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Waves

Women in History Month



Let's welcome **Women in History Month** by speaking with **Dawn Ortiz-Legg** (L), SLO County's District 3 Supervisor, (61% of SLO, Edna Valley, Avila, PB & GB), and **Lynn Compton** (R), SLO County’s District 4 Supervisor, (AG, Oceano, Nipomo) on County issues and the challenges they face.

Dawn Ortiz-Legg: Grew up in Illinois. She received her BA from Pepperdine University, and her MA in International Public Policy from John Hopkins School of International Studies. She is known for implementing CA renewable energy policy. She is focused on: economic recovery from COVID-19, decommissioning Diablo, housing and homelessness, and childcare.

Lynn Compton: Grew up in Indiana. She received a degree in Ag Business/Animal Science from Purdue University, and a degree from SB/Ventura College of Law. She raised twin daughters, now in college. The best part of her position: being a public servant representing her constituents.

OUR MISSION:
Advancing gender equity through research, education, and advocacy.

PLEASE NOTE: Board and General Branch Meetings will be held on ZOOM until further notice. For Zoom help, contact Pam Zirion.

LOOKING AHEAD

March 1
Monday @ 6:30
BOARD Meeting

March 15
Monday @ 6:30
GENERAL Meeting



Women in History - Dawn Ortiz-Legg, SLO County District 3 Supervisor. Nomination of officers.

April 5
Monday @ 6:30
BOARD Meeting

April 19
Monday @ 6:30
GENERAL Meeting

Election of officers, Scholarships, Bylaws

PRESIDENT’S MESSAGE

These are times for introspection and preparing for new beginnings. Times of great changes, whether in families, work, health, or other relationships. Often with changes comes fear. Will we make it? Will we lose something valuable to us? Will we be able to adjust?

So, I ask you all to look closely at what you fear most. Changes give us opportunities to grow in trust and love. Letting go of all and trusting that all is as it should be can bring us great peace and joy. Depend on your family, friends, communities and others to support you as you make those imposed or chosen changes.

And don't forget your AAUW community. We are all here to help each other in any way we can. Let's make this a time of communication and sharing. As we open our hearts it will be made clear how we can best serve.

DR. FAWCETT REVIEW



The highlight of our **February 8th General Meeting** was the presentation by Dr. Paul Fawcett, Superintendent of the Lucia Mar Unified School District. He reviewed the COVID-19 restrictions for the schools at that time, as well as touched on vaccinations for teachers and staff.

Dr. Fawcett reported the following: As of February 8th, there have been no staff transmission to the students and vice-versa. There have been 20 cases from in-school transmission among students (as of 1/26/21).

Of the 10,000 students in the district, 1,000 students were in learning pods in each of the schools, with a maximum of 15 students plus 1 adult (or 14 students and 2 adults) in person. Pods consisted of care groups, remediation, etc. Special Ed students returned to the classroom in October. Desks are placed a minimum of 4' from each other, and 6' from the teacher.

Transportation has been a big challenge. A bus that normally carries 80 students can now only carry 20. Remediation has tripled since last March with the onset of distance learning. More time is needed to put plans in place to help the students who are failing.

The district is in conversations regarding summer school at all school sites. The attitude of the teachers and staff at LMUSD has been great! Parents are split, however, on returning to the classroom vs. distance learning.



UPDATE (2/16/21 LMUSD Board Meeting) - New reopening timelines for in-person hybrid classes are as follows:

Elementary: **February 24, 2021:** TK-K ♦ **March 1, 2021:** Grades 1-3 ♦ **March 8, 2021:** Grades 4-6

*The above re-entry plan will be implemented as long as the County remains at a case rate below 25/100,000 **through February 23, 2021.** If the County exceeds the case rate of 25/100,000 prior to reopening a grade level, elementary school grades TK-3 will reopen within one week of meeting 25/100,000 case rate for five consecutive days and elementary grades 4-6 will reopen the following week.

Secondary: Grades 7-12 Secondary schools will reopen within one week after the County has five consecutive days within the Red Tier.

MARCH BIRTHDAYS

The AAUW Five Cities-Pismo Beach Branch is delighted to wish a very **HAPPY BIRTHDAY** to members:

- Pat Muhlethaler 1
- Susan Opava..... 14
- Maureen Kelly 23

Never Mind, March

by Annette Wynne

Never mind, March,
 we know
 When you blow
 You're not really mad
 Or angry or bad;
 You're only blowing the
 winter away
 To get the world ready
 for April and May.

