



Highline Branch – November 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”

Why November is Called November?



November is special for its major holidays, seasonal changes, and awareness months. It is home to Thanksgiving in the U.S. and Remembrance Day/Veterans Day internationally, and it marks the start of winter in the Northern Hemisphere. The month also features a variety of observances, such as Native American Heritage Month and National Novel Writing Month.



Thanksgiving is a day to spend time with family, eat good food, and give thanks to the people who have helped you in the past year. Although the traditional story of the first Thanksgiving includes Pilgrims settling on Plymouth Rock and celebrating the first harvest with the

Wampanoag Tribe, many of the stories we have been told generation after generation are not accurate. Here are four myths about Thanksgiving and what happened.

Myth: Thanksgiving has been celebrated since the first feast in 1620.

Reality: Firstly, the inaugural Thanksgiving was actually held in the Fall of 1621, a year after the Pilgrims landed in the Americas. Secondly, Thanksgiving didn't become an annual tradition until the 1800s when Sara Josepha Hale, a magazine editor, learned about the story and lobbied five US Presidents to make it an annual holiday. President Abraham Lincoln finally made Thanksgiving a federal holiday in 1863.

Wampanoag leader Ousamequin by Sculptor Cyrus E. Dallin (1861-1944). - Self-photographed, Public Domain.



Myth: The Wampanoags, a Native American tribe, were welcoming and friendly towards the Pilgrims.

Reality: It wasn't exactly a 'friendly' relationship; the Wampanoag leader, Ousamequin, established a connection with the Pilgrims to protect his tribe from his adversaries. The Europeans had brought new diseases to the Americas, which killed millions of Native Americans across the continent. It has also been theorized that the Native Americans were not actually formally invited to feast with the Pilgrims. Instead, Wampanoag soldiers went to investigate the celebratory gunshots they heard because they thought the Pilgrims were under attack.

Myth: The Pilgrims taught the Native Americans about Thanksgiving.

Reality: This part of the story of Thanksgiving stems from the ideas of Manifest Destiny and white savior sentiment. Before the Europeans settled in the Americas, Native Americans had rich cultures and extremely complex societies. They also already had established traditions of celebrating the first harvests and giving gratitude.

Myth: Tisquantum “Squanto”, a member of the Patuxet Tribe, learned English to help interpret between the Europeans and the Native Americans.

Reality: Although Squanto did play a key role in helping the Pilgrims after the Mayflower landed in North America, the rest of his story is less known. He was kidnapped by Englishmen in 1614 and sold into slavery in Spain. He was sold again and moved to England, where he learned English. After being returned to his tribal land in 1619, he found that everyone in his tribe had died from smallpox. His connection to the Pilgrims began in 1621, and he began interpreting out of necessity. *The Myths of Thanksgiving, By Chrisi West - November 21, 2023*

Branch News & Events

Report on AAUW Highline Branch Meeting, Saturday, October 24, 2025,

by Anneliese Ellerton



Despite torrential rain, a small group, Emily Hitchens, Mary Kay Ault, Kay Crane, Sharon Feucht and myself (not pictured) gathered for an informal, cozy fireside meeting. The theme of the meeting was **Participation & Engagement**, Highline Branch's theme for this year. Emily Hitchens shared some studies that have shown how people who consistently engage with others and participate in activities they enjoy are happier and healthier than those who don't. Members were asked to share their experiences on how activities they were involved in made them feel fulfilled, healthy, and kept their brains engaged. Examples were memberships in clubs/organizations, volunteer opportunities, music/dance lessons, exercise classes, hobbies, etc.

Jane Emerson who was not able to attend the meeting sent this email.

"Being super available to help with our Seattle granddaughters is our favorite way to participate and stay engaged with things. We learn so much in times with them! No wonder older people who don't interact with younger generations seem to live in a different world. These interactions remind us how much we learn from younger generations as well as remind us that so much has also passed by us. Other activity that keeps me engaged is taking time to read - mostly nonfiction, but some fiction too. Discussion of what we're reading with family or friends is always interesting. Gardening gives me extended opportunities to think, ponder, and make decisions. I really enjoy getting something tangible accomplished while mulling things over or just reflecting on memories and plans. The same is true for time I spend doing crafts like making pressed flower stationery or putting together seasonal decor for our home and our daughter's home and her dental office. Another favorite way I express creativity and engage is by writing exercises for our granddaughters which help them learn correct use of vocabulary words and punctuation. This often gives us occasions to discuss life changes, challenges, and options as well as the consequences of their choices, what is going on at school, and what has made them laugh or be especially kind to someone that day. My husband Mike and I frequently recognize out loud that we are slower than we used to be, but how fortunate we are to daily interact with people we love and are still able to do the activities we do."

