



Highline Branch – September 2025 Newsletter

Serving Highline & South King County Area of Washington State

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

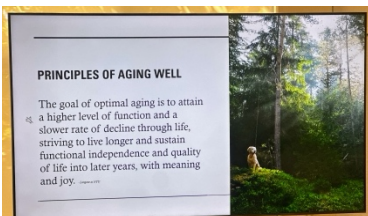
ADVOCACY FUND (LAF) works to combat sex discrimination in higher education and the workplace.

Highline AAUW theme is "Participation & Engagement"



End of Summer Branch Meeting – August 16, 2025

In addition to celebrating our honorary and lifetime members, guest speaker Christina Coulter, nurse practitioner, gave an interesting and informative presentation on "Aging and Caregiving". This was followed by an open discussion and Q & A session.



"Introduction: my background, how I came to geriatrics and caregiving research, and my current work.

Principles of aging well: current evidence in the field of geriatrics for optimizing physical and cognitive health in later life

Strategies for resilient caregiving: brief epidemiology of caregiving and the role of care partners, skill building and support strategies for caregiving, as well as strategies to balance caring for a spouse or loved one while caring for oneself." Christina Coulter



Honorary lifetime members, Kay Crane, Gwen Koch, Elise Stratton and Carol Mohler, as well as lifetime members, Linda Hagen, Sharon Feucht and Kerry Lohr, received gift bags and flowers. It was a delightful event, and the theme "Participation & Engagement" was truly relevant.



Hosted by



Open Branch Meeting

Date: **Saturday September 20**

Time: **11:15 am**

Location: **Des Moines Library Meeting Room - 21620 11th Ave S, Des Moines, WA 98198**

Agenda: Welcoming branch members and introducing visitors.

Guest speaker: Vicci Rudin from League of Women Voters, Seattle Branch (LWV - Seattle)

Program: Comparing the histories of the LWV and AAUW and relevant events such as founding of the National Woman's Suffrage Association, the National Women's Party, and founding of LWV in 1920)

Review the current LWV and its mission.

Then discuss our collaboration for Candidate Forums and how we can all participate (see box below).

Follow the theme of Participation and Engagement!

Refreshments will be available!

Please call Mary Kay Ault at 206-772-4156 or email marykayault@msn.com to let her know you would like to attend. Also, do invite your friends.

PARTICIPATION OPPORTUNITY

Dear Highline AAUW members,

Our branch is one of the sponsors of four candidate forums planned for this fall prior to the elections. The lead sponsor is the League of Women Voters of Seattle-King County. The others are the King County Library System and the Special Needs PTA. The four evening meetings are intended to showcase candidates for the Highline School Board, the Burien City Council, the Des Moines City Council, and the 33rd Legislative District.

Highline School Board is the first forum, on September 30, 6:00-7:30pm at Burien Library, 2nd floor.

Burien City Council is next, on October 7, 6:00-7:30 pm, also at Burien Library, 2nd floor.

Des Moines City Council is on October 14, 7:00-8:00 pm at Wesley in Des Moines.

33rd Legislative District is also on October 14, 8:00-9:00 pm at Wesley in Des Moines.

The format will give each of the candidates for contested positions an opportunity to speak and to answer questions. The public will have the chance to ask questions of the candidates, with members of the League and perhaps AAUW monitoring microphone use. Candidates for uncontested positions will be invited but because of time constraints will not have speaking opportunities.

We have the opportunity to suggest questions for the candidates. Our questions, along with those from the other sponsoring groups, will be considered by the planning committee so we cover a wide range of citizen concerns without duplication.

What would you like to have asked? What are your concerns?

Please think it over and send your questions to me at gandkcrane@msn.com by September 20.

I'll forward your questions to the planning committee.

Many thanks,
Kay Crane

New Interest Groups & Ideas



New Cuisine Club by coordinator Mary Kay Ault

Lynn Zachow graciously hosted the first of the new season cuisine meeting on August 20, 2025. It was a delightful occasion, attended by twelve members (including spouses and partners). The food was delicious! Lynn provided the main course, Chicken Paprikash (see recipe below).

Other dishes included: Marinated cucumbers in sour cream, borscht, cinnamon dessert bread and horn cookies, accompanied by red and white wine and other beverages.

Everyone had a great time and the weather was perfect!



