



APRIL 2020

In This Issue

Volume 41 – Number 8

- Letter from the Editor 1
- Co-President’s Message 2
- Birthdays / Membership 2
- March Board Highlights 2
- Tech Trek / Banner 3
- Coping / Bingo, Silent Auction 4
- Member Memoriam 5
- Reproductive Health 6
- Cultural Diversity 6
- Women in History 6
- Interest Groups 7
- Scholarships / Meditation 8
- Neighbors & Sponsors 8

The EQUITY FOR ALL Waves



THE MONTHLY NEWSLETTER OF THE FIVE CITIES PISMO BEACH, CA, BRANCH

LETTER FROM THE EDITOR

Dear Members - We are living through a time like no other in our history. The unknown is now the new norm - the source of confusion, anxiety, and fear for many of us. In spite of this, we all have an opportunity to shine in this dark time by uplifting our friends and family to be sure we don't isolate ourselves or others from the rest of the community.

We celebrate Easter this month, which is historically a time of rebirth and re-awakening. Spring has arrived! Trees and flowers are blooming! We have a unique opportunity to spread hope and positive energy to those who are having difficulty coping.

We can physically isolate ourselves without being isolated. Reach out to others to let them know you are thinking of them and offer help if you can provide it, or else a kind word. We are all in this together!

I have asked our members to share their thoughts and ideas about how they are coping with this strange situation that the entire world has found itself faced with. Please see these thoughts on **page 4**.

Be kind, be supportive, be well... ~gayle



ELECTIONS THANKS

Thanks to all members, family, and friends who worked the Election Polls. Things went smoothly and we helped our community with this vital right. Yay us!

NOTE ON FUTURE AAUW MEETINGS

PLEASE NOTE: Our April and May branch meetings will not be held in a physical location until further notice. Ideas have been circulating on how to keep our communications going in order to conduct the business we need to do before the end of our year in May. We will keep you posted.

CO-PRESIDENT'S MESSAGE

As I write this message, my hope for each of you is that you and your family are well and are persevering despite all of the ramifications of this COVID-19 pandemic. All Branch meetings are, of course, cancelled until this health crisis is behind us. Please contact any of the Co-Presidents if you are in need at this time or have suggestions for the future.

The future????? The Branch will be in jeopardy of having to disband if it cannot fill the positions of President(s) and Treasurer. The office of Secretary does have a nominee. Please consider this carefully and perhaps discuss with a co-member how you might share one of these offices. The Co-Presidents serving this year did just that to keep the Branch from having to disband last year. Whom among you will step forward this year?

~ Pat Muhlethaler, Co-President

APRIL BIRTHDAYS

Stacy Meko	4
Patti Melsheimer	6
Bartbara Cotton	17
Margaret Quandt.....	18
Marietta	
Mischke-Blakeley.....	30



MEMBERSHIP

Hello everyone. While you're at home thinking of how life has changed please remember that AAUW plays an important role in keeping us focused on what is truly important. So think of renewing your membership now. \$100 check made out to AAUW 5 Cities Pismo Beach. Please mail it to me. And thanks for your support.

~ Susan Brazil



BOARD HIGHLIGHTS - March 2, 2020

1. The Board voted to reserve the Yacht Club in Avila Beach for the May installation dinner/annual meeting. Program co-chair, Mary Matakovich, will arrange the event.
2. Jean Burns Slater presented the proposed revisions for Policies & Procedures and Branch By-Laws. Discussion and suggested changes followed. The final revised documents will be presented electronically.
3. Tech Trek and Scholarship committees will soon be interviewing candidates for camperships and scholarship awards. The winners will be presented at the April 20 AAUW meeting.
4. Nominating Committee chair, Jean Burns Slater, and committee member, Laurie King, are working to complete the proposed slate of officers for 2020-21.
5. Three members attended the AAUW Interbranch Council luncheon in February. In June there will be an ice cream social for the 2020 Tech Trek campers.
6. A report from Reading is Fundamental chair, Wendy Robinson, was presented.

