





Sierra Outpost

Make a list of 12 things that make you smile— keep it handy!

—Trish Darcy

Twelve of us gathered on Zoom on January 14th to find out how to pull ourselves up from the doldrums of this doggone pandemic. Jody Stanners was our presenter and she had this to say to us in an email before her presentation: "I have been a certified instructor for the International Critical Incident Stress Foundation for close to ten years. I have studied under Dr. Naomi Paget, a worldrenowned crisis interventionist. Living emotionally whole, balanced, and stress-free is a challenge these days. I don't claim to have all the answers, just [looking forward to] some interesting, thought-provoking discussion with you ladies."

She was easy to listen to and made us all feel relaxed and we were able to have a back and forth discussion sharing ideas and experiences, even over Zoom!

She introduced us to the three types of stress: Acute, Chronic,

and Eustress (bet you haven't heard of that one! We hadn't either!) Acute stress comes on quickly and doesn't last long. Examples would be an argument with someone or a car accident. Chronic stress is long-lasting and can lead to many other health problems. An example of chronic stress would be working in a negative environment. The last one, eustress, was new to us. This is actually positive stress-who would have thought stress could be positive! Examples of this type of stress would be falling in love or starting a new job. This type of stress is motivating and inspiring. We could definitely use more of the eustress and less of the acute and chronic stress.

"Well, duh!" you may say? So how do we go about removing the negative stress and emphasizing the positive stress in our lives? Jody offered some ideas: time management, therapy, spa,

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nature, music, exercise, hobby, mediation, yoga, aromatherapy, warm bath, massage, sleep, healthy diet and less screen time. Choose the ones that work best for you and plan time for them. However, the idea that she said helped her the most was to write down 12 things that you are grateful for-the things that make you smile. Keep this list in a spot where you will see it often.

These simple ideas can keep your mood boosted and keep you feeling better during these trying times.

Leadership Team

Counting blessings

—Cindy Harp

Wow! What a month! We all looked forward to the end of 2020 as a very bad year on so many fronts. Then came January, 2021, the gift that kept on giving! Many of us endured eight days without power in conjunction with a massively destructive Mono windstorm, and much property damage, but thankfully, no loss of life.

On the bright side, we also received a significant contribution to our yearly rainfall, either as steady rain or snow! We are always thankful for moisture, and the opportunity to burn brush and tree cuttings in preparation for the hot, dry wildfire season.

It is important to be thankful... for our own mental health. So, as we begin this year let's focus on everything we have to be grateful for. Here are a few things that come to mind:

- The beauty of our mountains, topped with snow
- Our winter gardens, already showing hints of new life for spring
- Good neighbors helping neighbors
- Volunteers who serve in many capacities in our community (and many of whom are probably reading this newsletter)
- The progress on distribution of Covid-19 vaccines in our area, offering hope for inperson human contact sometime this year

Make your own list!

Your leadership team has much to be grateful for as well:

- Good news from AAUW State on the Tech Trek front! There will be Virtual Tech Trek AND we can send our girls who had been selected for Tech Trek 2020 but lost out when camp was canceled! We are also in the process of selecting girls for 2021 to attend.
- AAUW CA continues to host many opportunities to learn and participate in the mission of AAUW. Check out the Board to Branch section (page 6) for news on how you can stay informed and links to register and participate.
- It is that time of year when we begin to plan for succession in leadership for the next year, and we have already had two members step up and express interest in joining your leadership team! There is still time to take a leadership role in your AAUW Mariposa Branch, so if you have an interest in helping plan and execute our next year's projects and activities, contact any member of your leadership team!

It's February, the month of LOVE, so reach out to someone you care about (or even someone you know just casually) and let them know you are thinking of them.

Happy Valentine's Day!



Health

Covid Corner

-Jody Sergienko

Patience and calm will serve us all well

Patience is the theme for this month. The big question is "When will I get my COVID vaccine?" Have patience, serenity, and be persistent with unflappable calmness as your turn will come. The county team is giving out the vaccines as fast as they can get them in. Mass vaccination clinics are being held both at the fairgrounds and up in Coulterville/Greeley Hill area.