CHICKEN PAPRIKASH

INGREDIENTS

3 lbs. chicken, disjointed (I used boneless thighs)
1/4 cup vegetable oil
3 tsp paprika
1 tsp. salt
1/2 cup chicken broth

1 cup sour cream*

DIRECTIONS

1. Brown chicken in oil. Add seasonings and chicken broth.
2. Cover and cook over medium-low heat about 30 min.
3. Remove chicken, blend sour cream into drippings. Pour over chicken.
4. Serve on hot noodles or dumplings (see recipe below).

* I used Violife 100% dairy free sour cream alternative.

DUMPLINGS

INGREDIENTS

3 eggs
2 cups flour*
Milk*
Salt

DIRECTIONS

1. Combine all ingredients until thick.
2. Add to boiling water by scraping out edge of bowl with a spoon. Boil a second time.

* I used Bob's Red Mill gluten-free baking flour and Healthier Comforts instant lactose-free milk
(by Lynn Zachow)

Mary Kay Ault will keep you posted on future meetings.



New Discussion Group

Mary Kay sent an email suggesting a possible book/movie discussion group.

"Just before the pandemic, I joined a book-to-movie club put on by Moira MacDonald, a movie critic at the Seattle Times. We would read books at home, and then gather at a local theater to watch the movie made from the book. After the movie there would be a discussion.

I have been thinking that it might be fun to create our own book-to-movie group. I'm not sure exactly how it would work — we could read the book and watch the movie at our own homes, and then get together somewhere to discuss them. We could read the books at home and then go to someone's house and watch the movie together. The details need to be ironed out, but it seems like it might be fun to try. This could be done within our existing book clubs by choosing maybe one book per year that we would also watch the movie for, or it could be a stand-alone group on its own.

Is anyone else interested in giving this a try? Let me know!" Mary Kay

Several branch members have shown interest in participating in this group and have offered many ideas. Stay tuned for more details.....

Please mark your calendars!

Highline Branch Meeting - October 24 - Time 1:30 or 2:00 pm

Location: Normandy Park United Church of Christ

Theme: Participation and Engagement. What do members participate in?

See below and send us your feedback:



What are your favorite AAUW activities or programs? _____

Any suggestions for future AAUW Highline programs or activities? _____

Would you be interested in any of the following: Art, film or music groups, visits to local museums, gardens, walking tours, special excursions? _____

Are you interested in continuing our Cuisine/Culture group? _____

Please offer your ideas. We would love to get your feedback.

Please email Anneliese at ellerton13@gmail.com with your feedback. Thanks!



Highline AAUW sponsored three girls, Kaylie, Amani and Zoe to attend the 2025 Tech Trek Camp. They were all from Meeker Middle School near Panther Lake in Kent.

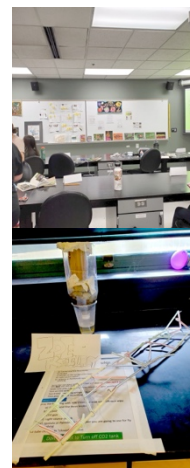
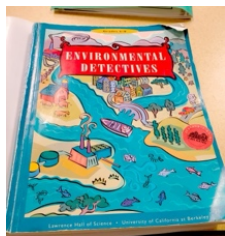
“Members from the Seattle Branch and I visited the 2025 Tech Trek Camp at PLU on July 17th. The Tech Trek Camp was successful with 107 campers, seven counselors, seven core classes and three field trips. Krislyn Davis was the Camp Director, and she managed all the administrative activities as well as the on-site administration. We had two campers who completed the week.



Zoe took the CORE class “Engineering Exploration.” When I visited, the class was designing small cars that could travel five feet or more, powered by a balloon! After they tried out their cars, they discussed what they learned and how they might design them differently. They also had a video on Industrial Engineering, the optimization of efficiency!

Amani was in the “Pollinators Uncovered” class which was a new offering. She liked it because she was raising caterpillars at home!

Other classes I visited were “Environmental Detectives” with a problem of ‘why were the fish dying’ and “Fun with Physics” studying molecule density with heat/cold applications, “Marine/Environmental Biology” where students were learning about a small fish and its properties, and “Thinkabit Wearable Tech” in which two small groups were designing an alarm watch and the other an anxiety indicator.



Overall, the campers were continually active and involved. Staff reported that good friendships were being formed well!”

