

AAUW

THE INSIGHTER

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Our Supporters



THE NEXT NEWLETTER SHOULD ARRIVE BY THE 1ST MARCH. IF YOU HEAR OF A MEMBER WHO HAS NOT RECEIVED ONE, PLEASE CALL DENA TRAINA AT 209.777.5227. SORRY I WAS LATE THIS MONTH!

WEBSITE

Though Coronavirus is still with us, most of us are vaccinated and getting out a bit more. The Board will be watching this carefully as we go through the year so stay safe and please visit our website <https://merced-ca.aauw.net/> regularly for information about Zoom programs and activities.

PRESIDENT'S MESSAGE



DEAR FELLOW AAUW MEMBERS,

I hope you are staying safe and healthy! Speaking of healthy, I also hope you were able to join us for our Zoom session on January 18th with Merced College faculty member and dietician Jennifer Hobbs who spoke about seven strategies for healthy eating in 2022. If you missed her very informative talk, just go to our website where you'll find a recording of the presentation.

Recently, I was very honored to represent our chapter at a meeting of the Merced County Board of Supervisors. I spoke about our members support for the Mary Hoffman Teen Center and the generous donation that we made to the Friends of the Library to assist them with their campaign to get the Center established. The Supervisors have Federal funds to distribute in the community and I added our support for allocating some of those funds to this very worthy project.

I hope you will make every effort to join us for our February program which will also be on Zoom. Former member Gigi Marr-Mitchell, who moved to Australia with her family two years ago, will Zoom in to talk about living at the bottom of the world. Dena Traina and I spoke to Gigi recently and she has lots of stories and pictures to share. This program will be on **Thursday, February 10 from 5:00-6:00 P.M.** We will be sending out a Zoom link the week of the program. We hope that March will bring us an in-person program. We have designated March as Women in Action Month and former president and civil engineer Dena Traina will present about her work in communities following the Creek and Paradise fires. Along with other engineers, Dena evaluated residential and commercial buildings following the fires to ensure that they were still safe and/or habitable.

I am very happy to report that Science Camp is going very well thanks to the hard work of Joanna Browning and our teachers and volunteers. I helped out at the Chemistry session, and it was wonderful to watch the young girls respond to the information that was presented and the creative hands-on activities. I am so glad we were able to hold Science Camp this year!

The Board and I hope you will be able to join us for our upcoming programs! Watch for more details on email and our website. I look forward to seeing you in the Spring!

Best, Jane Lawrence President



JANUARY PROGRAM HIGHLIGHTS

Tips and Strategies for Healthy Eating in the New Year!

Presented by Jennifer Hobbs, RN, RDN and Merced College Faculty

Our AAUW chapter started 2022 with a Zoom program on healthy eating. Jennifer Hobbs discussed the following tips and strategies for us all to incorporate into our lives to be healthier this year. To hear her describe each tip/strategy, click on the link below.



1. Make half of your plate non-starchy vegetables
2. Fill up with Fiber
3. Drink Water (Women Need 11.5 Cups a day)
4. Make Friends with the Microbiome in your Gut
5. Include Healthy Fat
6. Ditch Sugar...or at least eat less
7. Get Rid of Inflammatory Foods

Link to the recording below.

https://us02web.zoom.us/rec/share/8xgiisFW3X2XS8bGIKWHS0Vc_cy6m_3M29bFn_lkOHihYVdropayTFV4CjQ7_w2.cMUskuDTegKFFB9P

Passcode: &sS*y4NK



Valentine's day Sudoku

Every row, column and mini-grid must contain the letters L O V E B I R D S. Don't guess - use logic

		R		B		V		
	D	L	E			V	B	S
			O		I			
R		B		V		E		D
		D		E		O		
O	E		L		I		R	
			V		R			
	B	S	L		E	D	R	
		I		D		L		

www.ActivityVillage.co.uk - Keeping Kids Busy

"The greatness of a community is most accurately measured by the compassionate actions of its members

Coretta Scott King



FEBRUARY PROGRAM

Australia: The View from the Bottom of the World

When: Thursday, February 10 from 5:00-6:00 PM

Where: Click on the Zoom link below

Who: Gigi Mitchell

Title: Australia: The View from the Bottom of the World

Many of you will remember Gigi who was a Merced resident, AAUW member and is an extremely talented knitter. Several years ago, Gigi, her husband Graeme and teenage daughter Maren moved to Australia. They purchased a home and settled into a new community and country all while the pandemic raged there too. Gigi has much to share about living “down under” as well as showing us some of her latest knitting projects.

