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President's Message

Emily Hitchens



I was telling my husband that I was thinking about what to write in this newsletter. He suggested, dryly, that AAUW ought to have Taylor Swift

join and all or some of the Swifties might join too! Then, I talked with my daughter who is a big Swiftie fan, about AAUW. She and my grandson and her niece went to see Taylor to the tune of \$99 each last summer. She said, "Why Mom, Taylor Swift never went to college!" I did give her an AAUW-WA online membership and she still gets all the emails, so I said, "Well if you get a chance to vote for no college requirement, do so!"

I did enjoy the Grammy's and especially the emcee, Trevor Noah. I read his autobiography some years ago Born a Crime (2016) and so I am amazed at what he has achieved. He grew up in South Africa during apartheid and was raised in Soweto, a segregated part of Johannesburg. His parents were never married because it was against the law for white and Black persons to "mix." His father was Swiss-German White, and his mother was Xhosa Black. He did know his father and they met in unobtrusive spaces, but when they walked together, the father walked ahead of him and his mother so as not to appear connected. His mother was a "go-getter" and made sure that Trevor got an education. His relationships were strained with other kids because he was "colored" and spoke several languages. He did not fit into any group. However, growing up in poverty he became a "huckster" dealing and selling illegal bootleg CDs. He left South Africa for LA as an escape from his mother's abusive husband, who tried to kill her and then threatened him as well. He started his career as a comedian on a dare from his friends. Since then, he has been well known for *The Daily Show* among other things. And, much to my surprise, he is going to be at the Paramount Theatre in Seattle in March. It was reported that Taylor Swift said Trevor did a great job at the Grammy's! One thing that disappointed me at the Grammy's, Trevor did not introduce his mother, although on Stephen Colbert's talk show, he said that she was coming.

We, AAUW-WA, have opportunities to support children and their future when we support Tech Trek campers! During this time of transition, we have three very capable women leaders, Krislyn Davis, Laura Tucker, and Jennifer Danziel who are leading the way. They are working on the budget, the contract with PLU, and with the Tech Trek coordinators as well as getting support from Dorthy McBride, Treasurer of SPF. Susie Johnson, VP for Finance, and I have been working with our insurance broker and with some corrections to the policy have reduced the cost by \$1,000.00. Laura Tucker and I have been corresponding with Shannon Wolfe at the National AAUW Office and have convinced her that we do not need to be a member of the American Camp Association since our staff of educators use current best practices. That decision will also reduce expenses and we thank her for listening to us. Overall, the goal is to reduce the cost of Tech Trek so that it can remain a viable opportunity that we can support. I believe that we can look forward to an excellent Camp experience this summer. I am sure that those who attend will hear stories of former campers, now camp counselors, and their continued education in STEM and their plans. And as my Swiftie bracelet says, "Made with Love."

Emily

State Presidents' Meetings

If you are currently serving as president of your branch, we invite you to join AAUW-WA president Emily Hitchens for some lively discussions with other AAUW branch presidents in WA State. These meetings have typically been on the fourth Monday of each month, with a choice of either 10:30 a.m. or 7 p.m.

The next meeting will be on Monday, February 26. Zoom links will be posted on the <u>AAUW-WA</u> <u>calendar</u>.

State News



AAUW-WA

Annual State Meeting

Jodi Forsell AAUW-WA Programs

programs@aauw-wa.org

Our annual state meeting will be on *Sunday, April 21, from 12:40-4:30* this year. It will be virtual on Zoom and we encourage all members to attend! More info on speakers and how to register will be on our website and in the next Evergreen leader.

There has been a small committee that is reviewing the possibility of holding regional leadership meetings in person this summer. Branch presidents will be sent a quick survey in the next week to help us decide if there is interest and what type of activities our members would like to have. Please let your president know any ideas you may have to help plan this event.

Finally, thanks to everyone who attended our lobby day this year! We've had great feedback about the speakers and support for our lobby day bills!

