

Volume 39, Number 3

<http://aauw-lgs.org>



Grapevine

November, 2007

Los Gatos/Saratoga Branch
American Association of University Women

AAUW General Meeting
Saturday, November 17
10:00 am

Community Room, Saratoga Public Library

Marcia L. Stefanick, PhD

**Women's Health Initiative:
New Findings**

***(Menopausal Hormones for Symptom
Relief versus Diseases of Aging)***



Dr. Stefanick received her PhD from Stanford University in Physiology and her BA from the University of Pennsylvania in Biology. She is a medical Prevention Research Professor at Stanford and a member of the Cancer Center. She is a graduate and fellowship program affiliate in Health Research and Policy: Obstetrics and Gynecology. She has won numerous honors and awards: Fellow American Heart Association, Stanford University School of Medicine Committee on Admissions, Phi

Delta Kappa (International German Honor Society) and a Fellow with the American Heart Association Council of Arteriosclerosis, Thrombosis, and Vascular Biology among others.

Dr. Stefanick is Principal Investigator of Stanford's Women's Health Initiative Center which is following 3,900 women 60 to 90 years of age who have participated in the WHI diet, hormone, or calcium/vitamin trials. She has published many articles on her topics of research and interest.

Come, welcome, and hear this very informative speaker!

Message From the President

Health Care is one of the major issues facing our country today. Newspapers, magazines, television programs, and candidates running for the presidency all have something to say about this vital issue.

On Tuesday, October 7, 2007, the *New York Times* had three articles on various aspects of Health Care. They were:

- 1) Screening—Testing Early for Cholesterol
- 2) Perceptions—Study on Hormone Risks Fades as Years Pass By
- 3) Doctor's Gender May Be Factor in Heart Diagnosis

Dr. John McKinlay, who is head of the New England Research Institute in Watertown, Massachusetts, said the study on Doctor's Gender offered a new way to look at the disparities between men and women in

treating coronary heart disease. "A lot of the time," he said, "health disparities have been explained by characteristics of the patient—race or economics, women versus men, older versus younger. But here the variability is explained by characteristics of the doctor."

On Saturday, November 17, we have the opportunity to hear Marcia L. Stefanick, PhD, who is the Principal Investigator of Stanford's Women's Health Initiative (WHI) Center, which is following 3,900 women, 12% minority, 60-90 years of age, who have participated in diet, hormone or calcium/vitamin trials, or a study of natural aging since 1995.

Several of you may be participants in this study. I urge all AAUW members to attend and bring your friends to this interesting meeting.

After all, it is your health.

Gladys Armstrong

Gifts for Teens

As we enter this month of giving thanks, let's also remember those in our community who may have less for which to be thankful. **Gifts for Teens** members are actively seeking fun and useful items to fill holiday tote bags for girls and duffle bags for boys. These will be distributed to teen clients of Sacred Heart Community Service, the Bill Wilson Center and Life Builders – Emergency Housing Consortium. Our goal this year is to provide 1,300 gift bags, with your help!

Donations of small new items for teen girls and boys including cosmetics, toiletries, t-shirts, gift certificates, toys and games, scarves, mittens and caps, etc. are welcome. Businesses often donate surplus promotional items included in the bags. Items should be left at AAUW, 1165 Minnesota Avenue, San Jose. Please label them with "Gifts for Teens," and include your name and the estimated value of the donation.

Cash donations are used to purchase additional items at discounts. Some companies offer matching funds, so if you know of any, please ask them to help. Checks should be made payable to ISPF-AAUW and mailed to Janet Fant, GFT Treasurer, 6001 Burchell Court, San Jose, CA 95120 or left on the desk at Headquarters.

Volunteers to fill the totes and bags will also feel the joy of giving. Assembly will take place on December 11 through 15 at Sacred Heart Community Service, San Jose, at the corner of Alma and First Street. To schedule your hours, contact Cheryl Markman at (408) 578-8315 or email cherylmarkman@hotmail.com.

Please do not hesitate to contact Elaine Benoit at 408-268-9654 or email at ebenoit@pacbell.net if you have any questions about this most worthwhile project.

Cheryl Markman

Cookie bakers for Lisa Maatz event

Thank You for Being Wonderful!