This is a program you will not want to miss. And, here’s a fun thing to think about: we will be hearing from Gigi on Thursday evening and it will be Friday morning in Australia!

Join Zoom Meeting

<https://us02web.zoom.us/j/81207770694?pwd=RFE1Yzc5dGRxOFpVVmo4WINQVFBTUT09>

Meeting ID: 812 0777 0694

Passcode: 181482

One tap mobile

+16699009128,,81207770694#,,,,*181482# US (San Jose)

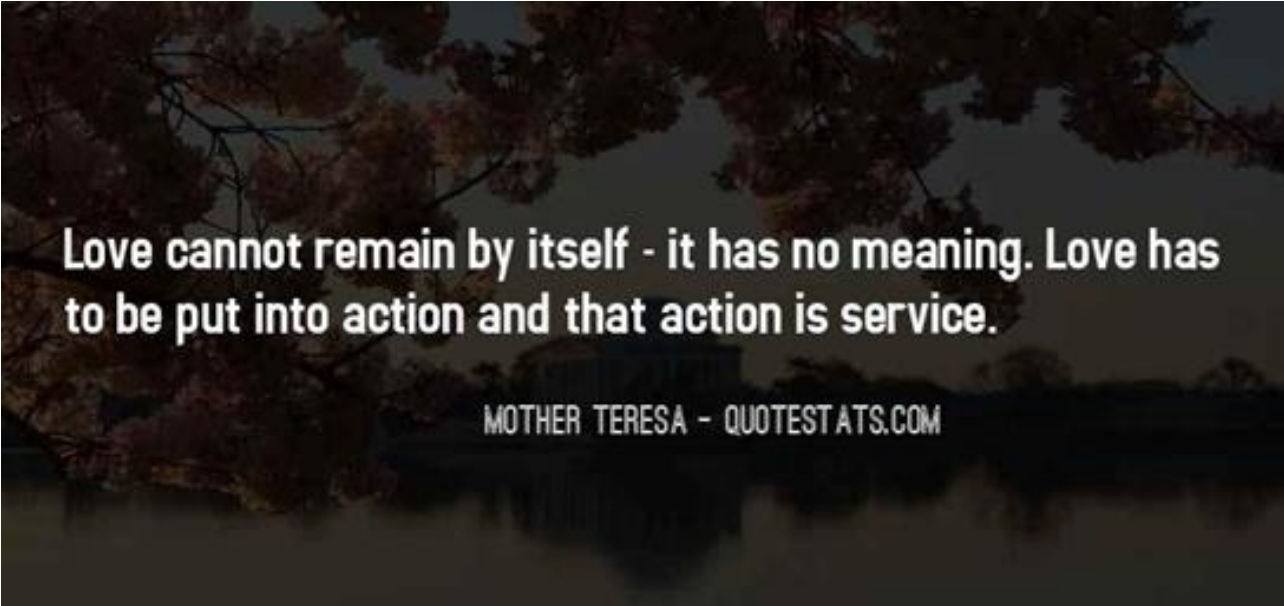
Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 852 3415 9297

Passcode: 542705

Find your local number: <https://us02web.zoom.us/u/kbsV2gggP6>



Love cannot remain by itself - it has no meaning. Love has to be put into action and that action is service.

MOTHER TERESA - QUOTESTATS.COM



SECTIONS

Sections continue to be a vital part of our organization. Many of our sections are meeting via video-conferencing and can accept more members now because there are no constraints on the number of people that can fit in one's home, so consider signing up for more groups! We would love to see you. Write or call Becky Tietjen to join a section at (559) 909-1520 or frautietjen@yahoo.com

Adopt-a-Highway: Chair - Colleen Eisberg 725-9082 eisberg@sbcglobal.net

Become a part of the group of volunteers who clean up the AAUW stretch of Hwy.140 on the way to Mariposa. The group goes out early on a Saturday morning four times a year. Watch your newsletter or email for times and dates. Cal Trans has approved resumption of our highway cleaning projects.

Almost Gourmet: Chair – Karen Wallace 722-5289 the.wallaces@comcast.com

Couples gather for four dinners a year. This group is closed. Currently meeting outdoors.