Public Policy

Sandra Distelhorst AAUW-WA Public Policy Director publicpolicy@aauw-wa.org

Public Policy and Advocacy

Check out This Week in Olympia for an update on our Lobby Day bills. <u>https://aauw-wa.aauw.net/2023/11/08/2024-legislative-tracking/</u>

The big news this week: Keep Our Care Act (hospital merger regulations), passed the Senate 28 yes to 21 nay (Senator Mullet LD5, running for Governor, voted nay along with all the Senate Republicans).

Concerned about School Boards? AAUW national had a terrific webinar this week: School Boards: The Battleground for the Education Culture Wars. Here is a link to the recording: https://www.aauw.org/resources/programs/webinars/

Worried about the elections? AAUW National is hosting an online seminar on February 21st at 3 pm our time. It's My Vote: the 2024 Voter Engagement Campaign. You can register in advance at <u>https://us02web.zoom.us/webinar/register/WN_m-jERKTdSzCrsscw7cRGpQ</u>

The state public policy team continues to meet every Tuesday at noon. Here is the Zoom link. https://us02web.zoom.us/i/88266617266

What does the state public policy team do? We review bills, strategize about best advocacy actions, and consider adding new bills and issues to our support list. We have helpful discussions about policies that impact women and girls in our communities across the state. These discussions are critical to ensure our AAUW advocacy priorities are relevant and of interest to our branch members.

We recently discussed HB 2266 Concerning sanitary conditions for construction workers who menstruate or express milk (Stonier). Here is a great two-pager on the issue: <u>https://www.wslc.org/wp-content/uploads/2024/01/24-WSLC-Sanitary-Conditions_24Jan29.pdf</u> The Vancouver branch can be proud of their state legislators for sponsoring this bill!

It is AAUW's advocacy over the years that has helped create policies in Washington state to protect women in the workplace.

If you have an issue you would like to discuss, please consider joining us on Tuesdays. If you can't make Tuesday noon meetings, you can email your ideas or concerns to me at publicpolicy@aauw-wa.org.

Looking forward to seeing all our bills cross the finish line!

Sandra D.

Stay Informed with Legislative Updates!



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Updates for the 2024 Legislative Session

Our AAUW-WA legislative consultant, **Nancy Sapiro**, provides regular news and updates for our state membership during the legislative session. If you are interested in receiving these updates for 2024, please click on the link below.

Click HERE to sign up for AAUW-WA 2024 Legislative Updates, This Week in Olympia

Communications

Mary Ross AAUW-WA Communications Director communications@aauw-wa.org

Artifical Intelligence (AI) is clearly a topic of great interest to AAUW-WA branches and their members. On Lobby Day, <u>Tammie Schrader</u> gave an engaging presentation on media literacy and AI, which was inspiring to me and many others.

At the AAUW-WA Board meeting in January, I asked for suggestions of topics for another workshop targeted to those doing AAUW branch communications. Nadine Stecklein suggested that we explore how AI is used for content creation. Perfect!

Below you will find a description of the upcoming workshop, information about the presenters, and how to register. See you online on February 28!

Using AI for Content Creation

Wednesday, February 28, 7 p.m., online via Zoom



We'll look at how artificial intelligence is used for creating content that is tailored to the needs and interests of individuals. In consumer markets, this personalized content is used to engage customers, increase brand loyalty,

and inspire action. How can AI be used effectively by those of us communicating with AAUW members, potential members, and supporters? What are the possibilities for use in social media, on websites, and in webmail?

Register at this link.

Presenters are Nadine Stecklein and Judi Edwards (see bios below)

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Nadine Stecklein is assistant director for internship programs at Whitman College and an instructor at Walla Walla University She has a B.A. in Public Policy and a master's in Public Administration. She was the first Latina president of the College Place Lions. Recently becoming an entrepreneur, she is the owner of a Photo Booth rental company.



Judi Edwards has been a member of AAUW since 1993. She holds a certification from the I.C.C.P. (Institute for Certification of Computer Professionals) in Data Processing and an MBA in Information Systems. The realm of A.I. has always been part of her work life. Photoshopping images for a website and correlating data in a database to form a customer's specific profile was all in a day's work.



