

The Grapevine

May 2025

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President's Message

It's almost time for our Spring Fling! On Wednesday, May 14, we will gather at the Healdsburg Golf Club at Tayman Park Clubhouse for lunch and our annual meeting. This is a time to acknowledge long-term AAUW members as well as our many hard working volunteers. We will also be recruiting new volunteers for the Communications, STEM, Reading Rocks, Scholarship, Fundraising & Community Outreach teams and more.

I look forward to seeing you! Weather permitting, we will be outside so wear a spring hat.

"AAUW Healdsburg: We Change Lives"

Nancy Jane Andrews
Healdsburg AAUW President



National Election of AAUW Officers Ballot Includes Endorsement of AAUW Public Policy Priorities

In April, all members received an email asking them to vote in our National AAUW election. If you haven't voted already, you still have time. The deadline to vote is May 13 at 5pm. Every other year, the national AAUW member-led Public Policy Committee, solicits member input on AAUW's Public Policy Priorities and puts forth recommendations to the AAUW Board of Directors on proposed changes. With this member-endorsed Public Policy Program as a guide, AAUW uses lobbying and grassroots efforts to push forward policies that break through educational and economic barriers for women. Below is a summary of proposed changes for 2025-2027:

- Specific endorsement of the 2024 Title IX regulations which provide increased support for student survivors of sexual harassment and assault and clarify Title IX protections for students who are LGBTQ+, pregnant, or parenting. Note that this language was updated after member comment to further clarify how support for comprehensive Title IX rules are articulated in light of the recent vacatur (set aside) of the 2024 Title IX rules.
- Clear articulation of support for inclusion of LGBTQ+ individuals in policies around school and workplace protections.
- Emphasis on specific components important for women's economic security including education, pay equity, caregiving burdens, retirement safety nets, and access to contraception and abortion.
- Enumeration of specific civil rights laws impacting education in addition to Title IX.
- Recognition that the Equal Rights Amendment has met the constitutional requirements for ratification as articulated in the U.S. Constitution.
- Removal of broad statements about poverty reduction, housing, health care for all, gun violence, immigration, and campaign finance reform.
- Clear articulation that AAUW's public policy focus is domestic.
- Inclusion of sex in addition to gender for consistency with AAUW's DEI Toolkit.

For an expanded discussion of these policies go to:

<https://www.aauw.org/resources/member/leader-resources-tools/national-election/public-policy-priorities-changes/>

For a quick and easy way to work to support these policies check out:

AAUW's Two-Minute Activist Alerts

Join AAUW advocates in the fight for equal pay, equity in education, paid leave, protections against sexual harassment and more. Log into our national site and sign-up to receive regular alerts on when and how to engage, including sending letters to your legislators, writing letters to the editor and other timely calls to action at: <https://www.aauw.org/act/two-minute-activist/>

Celeste Plaister

Vice President of Healdsburg AAUW

Understanding Ukraine's Economic, Political, Military, and Humanitarian Dimensions

Monday, May 12, 11:30 am - 1:30 pm

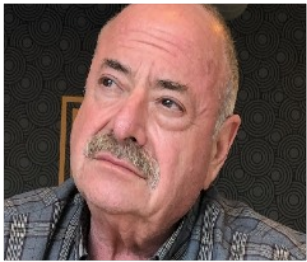
Ukraine is more than just a conflict zone. Our speakers will discuss Ukraine's deep economic ties to the U.S. and the world, its crucial position in the European political landscape, and the intertwined military and humanitarian challenges it faces during this ongoing crisis.

Betsy Hafner is a retired international trade attorney and a recently retired U.S. Deputy Assistant Trade Representative for Russia and Eurasia, where Russia and Ukraine were her main countries of responsibility. Betsy is also a member of our local AAUW chapter and AAUW volunteer high school Future Prep coordinator.



Michael Baker, MD is recently retired from a 40-year career in general, vascular, and trauma surgery. He also served 30 years in the uniform of his country and retired with the rank of Rear Admiral. He has

experience in operational medicine, combat deployment, medical intelligence, and strategic planning.



He teaches history, political science and military affairs for the Osher Lifelong Learning (OLLI) Programs at UC Berkeley, Dominican University, Cal State East Bay and is on the Board of Governors of Commonwealth Club World Affairs. He also teaches Advanced Trauma Life Support at military bases around the world and has gone on 5 medical training tours to Ukraine's war-torn regions. In 2023, he taught a well-received Healdsburg AAUW Forum course over Zoom on the Use and Misuse of America's Military.

Join us on **Monday May 12, from 11:30 to 1:30 pm** at Healdsburg's Abel De Luna Community Center 1557 Healdsburg Avenue. Bring your own brown bag lunch if you like. The presentation will begin at noon, and will be **followed by a brief update regarding AAUW chapter activities**.

Please RSVP to Celeste Plaister at celesteplaister@gmail.com so we have an idea of how many will be joining us.

We encourage you to bring guests!

Michelle Regan, Speaker Series Chair

Thank you for supporting the AAUW Speaker Series.