Book Section 1: Chair – Linda Douglas 769-2616 imdouglas@hotmail.com

Meets the first Monday of the month at 2:00 p.m. from October through May at a member's home. Members read a fiction or non-fiction book of their choice and different reviewers share a favorite book each month. Once a year we do a group read. This group is closed. **We have not been meeting due to Covid. Hopefully we can start up again after the first of the year.**

Book Section 2: Chair – **This is a new section in need of a chairperson and members. All are welcome!**

Book Section 3: Chair – Sharon Wainwright sharonlwa@comcast.net

Members meet the first Tuesday of the month at 9:30 a.m. all year at a member's home and enjoy brunch or snacks. We select a book to read and one person leads the discussion. All are encouraged to read the book and participate in the discussion. This group is closed. **Currently meeting via ZOOM**

Book Section 4 (Evening Book Group): Chair Dee Near 723-9007 neard@comcast.net

Meets the fourth Thursday of the month at 7:00 p.m. at a member's home. This group has been meeting for 20 years. Everyone reads the same book and discusses it. A wide variety of genres are read. All are welcome. This section meets August through May. **We are accepting new members.**

Bridge Couples: Chair – Carol Hamm 383-4705 cjhamm@comcast.net

Meets the second Friday of the month at 7:00 p.m. Subs are welcome. This section meets from October through May. Regulars and subs are welcome. **Suspended pending a vaccine/participant comfort level. New members are welcome.**

Bridge Singles: Chair – Julia Larson 722-2628

Meets the third Monday of the month at 1:00 p.m. The group rotates between members' homes. Dessert is offered. Subs are welcome. This section meets October through May.

Bunko: Chair – Cheryl Burke – 726-8481 cdinesburke@gmail.com

Meets the fourth Monday of the month at 6:30 p.m. There is a lot of lively interaction for the 12 members of this group. Subs are welcome. This section meets September through May with no meeting in December. **Suspended through Covid**

Chocoholics: Chair – Diana Alexander 658-1647 dianaalex51@gmail.com

Meets the third Wednesday of the month at members' homes at 7:00p.m. from October through May. Members should be prepared to either host or co-host one meeting per year. They prepare a special chocolate dish for the event. **New members welcome. They have been zooming.**

Together Women Rise: Chair – Jane Guerra 723-0384 jane@guerraville.com

Meets the first Monday of the month at 6:00p.m. at a member's home for a potluck dinner. Money is donated in the amount that would have been spent on a restaurant dinner to the organization featured each month. The mission is to empower women and girls living in extreme poverty by funding programs that foster good health, education, and economic self-sufficiency. Members become educated to various needs of women living in poverty around the world and participate in collective giving to make a positive difference. This group meets September through June. Members are asked to host or co-host one dinner. **Meeting via Zoom during Covid. New members are welcome.**

Knitting and Crocheting: Chair – Dena Traina 777-5227 traina.dena@gmail.com

Meets the second Wednesday of the month at a member's home between 6:00-8:00 p.m. Beginners and experienced knitters/crocheters are welcome. Refreshments provided. This section meets all year. **New members are welcome.**

Lunch Bunch: Chair – Connie Brons 385-3837 conniebrons@yahoo.com

Meets the fourth Thursday of the month at 1:00 p.m. at various restaurants. Members are notified by email as to the location. Be sure to RSVP by contacting Connie to ensure a reservation. This section meets all year round. **First meeting since pandemic is Thursday, Sept 23 at Toni's Courtyard Café at 11.15 a.m.**

Quasi-Epicures: Chair – Holly Zacharias 722-4428 hwzacharias@gmail.com

Members are notified by email to dine out at a local restaurant and see a play at Playhouse Merced on Saturday evenings. This section meets October through May or June. **On hold because of Covid**

Sierra Trekkers: Chair – Judy Smith 777-5345 sierratrekker@comcast.net

Meetings are held on the third Thursday of the month all at 7:00 p.m. at various members' homes (except in December). The September planning meeting maps out the tentative dates for hikes during the year. Hikes usually occur once per month. The emphasis is on hiking - - some easy, some moderate & occasionally a more strenuous trail. Weather permitting, a snowshoe hike in the winter months can be planned. The group occasionally travels for overnight /weekend adventures. One longer trip is scheduled each a year to one of our national parks.