FUNDRAISING



We are currently in the process of finding alternative ways to add to our finances. We are good for this year, but need to get serious about it for 2021-2022.

We are looking into drive-by dinners, and we have heard of Bingo being done in parking lots! So, there are a lot of good ideas out there, and if you have one,

please share it with us.

We are also re-configuring our annual Bingo/Silent Auction event to keep it safe for everyone. We will keep you posted on that, and hope to return to the fall time frame.

Thank you for all you do! ~ Pam Zirion & Kathy Cohon

SCHOLARSHIP

Oh Yes... They're Off and Running!

Hooray! The Scholarship Corporation is in full gear, wearing work clothes and thinking caps. The scholarship awards period is limited and Corporation Directors must adhere to a specific timeline. The deadline for students' submission of applications is March 4.

At the February directors' meeting CEO Kathi Pettersen led the committee through the job assignments, including duplication of applications. These will be delivered to readers. The readers evaluate and rate all applications, which are then calculated by CEO Pettersen. After the reading/rating is complete, a meeting will ensue to plan the interview process. The Directors all have input when the interviewees are selected. It's often a difficult task when many highly qualified candidates are being considered.

At the February meeting, it was decided The Corporation will give four \$1,500 scholarships... one at Arroyo Grande High School, Nipomo/New Tech High School, the Avid Program, and an honorary award for Marilyn Corey. We are all prepped and ready for the tasks ahead.

~ Rose Ann Steiner, Scholarship Director

MEMBERSHIP

Five Cities AAUW Members,

Please find the 2021-2022 membership form at the back of this newsletter (page 9). You will notice in our membership renewal that the cost of annual membership is now \$105. National AAUW raised the dues this year by \$3.00, and will raise next year another \$2.00. It seemed more sensible to your Board to simplify and just make one raise now. Our branch will benefit the extra \$2.00 for this year and then we'll be in compliance next year.

~Laurie King, Membership Coordinator

PUBLIC POLICY

Where We Stand: Economic Security

AAUW advocates for all women to achieve economic self-sufficiency.

Equal Pay aauw.org/app/uploads/2020/03/quick-facts-Equal-Pay-nsa.pdf

AAUW believes that pay equity and equal employment opportunity are matters of simple fairness. AAUW is a leader in the fight to end wage discrimination and open doors for women in the workplace.

Paycheck Fairness Act

aauw.org/app/uploads/2020/03/Quick-Facts-Paycheck-Fairness-Act-nsa.pdf

AAUW supports passage of the Paycheck Fairness Act to give women the tools they need to successfully challenge pay discrimination and to provide incentives to employers to comply with the law.

Retirement Security

aauw.org/app/uploads/2020/03/quick-facts-Retirement-Security-nsa.pdf

AAUW strongly supports strengthening retirement benefits and programs, including pension improvements and protecting Social Security from privatization.

Paid Leave aauw.org/app/uploads/2020/03/quick-facts-Paid-Leave-nsa.pdf

AAUW works toward greater availability of and access to a high standard of benefits and policies that promote work-life balance, including paid family and medical leave and paid sick days.

Health Care aauw.org/app/uploads/2020/03/quick-facts-Healthcare-nsa.pdf


Health care security is intrinsically tied to economic security. AAUW believes that everyone is entitled to high-quality, affordable, and accessible health care.

Letters, Comments, Testimony and Legal Briefs

To learn more about AAUW's positions and advocacy efforts regarding economic security, explore our letters, comments, testimony and legal briefs.

(continued on page 4)

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Where We Stand: Education & Title IX

AAUW supports a strong system of public education that promotes gender fairness, equity, and diversity, including vigorous enforcement of Title IX.

Higher Education

<https://www.aauw.org/app/uploads/2020/03/quick-facts-Higher-Education-nsa.pdf>

AAUW has been committed to making the dream of higher education a reality for all women. Higher education is no longer a luxury — it's a necessity.

Elementary and Secondary Education Act

AAUW remains committed to ensuring strong academic principles and bias-free public education that closes the achievement gap for all children — objectives at the heart of the Elementary and Secondary Education Act.

School Vouchers

<https://www.aauw.org/app/uploads/2020/03/quick-facts-Vouchers-nsa.pdf>

AAUW strongly supports providing an excellent education for all children, not private school vouchers for a few.

STEM Education

<https://www.aauw.org/app/uploads/2020/03/quick-facts-STEM-nsa.pdf>

AAUW supports promoting and strengthening science, technology, engineering, and math (STEM) education, especially for girls and underrepresented populations. ...

