



It was an enjoyable and relaxing morning. There was plenty of time to chat and share experiences of how to deal with and overcome stress. Coffee, tea and delicious refreshments were enjoyed by all.
Overall, it was a great way to start a new year of "harmony" for our Highline Branch! *Photos and article by Anneliese Ellerton*



AAUW HIGHLINE BRANCH
BOARD MEETING MINUTES, AUGUST 2, 2024

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

The meeting was called to order by Kay Crane at 1:30. The first item on the agenda: to verify that Wendy Wenger would continue as secretary.

The updated membership directory was reviewed and approved. Anneliese was thanked for her work updating the directory.

Kay received a call from Andrea at StarChapter (410) 753-2992. The board discussed whether the information might be real or phishing. Kay said that she had checked into some sources, and it sounded questionable, especially since AAUW branches were referred as chapters. Some of the branches cited as using the service seem not to exist. Emily will report the call to Mary Ross who handles the website for AAUW-WA regarding the sales pitch of technical help offered.

Plans for the August meeting are at Normandy Park United Church of Christ in the Fireside Room on Friday, August 23 from 10 a.m. to noon. The board will supply refreshments and coffee. Please see communications from the branch for more information. Topic is personal harmony.

Options for the September meeting were discussed. One possibility is a Classic KING tour with Brenda Barnes, but that idea has been postponed until spring. Another possibility is a regional safety transportation meeting with a speaker from Washington State DOT. Various possible venues were discussed. Kay will call DOT.

The October 19 meeting at Renton Technical College (RTC) topic is "Telling Our Stories." This open meeting will be sponsored by AAUW-WA. Emily shared more details. The documentary film "Arise Fire" is a central part of the program. Watch for announcements and newsletters with further information.

The board was brought up to date on members with health issues. Get-well cards will be signed at the next meeting.

One possible idea for a future meeting is to get updates on fraudulent financial activities. No plans as yet.

Wendy asked about the high school scholar boards and will contact the museum in Burien.

Kay will send a poll to board members about their fall schedules to help with scheduling.

Respectfully submitted,

Wendy Meyers-Wenger, Recording Secretary

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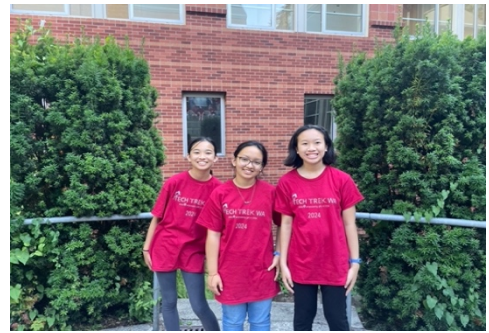
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Jean Munro, Anneliese Ellerton



***Experiences from Tech Trek Summer Camp: July 14-20, 2024
Submitted by Emily Hitchens***

Letters sent by our three Tech Trek Campers

“Dear Highline Branch,

I want to thank you again for letting me go to this amazing experience. At tech trek I had an awesome time with so many opportunities around me. I enjoyed learning about physics, medical skills, and other fun topics that were very interesting. The field trips were fun and educational as well, I learned about marine life and planes. Along the way I started to enjoy journaling my experiences. Another great aspect about tech trek was the community; everyone was very kind, friendly, and welcoming. I made many new friends that I talk to from time to time and they taught me tons of new things. This was a super fun and educational experience, and I am very happy I was able to be a part of it. I hope you have a wonderful life.

Sincerely, Rutbha Shrestha “

“AAUW,

My Tech Trek experience was a great one! Everyone was awesome, I learned lots of things, I made friends with people with the same interests as me (which I still keep in contact with), and I made lasting memories. My Core Class, Wearable Tech, was really fun! We got to make running circuits with servos and LEDs and learned to code it in Python. We also learned about the Internet of Things which is how devices collect and exchange information wirelessly. Some examples of these items that use the Internet of Things include smart doorbells, security cameras, and smart watches. I also learned quite a large bit from the taste of core classes. In Marine Biology we got to learn about the different types of plankton and got to study some water with some microscopic beings swimming or floating around in it! In Fun With Physics, we got to learn about temperature, and afterwards we got to make ice cream which taught us about the freezing point of water and how molecules in the water move according to temperature! In Microscopic World we learned how microscopes work and how we can make them ourselves at home with some water, parchment paper, and cardboard. Then we got to study some everyday things like a blade of grass, a flower, some granules of salt and other things some of those things have some small textures that aren't visible without the microscopes. I learned about the sun and space, I also learned about the different types of sunspots at the phases of the moon lab. In another lab Catch and Release we got to do interesting experiments on how different chemicals react with each other.