Theater Goers: Chair – Robyn Farnsworth 382-0548 yaya4three@gmail.com

Members will see 5-6 plays during the year on Sunday afternoons. This section meets August through May. **Will start up again as soon as theater schedule is published. New members are welcome**

Wine and Cheese: Chair – Colleen Eisberg 725-9082

eisberg@sbcglobal.net Meets the last Friday of the month at 7:00 p.m. at various members' homes. The hostess and co-hostess determine the theme and prepare a selection of cheese and hors d'oeuvres. Spouses are welcome. This section meets September through May with no meeting in November or December. **Currently suspended due to Covid**



MEMBER NEWS

No member news this month. If you know how former or current members are doing, please let Newsletter

“Where there is love there is life”

Mahatma Gandhi



SECTION NEWS

Book Section IV.....

Dee Near

Book section 4 chose to adopt the various Little Free Libraries in Merced. Since I have one, I am in the Facebook group for our local LFLs. I posted our goals, and several replied that they would appreciate donations.

We are adding children's books as well as adult ones.

In December we felt safe to gather in person for a Christmas potluck and book exchange. Sue Thompson hosted the gathering. Dessert was served on her grandmother's cut glass dessert trays, complete with cigarette holders on the side. Being the artist she is, Sue created cigarettes for us out of chalk to enhance our experience. We did a book exchange that evening, and all went home with a new book to enjoy. We are reading “Everything Sad is Untrue” by Daniel Nyeri for January, which will be discussed over Zoom.

Good reading



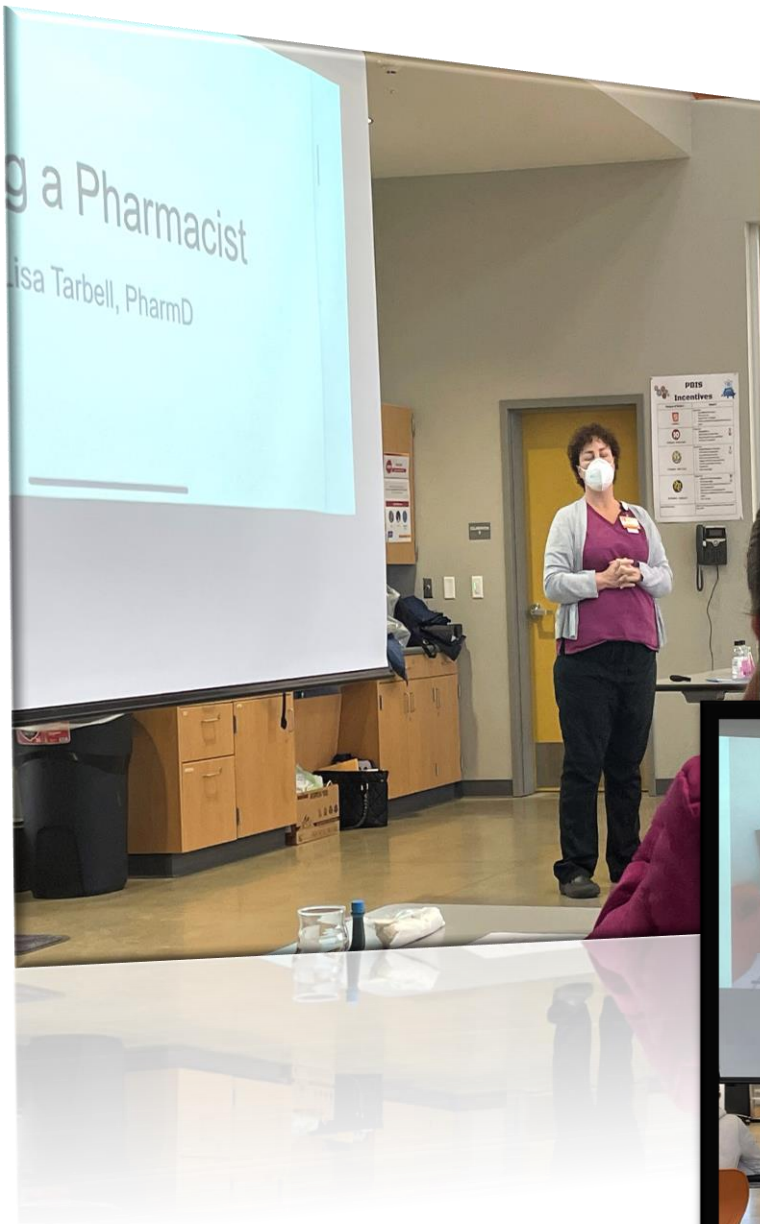


January has been a busy month for the American Association of University Women's Science Camp for Merced's fourth and fifth grade girls. Each of the girls attend the camp with their mother or another adult. This session was held at the Merced City School's STEAM Center located at Ada Givens School. We are so grateful that Merced City Schools has allowed us to use the center.