Sexual Harassment and Sexual Violence in School

<https://www.aauw.org/app/uploads/2020/03/quick-facts-sexual-harassment-nsa.pdf>

AAUW advocates for equitable climates free from harassment and bullying, as well as freedom from violence and fear of violence in schools.

Title IX <https://www.aauw.org/resources/policy/position-title-ix/>

AAUW strongly supports the vigorous enforcement of Title IX and all other civil rights laws pertaining to education.

Letters, Comments, Testimony and Legal Briefs

To learn more about AAUW's positions and advocacy efforts regarding education and Title IX, explore our letters, comments, testimony and legal briefs.

Where We Stand: Civil Rights

AAUW advocates for equality, individual rights, and social justice for a diverse society.

Voting Rights

AAUW is committed to open and fair elections, nonpartisan voter education efforts that will promote equitable political participation and representation in appointed and elected office, and the expansion of voting rights.

Equal Rights Amendment

<https://www.aauw.org/app/uploads/2020/03/quick-facts-era-nsa.pdf>

AAUW is committed to the passage and ratification of the Equal Rights Amendment, which provides the constitutional guarantee that all men and women are truly equal under the law.

Human Trafficking

<https://www.aauw.org/app/uploads/2020/03/Quick-Facts-Human-Trafficking-nsa.pdf>

AAUW believes that global interdependence requires national and international policies against human trafficking that promote peace, justice, human rights, sustainable development, and mutual security for all people.

Reproductive Rights

<https://www.aauw.org/app/uploads/2020/03/quick-facts-repro-rights-nsa.pdf>

AAUW supports choice in the determination of one's reproductive life and increased access to health care and family planning services

LGBTQ Rights

<https://www.aauw.org/app/uploads/2020/03/quick-facts-lgbtq-rights-nsa.pdf>

AAUW supports the civil rights of all individuals and opposes all forms of discrimination, including discrimination based on gender identity and sexual orientation.

Letters, Comments, Testimony and Legal Briefs

To learn more about AAUW's positions and advocacy efforts regarding civil rights, explore our letters, comments, testimony and legal briefs.

SPOTLIGHT ON SHARON LOWELL



What one word describes Sharon Lowell? Yes, you are right - CURIOUS. How many times have we attended a meeting and Sharon pipes up with a spot-on question? We have all been curious about Sharon for a very long time, so this month our Branch Spotlight features Sharon.

While growing up on a dairy, operated by her grandparents in Baldwin Park, located in the Los Angeles basin, Sharon learned the lessons of rural life. Her father was an immigrant from Scotland with one year of community college, and Sharon knew from early on that she wanted to attend college. Her curiosity surfaced as she developed skills as a journalist, serving as her high school newspaper sports editor. Her college experience began at San Jose State University, and after marriage and starting a family, ended at the University of Utah, the flagship institution of the Utah system of higher education.

During her freshman year at San Jose State, she met Gerald, a student at Stanford. She married as an 18-year-old and moved to a remote mining town, one hour out of Salt Lake City, far from home and family. When asked about her greatest accomplishment, Sharon quickly answers “graduating from college”, as her path was not the usual one.

She and Gerald started their family of three children and when the youngest went to school, Sharon worked part time at a local public library, went to college, taking one class a quarter, and eventually graduated in 1977-1978.



During her child raising years, Sharon was the quintessential involved mother, Girl Scout leader, active in her church, volunteering in the classroom; forever curious. Once obtaining her degree and teaching credential, she taught third grade for 10 years in Utah.

When Gerald was transferred to Lancaster, California, as an aerospace engineer, Sharon connected again with her new community, serving as the full time Director of the Literacy Council. In 1991 Sharon and Gerald officially retired and moved to Arroyo Grande, wanting to be closer to her parents and children and purchased “just the right home” with a great ocean view. Sharon served as a substitute teacher with the Lucia Mar School District after arriving in Arroyo Grande.

After her husband passed away in 2002, Sharon continues to live by herself in the home that she loves. Her greatest joys are children, grandchildren, and family. She is faith-based and friend-focused. Sharon has always been a planner and well organized. She is the greeter, visitor, friendly face in the crowd, hostess and people person. Her curiosity, supported by in-depth questions, provides a deeper understanding for all who listen.

Sharon shared her talents with our AAUW Branch as Co-President in 1998-99 and was honored as a Named Gift Recipient for our AAUW Branch in 1997-98.