Participating members shared some of their own experiences on participation and engagement.

Mary Kay shared an article about the benefits of an active lifestyle for seniors to ward off dementia, heart disease, even cancer. Studies showed that social involvement with others resulted in happier, physically and mentally healthier individuals. She mentioned some of her own activities such as bicycling with her spouse, tap dancing, reading, discussion clubs, joining Friends of the Library and some political activities.

Emily reflected on her whole life in the field of nursing, training future nurses, chairing various associations as well as her current presidency of AAUW WA state. Other activities included dance clubs which she attended in past years, as well as hiking with her partner.

Kay talked about her love of books, writing, historical research and music. She had played the flute in earlier years. Since then, she had been fully involved with Jewish family traditions, working as a school librarian and educating her three sons, whose successful careers are proof of her excellent parenting. She is also an excellent cook!

Sharon gave an overview of her life and career in pediatric special care training, leadership and church activities. Her interests include consulting and volunteering for issues of justice, developmental child programs as well as attending book and music groups.



AAUW HIGHLINE BRANCH BOARD MEETING October 9, 2025

The meeting was called to order at 1:00 p.m. by Co-President Kay Crane.
Those present: Kay Crane, Emily Hitchens, Anneliese Ellerton and Mary Kay Ault
Teri Riordan was not able to attend but emailed her financial report to the board.

October 24 meeting at Normandy Park UCC Church, 1:30 p.m. Members will share participation ideas and activities. RSVP to Mary Kay so we can plan food.

Current plans for the new book/movie study group are to read the book and watch the movie at home, and then meet for discussion. Mary Kay, Lynn Zachow and Liz Zietz are planning together.

The Cuisine Club will meet at Mary Kay's on October 29. Ten or twelve members are expected to come.

Two of the candidate forums with the League of Women Voters have already taken place, with about 50 people at each (more at the School Board one than at the Burien City Council one). Two more are scheduled for October 14, Des Moines City Council and Legislative District 33.

November 21 is a possible date for a November meeting. Kay will call Kerry Lohr about using space at Wesley. The UCC church is another possibility. Current ideas include holiday treats, each person present a favorite book, possible book swap. A possible silent auction to benefit Tech Trek was discussed but was tabled by the board for now.

Membership – Three membership renewals are in the grace period. Carol Thomas is retiring from the branch. Bonnie Verhunce and Vicki Moore are expected to renew. The board may use branch funds to help with renewals.

Anneliese is working on the web site with help from Mary Ross.

No old or new business matters were on the agenda.

Next board meeting date November 7 at 11 a.m.

Respectfully submitted,
Kay Crane



Daylight Savings ends on Sunday, November 2, 2025

Highline Branch Leadership Team

Co-Presidents

Jean Munro 206-579-6035
jeanmariemunro10@gmail.com

Kay Crane 206-242-0605
gandkcrane@msn.com

Finance

Teri Riordan 425-228-7485
teririordan@yahoo.com

Secretary

Open Position

Tech Trek Liaison

Emily Hitchens
206-824-6816
Ameliahitchens95@gmail.com

Membership/Newsletter

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

Social Communications

Mary Kay Ault 206-772-4156
marykayault@msn.com

Public Policy

Kerry Lohr 206-870-4136

State Board

Emily Hitchens 206-824-6816
ameliahitchens95@gmail.com

Mailer

Carol Erickson 206-246-5767
ericksoncarol677@gmail.com

Website & Facebook

Anneliese Ellerton,

Cuisine Club Meeting - October 29, 2025

Hosted by Mary Kay and Jon Ault



Twelve members attended a delicious gourmet dinner meeting at the home of Mary Kay and Jon Ault.