NOTE: Due to the state of California declaring that everyone must remain in their homes, the next board meeting on Monday, April 6, has been cancelled. Please watch for updates. ~ Rose Ann Steiner

Five Cities Pismo Beach The Waves

...is a monthly newsletter of the
Five Cities Pismo Beach, CA,
Branch of AAUW

Vol. 41, No.8 – April 2020

Co-presidents:

*Marilyn Corey, Pat Muhlethaler,
Rose Ann Steiner*

Treasurer:

Linda Lidberg

Secretary / Newsletter Editor:

Gayle Turner

Parliamentarian:

Jean Burns Slater

AAUW Funds / Public Policy:

Mary Matakovich

Membership:

Laurie King and Susan Brazil

Fund Raising:

Priscilla Alquist and Pat Zirion

Program Committee:

Mary Matakovich and Liz Wineman

Communication / Publicity:

Susan Opava, Chair / Ads

Sandra Ku, Email Blast

Linda Lidberg, Website

Priscilla Alquist, Outreach

IBC Representative:

Linda Lidberg

Newsletter deadline is the 20th of the
month. Photos of interest group activities
are welcome.

AAUW 5 Cities Website:

[https://fivecitiespismo-beach-
ca.aauw.net](https://fivecitiespismo-beach-ca.aauw.net)

In principle and in practice, AAUW
values and seeks a diverse membership.
There shall be no barriers to full
participation in this organization on the
basis of gender, race, creed, age, sexual
orientation, national origin, disability or
class.

2019



Dear Five Cities Pismo Beach Branch Members,

I have loved this week of meeting new friends and also learning new things. In my core class, which was math, we learned about encryptions and the Fibonacci Sequence. In science we learned about the Nautilus Exploration Research Vessel and their recent discoveries as well as going live and talking with two crew members on the boat. On Thursday we went on a boat ride and saw two pods of dolphins which was so cool!



Tech Trek has also made me realize I am capable of so many things. My problem-solving group and I are solving the problem of golf balls polluting our oceans. We are solving that by creating a magnetic solar powered vacuum.

Thank you so much for sponsoring me for this amazing adventure!

Sincerely, Morgan Edwards

TECH TREK

Interviews for July 2020 camps were to take place on Sunday, March 22nd. We have been able to add one more girl to this year's camp so we will be sending six girls to camp - provided that the camp happens. As of this writing, no decision has been made by the State Tech Trek organization to cancel the camps.

The girls will be introduced at our April meeting - if we have one. If we don't have a meeting, alternate ways of honoring the girls will be arranged. The Ice Cream Social, where the girls going to camp from all five SLO County branches get together to meet fellow campers, will be on Sunday, June 7th. Fingers crossed that we don't have to disappoint the young ladies selected.

~ Linda Lidberg

THOUGHTS ON COPING AT HOME

Members were asked to send in ideas on how they are coping with staying at home during the current health crisis. If you find you need help with something, please contact one of our co-presidents. We are here for you. Thanks for these uplifting ideas. Here are some of your responses...



My daughter was here yesterday with her puppy for dog play and we enjoyed board games. I feel great and have lots of good books to enjoy. I will just stay hunkered down my "down time." ~ Laurie King

Knowing that this historic health crisis is not an event over which I have any control, I have just accepted it and continue to be optimistic. I realize that all the problems it presents to AAUW or myself is nothing compared to the victims and the economic upheaval in the USA and the rest of the world.

I remain in contact with family members, especially my daughter, Dawn, who lives 4 doors down the street from me. I make it a point to call neighbors and friends to make sure they are okay also.

If and when I find I have nothing to do, I've set up a card table with a jigsaw puzzle! That should keep me busy in addition to books, crossword puzzles, TV, and then... housework I've put off for ages.

My best wishes for good health to each Branch member and especially those who suffer from other health issues.