Gladys Armstrong
Peggy Corr
Pat Dalcher
Pat Khan
Linda King
Sarah Model
Louise Quenon
Terri Raynaud
Sumi Tanabe
Pat Weber
Jean Wenberg

Your help, expertise, and tasty morsels are mightily appreciated!

Margaret Bard

BRANCH COMMITTEE INFORMATION

Committee on Homeless Women and Children

At its October 9 meeting, the guest speaker was Julia Burkhead, Program Manager for Women and Family Services, InnVision. Julia spoke about the Villa, the transitional housing for women and children. There are 8 single women and 15 families living at the Villa. These women face many barriers which keep them from permanent housing: lack of education, garnishment, emotional abuse, and others. The Villa offers various programs that help the women seek employment, dress for interviews, write resumes, and attend group counseling. Most of the women at the Villa stay 12-15 months. Children are assisted with their homework. Two examples of success stories are: one woman who had two small boys and was pregnant with another child. She lived at the Villa with her children, participated in the CalWorks Program, and worked at a fast food restaurant but soon was promoted. She is currently working at Cisco and is in a permanent housing. Another woman living at the Villa was able to get a good job in customer service and was promoted. She is now living in a new apartment.

Julia also summarized the programs under InnVision. There are 20 sites in the Santa Clara and San Mateo Counties. InnVision's goal is to end homelessness.

New Members of the Homeless Committee – A warm welcome was given to new members, Carol Toppel (who joined last month), Suzanna Palmer and Jo Anne Harriman. We were delighted to have them join our committee.

The annual Thanksgiving Brunch will be held at the Georgia Travis Center on November 15.

Gifts Needed for the Holiday Brunch – December 13 – Georgia Travis Center. Nancy Anderson will chair the annual holiday brunch. Branch members are asked

to donate gifts to be given to the women on December 13. Items that are appreciated: jewelry, makeup, fancy socks, sweatshirts (size large and extra large), gloves. Please let Nancy Anderson know if you wish to donate. Her number is 867-4383. The Homeless Committee members at the December 11 potluck meeting will wrap the gifts.

Jewelry Needed for the English Tea – March 8, 2008 – West Valley College Campus Center.

Again, we are asking Branch members to donate jewelry they no longer want. Please contact JoAn Lambert at 867-6237. We wish to acknowledge the donation of many pieces of jewelry from Branch member Laura Sternberg from her mother's estate. Her mother was a life member of AAUW, Memphis, Tennessee. Laura's cousin, Mildred Schiff, did a wonderful job in sorting, organizing and packaging the jewelry. The jewelry will be part of the silent auction at the English Tea. Thank you, Laura and Mildred!

Sumi Tanabe

EF Celebrates its 50th Anniversary

As a member of the Los Gatos-Saratoga branch of AAUW, you received a letter asking for a contribution to the Educational Foundation of AAUW. While its name suggests a support of education, there are many approaches to this overall goal.

Some of the specific programs within EF are noted here. On the donation form, you have a choice of how you would like to direct your contribution. Grants for individuals completing an advanced degree are made from one of many endowments. These are usually composed of a modest donations from a large number of individuals in honor or memory of a woman who made a significant contribution to AAUW. For example, we are working on completing an endowment honoring

Marie Wolbach who played a significant role in developing the Tech Trek summer camps at Stanford and other universities. When completed, each year a woman will be named a "Marie Wolbach American Fellow" and her fellowship will be funded from that endowment. It currently takes \$200,000 to complete an endowment and it must be completed before scholars receive grants from that endowment. If you wish your donation to go towards that goal, you would check "American Fellowships" on your contribution form. Other projects under the EF umbrella are noted below. For more information go to www.aauw.org/ef.

American Fellowships support women doctoral candidates completing dissertations and scholars seeking funds for postdoctoral research leave or for preparing completed research for publication.

International Fellowships are similar to the above category, but they support international students.

Career Development Grants support women who hold a bachelor's degree and are preparing to advance their careers, change careers, or re-enter the work force.

Community Development Grants are for projects in the local community that promote education and equity for women and girls.

Selected Professions Fellowships are for women who pursue study in areas that have traditionally low participation by women such as architecture.

