



Grapevine Newsletter

January – February, 2024

Upcoming General Meetings – Please Join Us!

No cost to attend. Programs are open to everyone.



Homelessness: Amigos de Guadalupe

Saturday, January 20, 2024

1:30 pm ~ 2:30 pm

Saratoga Library, 13650 Saratoga Avenue, Saratoga, CA 95070

Amigos de Guadalupe helps children and families through interim housing, education, and other programs and services. One of Amigos' core beliefs is that "education is our right and the great equalizer, empowering our children and families to access lifelong opportunities." Amigos' approach is unique among agencies helping unhoused families with a strong focus on education including after-school programs, summer camps, scholarships, and mentorship opportunities.

Artificial Intelligence

Saturday, February 17, 2024
1:30 pm ~ 2:30 pm

Saratoga Library, 13650 Saratoga Avenue, Saratoga, CA 95070



Ajit Barve, PhD, is an engineering manager at Reality Labs (a Meta company), working in the field of virtual reality which relies heavily on Artificial Intelligence (AI). AI is a wide-ranging branch of computer science concerned with building smart machines capable of performing tasks that typically require human intelligence. AI allows machines to model, or even improve upon, the capabilities of the human mind. Ajit will talk about its benefits, its risks and what we need to know about AI.

Feel free to invite friends and families to attend!

NOTE: Food is not allowed at the Library but you may bring a drink in a covered container.

Our Branch website is <https://losgatos-saratoga-ca.aauw.net/>

Our 2023-2024 Elected Officers

Co-President	Arleen Pickett (408) 356-3233	arleenpickett@gmail.com
Co-President	Laurie Lindsey (303) 941-1956	lauriellindsey@gmail.com
Treasurer	Lynn Sprague (408) 867-9375	lynnspr@gmail.com
Secretary	Mara Otlans (253) 202-3307	marafelz@comcast.net
AAUW Fund VP	Arleen Pickett (408) 356-3233	arleenpickett@gmail.com
Membership VP	Virginia Turner (408) 866-4234	vturner@sbcglobal.net
Membership Treasurer	Louise Quenon (408) 867-0698	lquenon@comcast.net

AAUW MISSION STATEMENT

*AAUW advances gender equity for women and girls
through research, education, and advocacy.*

Welcome Our New Members

Lisa Davis Phone: 626-318-6603
15300 Winchester Blvd, #3 email: literati25@gmail.com
Los Gatos, CA 95030
BA, Psychology – San Jose State University
MA, Psychology – San Jose State University
PhD, Educational Psychology – University of Southern California

Erin Zellmer Phone: 503-347-2267
15745 Shannon Road email: zellmerme@gmail.com
Los Gatos, CA 95032
BA, Liberal Studies, San Jose State University

Please send any directory corrections or changes to Louise Quenon, our database manager, at 408-867-0698 or lquenon@comcast.net.

Message from Our Co-Presidents

January Resolutions

Turning the calendar to a new year often triggers making “resolutions” for the new year. One common resolution is finding ways to improve our health and general well-being. If that is on your list, you might look into the Mindfulness class starting in January (see page 4 for details).

A recent program from AAUW Silicon Valley offered several suggestions for better brain health as we age. Keep moving, even just walking daily. Take classes and pursue hobbies to keep the brain active. Eat a heart-healthy diet. Plan now for future health needs while you can express your desires. Join a support group if appropriate.

Maybe you have resolved to stay in touch with friends you hear from only during the holidays. We have several general meetings in 2024 which are open to the public at no cost. Invite your friends or neighbors to come with you. Invite them to become members. Connect with one of our smaller groups to share friendships and common interests.

February Is Black History Month

Many Black women have made significant contributions to history, thought, society, innovation, science, government, civil rights, women’s rights, and much more.

Madam C.J. Walker was considered the wealthiest African-American businesswoman in America (1911-1919). She developed and marketed a line of cosmetics and hair care products for Black women and hired 40,000 “ambassadors” to sell her products.

Dorothy Jean Dandridge, an actress, singer, and dancer, was the first African-American film star nominated for the Academy Award for Best Actress for her performance in *Carmen Jones* (1954).

Mae Jemison was the first Black woman admitted to the astronaut training program (1987) and became the first Black woman to fly to space on the shuttle Endeavour.

What amazing women!

Laurie Lindsey and Arleen Pickett, Co-Presidents



Save the Date ~ San Jose Museum of Art

Saturday, March 23, 2024 ~ 1:30 pm to 2:30 pm

Saratoga Library, 13650 Saratoga Avenue, Saratoga, CA 95070

Deputy Director Karen Rapp will talk about the museum’s mission, how they select exhibits, what is involved in putting together an exhibit, and more. More details next newsletter.