Legacy Circle

Kay McMurry AAUW-WA Legacy Circle Liaison legacycircle@aauw-wa.org

LIVE – LOVE – LEAVE A LEGACY!

Make a difference in the future as well as today.

Remember AAUW when you are gone

by donating to our efforts in your will.

YOU CAN MAKE A DIFFERENCE!

For more information, email planned-giving@aauw.org to discuss your options.

Membership Corner

Jeanne Nygard AAUW-WA Membership Director membership@aauw-wa.org



February has arrived. Of course, we all realize that February is Black History Month and it contains Presidents Day, Valentine's Day, and this year it also has Mardi Gras' Fat Tuesday and Ash

Wednesday. Let's not forget that 2024 is a Leap Year too! But did you realize February also contains National Dark Chocolate Day; National Optimist Day, National Pizza Day, National Random Act of Kindness Week, National Jell-O Week plus many more national days and national weeks?

Are you looking for a "hook" to boost attendance at your branch event? How about pairing it with a national day or a national week? Go to the link below, find your date for the branch event, and check out what odd, funny, or serious "days" or "weeks" are listed for that event date. Example: March 2 - is National Banana Cream Pie Day! It is also National Old Stuff Day! March 13 – National Earmuff Day. March 24 – National Chocolate Covered Raisin Day. 3rd week of March is National Button Week. Add a bit of pizazz and fun to your meetings.

National Day Calendar

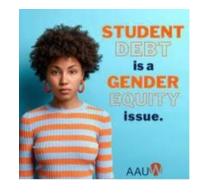
https://www.nationaldaycalendar.com/year-at-a-glance

Our next Membership Team Zoom Meeting will be on February 21, at 3:00 pm. We are hoping a Wednesday afternoon will work for some members who can't attend our Monday Zoom meetings. We will give Wednesday afternoon a try and will remain flexible to suggestions for different days and times. Hope to see some of you soon. Below is the Zoom invitation for that meeting.

Membership Meeting, Wednesday, February 21 at 3:00 pm

Join Zoom Meeting https://us06web.zoom.us/j/81312331083?pwd=ZE9qTXdXbIJyQUI4S0FOK3hmaEZTQT09 Meeting ID: 813 1233 1083 Passcode: 649306

The recurring link is always in our AAUW-WA website calendar. See our calendar at https://aauw-wa.aauw.net/activities-information/calendar/



My AHA Moment

We want to hear your story of an "aha" AAUW moment, a time when you had a sudden heartwarming flash of happiness, gratitude, pride, excitement, or hilarity because you're part of this organization.

Keep it under 75 words and send it with your name and branch to evergreenleader@aauw-wa.org

break our own barrier



Open Up AAUW

Barbara Sando

AAUW-WA Bylaws Chair

bylaws@aauw-wa.org

The Final Step to AAUW Evolution

By now, everyone is aware of the upcoming vote on "Open Up AAUW", the initiative to eliminate the college degree requirement for AAUW membership. What everyone may not know is that this change follows several others throughout AAUW's history, as our mission statement and membership requirements have evolved. AAUW was formed in 1881 and was initially known as the Association of Collegiate Alumnae (ACA). Up until the 1940's, members had to hold approved degrees from a small list of accredited schools. Prospective members had to be voted upon for admission. World War II broadened AAUW' 's perspective, and women from all accredited schools could be admitted. At the AAUW National Convention held in Seattle in 1949, AAUW revised its bylaws to state that the only requirement for membership was a college degree, thereby reaffirming that women college graduates of all races were eligible for membership. Still, it wasn't until 1963 that degrees such as education, nursing, and home economics were approved, and not until 1987 that men were allowed to join. In 2005, nearly 20 years ago now, those with associate or equivalent degrees were permitted membership.

Eliminating the degree requirement in 2024 is the next, and final step, in opening up AAUW membership and truly embodying AAUW's value of inclusion. When AAUW began, women were underrepresented as college students. Over time, women have made great progress and now represent the majority of students on many campuses. Today, we recognize that higher education is one of several paths now available to women. Professional certifications, on-the-job training, career technical experience, and life experience are all alternative paths to obtaining education and skills for women. And, the fights for women's reform – reproductive rights, equal pay, maternity leave, sexual harassment – apply to all women, regardless of the path they choose.