~ Pat Muhlethaler

1. I'm communicating a lot, which is probably why I'm not getting much quilting done, but It makes me feel happy and connected.
2. I have inventoried all my perishable food on hand to make sure all gets utilized appropriately before any loss. I am doing careful meal planning and even cooking using recipes! I will try delivery soon.
3. I had gotten lots of books on tape from the library in the last week, so I lift my spirits listening to murder mysteries and my favorite authors.
4. I will be reorganizing all my files and drawers (ugh). But actually, once I get some of that achieved, I know I will feel great pride of accomplishment! Part of that effort will also include making a video of all household possessions for insurance purposes.
5. I have lots of paper boxes filled with foreign trip memorabilia. I'll take a trip down memory lane and then thin out what I end up keeping.
6. I've been thinking about taking drives in the country and beach and country walks. The new trails above Shell Beach still look busy with people, so I'll try to find more isolated areas, maybe Montana de Oro or Cambria.
7. I am bringing fresh bouquets of flowers into the house to brighten our moods.
8. I start every day reading something inspirational and uplifting and practice thankfulness.

BINGO & SILENT AUCTION

Tickets for bingo were ready... and then things changed.

Please watch for a note from Sandra Ku with a "Save the Date" attachment that you can share with friends-from a safe social distance.

Write on your calendar:

Tuesday, October 13, 9 am

Organize and wrap Silent Auction items.

Saturday, October 17, noon

Bingo & Silent Auction @ St. John's Lutheran Church.

We do well and we do good.

We hope we'll be able to have our **Silent Auction** in coordination with our **Bingo** event. Because the event is earlier than before, coupled with the fact we don't meet in the summer and with the health crisis, we need to start thinking about businesses who might be able to donate items.

Please be thinking about which local businesses you might ask for donations when current social restrictions are lifted.

We will send out a list of suggested donors/businesses soon. Please let us know any to add or remove from the list. In addition, the donation letter will be attached so that you can mail the request to places of business. Follow up later with a phone call or another letter. This is a tough time for all businesses, but hopefully they can donate to our cause.

Thank you and stay well.

~ Pam Zirion & Silent Auction Committee

IN MEMORIAM - ELVERA MARGARET HORNING

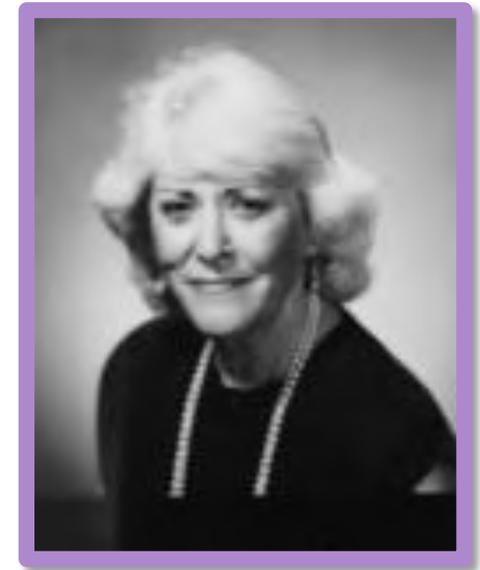
Elvera Margaret Horning, born in Chicago, Illinois on 06/02/1928, aged 87, passed away peacefully on Monday, July 20th, 2015 in her home in Avila Beach California with her two "Cosmic" daughters at her side. Elvera was an active member of our Five Cities Pismo Beach AAUW Branch and is still missed for her forthright humor and straight forward comments.

Elvera held a Masters Degree in Social Work from the University of California, Los Angeles. She was an early pioneer in the recognition and treatment of Post-Traumatic Stress Disorder and is forever held in the highest esteem by the men who served and were held prisoners of war during WWII. Her devoted service in council of more than 30 years at the Veteran's Hospital, Westwood Ca., is only part of her great legacy.