Once again, you can sign up at- http://www.mariposacounty.org/1592/COVID-19-
Information

The long waiting time where it seems like nothing was working and the world was

going from bad to worse is passing. We are now in that transition period where there is hope for a life more like the one we once knew as "normal." As more vaccines are administered, more people are on board with physical containment measures such as masks, and the numbers of those with immunity from the infection itself rise, our lives and communities will once again get busy. Till then, since February is "Healthy Heart Month," lower your stress levels with a little patience!

See you soon.

Event Calendar

February 10	SIG- Great Decisions: 5:00pm, via Zoom
February 11	SIG- Play Reading: 4:30pm, via Zoom
February 16	SIG- International Study: 5:00pm, via Zoom
February 28	SIG- Hiking: Deadline to submit hiking photos to Trish
March 1	Leadership Team Meeting: 5:30pm, via Zoom
March 2	SIG- Book Group: 4:30pm, via Zoom
March 10	SIG- Great Decisions: 5:00pm, via Zoom
March 24 AAUW-CA: Lobby Day: Webinar, Click HERE to register, (details page 11)	
June 13 Annual Meeting: 2:00pm, format TBD	

Project Tech Connect

Stay tuned. Next month's issue will feature winners and video links.



Project: Tech Trek



10 Mariposa girls to participate

this year

—Trish Darcy

Tech Trek 2021 is up and running! We have been waiting while AAUW California has been working hard to transfer all of the paperwork and camp structure to a virtual format! It is a new and updated electronic system that we are excitingly working our way through!

The five girls that we selected last spring just before the pandemic missed out on the residential camp at Fresno State, but they are being invited to participate in the virtual camps this summer. All five of our girls will be participating, which is wonderful! We are excited for them to be able to have this opportunity as we really wanted to provide them with a Tech Trek experience and just weren't sure how that was going to happen. Good things come to those who wait!

We also get to select five more 7th grade girls this year. We are in the process of starting that now. The girls will submit essays with their applications. The scorers will be Dawn Johnson, Sandi Gabe, Peggy Shainberg, Phyllis Weber, and Jody Sergienko. Hopefully, by the first week of March, the applications will have been evaluated and the girls will be scheduled for their personal interviews to be conducted via Zoom on March 20th. Our interview team consists of Judy Eppler, Sara Robison, and Becky Mock.

We are excited about the opportunity to have our girls participate in this virtual camp! Thank you to all who are helping us work through the new process! Look for another update next month!

Annual Butterfly Festival opportunity

—Jody Sergienko

Happy February AAUW members! There really will be a life after COVID. And one of the first events in the planning stage that may actually happen is the Mariposa Butterfly Festival. This year it is being moved to the 4th of July weekend. And yes, we are well aware that butterfly season happens before that, but needs be...and there is not a large event planned for that weekend anyway.

Below is a YouTube video the planners have put out. They reached out to AAUW asking if we would like to play a part in the festival. Our leadership team has decided to form an exploratory committee and if there is enough enthusiasm, we can go for it! If you want a project to sink your teeth into and help shape the world we will be emerging into, contact Jody Sergienko at jodyserg@gmail.com

I can't wait to hear some great ideas from all of you!

https://www.youtube.com/watch? v=9jV1M gQFul&feature=youtu.be



Membership

Bonnie Little, Dina Lambert



Spotlight on Marilyn Saunders

-Kim Monson

Marilyn Saunders' paternal family were '49ers actually arriving in San Francisco in 1849.

Her mother's side, immigrants from Russia, arrived in 1906. That was before the revolution, but Grandma was certain the instability in that nation would spell trouble. Now we know where Marilyn gets her smarts! So, Marilyn was born in San Francisco and was raised in nearby San Bruno and Clayton, California.