I urge every member to learn more about this initiative and to support it by voting "yes" when the voting period **opens on April 3rd.** The proposed bylaws changes are detailed on the AAUW website at AAUW National Election 2024, where you can also find an Open Membership Toolkit and FAQ. In addition, the Open Up AAUW website contains much information on this change.



Below is an excerpt from Carolyn Hayek's blog Carolyn is from the Lake Washington branch. Her collection is called Common Sense Reflections. To read this piece in its entirety, and to read more of her work, <u>CLICK HERE</u>

Change With the Times

In our changing world, traditional organizations such as my church and my women's group have been struggling to maintain their membership, as well as their facilities. On my recent trip to Iceland, I was surprised to learn that their government supports their churches with tax money. That support helped explain how they could have so many beautiful churches located even in small towns, all of them seemingly well-maintained. A part of me wished that support was available in the U.S. but as quickly as the idea came into my head, I realized that was not going to happen for many different reasons. For example, in Iceland, the churches are nearly all the same denomination, and most of the population claims to be part of that denomination, although that may change with immigration.

At times, I think that <u>AAUW</u> as an organization has outlived its purpose. It was founded in 1881 as a means of encouraging the small number of women who graduated from college to support one

another, advance in their careers, and work toward greater opportunities for all women and girls. Those goals are still relevant in today's world, but there is much more competition for the use of women's time, so membership numbers decline.

AAUW members are now faced with an important challenge. From the beginning, membership in the organization required a college degree from an accredited institution. There have been many attempts to change that requirement. Currently, both 2-year and 4-year degrees are accepted and there is a special student membership. However, there will soon be a vote on <u>eliminating the degree requirement</u> altogether. In my opinion, it's important for this change to pass. Along with many other institutions around the world, AAUW needs to adapt to the times. As strong advocates for equity for all people, AAUW should not be discriminating against potential members based on their level of education. We need this change to pass so that we can adjust our recruitment and activities to better fit today's world.

Carolyn can be contacted at carolynhayek@me.com



Tech Trek

Laura Tucker AAUW-WA Tech Trek techtrek@aauw-wa.org

We are moving forward toward a wonderful summer program for Tech Trek campers! To trim the budget, we are running one week only, but with twice the number of campers. The beautiful Pacific Lutheran University campus has plenty of room to accommodate our group.

We are fully staffed with a strong leadership team, all of whom are Tech Trek alumni! With **Krislyn Davis** at the helm as Program Director and Camp Director, we are ensuring not only continuity, but a fresh look at our program from her perspective as a camper, student counselor, dorm mother, and last year's assistant director and director. **Jennifer Dalziel** is returning as our Curriculum Director and brings her years of experience as a classroom science teacher as well as a multi-year Tech Trek teacher. She has some great ideas about ways to construct the week to provide a wide variety of programming for the campers. With our larger group, we will have seven core teachers whose hometowns will provide more opportunities for campers to choose classes that inspire new ideas as well as meet their current interests.

COVID had a big impact on these campers in their home towns, but it has also impacted Tech Trek. This year, we are reinstating **Visitor's Day** and encourage any interested members to save Thursday, July 25th as a day to visit the program and see firsthand what the campers experience. More information on how to sign up will be in future editions of the Evergreen Leader.

We hope all of the branches are actively supporting the schools in recruiting students to apply for Tech Trek scholarships. If any of the branch leaders need ideas, suggestions, or answers to questions, please contact the Tech Trek leadership team at <u>techtrek@aauw-wa.org</u>. We are here to help and support this ongoing program that has such a powerful effect on our STEM-focused students!



