

AAUW

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Our Supporters



No winter is ever too cold,
if you have enough *love*

“The young cannot
teach tradition to the
old.”

Yoruba Proverb



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. Please visit our website <https://merced-ca.aauw.net/> regularly for information about Zoom programs and activities.

PRESIDENT'S MESSAGE

Happy New Year fellow university women.

I am so glad 2022 is complete. That was a year full of laughter and sadness. Covid got me and the side effects of severe anemia nearly did me in. I stayed in bed for 3 weeks with no energy. Slowly I have recovered. In the meantime there were other problems with dealing with Down Syndrome and dementia. But there were hilarious, fun, and wonderful times with the grandchildren. My AAUW knitting section is a bright night in my month. We have laughed so hard about the silliest things. Very healing for me. Thank-you fellow knitters.

The wonderful thing about celebrating a new year is that you get another chance. My mother would say, when she tucked me in at night, "It will be better tomorrow." Thank goodness we have a new year to do better. Not all people are so lucky and blessed as we are.

Please take advantage of the things that AAUW has to offer. If you haven't joined a section or come to one of our programs, check it out this year. It is going to be a great

Sincerely,
Sue Chappell
President





HOLIDAY TEA

The holiday tea was absolutely delightful. A big thanks to Linda Lucas, the program committee and all of you that brought delightful food. I hope you saw the recipe for the savory treat that Kathy Hansen brought. It was a big, big hit. Now for a few pictures in case you missed the event.





JANUARY PROGRAM

NEW YEAR'S HEALTH PROGRAM: DR. KATRINA HOYER

Microbiome: do bacteria protect against Valley fever?

When: Tuesday,
January 17, 2023
from 6:00 -7:00

Where: Merced County
Library Gracie Room
2222 M Street


Who: AAUW
Members and Guests

Cost: **FREE!**



Dr. Katrina Hoyer studies immune dysfunction in autoimmune and Valley fever. She works to explain immune abnormalities in inflammation and autoimmunity emphasizing factors that trigger and maintain autoimmune disease. Additionally, she works on the fungal pathogen responsible for valley fever and factors that contribute to persisting infection.

Her talk will be about how valley fever is frequently misdiagnosed as community acquired bacterial pneumonia and treated with antibiotics that alter microbiota density and diversity. During infection, the host (us) utilizes multiple mechanisms to prevent colonization by the pathogen. Protection begins at the surface, often via the community of commensal bacteria found within our respiratory, skin, and intestinal tract. Disruption of the microbiota can reduce the effectiveness of this protective barrier. The impact of commensal bacteria and barrier disruption during Valley fever will be discussed.



“HEALTH AND HAPPINESS IMPROVEMENTS CAN BE MADE BY MAKING TINY LITTLE ADJUSTMENTS OVER TIME. THEY DON'T NEED TO BE MASSIVE BIG SHIFTS ESPECIALLY IF THEY ARE UNLIKELY TO STAY, AND YOU DON'T HAVE TO WAIT FOR THE START OF A NEW YEAR, NEW MONTH, NEW WEEK OR EVEN NEW DAY TO MAKE THE CHANGE.” — JULIE CREFFIELD



SECTIONS

Members of these interest sections meet in the home of the hostess for that month. Some sections also have co-hostesses. When signing up for a section, consider being an active participant by volunteering to host or co-host a meeting.

Write or call Becky Tietjen to join a section at (559) 909-1520 or frautietjen@yahoo.com

Adopt-a-Highway: Chair – Kem Shrum 489-8130 kkshrum@yahoo.com

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.

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.

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. **Group is currently not meeting due to lack of interest.**

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.

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.**

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 last 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.

Play 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. **New members are welcome**

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.

Sierra Trekkers: Chair – Judy Smith and Jennifer Foster 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.

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. **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.



Knitting.....

Dena Traina Chair

The knitting section did meet in December and for one lovely reason. Our past member Mary Hoffmann’s family donated her yarn to the group. It was a lovely selection of very nice yarns. In addition, there was a throw that was almost completed. Victoria Gomes has taken it to her house to evaluate how much is left to be done. The section plans on completing her lovely project. Stay tuned on that one as some of us that do not crochet will be breaking out the hooks.

Have any News?

Please send to Dena Traina



Science Camp Needs Your Assistance!