On the field trips I had loads of fun. My group went to the harbor where we learned about what marine biologists do, which was very intriguing to learn about. One of the best parts was learning how to read the animal skulls that were given to us for studying. The animal skull I was trying to figure out was a bottlenose dolphin (I didn't end up correctly guessing it). We also got to explore the touch tanks where there were sea stars, sea urchins, and some weird plant life. In the ocean we also found some really cool jellyfishes. At the museum of flight my partner and I got to learn about different types of ways for the pilot of the airplane to tell where they are and how high they are flying. We went through a pre-flight checklist with a real plane indoors. We got to figure out if the plane was ready for take-off. The plane in fact was not ready for take-off as there was a fake bird's nest with a small fake bird inside the front of the plane. The field trips were really interesting and fun! One of the most educational things was Professional Women's Night, even though it was stifling hot I have a newfound interest in Rocket Engineering.

Tech Trek did a lot for me in one small week. I made new friends at our created Uno table where everyone was welcome. I still keep in touch with my new friends even though the distance between us all is large. I got to keep precious mementos of my time at Tech Trek, I learned so much, and got a new interest in a possible career in rocket science. I got to celebrate one of my new friends' birthdays at Tech Trek and that was one of the most prominent memories. As I interacted with the Tech Trek Community, I felt less isolated. After Tech Trek I feel more confident in my social skills and handling situations alone. I also feel more self-assured after meeting more girls my age with similar interests. Everyone at Tech Trek was super nice and I wish I could go to Tech Trek again (Maybe when I'm 16?). So, to sum up my experience Tech Trek was a really great place that I really enjoyed.

Sincerely, Evie Moy-Bautista"

My Tech Trek Experience

If I had one word to describe Tech Trek, it would be amazing! To start off, my main class at the camp was an astronomy class titled, "Amazing Moons." In that class, we tackled off topics like solar/lunar eclipses, moon phases, and Jupiter's four main moons, Europa, Io, Callisto, Ganymede. We used hands-on-learning activities to better enhance our learning experience. For example, one of my favorites was making moon ball models (made through stuffing a pencil into a ball) and moving around a lightbulb in the middle of the room. This led to it casting a shadow casting, allowing us to understand phases of the moon. Our final project for that class was to make a suitable base on one of Jupiter's moons using objects from a craft box. My moon was Callisto, and I participated by creating a greenhouse since it's very cold there!

Next, the labs. We had bite-sized activities in the afternoon each day, and the most appealing to me was my finance class. We were brought to a gym where we were given tablets. On it was an app where you pretended to be a working adult with a family who must make it through seven rounds of purchases on a month's salary. You also were given a credit score based on how you answered the questionnaire at the start. I liked how realistic it was, with the purchases being about shopping, food, kids, etc. Even by the end, I ended up with zero dollars even though I had a great credit score (around 800) and salary... (Most of my leftover money went towards debt and the rest towards savings)

Field trips! I went to Harbor Wild Watch in Gig Harbor, and the Museum of Flight! In HWW, we got a look at various tools used to catch fish and sea creatures, touched an animal skull collection, and also touched starfish! To be honest, the best thing I liked about it was eating subway sandwiches. It had a chocolate cookie in the box and it was pretty warm and tasty! Now, onwards to MOF, that was really cool! We split into partners and got to interact with different tools pilots use to fly planes. They also led us to the flight simulator where we pretended to fly and land a plane! My experience? Well, I was doing great keeping it midair, but when it came to landing, I crashed it into the ground. Oops!

Elissa "Ella" Lynne Chau 8/11/24
Tech Trek Camp



Photo courtesy of
AAUW WA State



AAUW Highline Branch Meeting

Date & Time: **September 12, 2024, from 10:00 am to noon.**

Location: Normandy Park United Church of Christ, Fireside Room.

Our speaker will be Lynda Isernio, Umpqua bank manager in Burien. Her subject will be "Financial fraud and how to avoid it". You won't believe the stories she has to tell! Again, harmony, this time in the pocketbook.

*****Please RSVP to Mary Kay Ault at 206-772-4156 or marykayvault@msn.com**



AAUW-WA In-Person Meeting on October 19, 2024

"Telling Our Stories" Is our first IN-PERSON event in over four years.

For the first time in years, AAUW members from around the state will have the opportunity to get together to hear inspirational speakers, share ideas and experiences, and have some fun.

