



***Water: What Should We Know?***

**Saturday, March 29, 2025**

**1:30 pm ~ 3:00 pm**

Saratoga Library, 13650 Saratoga Avenue, Saratoga, CA 95070

San Jose Water Company is a regulated private utility, and one of the largest, most technically sophisticated urban water systems in the United States. It serves more than one million people in San Jose, Cupertino, Campbell, Monte Sereno, Saratoga, Los Gatos and unincorporated areas of Santa Clara County. **Kurt Elvert**, manager of field services and conservation, will speak with us about all things related to water in Santa Clara County – its purity, the processing, the public’s responsibility, and its price.



**History and Heritage of Ukraine**

**Saturday, April 26, 2025**

**1:30 pm ~ 3:00 pm**

Saratoga Library, 13650 Saratoga Avenue, Saratoga, CA 95070

Ukraine’s history goes back more than 1,400 years. **Nora Mason**, a native-born Ukrainian and long-time Saratoga resident, will give a presentation about the history of Ukraine and how its geography has contributed to tragic invasions over time. She will share her family’s World War II story and how they ultimately immigrated to the United States. She will also touch on inspiring efforts to help Ukraine today through organizations like the Ukrainian National Women’s League of America which was established in 1925 to support Ukrainian people both in Ukraine and in diaspora.

***No cost to attend. Programs are open to everyone!***

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

## ***Our 2024-2025 Elected Officers***

Co-President	Laurie Lindsey (303) 941-1956	<a href="mailto:lauriellindsey@gmail.com">lauriellindsey@gmail.com</a>
Co-President	Arleen Pickett (408) 724-7905	<a href="mailto:arleenpickett@gmail.com">arleenpickett@gmail.com</a>
Secretary	Mara Otlans (253) 202-3307	<a href="mailto:marao9@live.com">marao9@live.com</a>
Treasurer	Lynn Sprague (408) 867-9375	<a href="mailto:lynnspr@gmail.com">lynnspr@gmail.com</a>
Membership VP	Virginia Turner (408) 866-4234	<a href="mailto:vturner@sbcglobal.net">vturner@sbcglobal.net</a>
Membership Treasurer	Louise Quenon (408) 867-0698	<a href="mailto:lquenon@comcast.net">lquenon@comcast.net</a>
AAUW Fund VP	Vacant	

### ***AAUW MISSION STATEMENT***

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

## ***In Memoriam***

Long-time AAUW member Audry Lynch died January 15, 2025, at the age of 91, after a life fully lived. She didn't just teach writing but was also a writer herself. She got her start at the Woburn Times in Massachusetts where she produced articles on a wide range of subjects. Her first book was about a parish priest in Limerick, Ireland, and she wrote 4 books about John Steinbeck, on whom she became a recognized authority. Her many awards include those from the Hollywood Book Festival and from the London Book Festival. Audry earned her BA from Radcliffe College, her MEd from Boston University, and her DEd from the University of San Francisco.

Audry loved to travel and wanted to go everywhere and do everything. She organized her own group tours of Steinbeck country and gave lectures on cruises. She was an active member of several professional organizations and, of course, our AAUW branch where she served on the Local Scholarship Committee and as Bylaws Chair.

Audry is survived by her children Stephanie, Roberta, and Greg; grandchildren Janelle and Zachary; and great grandchildren Jasmyne, Jordan, and Anya. Donations in her memory can be made to Los Gatos-Saratoga Local Scholarships with a check payable to ISPF and sent to Laurie Lindsey, 235 Pinehurst Avenue, Los Gatos, CA 95032.

## *Message from Our Co-Presidents*

### *Programs at the Saratoga Library*

Our programs co-sponsored by the Saratoga Library have been quite successful, and this issue of the Grapevine provides information about two upcoming speakers, the next on Water (March 29) and then on Ukraine (April 26). We encourage you to bring friends and family members – these programs are open to the public without charge. The Saratoga Library is a convenient location and we are happy to partner with them to present these speakers.



On January 25, **Sonia Gomez** presented a talk about her research and new book *Picture Bride, War Bride*. Sonia is an associate professor of US History at Santa Clara University. Her maternal grandmother, Michiko Ikeda, was a Japanese war bride who married Louis Olivares, a Mexican-American serviceman from Texas. In 1954 they left Japan and moved to the United States. Sonia uses her grandmother's story as the source of inspiration for extensive research into the history of Japanese immigrants in America.

### *Women's History Month*

March is Women's History Month, which gives us an opportunity to note a few milestones in women's history in various fields.

- New Zealand was the first country to grant women the right to vote, in 1893.
- At the first Winter Olympic Games in 1924, the only events open to women were figure skating and pairs figure skating. A total of 15 women competed.
- Katharine Graham became the first female CEO of a Fortune 500 Company, the Washington Post Company, in 1972.

