

AAUW

THE INSIGHTER

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INSIDE THIS ISSUE



PG. 2

President's Message



PG. 3

Recap of December Tea



PG. 4

January Program



PG. 5

Sections



PG. 6

Section News



PG. 7

Around the State and Nation



PG. 8

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 with another variant, 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,

Happy Holidays AAUW. I wish you wellness and joy. We had a really nice Holiday Tea at Becky Teitjen's house. Thanks, Becky. Your kitchen cupboards are beautiful.

My oldest daughter, Shanti, and her family are spending the holidays in Cambodia, Viet Nam, and Thailand. Thank goodness I was not invited. I can barely make it to Costco. In honor of my English mother, the Christmas dinner menu at my house will be Prime Rib, Yorkshire Pudding, Mashed Potatoes and Gravy and Roasted Brussel Sprouts. In honor of my Irish father, my dessert will be Irish Whiskey. The others are having pie. We are blessed to have such abundance.

Hope to see you all at our January event - Chair Yoga.
Cheers to next year and a future full of happiness, sharing and peace.

Mele Kalikimaka, Sue Chappell





HOLIDAY TEA

The holiday tea was absolutely delightful. A big thanks to Becky Tietjen, the program committee and all of you that brought delicious food. Now for a few pictures in case you missed the event.





JANUARY PROGRAM

NEW YEAR'S HEALTH PROGRAM: Terri Radney

Chair Yoga

When: Thursday January 11, 2024 from 5:30-7:30 PM

Where: Senior Center 755 West 15th Street, Merced

Who: AAUW Members and Guests

Cost: **\$10**

Chair yoga is a gentle form of yoga that can be done while sitting in a chair or using a chair for support. It is an excellent option for seniors, as it allows them to improve flexibility, balance, and strength without putting too much stress on the joints.

Terri will demonstrate this form of yoga and ask the members to participate so come comfortably dressed. Spouses and guests are welcome. Space is limited to 50 people so hurry and RSVP to MercedAAUW@gmail.com or call Jane Lawrence at 209-658-4490 by January 5.



“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

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.

Aloha Ukulele: Chair – Sue Chappelle 725-9082 sue.e.chappell@gmail.com
Ukulele lessons and jam sessions anyone? Please sign-up and we'll make it happen!

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: Currently No chair.

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.

Book Section 2: Chair – **A new section! Do you love a good mystery? This group is for you! Call or text Judy Smith.**

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

Members meet the first Tuesday of the month at 9:30 a.m. and rotate between members' homes. We select a book to read, to be read by all, for each meeting, and a volunteer guides us through the discussions. Due to a large membership, you are welcome to sign up on our waiting list.

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.

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

In order for the Bridge Couples section to be viable, 4 couples plus 2 substitute couples are needed. Currently not enough couples have signed up. If you play bridge, now's your chance to join a fun group! Normally the section meets the second Friday of the month at 7:00 p.m. This section meets from October through May. **This section has been suspended.**

Bridge Singles: Chair – Pauline Cuchna 209-658-6321 samnilla@sbcglobal.net

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 members of this group. Since we have 12 members already, you are welcome to sign up for the substitute list. All members and subs are required to be vaccinated and boosted. 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.

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.

Let's Craft: Co-Chair – Ashley McComb (209)761-7873 leymc84@hotmail.com
Kimberly McComb mccombkd@gmail.com

Meets the third Friday of the month at 5:30 pm. We will rotate between local craft venues to offer a variety of experiences. The crafts will vary between floral arrangements, painting, and craft workshops, etc. This section is for all skill levels.

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. Will start up again as soon as theater schedule is published. **New members are welcome**

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

Sadly the Quasi-Epicures have decided to call it quits. I'm leaving in the description this year in the hopes that, perhaps, it can be resurrected in the future. 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 (777-5345) and Jennifer Foster 722-3649 sierratrekker@comcast.net or one4cats@att.net

We will continue meeting at Lake Yosemite at 6pm on the third Thursday of the month as the weather permits. We may go back to people's homes this winter. Indoor meetings will be held on the third Thursday of the month all at 6:00 in members' homes (except in December). The September planning meeting maps out the tentative dates for hikes during the year.