Artificial Intelligence: A Brave New World of Concerns and Possibilities

With the increasing integration of Artificial Intelligence (AI) in our daily lives with many unknowns, concerns, and possibilities being posed by AI, come, and participate in a thought-provoking discussion sponsored by the American Association of University Women (AAUW) WA Online Branch about Artificial Intelligence. The AAUW WA Online panel discussion is on FEB 22, at 12 pm PST. <u>RSVP for the</u>

<u>event at this LINK</u> The event will feature a panel of AI experts, and we aim to explore the following topics while seeking insights from our distinguished panelists:

- 1. The Impact of AI on the American Workforce
- 2. The Future of AI: Concerns and Benefits
- 3. Al in Our Daily Lives
- 4. Ensuring AI Safety and Opportunity
- 5. Global Al Concerns

We will provide an overview of the history of Artificial Intelligence to provide a contextual framework for this crucial conversation. The program will conclude with a call to action, emphasizing the importance of learning, advocacy, and proactive engagement. Our distinguished panelists for this event include:

- Faith 'Aya' Umoh: A digital artist, data scientist, and CEO of Creative Ayai, a global co-creative art and media software company producing Al-driven immersive experiences.
- Eva Sachar: Eva focuses on implementing advanced analytics solutions and data ethics practices in the Healthcare and Public Service industries.
- Corrie Wilder: Executive Director of Marketing and Communications at Washington State University Everett, recognized for her pivotal role in educational partnerships.

We look forward to this insightful discussion and invite all interested parties to join us in exploring the critical facets of Al in our society. <u>RSVP for the event at this LINK</u>

Port Townsend

Activists

Our branch is proud to be an active visible member of our small town community regarding our AAUW public policies. We attended the state AAUW Lobby Day and held multiple meetings with our legislators. We held up signs on Women's March Day January 20 and got many honks and thumbs up for support. We have monthly news articles in the local newspapers with photos of our honored women speakers and advocates of diversity. We try to post on Facebook, Instagram, and Nextdoor weekly to keep up our profile and reach younger readers. *See photos below*

All this effort we gladly expend to support women's causes, but also to attract the next generation of activists to our branch and to AAUW national.

Submitted by AAUW Port Townsend Board



Clockwise: Branch at 2024 Women's March, supporting local immigrant rights, honoring local activist, highlighting local school system, building with Habitat for Humanity



Puyallup

Joan Cronk AAUW-Puyallup Joan791942@comcast.net

Understanding Palliative

and Hospice Care

On Saturday, January 27, Puyallup AAUW members and their guests were treated to an excellent and informative presentation at Puyallup South Hill Branch Library by Laura Castagnoli, RN, BSN (and daughter of member Jo Ingram) on the topic of Hospice and palliative care, their benefits and eligibility. Her program was caring, passionate, and peppered with loads of useful information.

Beginning with the basics and taking questions throughout the program Castagnoli explained, "Wherever the patient lives, we will go and that includes prison, their homes, or if they live in their car," adding that it is important to get a patient on Hospice early.

Castagnoli explained how Hospice holds a memorial service every year for patients who have passed and said Hospice doesn't just serve patients but helps families and caregivers as well. Services continue for up to thirteen months after the patient has passed. 25% of expected deaths occur at home and 85% of Americans prefer to die at home. Family members are encouraged to call Hospice at any time.

Hospice is a hospital and community-based program that began in 1967 by Dame Cicely Saunders, a British registered nurse whose chronic health problem forced her to pursue a career in medical social work. Congress passed a Medicare benefit in 1993.

Castagnoli's presentation held the attention of every person in the room and she `graciously took questions throughout.



Seattle

Tonna Kutner AAUW-Seattle marketing@aauw-seattle.org

Creating a More Equitable Healthcare System

with Kumhee Ro, DNP, APRN, FAANP

Kumhee Ro, DNP, APRN, FAANP, is an Assistant Professor of Nursing at Seattle University College of Nursing. Ro is very accomplished and wears many hats in both nursing and advocacy. She will share the lived experiences of some of our marginalized communities and provide an In-depth look at how we can be a part of the legislative and policy conversations to advance health equity through advocacy.