Saturday, October 19, 9 a.m. to 4 p.m. at Renton Technical College

Cost is \$40 per person which includes a box lunch, coffee, tea, and snacks. We'll view the film [Arise Firebird](#), hear women of achievement telling their stories, and learn from other AAUW WA members.

The Keynote Speaker: April Sims, President of The Washington Labor Council.

Program also includes

- Viewing the film [Arise Firebird](#), a documentary celebrating the resilience and empowerment of women and BIPOC professionals in the workplace. Q&A to follow the film.
- Welcome and remarks by [Dr. Yoshiko Harden](#), RTC president. Personal stories of women in the trades.
- We want to hear your stories! There will be time to tell them in the breakout sessions.
- Door prizes and plenty of time to socialize.



AAUW-WA has offered funds to help members who may need financial assistance to attend the meeting.

More details will follow in the Evergreen Leader and AAUW-WA online

Highline Branch Member News



to our new member, Betsy Bermel!

"I was born and raised in Brooklyn, NY. Three of my grandparents emigrated from Ireland and I have had the pleasure of visiting my Irish cousins twice. Attended Brooklyn College where I met Tom Bermel. We were married in 1964 and moved to Corning, NY where our 2 children were born. Joel resides in New Braunfels, TX and Maribeth lives in Cornelius, NC. I graduated From Elmira College with a B.S. in English Education. I have taught English, History and Social Studies in several locations as we moved due to Tom's engineering career. I have also worked in Case Assessment of elderly regarding one's ability to remain living alone. I have lived in Pennsylvania, New York, New Hampshire, Oklahoma, North Carolina, Oregon and Washington. I am an avid reader and miss my former days as a hiker, birder and traveler." *Betsy*



"Rest in Peace and Rise in Glory: Kaylene Moon"

*"Dear Ones of St. Columba's,
I am sad to write and let you know that our beloved elder Kaylene Moon died on June 12th. I had the great pleasure to have been with her earlier that evening to discuss our upcoming adult formation on the Israeli/Palestinian conflict. She was as passionate and compassionate as we all know her to be and I feel it such an honor to have spent that time together with her, which encapsulates so much of how she lived her life.*

Kaylene came to St. Columba's in 2018 and has made a huge impact on our community. She was a regular at all the Wednesday evening prayer services, central to our just garden, was the number one reason One Parish One Prisoner ministry was brought to St. C's and was a fierce advocate for all. We were truly blessed by her presence and impact in our community.



Kaylene (left) with Carol Thomas

*I will keep you posted as plans develop to honor and celebrate Kaylene's life. Please keep her children, grandchildren, and all her family and friends who love her in your prayers.
With care and sadness, Meghan"*

Remembering Kaylene Moon

"When I first joined the Morning Book group, Kaylene frequently drove me to the meetings because I didn't know the area well. We soon became friends, particularly over our love of the Des Moines Farmers Market. Whatever she did, it was with passion. My last memory was the day Trump was found guilty on 32 counts of mail fraud in NYC. She called me from the supermarket saying "Joanna, you have to come to dinner with me. We are celebrating! And I'll bring wine." And we did."

Joanna Brunso

Georgette Wald (Vikingstad) Valle

Born on Halloween in 1924 on a Minnesota Farm, to George and Emily (Tenold) Vikingstad, Georgette passed away peacefully in her sleep at home on July 10, 2024.

Georgette graduated from Elmore High School, Waldorf College and the University of Minnesota. At the University of Minnesota, she met a dental student working in the cafeteria, Odd Valle. In 1951, she sailed to Norway where she and Odd were married on June 30, 1951, in his hometown of Odda.



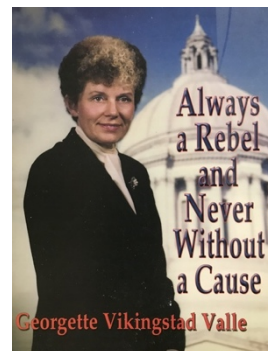
After some deliberation, Georgette and Odd decided to return to the US, to Burien, Washington. After some time at the Burien Garden Apartments, they built a house in Normandy Park. In 1953, Peter was born; and in 1955, Christine.

After managing a state-wide voter registration drive for League of Women Voters in 1950, Georgette decided to run for State Representative in 1962. In 1964, she won her first term in the State Legislature. She served 24 years as a state legislator over a 30-year period. She worked 9 years to pass the state's first non-smoking legislation, the Indoor Clean Air Act.