As it has done since its founding in 1881, AAUW continues to advance gender equity for women and girls through research, education, and advocacy. Our priority issues at the national level are removing bias from education, fighting for fair pay and economic equity, and advancing women in leadership. We welcome new members who join us to support these goals.

### *Best Wishes to Arleen*

Our Board meeting in January was the last one where Arleen Pickett served as co-president before moving to Missouri to be near her son and his family. We thank her for her leadership and dedication to AAUW. While I will feel a bit lost without her, I'm so glad she will be near her family.

*Arleen Pickett and Laurie Lindsey, Co-Presidents*  
*Photo by Louise Quenon*



***Mindfulness-Based Stress Reduction (MBSR)***  
***Free Online Class for AAUW Members (\$725 value now free)***  
***Fridays, March 7–April 25, 2025, from 9:00~11:30 am online***

Stress is everywhere in our modern lives. We often feel 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.



Mindfulness-Based Stress Reduction (MBSR) is the gold standard in mindfulness classes and is offered worldwide in hospitals, medical centers, and education institutions. It was started by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center to help patients with chronic pain. It rests on scientific evidence that supports its beneficial effects on health and well-being. MBSR programs normally cost from \$395 to \$725, depending on the provider. This class is free to AAUW members (please make a donation to your local branch in lieu of payment).

**Kelly Weisberg** is a lawyer/sociologist and certified mindfulness instructor who taught law and human behavior classes for 40 years. The class meets online for 2.5 hours once weekly (on Friday mornings) from 9:00 am -11:30, March 7 to April 25, plus a half-day-long online retreat. Participants are guided through formal mindfulness practices, small group discussion and talks, and practices/exercises.

For further information and to register, contact Kelly Weisberg at [kelly\\_weisberg@yahoo.com](mailto:kelly_weisberg@yahoo.com). Her website is <https://exploremindfulpaths.com>.

***Donations Support Legal Advocacy Fund***

The Legal Advocacy Fund (LAF) was created in 1981 by AAUW members and has provided millions of dollars to balance the scales of justice for people working toward gender equity through the legal system. LAF supports plaintiffs seeking legal redress for equal pay, Title IX, Title VII of the Civil Rights Act of 1964, and tenure denial violations. Thanks to the generosity of our branch members, we have donated \$1,000 to support the work of the Legal Advocacy Fund.



***Directory Corrections***

Please send any corrections or changes in your directory listing to Louise Quenon, our database manager, at 408-867-0698 or [lquenon@comcast.net](mailto:lquenon@comcast.net). This helps keep our records up-to-date.

## ***Public Policy Committee News***

### ***Project 2025***

Project 2025 directly counters the Public Policy Priorities of AAUW California. With rapid federal policy pronouncements and changes taking place since January 20, 2025, it is clear that there is a concerted effort by a number of coalitions in the federal government to make Project 2025 become reality.

**Executive Orders** cannot change existing law, and they cannot overturn court precedent. They can and will sow confusion, and courts will need to pursue legal disputes. Examples:

- The Executive Order declaring that there are "only two genders, male and female."
- The Executive Order eliminating federal funds for schools that recognize transgender identities or teach about structural racism, white privilege, and unconscious bias.
- The Executive Order directing federal agencies to look for ways to expand access to private school vouchers.
- The Executive Order rescinding a dozen Biden-era executive actions supporting racial equity and combating discrimination against gay and transgender people.
- The Executive Order withdrawing the United States from the 2015 Paris agreement which seeks to avoid the impacts of the climate crisis.
- The Executive Order banning transgender athlete competition in high school and higher education.

The Public Policy pages on the AAUW national and California websites can help you understand some of the issues involved and suggest ways to make your voice heard.

### ***Immigration Resources***

The "Rapid Response Network" is a place where immigrants can print the "Red Cards" that explain their rights. This doesn't eliminate Immigration and Customs Enforcement (ICE) but seeks to ensure that everyone is treated legally and fairly. If you know someone who may be concerned about an ICE sweep, feel free to share this contact information:

Rapid Response Network Hotline: 408-290-1144

Website: <https://amigoscenter.com/rapid-respon>

### ***School Board Project***

We encourage interested members to attend school board meetings and report on what is happening in their districts. Members should also consider getting involved in local school district races. We also encourage members to monitor school boards for compliance with California law. There will be training for Monitors and Observers in May; check the AAUW California website for more details.

### ***Reproductive Rights: Where Do We Go from Here?***

Emily Bazelon, staff writer for the *New York Times Magazine*, senior research fellow at Yale Law School, and co-host of the Slate podcast *Political Gabfest*, has written on legal, feminist, and family issues. Her January 22 presentation to the Silicon Valley branch can be heard at <https://www.aauw-ca.org/webinar-reproductive-rights-where-do-we-go-from-here/> in case you missed it.