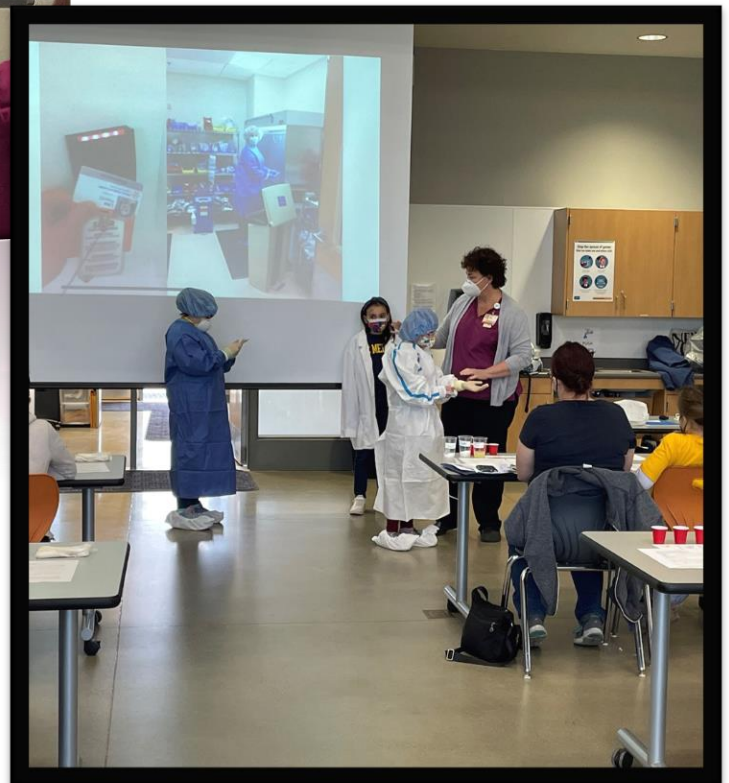
One of the Saturday sessions was Chemistry. The students learned



the basics of Chemistry and what types of jobs chemists can do. They got to dress up like people in the medical field as part of their exercise.



There are three other sessions to come including, math, physics, and engineering.



Calling All Artists

AAUW's 13th annual [art contest](#) is under way, and we invite AAUW members to submit a high-res image of their original painting, photography, sculpture, collage or other artwork. Submissions will be accepted through Monday, January 31. Your work could be among the winning entries, which we'll feature on notecards sent to all members this spring.

(Editor's Note: Hopefully some of our great artists will sign up. From years past, some photos of their work.)



Pardon in Advance

AAUW National will soon upgrade our data systems to better serve our members and supporters. As a necessary step in the implementation, there will be a brief blackout period during which you will not be able to access the Member Services Database or other applications for member dues and donations. Stay tuned for an email with more specifics on the blackout dates and other information you need to know.

AAUW's 140th Anniversary Celebration: Relive the Magic

In November, we held a truly special celebration to honor AAUW's 140th Anniversary. If you weren't able to attend, you can [access the recording online](#). We hope you're as inspired as we were by 2021 AAUW Alumnae Recognition Awardee Dr. Ngozi Okonjo-Iweala, director-general of the World Trade Organization and one of Time magazine's 100 most influential people of 2021.

Fighting for Pay Equity – A Federal Road Map

In 2019, median annual earnings in the U.S. for men working full time, year-round were \$57,456, compared to just \$47,299 for women, according to the most recent census data. That means women were paid just 82% of men's earnings – a gap of 18%. The gap narrowed over the past half-century, but progress has stalled in recent years. Our federal equal pay laws need an update and agencies can do more to ensure women bring home the pay they have rightfully earned.

(Editor's Note. Please take a look at this link. Where women are the closest to men in our state, both are making close to a poverty wage. [show pdf.php \(aauw.org\)](#))



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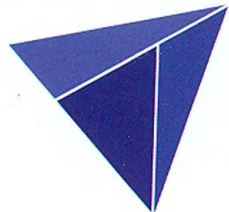
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