Her life was full, bold and filled with passion. Possessing a fearless wanderlust, and despite her limited mobility from childhood tuberculosis of her left knee, she traveled the world often in solo and independently with

great courage, curiosity and compassion and would return with rich stories and meaningful observations of the human spirit. Her retired years were never idle. She devoted much of her time to mentoring young undergraduate Social Work students at Cal Poly University, and held leadership positions with the local chapter of the National Association of Social Workers and the **American Association of University Women** and volunteered for years as a psychotherapist with the Community Counseling Center of San Luis Obispo.

Each classical music season, volunteering many evenings, she ushered hundreds of guests through the doors of the San Luis Obispo Performing Arts Center in support of her beloved local philharmonic orchestra's performances. Always an advocate for social welfare of so many in need, Elvera exemplified the true meaning of compassion and hard work, forged with her fierce love of life. She is missed by scores of devoted friends, admiring colleagues and by her lifelong friends.



Published in the Los Angeles Times from July 28 to Aug. 2, 2015 and in San Luis Obispo County Tribune on July 29, 2015

Anyone who knew Elvera certainly remembers her spirit and spunk. Her active membership in our AAUW Five Cities Pismo Beach Branch was admired and appreciated. Rest in Peace, Elvera and thank you for your contributions to our community.

~ Jean Burns Slater



REPRODUCTIVE HEALTH FOR ALL - 2020

by Claire Noonan, AAUW Public Policy committee

As American women consider action to ensure reproductive health rights in 2020, it is useful to recall that in the 17th and 18th centuries, pregnancy termination was legal under common law before 'quickening' (fetal movement) that occurs approximately 16 weeks after conception.

After 1850 the crusade in the U.S. against voluntary pregnancy termination stepped up. According to Lauren McIver Thompson (author of "Battle for Birth Control ...") physicians, known for irregular practice and lack of training, in order to "establish their place as respected members of society" argued about the 'rights of the unborn' – sound familiar? *New York Times*, December 15, 2019.

By 1900 in accord with the Comstock Act of 1873, most states had passed laws restricting termination and contraception. As a consequence, by the 1930s one report estimated that 681 thousand abortions led to 8 to 10 thousand maternal deaths.

It took a decision by the Supreme Court in 1973 to change the numbers, but the struggle continues. On Friday, January 24, 2020, at the March for Life rally, the president threatened to take away California's federal funding in accord with the Weldon Amendment because of California law that ensures private insurers provide abortion and contraception coverage. The HHS department gave the state 30 days to lift the regulation, saying that the state is not compliant with the amendment. Note that four years ago federal opinion confirmed California's compliance to not discriminate against a health care facility. Yet, Kevin McCarthy (R-Bakersfield) on February 21, 2020, emailed support for health care entities that don't want to supply equal legal health services to all.

After the February 4 President's State of the Union speech, there is no doubt women must continue to advocate for reproductive health rights – especially for black and Native American women who have far higher pregnancy-related mortality rates than white women. Of 15 policies suggested by the [National Partnership for Women](#) the most important: access to all forms of abortion care and contraception regardless of where you live.

Last, keep track of the U.S. Senate vote on two bills at the end of February: 1) to institute a 20-week abortion ban, and 2) to require medical care be delivered to infants that survive abortions - a misleading bill given that infanticide is already a crime.

ENHANCING CULTURAL DIVERSITY IN AAUW

Cultural Diversity is essential to be successful in today's global environment. Growth in numbers and cultural diversity is essential for AAUW to advance equity for women and girls globally. Therefore, branch leaders would be wise to develop programs to increase awareness within the branch and increase visibility within the local community. Promotion will benefit the branch, providing diverse new membership and encouraging educated women from the local cross-cultural communities to join the AAUW organization. Here's what we can do:

- Partner with other ethnic community and women's organizations to promote AAUW's WorkSmart online workshop
- Attend international women business forums organized by the local Chamber of Commerce to promote AAUW's position on pay equity.
- Organize a branch panel discussion on women's empowerment and identify an action plan. For more information see United Nations Sustainable Development Goal 5: Gender Equity and Empowerment at <https://www.un.org/sustainabledevelopment/>
- Celebrate International Women's Day on March 8th and honor a local distinguished individual for her global work. Oops, March 8th has passed. How did you celebrate International Women's Day?
- Join together at the AAUW California Convention on April 18, 2020 for a panel discussion of 'Cultural Diversity, Education & Dignity-Women Globally.' **NOTE:** Unfortunately, this Convention has been cancelled.

