



The



FEBRUARY 2022

EQUITY FOR ALL

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

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OUR MISSION:

Advancing gender equity through research, education, and advocacy.

Waves

PRESIDENT'S MESSAGE

Our January general meeting provided us with multiple ways to get and stay healthy in the new year. Many thanks to Mary and Liz for lining up our speaker, Michelle Zulim-Clark, who was so knowledgeable. Thanks to all of you who attended through zoom. Next month's meeting will also be by zoom. Staying safe and healthy is certainly our motto at this time.

On March 5th there will be a Woman's Rally in SLO. Please see newsletter for further information from Jean Slater. Think of how you can be supportive of our mission by participating in any way possible. Many thanks for all that you are doing for our branch. Remember to reach out to anyone in need. ~ Susan Brazil

"Perhaps the greatest test of love is the way we act in times of need." ~ Suleika Jaouad

JANUARY BOARD BLURBS

Zoom Board Meeting - January 3, 2022

- Fund raising is on hold at this time. Pam is researching possible ideas.
- Woman's March information for a rally on March 5th will be provided to members in our newsletter (see page 4)
- Tech Trek is awaiting information from the state as to whether it will be virtual or in person.
- Books will be distributed to schools through RIF program when school restarts.

LOOKING AHEAD

PLEASE NOTE:
For computer assistance on Zoom meetings, please contact Pam Zirion

FEBRUARY BOARD MEETING
Monday, Feb. 7
@ 6:30 PM / Zoom

FEBRUARY GENERAL MEETING
Monday, Feb. 21
@ 6:30 PM / Zoom

MARCH BOARD MEETING
Monday, March 7
@ 6:30 PM / Zoom

MARCH GENERAL MEETING
Monday, March 21
6:30 PM / Nominations
Women's Club, AG

APRIL BOARD MEETING
Monday, April 4
@ 6:30 PM / Zoom

APRIL GENERAL MEETING
Monday, April 18
6:30 PM / Scholarships
Women's Club, AG

JANUARY GENERAL MEETING RECAP

January 17 General Meeting - Michelle Zulim-Clark

JANUARY PROGRAM

Speaker: Michelle Zulim-Clark

Health Education Specialist from SLO County Health Dept.

Dimensions of Health: emotional, occupational, intellectual, environmental, financial, social, physical, and spiritual. Demonstration of several simple strengthening exercises. Her exercise videos are available on YouTube. Links were sent to members along with other materials related to her fall prevention program.

BUSINESS MEETING

February Program: Two ladies from the 'Women's March' organization of SLO will speak about how they put this organization together (see preview, right). There will be a Women's Rally in SLO on March 5 from 12-3 PM. (see page 4)

TechTrek: Chair Linda Lidberg reported that UCSB has been secured for 2 one-week in-person sessions, pandemic permitting. The virtual program in 2021 had mixed feedback. Our branch has enough in the TechTrek account to fund 7 girls.



FEBRUARY GENERAL MEETING PREVIEW

February 21, 2022 - Zoom

Women's March SLO (WMSLO) is a nonprofit organization with a mission to build a women-friendly world through education, advocacy, and action. The 2017 Women's March prompted 5 million people around the world to hit the streets in support of women's rights and social justice. In San Luis Obispo, 10,000 people marched peacefully in what became the largest single day demonstration in the history of the city.

Since then, WMSLO has organized more than fifty public events, including marches, rallies, vigils, educational panels, trainings, town halls, awareness campaigns, and a signature zoom series featuring women changemakers. Co-founders Dawn Addis & Andrea Chmelik will discuss how the moment inspired a movement, the work that has been done in the past 5 years, the achievements locally & nationwide, the future plans, and how you can get involved.



Dawn Addis holds a Master's in Special Education, a Bachelor's in Art Education and Spanish and four different teaching credentials from San Francisco State University. She is also a Morro Bay Councilmember, Co-Executive Director of Women's March in San Luis Obispo (WMSLO), and a Teacher on Special Assignment for San Luis Coastal Unified School District.