This is our last speaker presentation prior to summer break. We will resume in October 2025.



Spring Fling 2025

Join in the annual spring celebration of our Healdsburg branch accomplishments of the past year:

WHEN: Wednesday May 14, 11:30 am

*WHERE: Healdsburg Golf Club at Tayman Park Clubhouse
927 S. Fitch Mountain Road, Healdsburg*

WHAT TO EXPECT: Appreciation to those who served as officers this year, and our annual installation of incoming officers. Individual stations where members can see what our committees are actually doing. This can be educational, social, or volunteer. It's a chance to sign up if anything is of interest to you.

*BRING: Your own Picnic Pack: Plate, Flatware, Wine Glass and Napkin!**

Last Names beginning with the specified letters, please bring the following (along with a serving utensil) :

A-K: Salad

L-Q: Dessert

R-Z: Wine

RSVP: By May 4 to kathrynkeg@gmail.com

**Compostable Bamboo Picnic Packs will be available to purchase for \$5 CASH ONLY if you forget to bring your own place setting!*



Cultural Event - Railbike Adventure on May 21 is **SOLD OUT!**

Our next Cultural Event will be riding a railbike from the Cloverdale Train Depot through beautiful scenery for a 3 mile pedal to our lunch destination, have lunch (included) next to the Russian River before returning to the Depot.



These bikes are mounted on a 4 person trolley that guides along the train tracks. You pedal like a regular bike, but with 4 of you pedaling, it is not hard. Judith and I tested it out. It was just like riding a stationary bike, yet, a lot more fun!

On this private AAUW tour, our guides will provide an historical overview of Sonoma County's Southern Pacific railroad line, and what the owners had to do to clear the track for the bikes to run smoothly. We will meet at the Depot and start at 11am with the overview, then get on the railbikes for the gentle ride to our lunch spot. A lunch is provided at picnic tables along the Russian River with time to do a little exploring. We will then return to the Cloverdale train depot about 1:30.

There is a limit of 18 members, so reserve now! The cost for the trip including lunch is \$40. Please RSVP to lizloebel@gmail.com and Venmo Liz at Elizabeth Stott@ Elizabeth-Loebel or mail a check made out to Liz to 219 Ferrero Drive, Healdsburg, CA 95448. by May 1.

It will be a really fun day.

Liz Loebel & Judith Olney, Co-Chairs Cultural Events



Be a Part of Great Decisions Discussion Group!

What does the Great Decisions Group do? The group reads and discusses articles on global affairs and major foreign policy issues facing the United States. Currently, our AAUW Branch has two Great Decisions Discussion groups which are full and unable to accept new members. However, if enough members are interested, a third group will be started.

The Foreign Policy Association provides the discussion topics and reading material. Examples of articles we read and discuss include such topics as: **America at a Global Crossroads, The Future of NATO and European Security, and AI and American National Security..**

One of the things particularly enjoyable about these discussion groups is that the topic of the day often becomes a launching pad to broader discussions because members bring insights and differing opinions. It is a very safe space to share those opinions. There are 8 topics and therefore 8 meetings a year. Each group decides which months they want to meet.

If you are interested in joining in on the discussions, get your name on the list by contacting:

Laura Tredinnick latredinnick@gmail.com

Spring Wine 'N Dine

On a beautiful, sunny, warm evening on April 12, the beginning of the season was celebrated with a great turnout at our **Spring Wine 'N Dine**. Six Healdsburg AAUW members hosted, inviting AAUW guests into their homes and coordinating the menus with their guests. Our hosts who so generously and enthusiastically shared their homes for this event included members **Julie Hanamura, Charlene Luks, Michelle Regan, Theresa Cabral, Ginna Zoellner, and Neita Comings**.

Exceptional foods and delicious wines were enjoyed, with a different menu served at each host home. Reports are that those attending had a wonderful time getting to know one another in addition to sharing interesting and fun conversations. As can be seen in the photos, fun was had by all!

Here are photos from the gatherings.

Our next **Wine 'N Dine** will be a brunch on Sunday, June 8, 2025. The event is open to AAUW members and their guests, and we **always** welcome new hosts! Look for more information to come in an Eblast in early May.



Julie Hanamura's and Jim Westfall's home



Ginna Zoellner's home



Neita and Bill Comings' home



Theresa and Doug Cabral's home



Michelle and Tim Regan's home



Charlene and Phil Luk's home

Cindy Powers and Judy Edmonds, Wine 'N Dine Co-chairs

TTAG Leaders Stepping Up

As a student-led organization, Tech Trek Alum Group (TTAG) is designed to build female leaders who are interested in pursuing careers in STEM fields. On March 30, the TTAG student board gathered to expand their leadership skills during a 6-hour workshop organized and presented by **Pam Jones**, former leadership development facilitator and current AAUW Board Secretary. Pam designed a rich curriculum of essential tools used by effective leaders in business, government and the non-profit work settings. These lucky TTAGers were engaged in a unique and intensive personal growth experience involving multiple leadership tools presented as interactive lessons within a TTAG context. During the workshop, the

girls honed their decision-making, planning, and inquiry skills as they filled flip chart pages with detailed objectives, measurable goals, and a full itinerary for an imaginary Mediterranean vacation! By the end of the workshop, each girl was equipped with

a “toolbox” of skills focused on decision-making, leadership style awareness, the power of assumptions, and organizational teamwork strategies. In the follow-up evaluation, the girls offered personal comments on the usefulness of these new skills in both a leadership role and in their daily lives. In their own words, here are some of the TTAG girls’ insights following this special learning

experience:

“After the workshop, I feel like my definition of leadership has expanded. I think that it is much more complex than I had reflected upon and many layers that I had not considered.”