WOMEN IN HISTORY

We started our celebration of Women in History with creation of White Hats to commemorate the marches in the early 1900's pushing for the vote for women. (See the picture in our March Waves newsletter)

One Friday in mid-March, Pam Zirion and Sandi Pitt each gave portrayals of Susan B Anthony and Rear Admiral Grace Murray Hopper, USN ... and then things changed.

2020 is still the 100th Anniversary of Women's Suffrage. Women wrote, marched, sang, chained themselves to the White House gate, went to jail to push/embarrass (male) legislators to give women the vote.

Remember that and remember them... We hope we can resume our portrayals in the LMUSD classrooms...after. Stay well.

~ Kathy Cohon

INTEREST GROUPS

PLEASE NOTE: Due to the extraordinary circumstances that we now find ourselves living through, all meetings and interest groups that meet in face-to-face are cancelled until further notice. We encourage your groups to try online options to stay connected, such as Group Facetime and Zoom, or by email or group phone calls. It is important that we support each other as we travel down this road together...

FINESSING FEMMES

BRIDGE GROUP - CANCELLED

Meets: 1st Weds of the month

Location: Members Homes

~Laurie King



LUNCH BUNCH - CANCELLED

Meets: 1st Thursday of the month

Time: 11:30 am

Where: Various Restaurants

~Joan Knowlton



NIGHT READERS - CANCELLED

Meets: 2nd Tuesday of the month

Time: 7:00 pm

Location: Various Homes

The evening Book Club is currently filled to capacity. ~Sandra Ku

To Read at Home:

The April selection is **“The Light of the World,”** by Elizabeth Alexander.

The book choice for May is **“The Moment of Lift,”** by Melissa Gates.



GREAT DECISIONS - CXL

Meets: 4th Monday of the month

Time: 7:00 pm

Location: Priscilla Alquist’s home

Hosts: See article, right

Topic: See article, right

GREAT DECISIONS: PREPARE TO DISCUSS THE WORLD

Great Decisions discussion group will not be meeting until **June 29** at the earliest. We are suspending the group discussion for **March** on *Red Sea Security* and the **April** discussion on *Modern Slavery and Human Trafficking*. We do not have a discussion planned for **May**. Please read the topics as noted on your own and feel free to email other members with your ideas and discussion observations.

The topics are in sequence in the table of contents in your reader’s guide and a link was sent out by Priscilla on March 18 to Great Deciders that will show the videos that we normally view.

The next Great Decisions meeting is planned for **Monday, June 29** with the topic of *U.S. Relations with the Norther Triangle*. The northern triangle is the Central American countries of El Salvador, Guatemala, and Honduras. This discussion will consider migration, widespread violence and criminality, economic inequality and rural poverty. These topics greatly influence the U.S. border crossing, Mexico and immigration laborers in the U.S.

The video begins at 7:00 pm at Priscilla Alquist’s home in Arroyo Grande, with a lively discussion to follow. The June discussion will be led by Judy Zaretzka, refreshments will be hosted by Connie Rodgers. Great Decisions activities are centered on “Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education,” Franklin D. Roosevelt. We share in the global education of the American citizenry.

Independent AAUW Interest Group Contacts:

Cooking Group *Lisa Walker*

Daytime Page Turners *Jean Burns Slater*

Quilters *Linda Lidberg*

(These groups have become independent of AAUW in order to be inclusive of participants who are no longer members.)