When Marilyn graduated from high school, she was all set to attend Berkeley, but decided to take a gap year to work for Crocker Bank and earn money. She said she never regretted that decision because the banking knowledge has helped her throughout her life. Marilyn married during that time, and her husband got a job at Raytheon in Santa Barbara, so Marilyn was destined to be a 'Gaucho' instead of a 'Bear.' Marilyn demurs that she has always been and will always be a 'Bear' at heart. As it turns out, UC Santa Barbara was a good thing because it had a teaching major which allowed her to earn her credential in four years instead of five.

Marilyn taught elementary school for about five years when she and her (not to be named) husband adopted a little girl. Marilyn was delighted to spend the next nine years caring for her daughter and a son she bore along the way. She also kept her mind stimulated by taking psychology classes through the university extension program. About nine years into the child rearing, the not-to-be-named-husband decided he no longer wanted the responsibility of a family, so Marilyn went back to work. This time she landed a job she adored: working

for the city of Berkeley as a Technical Assistant for the Child Care Council. It was a one-year job to set up day care for developmentally disabled children. When the parents who used the facility took over its funding and administration Marilyn stayed on. She is immensely proud that this facility that she helped establish is still running.

While working and raising children, Marilyn managed to obtain a master's degree in social work and landed a job at the outpatient clinic for the Veterans Administration. Later she would go on to work for the Association of Retarded Citizens for Marin County, working in their residential facilities. When Marilyn was ready for a career change, she went into the life insurance business and obtained a broker's license. This allowed her to work with agents explaining the life and disability products to them so they would understand what they were actually selling. She was later called to work for the home office of CNA Insurance as a director of compliance. Marilyn retired in 2003. She had purchased property in Mariposa the previous year because she fell in love with the area while indulging her passion for hiking.

But did you think this was the end of Marilyn's story? Oh no. Marilyn went on to serve as the president of the Economic Development Corporation of Mariposa and as a board member for the Mariposa Community Foundation. In AAUW she manages the "Dinner with a Scientist" program and is involved in many of our other activities. We are so fortunate to have such a dynamic person working with us.

We Sponsor Community Forums



Board to Branch



Notes from AAUW California Board

—Cindy Harp

FROM DIANNE'S DESK

Dianne Owens, President, AAUW California, statepresident@aauw-ca.org

AN IMPORTANT QUESTION & VOTE FOR 2021

Between April 7th at 9am PDT and May 17th at 2pm PDT, all AAUW members will have the opportunity to vote on an important bylaws amendment that will eliminate the degree requirement for membership. Click HERE to learn more about the rationale for the proposed bylaws change brought by the AAUW Board of Directors and the AAUW Governance Committee.

Plan to attend (via Zoom) the **AAUW California Annual Meeting** on April 17th to hear AAUW Board Chair Julia Brown as she brings us all the news from AAUW National and the latest about the proposed bylaws change. Registration is required. Click HERE to register.

Save March 24th for Lobby Day (via Zoom). The registration deadline has been extended. See the Public Policy article below for the opportunity to register. This will be a brand-new experience for AAUW California. Plan to attend the March 22nd webinar to learn how to talk with your legislator before the big day.

COLLEGE/UNIVERSITY (C/U) COMMITTEE

Donna Lilly, C/U Committee Chair,

cu@aauw-ca.org

More than \$800,000 in Scholarships Awarded

Seventy-four branches in California awarded over \$800,000 in scholarship funds to 442 scholard suring the 2019-2020 academic year.

The good news is **ALL** branches raise funds for Tech Trekkers and even better news is that many Tech Trekkers are also honored to receive college scholarships from branches to pursue their STEM dreams.

Save a Spot at NCCWSL

AAUW invites you and hundreds of college students to attend the National Conference for College Women Student Leaders virtual leadership training and networking conference on May 25-26, 2021. Early Bird registration is February 28, 2021. Click HERE for further information, registration, and FAQ. Tell your college and university students to apply for a free scholarship to NCCWSL prior to the deadline.