Her philosophy of life centers around “right now”, “live in the moment” and “be glad for each day.” Her hobbies include puttering around her home, reading, travel, and being a lifelong learner. She is passionate about Bridge and plays very well.

Sharon’s daughter, Beth Summers, lives in close proximity to Sharon and helps her with the daily routines of life and assisted with this Spotlight article. Sharon’s use of the internet is limited and Zoom time does not fit into Sharon’s time.

We miss our dear members during this pandemic and once we can meet in person, we will once again learn more from Sharon’s questions and lifelong learning attitude. Thank you, Sharon, for being YOU!

~Jean Burns Slater



RIF DELIVERS

READING IS FUNDAMENTAL DELNERS BOOKS

While the RIF committee hasn't been able to visit classrooms with a fun program and a chance for students to choose their own book from our vast array, we have been able to deliver bags of books to **Oceano** Elementary (grades 3 and 4), **Fairgrove** Elementary (grade 3), and **Grover Beach** Elementary (grade 3).

Even though students have been learning remotely this school year, they are able to visit their schools to get their pick-up folders twice a month. Teachers have kindly selected a book for each student to match their interest and reading levels and placed it in the pick-up folders as a fun surprise. Since we have been told by teachers that many of their students do not own their own books, the RIF book they receive is greatly appreciated.

You can get an idea of the students' enthusiasm by reading some of their comments about the importance of reading from thank you letters we received from third graders at Fairgrove Elementary School.

- *Reading is important because my brain will grow if I read. ~ Katherine*
- *Reading is important because it helps you learn new things and helps your imagination and your vocabulary. ~ Quinten*
- *Reading is important because when you get older and you need to drive you can read the signs. Also it is fun to read. I hope that when I get older that I will read a lot like my grandma and mom do. ~ Baylee*
- *Reading is important because it helps your brain build muscles. ~ Julian*
- *Reading is important because it's important to read so in college you can have great grades and get into any work you want. I hope you guys all stay safe. ~ Aurora*
- *Reading is important because you will be more smart. I hope I get more books. ~ Ricky*
- *Reading is important because it will help you learn and get smarter and it's just fun to do. I wish I could thank you in person. ~ Hazel*
- *Reading is important because it's a HUGE thing in life and in school and you have to do it all day. I hope that all people know it's super important in life. ~ Niles*
- *Reading is important because it teaches us vocabulary, understanding and about life and how it is in other peoples homes. I hope that everyone learns something from their books. ~ Damian*
- *Reading is important because it extends our mind and it gives his knowledge and to go places we can't go to. ~ Nathaniel*

I think we can all agree with Nathaniel that reading lets us go places we can't go, especially these days! If we can't get back to visiting classrooms this school year, we will deliver more books to our schools for their pick-up folders in April. Let's hope the next school year will see a return to in-person learning, happy RIF visits to classrooms, and students enjoying the chance to choose their own special books.

The RIF committee is grateful we are able to get books into the hands of children thanks to our wonderful teachers who are kindly helping us by selecting an appealing book for each of their students.

The Waves

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

Vol. 42, No. 7 – March 2021

President:
Susan Brazil

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AAUW Funds: *Mary Matakovich*

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Mary Matakovich and Liz Wineman

Communication / Publicity:
Sandra Ku, Email Blast
Linda Lidberg, Website
Priscilla Alquist, Outreach

Newsletter Editor: *Gayle Turner*

IBC Representative: *Linda Lidberg*

NEWSLETTER DEADLINE IS THE 20TH
of the month. Photos are welcome.

AAUW 5 Cities Website:
<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.

INTEREST GROUPS

PLEASE NOTE: Due to COVID-19 guidelines, most meetings/interest groups that meet face-to-face have been CANCELLED until further notice. We encourage your groups to try online options to stay connected, such as Zoom, or by other social distancing options.

Evening Book Club

The **March 9** meeting of the night Book Club **will be held via Zoom at 7 PM.** **“Between the World and Me,”** by Ta-Nehisi Coates, will be discussed. This non-fiction account is heralded as a book that “everyone needs to read, telling one man’s story of how he achieved his social consciousness.” Coates uses his journey into manhood and his struggle to find his voice as a black writer. It is written as a letter to his son.
– Sandra Ku, chairperson

Great Decisions Continues...

Great Decisions is continuing **via Zoom** with the March meeting discussion scheduled for **March 22 at 7 PM.** Reading materials are now available as well as the DVD with the link provided to participants. Zoom invitations are sent out to each participant and there is active and meaningful involvement.