Ro is both an immigrant and a first-generation college graduate. Over her career as a healthcare practitioner, she has been motivated by the underserved communities she has served to build coalitions, implement innovative models and partnerships, and design pathways to positively impact vulnerable populations' health outcomes. She is dedicated to improving and diversifying the nursing profession. Through her scholarship, she has championed a culture of inclusivity and belonging in academia, supporting state and national initiatives aimed at advancing underrepresented students and faculty to ensure a diversified health workforce. As an educator and thought leader with federal and state policy experience, she will share with us her experiences in education, leadership and practice and how advocacy can impact health policies.

Zoom Registration Required https://us06web.zoom.us/meeting/register/tZYode2urz4pGtBIEF0E6jZJtks-WmotK48b

> Saturday, February 17 10 am online via Zoom

Reservations for this free event are required. CLICK HERE to reserve your spot!

For additional directions and more information. https://aauw-seattle.org/calendar/filter-by/event/177/2024/02/17

Check out our website at www.aauw-seattle.org

Stanwood Camano

Georgi Proulx

AAUW-Stanwood Camano info@aauwsc.org



Purses with Purpose

Purses hold more than our personal essentials for the day. They can help

secure the dreams of completing a college education or inspire wonder in a young girl discovering science for the first time.

AAUW Stanwood Camano invites you to our 6th Biennial *Purses with Purpose* Benefit Luncheon and Live/Silent Auctions of designer and very gently used purses on **Saturday**, April 27, at 11:00 a.m. at the Camano Center on Camano Island.

Join other women in our community in supporting these dreams and discoveries. Net proceeds will be used to fund our two-year scholarship plan of six \$10,000 continuing-education scholarships for college students, provide eight-twelve Tech Trek camp experiences for middle-school girls, and contribute to our national organization for graduate fellowships and promotion of women's livelihood through advocacy, legislation, research, and training.

Spend a marvelous afternoon of fun and excitement for the cause. Go home with a wonderful purse knowing it has fulfilled TWO purposes. Find everything from designer purses to unique treasures from around the world. Something for everyone. Enjoy a glass of wine and a wonderful lunch. Bring your friends, sponsor a table, and revel in an afternoon of excitement and giving.

Please visit <u>https://aauwsc.ejoinme.org/pwp</u> to learn about our fundraiser for university scholarships and Tech Trek camperships, view the community sponsors for 2024, and purchase your ticket (s).

This is a wonderfully fun and worthwhile way to spend a Saturday afternoon....please join us and go home a winner in more ways than one!

If you have any questions please email me at info@aauwsc.org.

Hope to see you there,

Calendar and Upcoming Events AAUW-WA State Calendar

The official calendar for AAUW-WA can be found on our website at:

https://aauw-wa.aauw.net/activities-information/calendar

If you wish to have a branch event added to the calendar, please send event details to communications@aauw-wa.org You can also use the template provided in this <u>Branch Sharing Form.</u>

General Information

AAUW-WA YouTube Channel

Did you know that all videos, webinars and state meetings are available for you and your branch to view? All you need is this link that will take you to our private YouTube channel. <u>AAUW-WA YouTube Video Playlist</u>

If you have any problems accessing the videos, or questions about the content or how to

use them with your branch, please contact Mary Ross at communications@aauw-wa.org

AAUW-WA Member Web Sections

Password: Evergreen

Publishing Schedule

Please send articles and images for the state newsletter to Judy Peasley at evergreenleader@aauw-wa.org

- Please send photos separately do not embed them in your document
- Please use MS Word format; Font: Calibri size 12
- Articles with images, limit to 450 words; without images, limit to 550 words

We are hoping that most articles can meet these guidelines. If you have a special article that exceeds this limit, we understand, but ask that you do your best to limit the article length.

**Remember that written permission for publishing is required from any person shown in a photo that is published. The branch or officer submitting the photo is responsible for getting and keeping the signatures of the people granting permission to publish.

Evergreen Leader issues are published on the 15th of each month. Articles submitted for publication are due by the 8th of each month Please send the articles to Judy Peasley at evergreenleader@aauw-wa.org The newsletter will be reviewed by our new AAUW-WA President, Emily Hitchens, before publishing - and as always, available on our website <u>AAUW-WA State</u>



Breaking Through Barriers

Subscribe to our email list.