The theme was "Native American foods".

According to Mary Kay, "Obviously, we won't be preparing them the same as they did historically, so perhaps it would be better to say 'foods based on Native American diets'.

We decided to include indigenous foods from different parts of the country. My father's family were registered members of the Lakota Sioux, so

I chose some things from the Midwest — venison, bison, and wild rice, as well as a side dish from the southwest - Succotash made from the "three sisters," and some salmon from the Pacific Northwest."



Mary Kay & Jon, Lynn Zachow, Emily & Lowell, Lynn & Len, Jenny & Ray, Kay & Gary and Anneliese Ellerton (not pictured)



The Three Sisters: Cooking Iroquois-Inspired Succotash

The Iroquois and other Natives planted beans, squash and corn together. These three plants are known as the Three Sisters. The strength of the sturdy corn stalks supports the twining beans. The shade of the spreading squash vines traps moisture for the other crops. The bean roots capture important nutrients needed by the corn. Each plant grows better when with its Sisters.

The Three Sisters are known to the Iroquois as the "sustainers of life" and are considered to be special gifts from the Creator. There are many legends about the Three Sisters. These Sisters should be planted together, eaten together, and celebrated together.

Recipe

3 slices of bacon

(Or 2 Tbsp vegetable oil - I chose to use duck fat)

1 onion, chopped

2 cups squash, cubed

(I chose (butternut squash)

2 cups corn kernels

2 cups canned butter beans (approximately two 15 oz cans, drained)

1 cup water

Salt and pepper

Chop the raw bacon (if using) into pieces and put them into a pot. Heat on high to render the fat. Add the onion and cook until translucent. Add the rest of the vegetables, stirring frequently for 2-3 minutes. Add the water and bring to a boil. Cover the pot.

Cook over low heat for 30-45 minutes, stirring occasionally. Add salt and pepper to taste, and serve. Makes approximately 8 cups of succotash.



NO Kings Rally - Saturday, October 18

AAUW is an official partner

The NO Kings Rally in Des Moines, WA was a peaceful, but not quiet, enthusiastic gathering of around 3,000 concerned citizens and friends. The streets were crowded with supporters carrying banners, cheered on by the honking of horns from friendly drivers passing by. Many of these drivers made the circuit a few times to show their support.



Please mark your calendars!

VOTE - Ballots mailed October 17th, Election Day November 4th

AAUW-WA supports a [YES vote on 8201](#), the constitutional amendment to allow WA Cares (long-term care insurance program) to invest funds similar to public employee benefit funds



Education Empowers Our Members! Free, online “Fireside Chats” Fireside Chats are opportunities to learn and to interact with other AAUW branch members around the state on topics that matter to us.

Tuesday, November 18, 7 pm Pacific time

Changes to Health Care and Medicare in Washington State
Pamela Crone, Puget Sound Advocates for Retirement Action, is our guest speaker. Pamela is a lawyer and PSARA’s former lobbyist. She represented clients in Olympia for 20 years. Her lobbying portfolio

included advocating for the legal rights of women, LGBTQ persons, workers, people with disabilities, and people experiencing homelessness. Pamela developed a legislative and policy externship at the Seattle University School of Law where she was a Distinguished Policy Advocate in Residence. Prior to lobbying, Pam was the Attorney Director of the Unemployment Law Project where she mentored many new lawyers and law students.

Please join us **November 10, 2025**, when Barbara Sando, AAUW-WA Vice president, will share her Community Hub expertise and answer the above questions.

Membership Dues – Renewals – Honorary Lifetime Members?

Join us for tips and answers!

State Membership Zoom Meeting 11/10/25 at 1:30 pm

Join Zoom Meeting

<https://us06web.zoom.us/j/81312331083?pwd=ZE9qTXdXblJyQUI4S0FOK3hmaEZTQT09>

Meeting ID: 813 1233 1083 Passcode: 649306

Interest Groups



Morning and Afternoon Book Group Discussion Meetings

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

November 14, *The Grey Wolf* by Louise Penny, Discussion: Eva Parks, Host: Joanna Brunso
December 12, *The Woman in the Room: A Memoir* by Jane Hastings, Discussion: Vicki Moore,
Host: Christmas Party at Wesley Gardens Lounge

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

November 3 - *Breath: The New Science of a Lost Art* by James Nestor, Host: Kay Crane
December 1 - *The Women* by Kristin Hannah, Host: Barbara Sando



Cuisine Dinner Club

Coordinator Mary Kay Ault

Meetings to be held every two months or as planned by members.

