



Grapevine Newsletter

March – April, 2024

March General Meeting – Please Join Us!

Get to Know San Jose Museum of Art

Saturday, March 23, 2024

1:30 pm ~ 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, and future plans for the museum.

Founded in 1969, the museum holds a collection of modern and contemporary art with an emphasis on West Coast artists of the 20th and 21st centuries.



No cost to attend. Invite friends and families to come!

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

Upcoming Events – Mark Your Calendar



Authors Luncheon

Friday, May 3, 2024

11:30 am ~ 2:30 pm

The Terraces of Los Gatos

800 Blossom Hill Road, Los Gatos, CA 95032



Membership Potluck Lunch

Saturday, June 1, 2024

11:30 am ~ 2:00 pm

Fellowship Hall, Immanuel Lutheran Church

14103 Saratoga Avenue, Saratoga CA 95070

Details for both events will be in the May-June Grapevine.

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.*

Congratulations to Our Newest Honorary Life Member

Carol Greenleaf got involved with AAUW because a friend invited her to join AAUW and kept inviting her until she finally joined. First it was the Sunnyvale-Cupertino branch, where she remains a dual member, then the Los Gatos-Saratoga branch which she joined in 1973. She was elected branch president for 1990-1992. Her approach to the presidency, as in much of life, was to “leave a job better than when you found it.” For example, she began having general meetings on weekends so that working members could more easily attend.

Carol was part of the AAUW Singers and has enjoyed the various study programs over the years. She especially enjoys the opportunity to get to know other educated women and to have meaningful discussions on a wide range of topics, and she supports the many good programs AAUW has provided for women and girls.

Thank you, Carol, for your long commitment to AAUW and for your ongoing support!

Message from Our Co-Presidents

Important National Bylaws Vote

This spring AAUW members will be asked to vote on amendments to the national bylaws recommended by the AAUW Board of Directors and AAUW Governance Committee to open membership. This means that membership would be open to any person who is passionate about equity for women, whether they have a degree or not. Members have voted on this issue before, and you undoubtedly have many questions which you will want to look into before you vote.

There is quite a bit of information on the AAUW California website: [Why AAUW California Supports Removing the Degree Requirement for Membership - AAUW California \(aauw-ca.org\)](https://www.aauw.org/resources/member/governance-tools/national-election/2024-aauw-proposed-bylaws-changes/). The full text of the amendment and the reasons behind it can be found on the national AAUW website at <https://www.aauw.org/resources/member/governance-tools/national-election/2024-aauw-proposed-bylaws-changes/>.

Please take a few minutes and inform yourself about this proposed change. Voting will be held online April 3 to May 15 for those who receive notifications by email. Mail-in ballots will be sent to other members. **All votes must be submitted by May 15.** Your vote is important to the future of AAUW. If you have any questions, feel free to contact either one of us.

March Is Women's History Month

The first Women's History DAY was held on February 28, 1909, to commemorate the one-year anniversary of the garment workers' strikes to protest their working conditions. That Day became Women's History WEEK on March 8, 1978, to draw attention to the fact that women's history wasn't really included in K-12 school curriculums at the time. In 1980 Women's History MONTH began when President Jimmy Carter declared March as Women's History Month. Since 1995, every president has proclaimed March as Women's History Month.

Wyoming Territory was the first place to grant women the right to vote in 1869, and they elected the country's first female governor, **Nellie Tayloe Ross** in 1924.

Marie Curie was the first woman to receive two Nobel prizes, first for physics in 1903 and then for chemistry in 1911.

Edith Wharton became the first woman to win a Pulitzer Prize in 1921 for her novel *The Age of Innocence*.

Eleanor Roosevelt held the first all-women press conference in 1933, and over the next 12 years held 348 press conferences for women reporters.

Katherine Graham was the first woman to become a Fortune 500 CEO in 1972 when she took over leadership of the Washington Post.

Laurie Lindsey and Arleen Pickett, Co-Presidents



School Book Banning A Primer for Readers of All Ages

Thursday, March 14, 2024 from 4:00 pm ~ 5:00 pm via Zoom

AAUW Silicon Valley Branch (formerly Los Altos-Mountain View and Palo Alto) invites you to a virtual discussion with Dr. Jennifer Lynn Wolf about the book banning movement that is sweeping the country. The talk will consider:

- How should we provide and protect freedom of speech in public schools?
- How has school book banning changed, or remained the same, across the decades?
- Who is driving the current book banning movement, and who is impacted by book restriction?
- How can we advocate for reading in the Education Democracy?



Dr. Jennifer Lynn Wolf is a Senior Lecturer in the Stanford Graduate School of Education, where she teaches courses in Teaching and Learning, English Teacher Education, and Young Adult Literature. She directs undergraduate programs in the Graduate School of Education, a program designed to prepare college students to participate as informed citizens of the Education Democracy.

Zoom registration link:

<https://us02web.zoom.us/join/joinMeeting/register/tZwpfuqprljGdW6TWn0me0fKUXGSleuO-KB>

Morgan Hill AAUW Wildflower Run Is March 24



Our Hikes and Walks group will again participate in the Wildflower Run. Most of us walk 5K (3.1 miles) or do 10K, then go to breakfast or lunch in San Jose.

If you want to join us, call Jane Bishop at 408-356-7796 or email her at jtrailcats@aol.com for more information. It's a great way to support the activities of the Morgan Hill branch and a lot of fun for everyone.

Mindfulness As a Key to Stress Management

Free Online Class: Thursdays, March 7–May 2, 9:30~12 noon on Zoom

Stress is everywhere in our modern lives. We are overwhelmed by work, family, relationships and social unrest. 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 teaches us techniques for stress management. Mindfulness is the practice of focusing on moment-to-moment experience without self-criticism and with acceptance. Mindfulness helps us mobilize our inner resources to meet the challenges of everyday life.