Andrea Chmelik is an activist, writer, speaker and communications professional. Her work is focused on empowering women through policy, education and direct action. She is a Co-Founder and Co-Executive Director of Women's March SLO, Chair of the SLO County Commission on the Status of Women and Girls, and a Principal Officer at Shatter PAC, a local organization supporting women to run for office. Andrea graduated with a Master's degree in Biotechnology from Comenius University, Bratislava, Slovakia. She is a mom of two, cat lover, eternal optimist, and considers chocolate essential.



FEBRUARY BIRTHDAYS

The AAUW 5 Cities - Pismo Beach Branch wishes a very **HAPPY BIRTHDAY** to:

Erica Hinojosa..... 26th



FUNDRAISING

The Board decided to postpone our Bingo this Spring in favor of perhaps in the Fall, depending on the conditions of the pandemic. However, I am pursuing the fundraising ideas for the restaurants. **If you know of a restaurant** that is amenable to helping us by donating a percentage of the profits, please let me know via email.

~ Pam Ziron

FROM PAST SCHOLARSHIP WINNER - CLAIRE WELLENKAMP

Dear everyone at the Five Cities Pismo Beach AAUW,

Merry Christmas and Happy New Year! This is Claire Wellenkamp. I was awarded your scholarship in the school year 2019-2020. I am writing to express my deep thanks for your generosity and encouragement, especially that of Ms. Kelly!

I am currently in my second year at the University of California, San Diego, and I am loving every minute of my education. My first year was challenging, as it was entirely online, but this year I have had all in-person classes and it has been wonderful.

I had my first class in my major this past quarter - Introduction to Marine Biology - and it is by far my favorite class I've taken thus far. I have also just received the wonderful opportunity to work as a student aquarist at the Birch Aquarium.

Thanks to your financial help, I have been free of the stress of finding ways to pay for books and school. I have, therefore, more time to devote to my studies and extra-curriculars, which I feel so blessed to do. I am incredibly grateful for this scholarship.

Thank you, and have a Merry Christmas!

♥ Claire



The Waves

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

Vol. 43, No.6 – February 2022

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Susan Brazil

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Mary Matakovich and Liz Wineman

Communication / Publicity:
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.

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PROTECTING OUR DEMOCRACY

One year ago, on January 6, an enraged mob of Donald Trump's supporters stormed the U.S. Capitol in efforts to overthrow a just and fair presidential election. Today, our democracy continues to be imperiled, with the forces behind the attack potent and growing. In 2021, over 400 bills restricting access to the vote were proposed in 49 states. We have witnessed gerrymandering firsthand here in SLO County during the redistricting process. The undermining of trust in fair and free elections continues as disinformation spreads across the country, escalating threats of violence. **What can we do to protect our democracy?**

1. Remember you are not alone

Sometimes watching the news and following the commentary on social media can make us believe that there is nothing we can do to enact change, that we are helpless. Despair and discouragement are a part of the strategy – do not fall for it. Remember the thousands of people who continue to show up in ways big and small (including you).

2. Put your representatives on speed dial

Our representatives need to hear from us – loud and clear. Don't assume they know your preference. Call or email to let them know. Demand that the Senate pass the [Freedom to Vote Act](#) and the [John Lewis Voting Rights Advancement Act](#), and ask them to pass bills that ensure that every citizen is empowered to vote, that every vote is properly counted and that the candidates with the most votes assume office.

3. Get involved with local politics

Our democracy depends on the commitments of its citizens. Help elect pro-democracy candidates on every level of the government.

4. Register to vote, or confirm your voter registration status

It's never too late to start voting in every election. Check your [voter registration status](#), [register to vote](#), and mark your calendars today for the upcoming midterm elections 2022!

[Primary election – June 7, 2022](#)

[General election – Nov 8, 2022](#)

5. Help get out the vote

Being registered to vote does not help if the ballots don't get cast. Talk to your friends, family, neighbors and community about the importance of voting. Help them make a plan. Join phone banking and postcard writing to get out the vote.

6. Sign up to be a poll worker

Election workers are essential to ensuring that elections are a success. SLO County Clerk-Recorder's office needs qualified personnel to serve voters who go to the polls on Election Day. Learn more and register [HERE](#).

7. Run for office

Sometimes the person you've been waiting for is – you! If you have a desire to make a positive change in your community, run for elected office or consider applying to a board, commission or a committee where you can make a difference.