NCCWSL offers college students professional skill-building workshops in addition to well-known speaker panelists. This is your opportunity to enable a college student to

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We Provide Opportunities for Women to Reach Full Potential



(Continued from page 6)

learn the skills of a leader. You may consider registering for the conference yourself to enhance your own leadership skills.

COMMUNICATIONS

Tracey Clark, Director, Communications
Committee Chair, communications@aauwca.org

AAUW California will be hosting several upcoming webinars that you and your branch members may be interested in. First is *She Who Thrives Survives* where you can learn what successful branches are doing to survive...and thrive! Click <u>HERE</u> to register for this webinar on February 24th.

Another webinar coming up is *Build Community and Campus Relationships*through Work Smart. In this webinar, you will join a panel of experts to learn more about negotiating your salary and benefits when asking for equal pay, a raise, or a new position. Click HERE to register for this March 8th webinar.

FINANCE

Roli Wendorf, Chief Financial Officer, Finance Committee Chair, <u>cfo@aauw-ca.orq</u>

MEMBERSHIP RENEWAL

Starting March 16th, it will be time to renew your AAUW membership for the upcoming fiscal year, 2021-2022. Any new members joining after March 15th will get the remainder of this year free along with next year's membership.

National dues will be \$62 for the coming year, of which \$59 is tax-deductible.

MARKETING

Michelle Miller-Galaz and Sharyn Siebert, Directors, Marketing Committee Co-Chairs, marketing@aauw-ca.org

ASK YOUR ELECTED OFFICIALS TO PROCLAIM MARCH 24th AS EQUAL PAY DAY

You can encourage your county board of supervisors to proclaim Equal Pay Day in your community using one of the sample procloamations on our website HERE. Equal Pay Day marks the symbolic day when women's earnings catch up to men's earnings from the previous year. Started by the National Committee on Pay Equity (NCPE) in 1996, the goal was to raise awareness about the gender wage gap. Since then, other Equal Pay Days have been added to the calendar to denote that mothers and most women of color face a wider-than-average gap and need to work even longer to catch up to men's earnings.

(Continued on page 8)

We Open Eyes



(Continued from page 7)

NOMINATIONS & ELECTIONS

Janice Lee, Nominations & Elections Chair, nominating@aauw-ca.org

WE HAVE A SLATE—NOW WHAT?

AAUW California currently has a full slate. Please click to visit the state nominations and elections page and see the bios of the candidates: Sandi Gabe, President-Elect; Roli Wendorf, CFO and Directors, Carol Holzgrafe and Judy Cavin Brown. We will also be voting on the State's Public Policy Priorities. Our voting period is 4/16/2021—5/7/2021. Nominations are still open until 3/16/2021 so if you are thinking about joining the state board but are not quite ready to commit, please let the Nominations and Election Committee know so they can give you personal attention and answer your questions.

National elections will also be taking place this year. The dates for the AAUW National elections are 4/7/2021–5/17/2021. The elimination of the degree requirement for membership will be up for a vote.

Please vote in both elections and please consider running for office—whether it is National, State, Interbranch Council, or your local branch. **WE NEED YOU.**

PUBLIC POLICY

Kathleen Harper, Director, and **Sue Miller,** Public Policy Committee Co-Chairs,

publicpolicy@aauw-ca.org

WHAT BRANCH MEMBERS NEED TO KNOW ABOUT PUBLIC POLICY FOR FEBRUARY

Equal Pay Day Correction

The correct date is March 24th.

Thank you to all our members who signed up to join us on March 24th for our virtual Lobby Day. We will continue to take registrations through the end of February. Click HERE to sign up.

Training Webinar

All members who have signed up for Lobby Day must register for and attend the training webinar on March 22nd at 7pm. Training will cover the bills we want members to talk about as well as the logistics for the day. Click HERE to register for the webinar.

TECH TREK

Susan Negrete, and **Alice Hill,** Tech Trek State Co-Coordinators, <u>techtrek@aauw-ca.org</u>

Volunteers Needed—Branch Volunteers & Tech Trek Alumnae: Apply Now! Camp coaches, instructors, assistant director, and logistics coordinators are needed. Work for one or more camps! Click here for the application.