Submitted by Emily Hitchens

Letters of Thanks from our Girls

Dear Highline Branch, thank you for making it possible for me to attend Tech Trek. I really have been enjoying my experience at Tech Trek. I have dissected animals, learned about pollination, made Art, and formed new connections. Again, thank you for helping me attend Tech Trek. I have had a wonderful experience at this camp.

Sincerely, Amani Carter

Dear Highline AAUW Branch. Thank you for selecting me to Tech Trek. I really appreciate this wonderful opportunity to be able to come to camp this year.

Sincerely, Zoe Floresca



AAUW HIGHLINE BRANCH BOARD MEETING MINUTES August 1, 2025

The meeting was called to order by Kay Crane at 10 a.m. Those present: Emily Hitchens, Anneliese Ellerton, Teri Riordan, Mary Kay Ault, Jean Munro.

Plans for the August 16 meeting at 2 p.m. at Wesley Gardens were finalized. Christina Coulter, ARNP, will be the main speaker, on ageing and caring for the elderly. Life members and honorary life members will be honored.

September meeting, tentatively, on Sept. 13, Saturday, at 2 p.m., with a speaker from the League of Women Voters. Kay will follow up with LWV. Emily will check availability of the Des Moines Library instead of Wesley. Members need to know to submit questions for forums for the fall. Kay will write something and send it to the board members for comment. Anneliese is preparing flyers for the forums and will need help with printing and distribution. The planning group will meet on August 19. *(Update: Meeting date changed to September 20)*

Emily will be looking toward to thank-you notes from the Tech Trek members we supported. Teri will check our finances as to whether we need to fund-raise for next year.

Possible October meeting on Participation and Engagement, perhaps October 17 or 24. What do members participate in? Perhaps at Emily's daughter's church, perhaps at Wesley. Time suggestion is 1:30 or 2 in the afternoon. *(Update: Meeting date to be October 24)*

Jean suggests "Trunker treat" in Des Moines for Halloween, where a decorated vehicle passes out candy and AAUW flyers.

Cuisine Club is meeting at Lynn Zachow's home on August 20th.

Mary Kay will send out information on possible "read the book, see the movie" group.

At State president's meeting, one person mentioned an "out to lunch" opportunity. Ask in newsletter if anyone is interested.

November meeting will cover December as well. Board members will send out holiday cards and tea bags as usual.

Our website needs attention. Will Lynn Zachow and Anneliese handle it between them? *(Update: Anneliese and Mary Ross are working on the site improvements)*

Next board meeting Thursday, September 11 at 1 p.m. on zoom.

Respectfully submitted,
Kay Crane

Highline Branch Leadership Team

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Anneliese Ellerton,
Lynn Zachow, Jean Munro

Highline Branch Member News & Announcements



Molly Jean Nordhaus Cone
October 17, 1928 – July 6, 2025

Washington - Molly J. Nordhaus Cone, a joyful adventurer with a beautiful voice and a big heart, passed away peacefully on July 6, 2025, in Burien, Washington, surrounded by family. She left behind a world brighter and more colorful for having known her.

Music was her lifelong joy. She sang in choirs, loved the Seattle Opera and Symphony, and in her 80s picked up the ukulele. Even in her 90s, she serenaded her neighbors at Wesley Homes with her beautiful voice.

A longtime member of Des Moines United Methodist Church and a lifetime member of AAUW, Molly championed education, music, and community. (The Seattle Times/Obituaries)

Molly Cone: Long-time AAUW Advocate and Adventurer – by Lynnette Smith (AAUW February 2022)

Molly Nordhaus Cone was born in 1928 in Chicago, Illinois. Daughter of an advertising manager and writer, she has since developed lifelong pursuits in education, travel, opera and music appreciation, sailboat cruising, hiking, outdoor adventure, and letter writing. An encourager with a big-hearted smile for everyone, she has lived a life marked by adaptability, humor, service and adventure.



Happy memories of our dear friend Molly (left in picture) at our branch meeting in May 2025 when we celebrated Molly Cone's long awaited Honorary Lifetime membership award.
Molly was so special!

If you know of anyone who needs some well wishes or cheering up, please let us know so we can send a card.