And remember... *'If you get tired, learn to rest, not to quit.'* Banksy

ENGAGE FOR EQUITY RALLY MOVED TO MARCH 5, 2022

Due to the recent rapid increase in Covid-19 cases, **Women's March SLO** has made the difficult decision to postpone the **Engage for Equity Rally** to March 5, 2022. While we will have to wait a little longer to get together, our work to build a women-friendly world through education, advocacy and action continues!

We look forward to welcoming you, our amazing speakers and performers, and local nonprofit organizations on March 5th in Mitchell Park, as we rally for a positive and just future together.

WOMEN'S REPRODUCTIVE RIGHTS - WHERE ARE WE NOW?

by Claire Noonan, AAUW CA Public Policy

By January 22, 2022, the 49th anniversary of the Roe v Wade decision, SCOTUS (the Supreme Court of the United States) will have heard arguments on Texas SB 8 legislation banning pregnancy termination after six (6) weeks and Mississippi's legislation (Dobbs vs. Jackson Women's Health Organization) to ban abortion after fifteen (15) weeks.

What are the issues? For Texas, it isn't about the constitutionality of the legislation (i.e. the fundamental right decided by Roe v Wade). Instead, a decision will be made on the tactics used by the Texas legislature - delegating their enforcement duties to citizens - to preclude lawsuits against the State.

The decision on the Mississippi legislation will be straightforward.

- 1) SCOTUS could overturn Roe v Wade.
- 2) The court could limit legal standing to challenges on state law (e.g. doctors wouldn't be able to challenge on behalf of patients).
- 3) New legal standards for the evaluation of abortion regulations may be created so states aren't required to show that the benefits of an abortion ban outweigh the undue burden to patients - reversing Planned Parenthood v Casey (Women's Health Policy, 11/21/2021).

One hundred six (106) state laws have been passed to restrict abortion in 2021. Activists, like AAUW, are bringing lawsuits before the Supreme Court. AAUW has submitted an amicus brief for Dobbs vs. Jackson Women's Health Organization as to the constitutionality of the Mississippi law.

In addition, the ACLU and others have brought lawsuits against other Mississippi abortion-related legislation like regulations for informed consent, a waiting period before the procedure, and ban on telemedicine visits.

Surveys show that 60-70% of Americans approve of abortion in all or most circumstances. Only 20% think abortion should be illegal in all circumstances. (*New York Times, Upshot (5/19/2021)*). AAUW and AAUW California stand with the majority, and the time to act is now. We must pressure the Senate to pass the [Women's Health Protection Act](#). The legislation must become law in this session. Unfair changes in representation have occurred with redistricting. Votes in the 2022 mid-term elections that would elect representatives who would vote for this bill could be suppressed. Detailed information on the current position for women's reproductive health is available from the [Guttmacher Institute](#).



SPOTLIGHT ON A GRAND MASTER

February's Spotlight is focused on an active Branch member, born and raised in Fresno, with two younger brothers, a father who worked for Foremost Dairy and then as the CEO of United Grocers, and a stay-at-home mom, who moved to Fresno for health reasons as a child.

Once settled in Fresno the family never left. Frugality and limited financial resources did not encourage college attendance. Neither parent had attended college. No financial aid was available, so college at schools of choice was not in the future for our Spotlightee.

However, as a senior in high school, the goal of a medical career materialized, allowing attendance at an anatomy and physiology course at a high school across town. A counselor suggested the fields of law or medicine, so encouragement was evident. A week-long program at Valley Children's Hospital, providing the opportunity to observe surgery and assist in post-operative patient care, was offered. A two-year scholarship to Fresno State enabled the beginning of a pre-med program but finances made it impossible to continue.

When a two-year program with a nursing degree became available, she entered that program. A marriage to a Wildlife Fish and Game biologist followed. A move to Vacaville, a job at Travis Air Force Base Hospital in Fairfield in 1969 and care for returning veterans from the Vietnam War, affected her view of the nursing profession.

Following a move to Sacramento and then to Los Osos as a wife of a successful California Fish and Game Wildlife Manager was the next phase of life. After the birth of two children, a stay-at-home position with children opened up.