Catch Us on YouTube—A Tech Trek Resource

YouTube will be used to provide a wide array of information on the 2021 Virtual Camps. Click <u>HERE</u> to access our 2021 Virtual Tech Trek channel.

SIG Overview

Special Interest Groups

International Study

Tiina Wilson



Learn about a country, a culture, and a people. We study one country each year and meet monthly.

Book Group Saralynn Nusbaum



This group meets monthly to discuss both fiction and non-fiction books members chose to read the previous month.

Great Decisions Becky Mock



This discussion group meets 6-8 times per year to discuss a set of topics developed by the Foreign Policy Administration (FPA).

Garden Group Karen Smith



The Gardening group meets to discuss a wide range of topics such as the challenges of gardening in the foothills.

AAUW

Mariposa, CA Branch

Special Interest Groups 2020-2021

Play Reading Group Dawn Johnson



"The play's the thing!" meets monthly to do cold readings of various plays that are shared by several California branches.

Hiking Group Trish Darcy



The hiking group meets monthly to enjoy each other's company while hiking new trails in and around Mariposa and Yosemite.

What's Your Passion?

Photography?
Movie?
Ukaladies?
Wine and Whine?

(nothing fancy—just afternoon get-

togethers to visit)

Travel Tips?
Meditation?
Writers Anonymous?
E-power?

(share new e-device tips)

Wine Tasting Carolyn Baker, Cindy Harp



The Corks and Forks Wine group meets monthly to experience different types of wines and enjoy them with appetizers and meals paired to complement the varietal being tasted.

We Open Eyes



sig: Great Decisions

Contact Becky Mock



Tenuous relations between the US and the **Philippines**

—Jill Rowney

Brief historical background:

The Treaty of Paris in 1898 marked the formal ceding of Spain's territories to the United States and the end of the Spanish-American War. Territories included Cuba, Puerto Rico and the Philippines (for which the US paid Spain a sum of \$20 million). In establishing its democratic government, the Philippines (PH) negotiated its independence for the year 1946. During WWII, the Philippines was still a US territory, and proved to be an important strategic base for the US military.

Much of the early government "employed the distribution of powers that greatly favored the smaller provincial constituents." So naturally, those in power were also those who had wealth. That set the stage for rampant poverty, corruption, exploitation, and the PH dependence on US economic aid.

From its independence in 1946 until present day, the Philippines has had an unstable relationship with the US. The US no longer has military bases in the PH, but would like to maintain a military presence there, affording it a better position to maintain protection over PH and other South Pacific allies. Currently, China is courting the PH, making huge investments in its infrastructure. It is also expanding its claim of the South China Sea into Philippine waters,

infringing on their fishing rights.

Their current leader, Duterte, though widely popular for his campaign promise to restore law and order making the Philippines clean and safe, has become known world-wide for rampant violations of human rights. His authoritarian crackdown on the drug cartels and his assumption of total power has compromised the democratic government of the PH. He is turning to China and Russia as closer economic allies, away from the US. The Obama administration made "enormous strides in maintaining strategic relations with the PH government, but remained critical of the latter's gross human rights violations in the conduct of its drug war." Trump, on the other hand, was more 'hands off' which may have influenced Duterte's fostering China's good will.

Our Great Decisions Group met on January 13th. We were still reeling from the January 6th attack on the US Capitol and Presidentelect Biden had not yet been inaugurated. As there was a lot of history to unpack, we were unsure to venture an opinion or suggestion on how the US could stabilize relations with PH. We adopted a "let's wait and see" stance. Our discussion group's ultimate observation was that the US needs to get its own act together; THEN maybe we can effect a positive change in our relationships with not only the Philippines, but the rest of our world community.