Summer Swim: Chair – Chair: Sue Chappell (209)-500-8832 sue.e.chappell@gmail.com

May 1 through October – Wednesday afternoons (time TBD) at Sue's pool. Come join us for water walking, lap swimming, cooling off, relaxing, and conversation! Bring a snack to share and your own drink.

Together Women Rise: Chair – Jane Guerra 723-0384 nickandjane@guerra.net

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. Members become educated to various needs of women living in poverty around the world. The 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. Come share the story of your wine and share tasting with the group. **New members welcomed.**



Knitting and Crocheting.....

Dena Traina, Chair

The section met twice in December, once for our regular meeting and once to adorn our Christmas tree at the Courthouse. This is the first year this group has had a tree and we did so in honor of Geri Freer – a member that passed away this last year.



Lunch Bunch

The lunch bunch recently met at Joe on the Go restaurant! If you are interested in lunching, give Connie a call at 209.631.8758



Trekkers

Some of the Trekkers braved a run!





Not-So-Golden Years

Women encounter a pay gap at every stage of life, but nowhere is it more pronounced than during the retirement years. On all three components of the “three-legged stool” of retirement security — Social Security, pension and savings — women fall short. As a result, they have 70% of the income that men have during retirement.

Older women are more likely than men to live below the poverty line: In [2018](#), 11% of women over age 65 lived in poverty, compared to 8% of men. And even those who aren't impoverished struggle to get by on meager incomes: While white men over 65 have an average annual income of \$44,200, Black women in that age group have only \$21,900, Latinas have \$14,800, and white women have an average annual income of \$23,100.

That's because, over the course of a lifetime, the gender pay gap causes women to lose out on hundreds of thousands of dollars in earnings, making it difficult for them to accumulate savings. What's more, because women are more likely to work part-time, or to move in and out of the workforce as they juggle caregiving responsibilities, they are less able to save for retirement and less likely to have access to an employer-sponsored retirement plan. Lower wages — coupled with time away from work — results in lower Social Security benefits.

At the same time, women typically live longer than men, meaning they will face higher costs in retirement, both in terms of daily living expenses and health-care costs. And women are more likely to rely on Social Security to meet those expenses: Social Security [accounts](#) for 47% of total income for unmarried women, including widows, compared to 34% of total income for unmarried men. 46% of unmarried women over 65 receiving benefits rely on Social Security for nearly all (90% or more) of their income.

American women deserve a secure retirement, no matter what career choices they made during their lifetime. To ensure that, we need laws and policies

that will strengthen retirement programs, including protecting Social Security, improving pension benefits and ensuring women receive fair pay throughout their careers to bolster their savings. Gender equity is a lifelong proposition!

Learn more from @AAUW at:

<https://www.aauw.org/issues/equity/retirement/>
Women's Graduate Education

Since 1881, AAUW has been one of the largest funders of women's graduate education, investing in women who go on to change the world. From astronauts to zoologists, the recipients of AAUW's fellowships, grants, and awards represent nearly every imaginable field of endeavor.

Would you like to unite with us to fund amazing women's education?

To join, go to: <https://linktr.ee/aauwca>
[#AAUW](#) [#AAUWCA](#)

AAUW FELLOWS THROUGH HISTORY

Samika Boyd, a 2009-10 AAUW Fellow, is a distinguished attorney specializing in complex trial and appellate litigation. She has excelled in securing summary judgments for diverse cases involving breach of contract, employment discrimination, and tort claims. She has also defended Fortune 500 companies, and argued before the United States Court of Appeals for the Eleventh Circuit, showcasing her versatile expertise in intricate legal matters.

SAMIKA BOYD

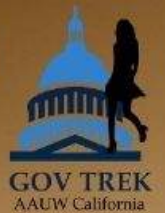
2009-10 FELLOW

AAUW



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