Free Mindfulness Class Begins on January 2

Stress is everywhere in our modern lives. We are overwhelmed by work, family, relationships and even the television news! Stress leads us to feel anxious and depressed. It contributes to sleeplessness and loss of appetite or overeating. While we cannot control what happens around us, we can control how we respond to stress. Mindfulness is a valuable resource that teaches us techniques for stress management.

Kelly Weisberg, a lawyer and mindfulness instructor, will teach a free online class in Mindfulness-Based Stress Reduction (MBSR), starting on January 2, 2024. The class will meet online for 8 weeks for 2.5 hours on Tuesday mornings from 9-11:30 am, from January 2 to February 27. This program rests on scientific evidence that supports its beneficial effects on health and well-being. These courses traditionally cost from \$395 to \$725 (depending on the provider). The class will be a **fundraiser for AAUW**. Participants are asked to make a tax-deductible donation to their local AAUW branches, to any AAUW program they desire. You can easily make your donation by credit card or PayPal account. Go to our branch website at <https://losgatos-saratoga-ca.aauw.net> and click the Donate button on the right side of the page.

A Zoom link will be provided to participants. To sign up and for further information, contact Kelly Weisberg at kelly_weisberg@yahoo.com or check out her websites: <https://talkcompassion.com> and <https://exploremindfulpasths.com>.

Morgan Hill AAUW Wildflower Run Is March 24



Our Hikes and Walks group usually participates in the Wildflower Run. Call Jane Bishop at 408-356-7796 or email her at Jtrailcats@aol.com for more information and to get the AAUW member discount. It's a great way to support the activities of the Morgan Hill branch and a lot of fun for everyone.

Do You Need a Ride to a Meeting?

Several members have indicated that they would be happy to provide a ride to members who need one. If you want to attend one of our meetings and need a ride, contact Virginia Turner, Membership VP, at vturner@sbcglobal.net or 408-866-4234. She will try to connect you with someone who is also planning to attend.



Prepare to Discuss World Affairs

Great Decisions is America's largest discussion program on world affairs. This program model includes reading the Great Decisions Briefing Book, watching the video series, and meeting in a Discussion Group to discuss the most critical issues facing America today. You are invited to join a local group at the Saratoga Senior Center Friday mornings in 2024. Topics are:

February 2	Mideast Realignment
February 16	Climate Technology and Competition
March 1	Science across Borders
March 15	US China Trade Policy
April 5	NATO's Future
April 19	Understanding Indonesia
May 3	High Seas Treaty
May 17	Pandemic Preparedness.



For further information on the topics look up ForeignPolicyAssociation.com.
To register and purchase your Briefing Book, please send a \$40 check to
Todd White, 15559 Union Avenue, Los Gatos 95032.

For more information contact Ginger Good at (408) 866-1331 or email villavis@ix.netcom.com.

Mentoring Young Writers from The Gambia

The Republic of The Gambia is the smallest country within mainland Africa but it has a special connection for our member **Audry Lynch**, award-winning author, and expert on the writer John Steinbeck. It all started in 2015 when Audry met Gambian writer Wuyeh "Willy" Drammeh who was interested in getting some pointers from an American author. They talked a couple of times a month, sharing her writing knowledge and experiences. During one of Willy's trips back to his hometown of Soma, he met Bakary Baldeh, a teacher at the local secondary school, who oversees a burgeoning English-language writer's club.



"I told him about Audry Lynch, and I suggested that we dedicate the writer's club in her name," Drammeh says. And the teacher said "Let's do it."

That is how the Audry Lynch Writer's Club began, and it is now the most popular extracurricular program at the school. Audry plays an active role in the club, serving as a long-distance writing coach. She reviews student manuscripts and offers corrections, revisions, and writing tips by airmail. While school attendance in Soma has been low, especially among young girls, almost all the Writer's Club members are female. Says Audry, "This is a lovely challenge for me, to tell them to persist, and that their work is worthwhile."