Kelly Weisberg is a lawyer/sociologist and certified mindfulness instructor who taught law and human behavior classes for 40 years. The stress from teaching, writing, and family responsibilities led her to take stress management classes and later to teach them. This class will focus on Mindfulness-Based Stress Reduction, started by Jon Kabat-Zinn, which rests on scientific evidence that supports its beneficial effects on health and well-being.

The class meets online for 8 weeks for 2.5 hours (on Thursday mornings) from 9:30 am -12 noon, March 7 to May 2. Participants are guided through formal mindfulness practices, small group discussion and talks, and practices/exercises. Continuing education credits (27) are available for nurses and mental health professionals. There are only a few seats left!

The class will be **a fundraiser for AAUW**. Participants are encouraged to give a donation to their local AAUW branches or 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.

To sign up and for further information, contact Kelly Weisberg at kelly_weisberg@yahoo.com.

Armchair Adventures Travel

Whether you are an experienced world traveler or just like to learn about interesting parts of the globe, you are welcome to join Armchair Adventures Travel. This group has been around for many, many years and is open to anyone who wants to participate, including non-members. Speaker presentations are done via Zoom, and most are made available on our branch website in case you missed the original schedule. Each lasts about one hour.



Upcoming programs include “Japan is Open!” on March 1 and “a Month in the Antarctic” on May 3. Check the monthly calendars for program details and how to join the live presentations.

March, 2024



- 1 Friday Armchair Adventure Travels. JAPAN IS OPEN!**, presented by photographers George and Tamara Mednick. Meets at **7:30 pm via Zoom**. After years of isolation due to Covid, tourism to Japan is alive again, though independent travel has always been daunting because of the language barrier. We crafted a circular self-directed tour of the main island, Honshu, using a range of lodging options and rail transfers. Careful planning opened up rich cultural, historical and religious experiences in Osaka, Koyasan, Okayama, Hiroshima, Kyoto, Takayama, Kanazawa, Tokyo and more.
Contact JoAn Lambert for Zoom link at jgdblam@earthlink.net or 408-867-6237.
- 4 Monday Board Meeting.** Meets at **10 am at Virginia Turner's home**, 14415 Evans Lane, Saratoga. Please contact Sumi Tanabe at atanabe@hotmail.com or Laurie Lindsey at lauriellindsey@gmail.com for information.
- 5 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.
- 14 Thursday Scenic Hikes and Walks – CASTLEROCK PARK.** New trail to rocks and waterfall for some beautiful views. Bring lunch. **Meet Promptly, 9 am, Los Gatos.** Free limited parking Northside lot, behind Starbucks and Petco. Questions? Contact your Hikes and Walks leaders Jane Bishop, 408-356-7796, or Kay Duffy, 408-867-0508.
- 15 Friday AM Book Review.** Meets at **10:00 am**. Discuss any book, good or bad, with the group. For details, contact Chair, Margaret Bard, 408-377-6625 or margaretbard@gmail.com. **Come and Find Your Next Great Read!**
- 19 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.
- 23 Saturday San Jose Museum of Art.** Deputy Director Karen Rapp will talk about the museum's mission, how they select exhibits, and future plans for the museum. General meeting at **1:30 pm**, Saratoga Library, 13650 Saratoga Avenue, Saratoga. No cost to attend. Open to all.
- 24 Sunday 41st Annual Wildflower Run.** Join us for Morgan Hill AAUW's exciting, energetic fundraiser for scholarships. Most of us walk 5K or 10K, then go to breakfast or lunch in San Jose. See page 4 for details, and call Jane Bishop, 408-356-7796 for group registration details and carpool.
- 26 Tuesday Film Buffs.** For details contact Chair, Marlene Lamb, 408-497-1555.
- 28 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.

April, 2024



- 1 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!
- 2 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.
- 5 Friday Armchair Adventure Travels. To be Announced, check our website for details.** Meets at **7:30 pm via Zoom.**
Contact JoAn Lambert for Zoom link at jgdblamm@earthlink.net or 408-867-6237.
- 11 Thursday Scenic Hikes and Walks – BIG BASIN STATE PARK.** Explore the damaged redwoods and their rejuvenated habitat. **Meet Promptly, 9 am, Los Gatos.** Free limited parking Northside lot, behind Starbucks and Petco. Questions? 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.
- 18 Thursday Scenic Hikes and Walks – TRAIL CLEANUP = Back by Noon hike + coffee or lunch. Meet Promptly, 9 am, Los Gatos.** Free limited parking Northside lot, behind Starbucks and Petco. Questions? Jane Bishop, 408-356-7796, or Kay Duffy, 408-867-0508.
- 19 Friday AM Book Review.** Meets at **10:00 am.** Discuss any 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!**
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- 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.

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.





March –
April, 2024

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

Speakers at Our Recent General Meetings



January 20, 2024 – Homelessness

Left to right: Laurie Lindsey, Laura Delgado and Stephanie Jayne (from Amigos de Guadalupe), Arleen Pickett



February 17, 2024 – Artificial Intelligence

Left to right: Arleen Pickett, Ajit Barve, Laurie Lindsey

Photos by Louise Quenon

Grapevine Committee: Virginia Turner, editor; Julie Stevens, calendar; Ann Griffin, proofreader; Laurie Lindsey, web liaison. Deadline for May-June, 2024 issue is **April 16, 2024**. Email materials to vturner@sbcglobal.net. Branch website: <https://losgatos-saratoga-ca.aauw.net/>.