Official AAUW Interest Group Contacts:

Great Decisions *Priscilla Alquist / Jean Burns Slater*

Lunch Bunch *Joan Knowlton*

Night Readers

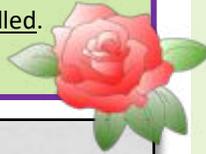
Book Group *Sandra Ku*

Theatre Goers *Judy Zaretzka*

AAUW NEIGHBORS & SPONSORS

MORRO BAY AAUW GARDEN TOUR CANCELLED

The annual **FIVE-GARDEN TOUR** scheduled on **SUNDAY, APRIL 26TH** sponsored by the **Morro Bay Branch** of AAUW has been cancelled.
The same 5 gardens hope to be on the 2021 garden tour.



MAURINA KUSELL, D.D.S.
GENERAL DENTISTRY

1124 E. Grand Avenue
Arroyo Grande, CA 93420

D D S

(805) 489-6650
(805) 481-9033
www.agdentalfcare.com

B&W Management
A Property Management Company

135 South Halcyon Road
Arroyo Grande, CA 93420
bwmanagement.net

Janet Wood
DRE# 00889398
(805) 489-0864

RENEE A. DAVID
CERTIFIED PUBLIC ACCOUNTANT

129 N. HALCYON ROAD
ARROYO GRANDE, CA 93420
(805) 473-9274 FAX 473-9275

WELLS FARGO ADVISORS

Aaron M. Paulsen
First Vice President- Investment Officer
CA Insurance Lic # 0808337

Terri L. Rice
Senior Registered Client Associate

907 Rancho Parkway
Arroyo Grande, CA 93420
Office: 805-473-0481
Fax: 805-473-0749
Toll Free: 800-733-3268
aaron.paulsen@wfaadvisors.com
terri.rice@wfaadvisors.com

Wells Fargo Advisors
is a trade name used by
Wells Fargo Clearing
Services, LLC.
Member FINRA/SIPC.

Maggie's Place
Exclusive Salon

Maggie Wright
Beauty Specialist

609 Camino Del Rey
Arroyo Grande, CA 93420
wrightmaggie2@gmail.com
(805) 403-7964
"I just want to make you beautiful!"

*We are pleased to support the
Five Cities-Pismo Beach
Branch of AAUW
in their efforts to advance equity
for women and girls!
~ Patti and Dick Melsheimer*

License #643853

King's Garage Door Repair
Nipomo

805-779-0578
7 days a week, call or text Nancy

**We are delighted
to support the
Five Cities-Pismo Beach Branch
of AAUW**

Andi, Jeff, and Allison Portney

SCHOLARSHIPS

Twenty-three scholarship applications arrived for review, with New Tech High, Nipomo High and Arroyo Grande High Schools all represented.

Scholarship Directors are currently screening applications and setting up interviews for the beginning of April. The planned March 26 meeting will not be held.

The teams of Directors that are reviewing applications and interviewing students will make their recommendations to the Board of Directors through electronic communications.

Once the scholar recipients are decided upon, information will be shared via a newsletter article with photos to all Branch members.

There will not be a presentation of scholarship winners in April. However, once our general meetings are back on track, the young women recipients will be asked to visit our branch as convenient.

Our Scholarship awards will be presented at the local high school awards events, if they are held as typically planned.



MEDITATION

AND THE PEOPLE STAYED HOME

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply.

Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

~ Kitty O'Meara

Allan Real Estate Investments

John Cole
Realtor®
DRE # 01909498
805.473.7500

135 North Halcyon Road, Suite A
Arroyo Grande, CA 93420
www.allanrealestate.com

MOBILE 805.748.1137
FAX 805.473.7501
john@allanrealestate.com

Allan Real Estate Investments

Dennis Allan
Broker / Owner
Realtor® CRS, CRP, GRI, SRES, MBA
DRE # 00961923
805.473.7500

135 North Halcyon Road, Suite A
Arroyo Grande, CA 93420
www.allanrealestate.com

MOBILE 805.441.4434
FAX 805.473.7501
dennis@allanrealestate.com