Crafts, sewing, quilting, crafts fairs and school involvement absorbed time, along with support of wild life management tasks such as chasing tule elk, storing mountain lion carcasses in the home freezer, and raising a family of Great Horned Owls in the living room. These wildlife experiences were not to be duplicated.

The wish of a mother to finish school, pushed our Spotlightee to register at Cal Poly, while working as a medical transcriber for San Luis General Hospital and then setting up a transcription business at home.

Teacher education, Masters in Curriculum and Instruction, a Masters in Reading Instruction, and a Reading Leadership Credential rounded out the college experience. A job with Lucia Mar Star Reading program segued to a fulltime position in Santa Maria with bilingual K, K-1, and grade 1 classes.

Next came a position as a Language Arts content expert, trainer in literacy, coaching teachers to improve their instruction, a CA Department of Education mentoring grant, working with school districts in implementing and monitoring literacy grants.

Once the grant ended, going back to the classroom was the next opportunity, which resulted in a retirement option. Five years of private consulting with districts across the state, kept our Spotlightee actively involved in the education world. A divorce after 25 years of marriage changed her life and realigned priorities and forced financial restructuring.

Family connections include a daughter, a graduate of Cal Poly with a degree in English, now working for Honda Financial as a successful manager in Pennsylvania. A son served in the Navy for 15 years, becoming a Chief on a

SeaBee (Construction Battalion) team, serving four tours in the Middle East. Suffering from PTSD, he returned home and after years of intense therapy was able to put his life back on track and received his degree in Natural Resource Management. With determination he now works in Colorado in wildlife management, settling into a fulfilling career.

A granddaughter is close to our Spotlightee, as are her brothers. Charity work includes making comfort quilts for her quilt guild. She enjoys cross-stitch, all kinds of crafts, bridge, mahjong, some travel with cruising, a time share in Mexico with family, and AAUW activities.

Reading occurs morning, noon and night with mysteries, political and legal thrillers. Two cats share the household. Greatest achievements include being selected for the elite high school program, district teacher of the year in 2002-2003, and achieving financial independence.

Words to live by include: "Life is not about waiting for the storm to pass. It is about learning to dance in rain," and "Some people seem stuck. Pick yourself up and go on."

The gifts that this Member Spotlightee brings to our Branch are unmatched: Treasurer, E mail blaster, Website monitor, sometimes Secretary, Teck Trek administrator, Book Sale sorter and storage garage owner, Interbranch Council representative and every other possible AAUW position.

Who is this remarkable, grand master? Our very own Linda Lidberg!!! Thank you, Linda, for sharing your many skills, time and resources to keep us moving forward while dancing in the rain! (see photo on page 7) ~ Jean Burns Slater

INTEREST GROUPS

Great Decisions Starts A Fresh, Zoomingly !!!

The Great Decision reading materials have arrived and are being distributed. Our first meeting will discuss "Changing demographics in the World" and will be on Zoom. If you want to view the DVD prior to the meeting please notify Priscilla so that she can lend the DVD to interested people. You may also view the video at your home through streaming for \$5 per segment.

February 28 - Outer Space Policy (Zoom)
7 PM with link provided on the Friday, before the meeting.

Our world needs informed citizens and by participating in Great Decisions you are more informed in current events. If you know of anyone who would like to join our group, please message Jean or Priscilla. Thank you.

We all need a bit of conversation beyond our COVID testing, vaccines, anti-vaxxers and political brouhaha.

AAUW NIGHT READERS..... Meeting TBD
FINESSING FEMMES BRIDGE Meeting TBD

Official AAUW Interest Group Contacts:

Great Decisions..... Priscilla Alquist / Jean Burns Slater
 Lunch Bunch Joan Knowlton
 Night Readers Book Group Alternates
 Theatre Goers Judy Zaretska

Independent AAUW Interest Group Contacts:

Cooking Group..... Anna Zucker
 Daytime Page Turners Book Group..... Jean B. Slater
 Finessing Femmes..... Rose Ann Steiner
 Quilters..... Linda Lidberg
 (These groups have become independent of AAUW in order to be inclusive of readers who are no longer members.)


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Check out the 5-Cities Pismo Beach Facebook page:
<https://www.facebook.com/profile.php?id=100072143045075>



Linda Lidberg
 A Grand Master!
 (See Spotlight, pg. 6)




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