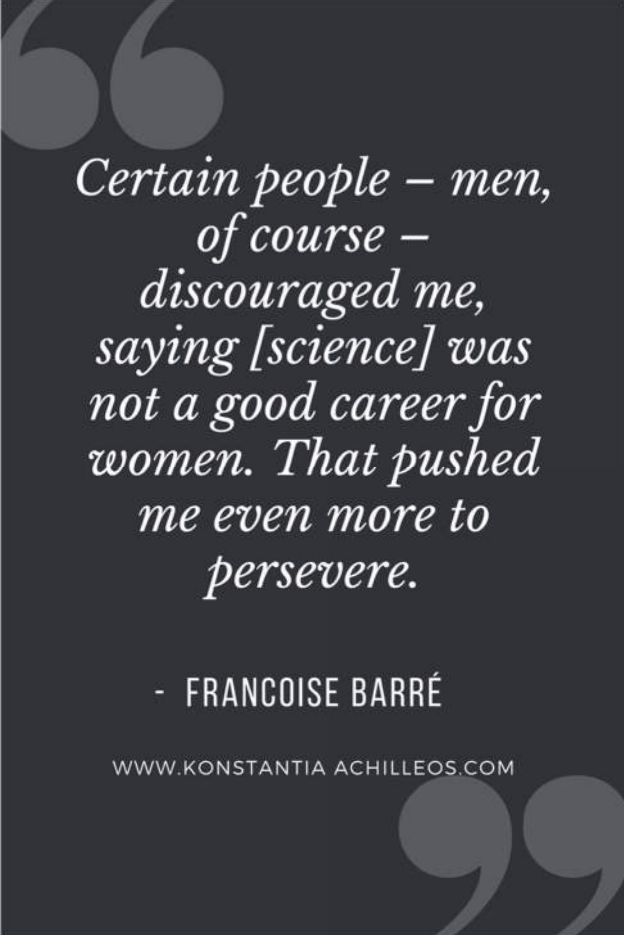
Science Camp for 4th and 5th grade girls has begun! The Committee has worked hard and has gotten great support from MCOE and Merced City Schools.

There are still two ways you can be of help!

First, although we currently have enough volunteers for the sessions, if you would like to help with the year end party for the girls, we could use some baked goods to hand out. Please call Joanna or Dena to volunteer. It will be February 25 at 9 am. (Party slightly later)t
Joanna Browning at
browning1645@comcast.net

[Dena Traina at traina.dena@gmail.com](mailto:Dena.Traina@gmail.com)

Second, the Committee had kept the cost of the Science Camp at \$40 so as to not discourage participation. We also have some girls who ask for scholarship assistance. Like everything, our expenses are rising. All contributions to the Science Camp would be welcome! If you would like to donate to support the Science Camp, please contact Megan Anderson at
quiltdragon@yahoo.com



*Certain people – men,
of course –
discouraged me,
saying [science] was
not a good career for
women. That pushed
me even more to
persevere.*

- FRANCOISE BARRÉ

WWW.KONSTANTIA.ACHILLEOS.COM



Things to Know.....



Winter temperatures are upon us and so we turned a cold shoulder to Elon Musk. Immediately following his purchase of Twitter, the incidence of hate speech, disinformation, discriminatory, and misogynistic rhetoric increased demonstrably. The AAUW California Board of Directors voted to become a Twitter Quitter and canceled our account effective November 9th. We're pretty sure he didn't notice, but it was the right thing to do. Obviously, we were unable to tweet this message.

The Pregnant Workers Fairness Act Passed!

Gloria L. Blackwell

Because of committed activists like you, the Senate voted 73 to 24 yesterday to pass the Pregnant Workers Fairness Act (PWFA). With this overwhelming bipartisan support, PWFA passed as an amendment to the omnibus bill and will soon become law!

This momentous win will allow millions of pregnant people to finally provide for their families without compromising their health or pregnancies. It's about time!

I can't thank you enough for never giving up on a safer future for all workers! After the pandemic laid bare our country's desperate need for paid leave and other family-friendly policies, I truly believe we're on the cusp of revolutionary change ... change that wouldn't be possible without you.

Together, we kept up the pressure on Congress to pass the PWFA, which will:

- Give pregnant workers access to basic accommodations like carrying a water bottle and taking bathroom breaks.
- Clarify that it is unlawful to discriminate against pregnant workers by forcing them out of their jobs unnecessarily or denying them reasonable accommodations.
- Prohibit employers from retaliating against pregnant workers who request accommodations.

I hope you enjoy a day of rest and connection with your loved ones. Happy Thanksgiving!



Be sure to join us for a poignant presentation by Janice Munemitsu, author of *The Kindness of Color*, on Tuesday, January 10th at 7:00 pm.

Hear the true stories of two families: one Japanese American and one Mexican American and their separate battles with racism, incarceration, and school segregation in the WWII era. Unexpectedly, their lives intersect, paving the way for a landmark court decision in California.

Ms. Munemitsu will share stories and photos from her family in a personal tale of how the kindness of friends and strangers provided hope and strength to persevere against unjust treatment.

[Click HERE to Register](#)



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