*Myra Sternlieb, Public Policy Committee Chair*

## March, 2025



- 3 Monday Board Meeting.** Meets at **10 am** at the home of Louise Quenon. Please contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com) for information.
- 4 Tuesday Conversations in Spanish.** Meets **3:00 – 4:30 pm via Zoom.** For more information, contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com).
- 7 Friday Armchair Adventure Travels. Bhutan** presented by Tim Meadows. Meets at **7:30 pm via Zoom.** Join us as photographer and world traveler Tim Meadows presents his tour of Bhutan, which has consistently been ranked as one of the happiest places in the world. Experience the beauty of the people and countryside, learn about its cultural heritage, and enjoy river rafting and archery, its national sport.  
*For information and Zoom links, please contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com).*
- 13 Thursday Scenic Walking Adventures.** Join us for exercise, companionship, fun and good food. New members are welcome. For this week's adventure, please contact Jane Bishop, 408-356-7796, or Kay Duffy, 408-867-0508.
- 18 Tuesday Conversations in Spanish.** Meets **3:00 – 4:30 pm via Zoom.** For more information, contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com).
- 21 Friday AM Book Review.** Meets at **10:00 am.** Come to discuss any book, good or bad, with the group. For details, contact Chair, Margaret Bard, 408-439-9398 or [margaretbard@gmail.com](mailto:margaretbard@gmail.com). Check our branch website for titles of some of the books we have been reading. **Come and Find Your Next Great Read!**
- 25 Tuesday Film Buffs.** Contact Chair, Marlene Lamb, 408- 497-1555, for details.
- 27 Thursday Scenic Walking Adventures.** Take interesting walks around the local area, stay for coffee. **Meet promptly 9 AM, Los Gatos** free limited parking Northside lot, behind Starbucks and Petco. For information on these adventures, contact Jane Bishop, 408-356-7796, or Kay Duffy, 408-867-0508.
- 29 Saturday General Meeting – WATER: WHAT SHOULD WE KNOW?** Saratoga Library, **1:30 pm – 3:00 pm.** Kurt Elvert from the San Jose Water Company will speak with us about all things related to water in Santa Clara County – its purity, the processing, the public's responsibility, and its price. See front page of this newsletter for details.

## April, 2025

- 1 **Tuesday** **Conversations in Spanish.** Meets **3:00 – 4:30 pm via Zoom.** For more information, contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com).
- 4 **Friday** **Armchair Adventure Travels. A Night Tour of Yosemite and the Eastern Sierra** presented by Rick Whitacre. Meets at **7:30 pm via Zoom.** Night photographer Rick Whitacre will share locations and details of some of his favorite images during a night tour of Yosemite National Park and the Eastern Sierra. *For information and Zoom links, please contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com) or Airdrie Kincaid at [airdrie@att.net](mailto:airdrie@att.net).*
- 7 **Monday** **Board Meeting.** Meets at **10 am** via Zoom. For more information, contact Laurie Lindsey at [lauriellindsey@gmail.com](mailto:lauriellindsey@gmail.com) or 303-941-1956. All members are welcome!
- 10 **Thursday** **Scenic Walking Adventures.** Join us for exercise, companionship, fun and good food. New members are welcome. For this week's adventure, please contact Jane Bishop, 408-356-7796, or Kay Duffy, 408-867-0508.
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- 26 **Saturday** **General Meeting – HISTORY AND HERITAGE OF UKRAINE.** Saratoga Library, **1:30 pm – 3:00 pm.** Nora Mason will talk about the history of Ukraine and how its geography has contributed to tragic invasions over time. Nora is a native-born Ukrainian and long-time Saratoga resident. See front page of this newsletter for details.
- 29 **Tuesday** **Film Buffs.** Contact Chair, Marlene Lamb, 408-497-1555, for details.





March –  
April, 2025

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

## ***Morgan Hill AAUW Wildflower Run Is March 30***

Once again, our Hikes and Walks group plans to participate in the Wildflower Run – of course we plan to walk, rather than run. After the event we will go out for brunch. Call **Jane Bishop** at 408-356-7796 or email her at [Jtrailcats@aol.com](mailto: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.



**Grapevine Committee:** Virginia Turner, editor; Julie Stevens, calendar; Susan Lange, proofreader; Laurie Lindsey, web liaison. Deadline for May-June, 2025 issue is **April 16, 2025**. Email materials to [vturner@sbcglobal.net](mailto:vturner@sbcglobal.net). Branch website: <https://losgatos-saratoga-ca.aauw.net/>.