University Scholar in Residence Award funds a female scholar to conduct a research project on issues related to gender equity in education and/or economic security for women and girls.

And there are a number of specific awards. EF is a large undertaking, but with generous contributions from members like you, we CAN make a difference.

Tina Hubbard

Equity for Women

Many of AAUW's most successful initiatives — such as the publicity and transformative impact of *How Schools Shortchange Girls: The AAUW Report (1992)* and the implementation of *Sister-to-Sister Summits* — were developed as national undertakings that drew from both Foundation and Association resources and were implemented by local branches and other community partners across the country.

With this best practice model in mind, the new theme was developed by a team of AAUW staff who collaborated with board representatives from both the Educational Foundation and the Association.

Why Education as the Gateway to Women's Economic Security?

According to research from a wide variety of sources, economic security is one of the top issues of interest and concern for all women. This topic's crosscutting appeal transcends demographic differences with high interest levels among AAUW members and nonmembers, spanning age, race, income, and regional differences. Moreover, it is perceived as a broad and timely issue that engages a diverse population of women at the local level with great potential for national and international results.

This theme has particular relevance for AAUW, as we reflect on and celebrate the tremendous progress of girls and young women in education over the past 20 years — much of which has been directly influenced by the research and advocacy work of the organization. Clearly, gender equity issues remain in the K-12 arena and into the college level, including the pervasive problem of harassment in

schools and the continued need to support girls' early participation and advancement in science and technology. The reality, however, is that girls are now faring as well as boys by most measures of educational achievement. As the leader in education and equity for women and girls, AAUW must refocus its efforts to play an integral role in ensuring that the school-based achievements of recent decades translate into lasting, lifelong equity for women and their families.

As has become abundantly clear from recent research, including *AAUW's Women at Work (2003)* and the web-based *Gains in Learning, Gaps in Earning (2005)*, women today are working more than ever yet remain crowded in undervalued, lower-paying occupations with fewer benefits for themselves and the children and elderly for whom they often care. Ensuring equity for women and girls — from pre-K through retirement and at all points in between — has become our greatest challenge.

Great Decisions

Those of you who are interested in participating in Great Decisions 2008 must sign up not later than the end of November.

Although the Great Decisions study groups will not start meeting until February 7, 2008, all those who want to participate must sign up not later than November 30, 2007, so that the study books and DVDs/videotapes can be ordered and thus be available before the start of the first class. The registration fee is \$25 per individual and \$35 for couples who share a workbook. Checks should be made payable to Rosalie Price and mailed to her at 14500 Fruitvale Avenue, Cottage

6110, Saratoga, CA 95070. It is important that you note on your check in which of the three groups listed below you wish to participate.

Great Decisions is sponsored locally by the League of Women Voters, the American Association of University Women, the Saratoga Area Senior Coordinating Council (SASCC), and the Saratoga Retirement Community (SRC). Three separate groupings will be formed and meet as follows: (Group 1) eight bi-weekly sessions held on the first and third Thursdays of each month from 1:00 to 3:00 pm at the SASCC; (Group 2) weekly sessions for eight consecutive weeks from 9:30 to 11:30 am at the SRC; and (Group 3) weekly sessions for eight consecutive weeks from 2:00 to 4:00 pm at the SRC. The first session for each group will begin on February 7, 2008.

Great Decisions is a creation of the Foreign Policy Association (FPA), a "national, non-profit, non-partisan, non-governmental organization founded to educate Americans about significant international issues that influence our lives," according to a League of Women Voters press release. Each year the FPA produces an objective Great Decisions publication covering eight topics with an associated videotape/DVD segment for each topic. These materials provide a common background of knowledge to facilitate each participant's involvement in group discussions. This year's topics will be announced through your organization's newsletters after FPA releases them in November.

Al Stewart

Fundraiser for the Legal Advocacy Fund (LAF) November 17, 2007

Come Prepared to Jewelry Shop for Christmas!

An Independent Jewelry Consultant will display a wide range of Cookie Lee Fine Fashion Jewelry items for sale to help raise funds for LAF. This will take place at our AAUW general meeting on November 17.

We have catalogs available for you to view the jewelry before the meeting. You may also view the online catalog at www.Cookielee.com.