“The seminar really reinforced what leadership means to me, especially when it comes to working as a team. She didn’t just teach us how to collaborate—she (Pam) showed us what it truly means to lead. It’s not about being bossy or just giving orders; it’s about being the voice of your team, making sure everyone is heard, and guiding the group toward success together. It really made me reflect on the kind of leader I want to be.”

“I want to keep building my leadership skills in every part of my life—whether it’s during school projects, in my STEMInism club, on the field in sports, or even at home. Leadership isn’t just about big moments; it’s about the little everyday choices, like speaking up, supporting others, and staying committed. I know I still have a lot to learn, but I’m excited to keep growing and challenging myself in new ways.”

We send our gratitude to **Pam Jones** for pouring hours of work into preparing this powerful workshop for the TTAG Board and we thank her for presenting these life lessons with such professionalism and warmth. It was truly a labor of love!

Diane Meyers, TTAG Advisor, Co-Chair





Scholarship Success Stories

Dora Valenzuela's Story

2018 recipient of the AAWU Healdsburg Branch SRJC Scholarship

My name is Dora Ibarra Valenzuela, and I would like to express my gratitude towards the scholarship I was awarded by AAWU while I was in the nursing program at SRJC. The help and support I received really made the process of being a student less stressful. At the time, I was for the most part, a single mom of a lovely 3-year-old boy. At 28 years old and with a child, I was finally able to return to school and pursue my dream of being a college graduate. In fact, I would be the first in my family to accomplish this goal.

I came to the U.S when I was 5 years old and was not able to pursue my education after high school as I was an illegal resident and the dreamer's act was just being brought into existence. I took as many classes at SRJC as I possibly could before reaching a dead end. It was pointless for me to take any science/major courses as they expired, and I would not be able to apply to a

program and graduate as a nurse. When my legal status finally was settled, many years and a kid later, I returned to school and set my eye on my goal once again.

The struggle of being an older student returning to college and not having the same time to study as others for sure was difficult. I was working as much as I could, because I was financially responsible for supporting my son given his father did not agree that I return to school at the time. I had no support financially or even physically. I had to figure out how to study, work, and be a mom, all without giving up on something. Moments of despair made me question if I could handle all my roles. I picked up more classes, and more hours at work. I recorded all my lectures so I could study as I walked my son in his stroller to help him fall asleep. Once he finally fell asleep, I was able to cook, clean and do my house duties. I was told the time I "wasted" in school should be enough for me to pass my classes and not need to come home and study.

Those moments of stress really clouded my vision of accomplishing my goal. I didn't know financial aid was available and that scholarships were being awarded. I was just taught to work hard and pay for my own needs. I was struggling, I needed a helping hand. I wanted so badly to just quit and accept that my dream was too hard for me to reach. I was so thankful when I was informed about the AAWU scholarship. I never thought I would be awarded a scholarship, but I thought it was worth a try. I am so thankful for the opportunity this scholarship gave me again. I was able to relax and focus on studying rather than focusing on how I would pay my bills. To all the people that donate to scholarships, I thank you. I graduated from SRJC with my associate's in nursing in May 2018. I fortunately was one of the very few who made it into the bridge program offered by Sonoma State University, and so a year after graduating nursing school, I also graduated from SSU with my bachelor's in nursing and in public health. I have been a registered nurse since 2018 and have worked as a correctional nurse, cardiac/stroke nurse, and survived the covid outbreak being so new in my career.

Thank you again for your support, I am now able to take care of those in need like you once took care of me.



**Welcome
New Members!**

Danielle Diaz
Enci Naghshineh
Cathy Carr
Molly Martin
Kathryn-Anne Henderson
Leslie Bowles Moreland
Carrie Paulik
Vicki Carlin
Andrea Learned
Judith Bauman
Faye Mark
Judith Sjoberg



If you are aware of any member who is ill, has had an operation or an accident, has passed away or had a close family member pass away, please notify Holly Schatz and Kim Alexander so that a card can be sent from Healdsburg AAUW and communicate as appropriate. Email: hollypschatz@gmail.com. Phone: 415-305-4559 and kimeliza28@yahoo.com 607-342-7658.

Published monthly, except in July and August. Please submit articles and announcements in email text, Google Docs, Pages or Word and images in .jpeg by the 15th of the month prior to the issue in which you want them included. The Grapevine is available to the general public, therefore please be cautious about including personal information. Send articles to Kim Brown: krb.jlb@gmail.com.