Great Deciders are asked to view the DVD segment on topic and read the discussion chapter prior to the meeting. Great Decisions Zoom meetings are limited to 40 minutes, so preparation prior to the meeting is requested.

The March discussion topic is ***Brexit: taking stock and looking ahead,*** with the discussion led by Joan Florence.

The Foreign Policy Association has provided DVD access links to the following topics: Persian Gulf Security, February's discussion topic and Brexit, March's topic. Access to the DVD for these topics is available for individual members in their homes through the link provided by Priscilla Alquist in her email message of January 5, 2021 & January 14, 2021. If stymied, please contact Priscilla or Jean Burns Slater for help.

Consider joining in the world discussions of Great Decisions and recognizing the importance of community conversations of global events and topics. Contact Priscilla Alquist to sign up now!

Our discussion dates are the **fourth Monday of the month at 7:00 pm - Zoom style!** Discussion leaders are designated volunteers from the group.

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 Zaretska*

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 readers who are no longer members)

CARING CORNER

Please keep the following members in your thoughts & prayers this month:

Sandra Ku
Marilyn Corey

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HOW TO FIGHT COVID-19 AT HOME

Hopefully, none of us will have to personally deal with COVID-19, but Susan Brazil wanted members to have this information in case you or someone you know catches COVID-19. Sally Spenker's friend, who had COVID-19, wrote up the following first-hand advice which Sally has sent on to all of us.

"No one ever talks about how to fight COVID-19 at home. I came down with COVID-19 in November. I went to the hospital, running a fever of 103°, a rapid heartbeat, and other common symptoms that come with COVID-19.

While I was in the hospital, they treated me for the high fever, dehydration, and pneumonia. The doctor sent me home to fight COVID-19 with two prescriptions—Azthromycin 250mg and Dexamethason 6mg. When the nurse came in to discharge me, I asked her, 'What can I do to help fight this at home?'

The Nurse gave the following advice:

- Sleep on your stomach at all times with COVID-19. If you can't sleep on your stomach because of health issues, sleep on your side. Do not lie on your back, no matter what, because it compresses your lungs and that will allow fluid to set in.
- Set your alarm clock every two hours while sleeping on your stomach, then get out of bed and walk for 15 to 30 minutes, no matter how tired or weak you feel.
- Move your arms around frequently; that opens your lungs. Breathe in through your nose and out through your mouth. This will help build up your lungs, plus help get rid of the pneumonia or other fluid you may have accumulated in your lungs.
- If you use a recliner, sit up straight—do not lie back in the recliner, for this will compress your lungs.
- If you watch television, get up and walk during every commercial.
- Eat at least one or two eggs a day.
- Eat bananas, avocado, and asparagus, which contain potassium.
- Drink Pedialyte, Gatorade Zero, Powerade Zero, and water mixed with electrolytes to prevent you from becoming dehydrated. Do not drink anything cold; have it at room temperature or warm it up. Water with lemon and a little honey, peppermint tea, and apple cider are good suggestions for getting enough fluids.
- Do not eat or drink any milk products or pork.
- Consider using the following: Vitamin D3, C, B, and Zinc. Probiotic Day-One. Tylenol for fever. Mucinex or Mucinex DM for drainage and cough relief. Pepcid helps leg cramps. One baby aspirin can help prevent getting a blood clot that can occur from low activity.
- Drink smoothies made of blueberries, strawberries, bananas, honey, tea, and a spoonful or two of peanut butter."





AAUW Five Cities Pismo Beach

2021 – 2022 Membership Renewal

Our mission and focus:
“Advancing equity for women and girls through advocacy, education, philanthropy and research.”

Welcome and thank you for joining the Five Cities Pismo Beach Branch of AAUW for another year to advance the AAUW mission, while making new acquaintances and renewing long term friendships! This year you may consider joining an additional section to meet new friends and explore new interests.

- Dues are \$105 for the 2021-2022 year. (Dual members pay \$23 for the local Branch dues only.)
- ___ Check here to order a name tag or replacement name tag and include an additional \$12.
- Make checks payable to: **AAUW Five Cities Pismo Beach.**

Please return this form with your annual dues and any supplemental payments by July 1, 2021 to:

Laurie King
AAUW Membership
200 Dolliver St. #437
Pismo Beach, CA 93449

_____	Dues \$105
_____	Dual Member \$23
_____	Name Tag \$12
\$ _____	Total

IF YOUR DEMOGRAPHIC INFORMATION IS THE SAME AS LAST YEAR, FILL IN YOUR NAME ONLY.

Name: _____

Corrections:

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