After retiring as a State Legislator, Georgette served one four-year term on the Burien City Council. She also founded the Environmental Science Center at Seahurst Park. Not yet finished, at the age of 83, Georgette ran for State Senate in Arizona.

Georgette wrote four books, including her Autobiography, "Always a Rebel and Never without a Cause." She swam once or twice a week well into her early 90s and loved playing the organ. She was an active member of many organizations, including the United Church of Christ, Evergreen Democratic Club, Lions Club, American Association of University Women and Daughters of Norway.

Georgette is survived by her children, Christine Goonetilleke, Peter and CoCo Valle; and her grandchildren, Erica and Ameet Sahota, Alicia Goonetilleke, Bryan Goonetilleke and George Valle. Her husband, Odd Valle, preceded her in death in 2012 at the age of 88.



Dedication by the family of Georgette Valle

For more information on Georgette's achievements see:

https://www.seattletimes.com/seattle-news/obituaries/georgette-valle-who-fought-to-ban-indoor-smoking-in-wa-dies-at-99/?utm_source=RSS&utm_medium=Referral&utm_campaign=RSS_seattle-news
Seattle Times

Remembering Georgette Valle

"My mother, Marjorie Arnold, knew her as a member of the Evergreen Democratic Club and in the state legislature when Georgette was a legislator and my mother the intern coordinator. Georgette, my mother said, was a hard-working, determined, assertive legislator with a sense of humor. We can remember and appreciate her many contributions to the people of Washington State and encourage present and future women legislators to follow her example. "

Kathleen Rathbun

"I met Georgette Valle in 1962 or 63 when a neighbor brought me along to a League of Women Voters meeting at a bank community room in Des Moines. Something started a conversation about habits of husbands, and I joined in saying "You have to remember my husband is from Denmark". Then Georgette said, "Well mine is from Norway", and Georgette immediately started to consider me a close friend as our husbands were both Scandinavians. Looking back, I think I became a surrogate for her sister who was younger than Georgette and with whom she had a difficult relationship. We spent many holiday dinners together. Though my family moved from Normandy Park to Sweden, then upstate NY, and finally SE Arizona, the Valles visited especially if there was a Lions Convention within a half days drive. Once we had retired and moved to Green Valley, AZ, Georgette invited herself and Odd for a few days visit. Before they left, Georgette had bought a lot and ordered a house to be built. We became neighbors once again."

Joanna Brunso



Happy September Birthdays to:

Pat Hodges 9/21

Kerry Lohr 9/23

Lynn Smith 9/23

Karen Keiser 9/29

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 – First Friday of the month at 1:00 pm (Zoom)

AAUW Highline Branch Meeting - September 12, 2024, from 10:00 am to noon.

“Financial Fraud and How to Avoid it” - Speaker Lynda Isernio, Umpqua Bank

Location: Normandy Park United Church of Christ, Fireside Room.

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, September 10, 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 – September 29, 2:00 – 3:00 pm, “Visiting, Views & Information on WA State Initiatives” at Ballard Elks Lodge.

Free registration required <https://aauw-seattle.org/events/branch-events>

AAUW -WA will be presenting "Fireside Chats" beginning this fall.

Our first Chat is scheduled for **September 25th and the topic is “The Future of AAUW.”** Links to the Zoom chat will be in the September newsletter and on our website.

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

Saturday, October 19, 2024, 9am to 4 pm - “Telling Our Stories” - at Renton Technical College (RTC)

This meeting will be open to the public. Registration is required.

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 *

September 13, 9:30 am – *Madame Restell*, by Jennifer Wright – Discussion Leader:

Anneliese Ellerton, Hosts: Anita Veltman/Penny Tetter – Wesley Family Lounge

October 11, 9:30 am – *Demon Copperhead*, by Barbara Kingsolver – Discussion Leader:

Carol Mohler, Host: Carol Thomas – Wesley Family Lounge

November 8, 9:30 am – *Against Medical Advice*, by James Petterson & Hal Friedman, Discussion Leader: Eva Parks, Host TBD

December 13, 9:30 am – Holiday Special at Wesley Brownstone Club Room

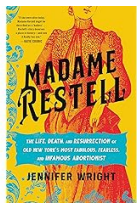
1st Monday - Afternoons at 3:00 pm unless otherwise specified *

September 9, 3:00 pm – *The Hello Girls*, by Elizabeth Cobbs - Host: Mary Kay Ault

October 7, 3:00 pm – *Homegoing*, by Yaa Gyasi – Host Lynn Zachow

November 4, 3:00 pm – *How to Know a Person*, by David Brooks – Host Barbara Sando

December 2, 3:00 pm – *The Bad-Ass Librarians of Timbuktu*, by Joshua Hammer – Host Lynn Smith



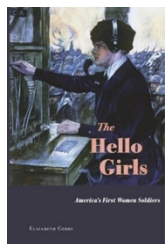
***Madame Restell* by Jennifer Wright**

Discover the true story of a self-taught surgeon and trailblazing figure in medical history—Madame Restell, a revolutionary surgeon who fought for women's rights and healthcare in Gilded Age New York.