Ordering in advance is an option, if you would like to do so, please contact Alicia Bowman at (408) 605-3197. (Please mention the LAF fundraiser and also that you are a member of AAUW.)

For more details call Sumi Tanabe at (408) 253-6191 or Tina Hubbard (408) 867-1841.

Sumi Tanabe

If you missed her last year, here is another opportunity to see her:

***Gloria Heidi in
"Hollywood's Magic Mirror:
Here's Looking At You"***

Sunday October 28, 2007

1:00 pm – 3:00 pm

Dr. Martin Luther King Library
150 E. San Fernando St. San Jose

**Fundraiser for San Jose's
AAUW Legal Advocacy Fund**

Donation: \$20.00 (tax deductible)

Send reservations and checks, payable to AAUW San Jose Branch, LAF Account to Pamela Dougherty, LAF Vice President, 30 E. Julian Street #301, San Jose, CA 95112.

Building a Harassment-Free Campus

In June 2005, AAUW launched a new programmatic theme, *Education as the Gateway to Women's Economic Security*. As a part of this theme, AAUW is pleased to announce a new initiative in higher education: Building a Harassment-Free Campus.

Sexual harassment is a problem on college campuses nationwide, but many campus professionals and students are confused about what constitutes sexual harassment and how it affects students' educational experience. What do we mean by sexual harassment? How often does it occur, to whom, and at what cost? Where do we draw the line between freedom of expression and the right to a learning environment that is free from bias and harassment?

The **Building a Harassment-Free Campus** initiative draws on an AAUW Educational Foundation research study and expands upon AAUW's prior research and expertise in higher education and sexual harassment. *Drawing the Line: Sexual Harassment on Campus* is a national research study of college students and their experiences regarding sexual harassment on campus. The study looks at a nationally representative survey of undergraduate students – male and female 18-24 year olds, enrolled full- or part-time at a two-year or four-year college or university – and examines the groups' harassment experiences throughout the college campus and these incidents' impact on their educational and college experience.

Why Restructure the Association?

Some members of our Branch have asked why is it necessary for the AAUW to restructure the National Association and the Education Foundation (EF) into one organization. The basic reason is to focus limited resources on accomplishing our mission of advancing equity for women and girls through education, advocacy, and research. At the Association meeting in Phoenix, July, 2007, a detailed explanation of restructuring was provided, but essentially *cost savings* and the *elimination of duplicate efforts* are the primary reasons for the restructuring. In recent years most nonprofits have been forced to similarly reorganize due to economic constraints.

Our donations to the Education Fund (EF) will continue to be tax deductible. EF will still be a 501(c)3 entity that is part of the new organization. Restructuring will save money by eliminating duplicate costs for fund raising, audits, tax filings, board and committee travel expenses, design, and printing of materials and other organizational overlaps. Competition for corporate and individual donations will be eliminated and make the Association financially healthier. There will also be tax savings in transferring assets, such as the Washington DC headquarters to the new Association structure.

By uniting EF and AAUW, it is felt that communicating who we are to the public, donors, and potential members will be clearer and easier. If anyone has questions, please call me. I have more information and materials from the convention that I will be happy to share with you.

Sharon Kelkenberg
Past Branch President

News about IFUW

International Federation of University Women

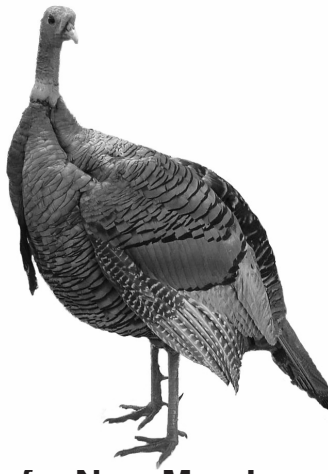
Rita Skillman is a dual member of the Los Gatos- Saratoga Branch and the International Affairs Chair of the San Jose Branch. She attended the IFUW meeting this summer in Manchester England. She reports here on news from the convention:

Many exciting things are happening on the international front! AAUW has formed a new partnership with CARE, a leading humanitarian organization fighting global poverty. Women are at the heart of CARE's community-based efforts to improve basic education, prevent the spread of HIV, increase access to clean water and sanitation, expand economic opportunity and protect natural resources. Check out their website, www.care.org.