January, 2024



- 2 **Tuesday** **Conversations in Spanish.** Meets at **3:00 pm via Zoom.** If interested in joining, please contact Marilyn Fuller, 408-679-1167 for Zoom details.
- 5 **Friday** **Armchair Adventure Travels. Vietnam and Cambodia: A “Bucket List” Trip,** presented by Traveler Robert Torczyner. Meets at **7:30 pm via Zoom.** A photographic record of a fascinating adventure in Vietnam – radically different from what my draft board was offering in 1968. In October and November 2019, my wife Janice and I traveled in relative luxury starting in the Hanoi region, visiting the Cambodian temples of Angkor, cruising down the Mekong River, and ending in Ho Chi Minh City.
Contact JoAn Lambert for Zoom link at jgdblamm@earthlink.net or 408-867-6237.
- 8 **Monday** **Board Meeting.** Meets at **10 am via Zoom.** Please contact Sumi Tanabe at atanabe@hotmail.com or Laurie Lindsey at lauriellindsey@gmail.com for information. All members are welcome!
- 11 **Thursday** **Scenic Hikes and Walks – POINT LOBOS** – Most beautiful California coast by Carmel. Bring lunch. **Meet Promptly, 9 am, Los Gatos.** Free limited parking Northside lot, behind Starbucks and Petco. Questions? Contact your Hikes and Walke leaders Jane Bishop, 408-356-7796, or Kay Duffy, 408-867-0508.
- 16 **Tuesday** **Conversations in Spanish.** Meets at **3:00 pm via Zoom.** Please contact Marilyn Fuller, 408-679-1167 if interested in joining, and for Zoom details.
- 19 **Friday** **AM Book Review.** Meets at **10:00 am.** Come to discuss a book, good or bad, with others in the group. For details, contact Chair, Margaret Bard, 408-377-6625 or margaretbard@gmail.com. **Come and Find Your Next Great Read!**
- 20 **Saturday** **Homelessness: Amigos de Guadalupe.** General meeting at **1:30 pm,** Saratoga Library, 13650 Saratoga Avenue, Saratoga. Stephanie Jayne and Laura Delgado will talk about their unique approach to combatting homelessness, and will introduce us to some of the other services they provide. See the front cover for more information. Open to all.
- 23 **Tuesday** **Film Buffs.** For details contact Chair, Marlene Lamb, 408-497-1555.
- 25 **Thursday** **Scenic Hikes and Walks – BACK BY NOON HIKE** – Coffee or lunch? **Meet promptly, 9 am, Saratoga.** Argonaut Shopping Center, Sunnyvale-Saratoga Road, opposite CVS. Questions? Kay Duffy, 408-867-0508 or Jane Bishop, 408-356-7796.

February, 2024



- 2 Friday Armchair Adventure Travels. From Portugal to Morocco,** presented by photographer Gary Marcos. Meets at **7:30 pm via Zoom.** From the narrow winding streets of Lisbon to the bustling medinas of Marrakech, this captivating photo presentation offers a glimpse into the history and modernity found in Portugal and Morocco. We explore Lisbon, the Duoro Valley where Port wine is made, the volcanic Azores Islands, 1,200 miles west of Portugal, and on to Casablanca, Marrakech and the blue City of Chefchaouen. *Contact JoAn Lambert for Zoom link at jgdblamm@earthlink.net or 408-867-6237.*
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- 8 Thursday Scenic Hikes and Walks – LIVERMORE WINE TASTING AND PICNIC.** Bring your lover or best friend for a pre-Valentine party! An easy walk along the beautiful creek to Wente winery. Bring lunch. **Meet Promptly, 9 am, Saratoga.** Argonaut Shopping Center, Sunnyvale-Saratoga Road, opposite CVS. Questions? Kay Duffy, 408-867-0508 or Jane Bishop, 408-356-7796.
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February, 2024*

Los Gatos-Saratoga Branch
American Association of University Women
14415 Evans Lane
Saratoga, CA 95070

AAUW California Lobby Days 2024

Mark your calendars! AAUW California will hold our 2024 Lobby Days event on April 2 and 3, 2024. An interest survey including a registration form will arrive in your inbox mid-January. Please complete and return the form to be added to the communications list for the event. Lobby Days 2024 takes place when the legislature returns to session after their Easter break, and will cover two days to provide flexibility to secure as many meetings as possible. We are planning a hybrid event with virtual meetings over Zoom and in-person at the Capital.

Our AAUW California Legislative Advocate will schedule meetings with the legislative offices. The committee will assemble teams of AAUW members and college students, matching them with Assembly and Senate districts. Training materials on the bills and the event will be posted on the state website in mid-March, and a mandatory training webinar will be held on March 25, 2024.

If you participated in Lobby Days in the past, we would love your feedback on what worked and what didn't. Please send your comments to publicpolicy@aauw-ca.org.

Amy Hom, Co-Chair, AAUW CA State Public Policy Committee

Grapevine Committee: Virginia Turner, editor; Julie Stevens, calendar; Ann Griffin, proofreader; Laurie Lindsey, web liaison. Deadline for March-April, 2024 issue is **February 15, 2024**. Email materials to vturner@sbcglobal.net. Branch website: <https://losgatos-saratoga-ca.aauw.net/>.