Next meeting scheduled for February. Details will be emailed to members.



New Discussion Group

Update: No formal plans have been finalized at this time.

Back in September, Mary Kay sent an email suggesting a possible book/movie discussion group.

Feedback from some of our members who have shown interest in participating in this group and have offered the following ideas.

Carol Mohler suggested *"1984"* by George Orwell as a good first selection.

~ meet 4 times a year/once a quarter

~ read the book

~ get together to watch the movie - I have no problem with "long movies" i.e., 2-3 hours long, perhaps with an intermission?"

Lynn Zachow: *"I think that meeting quarterly is a good idea.*

If the idea is to read the book, watch the movie, and then have a discussion, I would like to read the book and watch the movie on my own and then meet for a discussion. If there are folks without the access to watch the movie, perhaps several folks can watch together.

I like the idea of taking on "1984" as our first read/movie. Also, "The Thursday Murder Club" just came out on Netflix."

Liz Zietz sent a list of books/movies that she recommends.

Stay tuned for more updates...

Highline Branch Member News & Announcements



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



Leilani Schuh and friend celebrating Halloween



Happy November and December Birthdays

Pat Scott 11/17

Linda Wade 11/26

Carol Mohler 12/29

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

Still 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.

Public Policy/Advocacy Chair

The board is also looking for someone to fill in Kerry Lohr's position as Public Policy/Advocacy volunteer. See description of this position. It should just take a couple of hours of your time a month. We REALLY need you!

Responsibilities:

- Keep current on local, state, national, and international issues of concern to AAUW and call to the attention of the board any seeming to mandate action by the branch.
- Keep current on all public policy issues of particular concern to the Highline branch. Update members on issues related to AAUW's local, state and national public policy priorities and relevant state and federal legislative activities.

Responsibilities to AAUW Washington State (AAUW-WA):

- Be familiar with National and AAUW-WA bylaws, policies, and procedures, and adhere to them as appropriate.
- Maintain regular contact with the AAUW-WA public policy chair by participating in committee meetings.
- Participate in AAUW-WA Lobby Day and encourage branch members to attend.



Thursday, November 7 at 11:00 am: Highline Board Zoom Meeting

December 5: No Board Meeting. Board members to meet at Kay's for greeting cards signing.

Cuisine Club Dinner - February 2026 (TBD) - Greek Cuisine Theme, to be hosted by Lynn Smith and Anneliese Ellerton

Highline Branch Meeting - Friday, November 21 - Time & location TBD - announcements will be emailed

Location: Wesley Gardens or Normandy Park United Church of Christ

Theme: Holiday Treats & books - It's party time!

Federal Way Branch invites you: Saturday November 8, 10:30 am to an Auction

Location: Christ Lutheran Church: 2501 SW 320th, Federal Way

Auctioneer: Diane Lasch

Bring new and slightly used items to the auction.

Seattle Branch invites you: Saturday, November 15 at 10:00 am

Immigration Updates from the Northwest Immigrant Rights Project

Speaker: Jenny Mashek, Directing Attorney, Violence Against Women Act Unit

Online: This program is free, [Zoom registration is required \(this link opens in a new window\)](#).

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

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

"Mark your branch calendar for January 26th our AAUW Advocate! Day.

Appoint a branch advocacy leader to schedule your **Advocate!** appointments with your legislators during the week of January 26 – 30th (virtual or in-person).



AAUW of Washington: For all the latest information, read the Evergreen Leader:

<https://mailchi.mp/aauw-wa.org/august-evergreen-leader-news-and-views-2019?e=a80978e1ba>



Check out our Highline Branch website. It's still in the process of updating, but we'd appreciate your input.

<https://highline-wa.aauw.net>

We are also on Facebook: <https://www.facebook.com/people/AAUW-WA-Highline-branch/100083148625851/?rdr>

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