CARE and AAUW are sponsoring a short story contest. Share your story about how you were empowered through education, how it changed you, or how a role model changed your life through education. The best story will win the chance to travel to see CARE's work in action! Deadline is November 15, 2007. AAUW has a UN representative—go to www.aauw.org and look in the International Corner.

If your passion is international relations and global issues, a new organization, Women Graduates USA, is forming. I had the opportunity to be at their initial meeting while I was at the International Federation of University Women meeting in Manchester, England this past August. WG-USA will focus on issues such as life long education for women and girls, international cooperation, friendship, peace and respect for human rights. Membership requirements

continued in the next column



Profile of a New Member

Please welcome the following new member to our Branch.

Jo Anne Harriman received her BA at Ohio State U. and her MA from the U. of Tennessee. She has been a school teacher and Stock Broker. She is interested in participating in the Committee on Homeless Women & Children. Another topic that she is also interested in is Women's Health. And she could help our Branch by decorating for special events. Her phone number is 408-354-1978.

Sue Boyd

continued from previous column

include a degree from a four year college or university. This organization will be the United States group that will be affiliated with IFUW. IFUW was formed in 1919 by the leadership of Dean Virginia Gildersleeve (ACA, now AAUW) and others. AAUW served as the US affiliate organization until 2007. More information can be obtained from www.wg-usa.org.

Save the Date

The annual Authors' Luncheon benefiting EF will be held at La Rinconada Country Club in Los Gatos on Wednesday, January 23, 2008. Details and sign-ups will be in the December Grapevine.

Some Turkey Facts

(From University of Illinois Urbana)

<http://www.urbanext.uiuc.edu/turkey/facts.html>

- Ben Franklin, in a letter to his daughter, proposed the turkey as the official United States bird.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- Wild turkeys can fly for short distances up to 55 miles per hour.
- Turkeys can see movement almost a hundred yards away.
- Gobbling turkeys can be heard a mile away on a quiet day.
- The ballroom dance the "turkey trot" was named for the short, jerky steps that turkeys take.
- Turkeys can see in color.
- Turkeys are related to pheasants.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.
- Wild turkeys spend the night in trees. They especially like oak trees.
- Wild turkeys were almost wiped out in the early 1900's. Today there are wild turkeys in every state except Alaska.
- Turkeys are believed to have been brought to Britain in 1526 by Yorkshireman William Strickland. He acquired six turkeys from American Indian traders and sold them for tuppence in Bristol.
- Turkeys will have 3,500 feathers at maturity.
- There are a number of places in the United States named after the holiday's traditional main course. Turkey, Texas, was the most populous in 2005, with 492 residents; followed by Turkey Creek, La. (357); and Turkey, N.C. (269). There also are nine townships around the country named "Turkey."

Sources: United States Census Bureau, National Turkey Federation, British Turkey Federation, United States Department of Agriculture, Canadian Turkey Marketing Association

November 2007 AAUW Calendar

(Calendar items due on the 8th of the month to Mary Ellen Madden @ Lipetska@aol.com)