Happy September Birthdays

Pat Hodges 9/21
Karen Keiser 9/29

Kerry Lohr 9/23

Lynn Smith 9/23

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



Thursday, September 11 at 1:00 pm: Highline Board Zoom Meeting

Seattle Branch invites you: Saturday, September 13, 9:30-11:30 am

Creative AI: Deepfakes & More with Delight Roberts

Location: Madison Middle School library West Seattle

Hybrid event. Registration required: RSVP@aauw-seattle.org

For more information on Seattle events, visit the website at www.aauw-seattle.org

Branch Meeting: Saturday, September 20, 11:15 am

Location: Des Moines Library Meeting Room - Welcome members and visitors.

Guest speaker: Vicci Rudin, LWV-Seattle. Topics regarding history of League of Women Voters and AAUW.

Upcoming Candidate Forums in Burien and Des Moines and how members can volunteer.

Theme: Participation & Engagement

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



AAUW of Washington: Fall in-person meeting at Heritage University in Toppenish, WA

Saturday, September 6, 2025. For details and registration visit the website at <https://aauw-wa.aauw.net/>

WA Online Branch: **Panel presentation on Title X, September 17, 2025, 5:30 pm - 7:00 pm PST.**

For details and registration visit the website at <https://aauw-wa.aauw.net/>

October 24 Branch Meeting "Participation & Engagement" (See page 4 for details).

Open Position for Board Secretary – We Need Your Help!

The Board is looking for a branch member who is willing to contribute just a few hours of her time a month.

Duties of the secretary are recording and keeping minutes of all board, membership, and special meetings.

The secretary shall also facilitate and promote the purpose and mission of AAUW.

Please contact Kay Crane at gandkcrane@msn.com or call her at 206-242-0605 if you would like to help.



Morning and Afternoon Book Group Discussion Meetings

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

September 12, 9:30 am - *Remarkably Bright Creatures* by Shelby Van Pelt, Discussion: Kerry Lohr,

Host: Mary Kay Ault

October 10, 9:30 am - *Unfinished Love Story* by Doris Kearns Goodwin, Discussion: Pat Hodges,

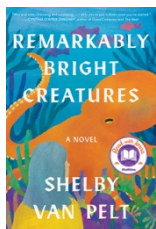
Host: TBD

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

September 8, 2:30 pm - *On Call: A Doctor's Journey in Public Service* by Anthony Fauci, Host: Anneliese Ellerton

October 6, 2:30 pm - *That Librarian: The Fight Against Book Banning in America* by Amanda Jones, Host: Lynn Zachow

***Remarkably Bright Creatures* by Shelby Van Pelt**



Remarkably Bright Creatures, an exploration of friendship, reckoning, and hope, tracing a widow's unlikely connection with a giant Pacific octopus.

After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago.

Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium.

Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors--until he forms a remarkable friendship with Tova.

Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.

Shelby Van Pelt's debut novel is a gentle reminder that sometimes taking a hard look at the past can help uncover a future that once felt impossible. (Goodreads)

***On Call: A Doctor's Journey in Public Service* by Anthony FauciFauci**



The memoir by the doctor who became a beacon of hope for millions through the COVID pandemic, and whose six-decade career in high-level public service put him in the room with seven presidents

Anthony Fauci is arguably the most famous – and most revered – doctor in the world today. His role guiding America sanely and calmly through Covid (and through the torrents of Trump) earned him the trust of millions during one of the most terrifying periods in modern American history, but this was only the most recent of the global epidemics in which Dr. Fauci played a major role. His crucial role in identifying HIV and bringing AIDS

into sympathetic public view and his leadership in navigating the Ebola, SARS, West Nile, and anthrax crises make him truly an American hero.

His memoir reaches back to his boyhood in Brooklyn, New York, and carries through decades of caring for critically ill patients, navigating the whirlpools of Washington politics, and behind-the-scenes advising and negotiating with seven presidents on key issues from global AIDS relief to infectious disease preparedness at home. *On Call* will be an inspiration for readers who admire and are grateful to him and for those who want to emulate him in public service. He is the embodiment of “speaking truth to power,” with dignity and results. (Goodreads)

AAUW Highline Branch Newsletter
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AAUW-WA supports diversity, equity, inclusion, accessibility, and academic freedom in Washington state colleges and universities.

“AAUW will not stand silent while these rights are stripped away behind closed doors or buried in bureaucratic budgets.”

AAUW Press Release
“100 Days of the Trump Administration”