We Value Education





sig: International Study

Contact Tiina Wilson

Country: Egypt

Power outages hampered us on January 19th so we rescheduled for the 21st. Peggy Shainberg took us on a tour of Egyptian sites and monuments from the Cairo Museum, to Giza and the Great Sphinx and Pyramids, and to the Valley of the Kings. Many interesting facts and details were discussed.

At our next meeting on Tuesday, February 16th, Tiina Wilson will talk more about Egypt's history including the time of Cleopatra.

It was suggested that also for that meeting, all the members research more recent history of Egypt, including the anti-government protests known as "Arab Spring" and offer their findings for discussion.

sig - Book

Our next meeting will be on

Tuesday, March 2, at 4:30 pm



at our own homes via "Zoom" where we will be discussing:

Then She was Gone by Lisa Jewell



Contact Saralynn Nusbaum

For those of you who missed it, we had a wonderful discussion of *The Storied Life of AJ Fikry*. For me it was fun to read something off-topic; it was a lovely distraction from politics and pandemic.



sig: Play Reading

Contact Dawn Johnson



"Clybourne Park": not a walk in the park

Our play last month was "Clybourne Park," which was "sort of/ sort of not" a sequel to the December play "A Raisin in the Sun." It picked up the lives of the descendants of the Black family who had dared to live their dreams by moving to an all-white neighborhood in 1950's Chicago. Now, more than fifty years later, the area is all-Black and being eyed by urban-loving whites for gentrification. The same themes of race, prejudice and dreams play out (ha! get it?), albeit reversed.

We had a small group and were able to assign people the same part for most of the play.

That made for smoother reading, but it was still confusing to remember the characters and their relationship to each other. In short, it wasn't a walk in the park (ha! get it?). Perhaps our Zoom meetings should be in costume. I will play the part of the house.

The February play will be "The Foreigner," a 1983 comedy set in a hunting lodge with plenty of odd characters and not a single murder.

For more information on the Play Reading Group, contact Dawn at dawn-amdjay.johnson@gmail.com.

No dramatic talent required!

We Inspire Life-Long Learning





sig: Garden

Contact Karen Smith

Garden activity in the dead of winter?



Although we experienced some drastic winter weather this month, the promise of spring appeared throughout members' gardens/yards.





Obvious differences in elevation are evident throughout the county! It took two days for Karen Smith's yard (above) to thaw, but Jill's yard (L) didn't get a flake of snow! Toyon (above R) is in full splendor. The Mariposa lilies (R) are just poking up.







We Send Girls to Science/Math Camp



sig: Hiking

Contact Trish Darcy



Natural wonders: Hikers explore on their own

This month's subject was people. See the hikers' faces in front of the lenses this month!

Right: Jody Sergienko bundles up for a winter walk in the snow.

Below: Naoko Kada takes to the Lewis Creek Trail with her two children.





Sandi Gabe escaped from her computer for an outing along the Merced River with husband, Jeff.









Above R: Trish Darcy on Grist Road with 2 and 4-legged friends!

L: Rebecca Swisher in Tuolumne Grove





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Trish Darcy Cindy Harp **Dina Lambert Bonnie Little** Kim Monson

Jody Sergienko Rebecca Swisher

The Sierra Outpost, newsletter of the Mariposa Branch of AAUW, is currently published on the 10th of each month. It is available online in pdf format. If you cannot access the on-line copy please contact Jill Rowney. Deadline for submissions is the 3rd of the month. Send information/ questions to editor: jillrowney@yahoo.com

Project Chairs/Coordinators

Advertising open

Back Pack Project Kim Monson &

Rebecca Swisher

Dinner With a Scientist Marilyn Saunders

Goodwill Ambassador open

Newsletter Editor Jill Rowney **Publicity** Jody Sergienko

Social Media **Dina Lambert**

Kim Monson & Tech Connect*

Rebecca Swisher

Trish Darcy & Tech Trek

Barbara Silva

Website **Dina Lambert**

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AAUW https://aauw.org/

AAUW California http://www.aauw-ca.org/

We Send Girls to Science/Math Camp