- 2 Friday** **Travel at 7:30 pm** at The Terraces of Los Gatos in the Main Hall. *The Antarctic & The Chilean Fjords* – Join Pat Khan as she sails to the exciting ice & snow—areas of the Antarctic. Enjoy the penguins and predatory birds, and close-ups of huge icebergs. Then sail to Buenos Aires and up the constantly changing west coast of South America to Santiago, Chile, visiting fjords, glaciers and volcanoes. Chair: JoAn Lambert, 867-6237. Co-Chairs: Pat Khan, 741-1616 & Carol McFarlin, 867-2557.
- 5 Monday** **Board Meeting 4-6 pm** at the Saratoga Fire Station, corner of Saratoga Avenue & Saratoga/Los Gatos Road.
- 8 Thursday** **Hikes and Walks, meet promptly at 9:00 am** in the *Los Gatos Park and Ride*. Woods Road—Sierra Azul Open Space Preserve— nice ramble with some great views. Questions? Call Kay Duffy, 867-0508 or Jane Bishop, 356-7796.
- 10 Saturday** **Gourmet Supper Club.** For more information call Carolyn Laub, 354-1415.
- 13 Tuesday** **Conversation in Spanish 1:30-2:30 pm** at the Saratoga Senior Center, Fireside Room. Anyone who speaks a little Spanish is welcome. Contacts: Sharon Kelkenberg, 867-0588 or Helen Lemmon, 867-0575.
- 13 Tuesday** **Committee on Homeless Women and Children, 7:00-9:00 pm** at the home of Nancy Anderson, 13561 Lomond Ct., Saratoga. For information call Sumi Tanabe, 253-6191.
- 14 Wednesday** **Let's Do Lunch at 11:30 am** at Trevese, 115 N. Santa Cruz, Los Gatos. Hostess: Ginny O'Reilly, 354-1853. Chair: Jean Power, 356-5122. Please call Ginny for reservations. Guests are welcome.
- 16 Friday** **AM Book Review 9:30 am** at the home of Margaret Bard, 4130 Ashbrook Circle, San Jose 95124. RSVP 377-6625. Information: Geri Williams, 296-1939. *gerisjs@aol.com*.
- 17 Saturday** **General Meeting: Women and Health, 10:00 am-12 Noon** at the Saratoga Library Community Room. See front page for details.
- 20 Tuesday** **PM Book Review 7:30 pm** at the Saratoga Retirement Community. Book: *Dubliners* short stories by James Joyce. Reviewer: Tom McCollough, guest reviewer. RSVP: Licia Thomson, 741-7611. Co chairs: Pat Khan, 741-1616 and Marlene Lamb, 356-8441.
- 23 Friday** **Back By Noon Hike—the Day After Thanksgiving! Meet promptly at 9:00 am** in Saratoga *Argonaut Shopping Center*.
- 27 Tuesday** **Conversation in Spanish 1:30-2:30 pm** at the Saratoga Senior Center, Fireside Room. Anyone who speaks a little Spanish is welcome. Contacts: Sharon Kelkenberg, 867-0588 or Helen Lemmon, 867-0575.
- 27 Tuesday** **Film Buffs 7 pm** at the home of Marlene Lamb, 105 Arroyo Grande Way, Los Gatos. Please RSVP to Marlene, 356-8441. Chair: Mary Ellen Madden, 264-4488.
- 29 Thursday** **Trail Clean-Up-Meet promptly at 9 am** in the *Los Gatos Park and Ride*.
- 30 Friday** **Deadline for Great Decisions Sign Up**—Your check and desired session choice must have been submitted to Rosemary Price, 14500 Fruitvale Avenue, Cottage 6110, Saratoga, CA 95070. See related article on page 4 in this issue.

If there are other changes, please send the information to Corrine Rathjens at corinnerathjens@comcast.net and they will appear in the following Grapevine.

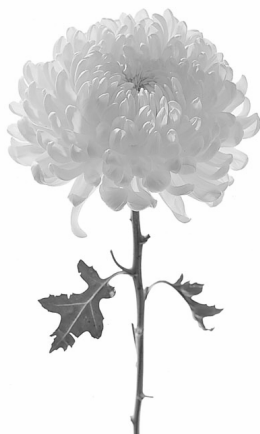
phone: 408-353-2342 (change p. 16)
email: maryolive52@att.net
phone: 408-356-5390 and zip: 95032
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phone: 408-741-7670 (change p. 53 and p. 19)
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email: ag2stewart@hotmail.com (change p. 18 and p. 59)
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Donette Dake
Mary Henderson
Marie Merchant
Mary Pastrone
Rosalie Price
Mary Sessler
Ann Stewart
Helen Wright

Directory Changes
Please change the following in your Directory; these changes are important to the people involved and to you. Thanks.

Los Gatos-Saratoga Branch
American Association of University Women
14014 Pierce Road
Saratoga, CA 95070

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November 2007

The American Association of University Women (AAUW) is California's most active and diverse organization for women offering: action for equity, personal and professional growth, community leadership, and friendships.

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, or disability.

Grapevine Newsletter Editor, Donette Dake (353-2342), Co-Editor, Sarah Model

Distribution: Judy Zaccone. **Final deadline for copy is on the 10th of the month.** Copy to dcdake@yahoo.com

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