An industrious immigrant who built her business from the ground up, Madame Restell was a self-taught surgeon on the cutting edge of healthcare in pre-Gilded Age New York, and her bustling “boarding house” provided birth control, abortions, and medical assistance to thousands of women—rich and poor alike. As her practice expanded, her notoriety swelled, and Restell established her-self as a prime target for tabloids, threats, and lawsuits galore. But far from fading into the background, she defiantly flaunted her wealth, parading across the city in designer clothes, expensive jewelry, and bejeweled carriages, rubbing her success in the faces of the many politicians, publishers, fellow physicians, and religious figures determined to bring her down.

Unfortunately for Madame Restell, her rise to the top of her field coincided with “the greatest scam you’ve never heard about”—the campaign to curtail women’s power by restricting their access to both healthcare and careers of their own. Powerful, secular men—threatened by women’s burgeoning independence—were eager to declare abortion sinful, a position endorsed by newly-minted male MDs who longed to edge out their feminine competition and turn medicine into a standardized, male-only practice. By unraveling the misogynistic and misleading lies that put women’s lives in jeopardy, Wright simultaneously restores Restell to her rightful place in history and obliterates the faulty reasoning underlying the very foundation of what has since been dubbed the “pro-life” movement.

Thought-provoking, character-driven, boldly written, and feminist as hell, *Madame Restell* is required reading for anyone and everyone who believes that when it comes to women’s rights, women’s bodies, and women’s history, **women should have the last word.** (*Amazon*)



***The Hello Girls*, by Elizabeth Cobbs**

This is the story of how America’s first women soldiers helped win World War I, earned the vote, and fought the U.S. Army. In 1918, the U.S. Army Signal Corps sent 223 women to France. They were masters of the latest technology: the telephone switchboard. General John Pershing, commander of the American Expeditionary Forces, demanded female “wire experts” when he discovered that inexperienced doughboys were unable to keep him connected with troops under fire. Without communications for even an hour, the army would collapse.

While suffragettes picketed the White House and President Woodrow Wilson struggled to persuade a segregationist Congress to give women of all races the vote, these competent and courageous young women swore the Army oath. Elizabeth Cobbs reveals the challenges they faced in a war zone where male soldiers welcomed, resented, wooed, mocked, saluted, and ultimately celebrated them. They received a baptism by fire when German troops pounded Paris with heavy artillery. Some followed “Black Jack” Pershing to battlefields where they served through shelling and bombardment. Grace Banker, their 25-year-old leader, won the Distinguished Service Medal.

The army discharged the last Hello Girls in 1920, the same year Congress ratified the Nineteenth Amendment granting the ballot. When the operators sailed home, the army unexpectedly dismissed them without veterans’ benefits. They began a sixty-year battle that a handful of survivors carried to triumph in 1979. With the help of the National Organization for Women, Senator Barry Goldwater, and a crusading Seattle attorney, they triumphed over the U.S. Army. (*Amazon*)

September 2024



Self-Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5 <i>Int'l Day of Charity</i>	6 Board Meeting 1 pm <i>Read A Book Day</i>	7
8 <i>Int'l Literacy Day</i>	9 PM Book Group 3pm	10 Seattle Coffee Group 10am	11	12 Highline Branch Meeting 10am-12pm	13 AM Book Group 9:30 am	14
15 Day of Democracy	16	17	18 <i>Aids and Aging Awareness Day</i>	19	20	21  Pat Hodges
22 Start of Fall	23  Kerry Lohr Lynn Smith	24	25 <i>AAUW-WA Fireside Chats- Zoom</i> <i>Nat'l Daughter's Day</i>	26 Nat'l Pancake Day	27	28 Nat'l Son's Day
29 Seattle Branch Meeting 2-3pm  Karen Keiser	30					

AAUW Highline Branch Newsletter
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*Ask not what rights your
great-grandmothers gained for you,
but what rights you can gain
for your great-granddaughters.*

Randi L. Sims

<https://nsu-fl.aauw.net/>

Statement inspired by JFK