



Humboldt Inc. (CA) Branch



## The Branch

November 2020  
Vol 71, Issue 5

### November Branch Meeting Title IX and Women's Sports at HSU

Saturday, November 7, 2020  
10:00 a.m

Join us on Zoom

Just let your caller know that you plan to attend and you will receive a link by email the morning of the meeting.



Jane Teixeira was named the Director of Intercollegiate Athletics and Recreational Sports at Humboldt State University on April 6.

Teixeira has 25 years of experience in higher education as an administrator, coach, student-athlete, and leader. Her focus is on supporting student-athletes, mentoring coaches and athletic staff, and maintaining a sustainable, successful program.

"My leadership experiences continue my purpose and passion for impacting young people through athletics while allowing athletics to build character and leadership through diverse experiences," Teixeira says.

"Being an athlete, collegiate or recreationally, gives students important skills," she says. "Skills like time management, teamwork, conflict resolution, and leadership that they can take out into the world with them when they leave college with a diploma."

Teixeira was a three-year starter in Softball and received her bachelor's degree in applied learning and development/sport management with a minor in communication at the University of Texas at Austin. She earned a Master's of Education from Southwest Texas State University in physical education with a concentration in physical education/sports administration. In addition, she has earned a Juris Doctor from the University of Oklahoma. "What I'm looking forward to most about coming to HSU is that the institution is innovative and on a path to support the next generation of student-athletes," Teixeira says.

Teixeira, originally from Tucson, Arizona, is a three-stripe blue belt in jiu-jitsu, and says you may find her in a local jiu-jitsu gym or out hitting the trails with her dog. She has a daughter in college in Albuquerque.



**Like everything else in 2020, The  
Holiday Gala will look different  
this year**

**February's Red Envelope Tea  
Party Has Been Cancelled Due To  
COVID**

**It is being replaced by  
November is Green Envelope Month to  
Support our Re-Entry Scholarships**

You will be receiving an invitation by the end of October. It will provide you the opportunity to reflect on your college degree or degrees and what they have provided for you. Hopefully you can share some of the information with family members or young people who are considering the college experience. November is the month set aside to give thanks and connect with family members. Sharon Ferrett has suggested sharing information with people about the events in your life and your families life, but the focus for our Green Envelope Month is on your college experiences. Some of you may even have mothers and grandmothers that told their college experiences to you.

So read your invitation, which will arrive **in a green envelope**, carefully when you receive it and be sure to remember the **deadline of November 27<sup>th</sup>**. I know Nancy Kay doesn't mind you sending your response before **November 27<sup>th</sup>** in fact she probably will appreciate it if you send it in the first couple of weeks in November.

Dorothy Skjonsby



## **President's Message**

I want to remind everyone about our appeal for the scholarship fund. As you know we can't hold our typical auction. We will send out a solicitation for funds similar to what Tech Trek does. Remember, Tech Trek will not send a solicitation. So, consider what you have spent in the past at our December Brunch and if possible, donate that amount or even more. Thank you to the scholarship committee and Dorothy for organizing the appeal.

I hope everyone is staying healthy. I think Humboldt County Health Department has done a fantastic job keeping our county healthy in this time of COVID-19.

I learned so much from our meeting in October about rank voting and weighted voting. I cast my ballot and took it to the ballot box outside the board of elections. I then tracked it and found out that it was accepted. I followed Kelly Sanders direction to track my ballot.

I did try to record our meeting in order to put it up on the website but for some reason it was not recorded. I will try again in November and see if it will work.

I want to thank everyone who attended and I hope you will join us again as we find out about title IX in November.

The book groups continue to meet via Zoom. I want to thank the leaders for the extra effort they have put in facilitating the Zoom meetings. I would like to thank Rollin for all his work on publicity. It is a difficult time to get our message out but Rollin has been able to do that.

Thank you to Nancy Dean for getting the directory out. Also thank you to Alex and Connie for the great programming so far this year. Shelley Mitchell is such a rock by getting our newsletter out each month.

Thank you to all our members and see you November 7 via Zoom.

Mary Lou Lowry, Branch President



## SB 973 Signed by the Governor!

By Kathi Harper, AAUW California Public Policy Co-Chair

In 2018, AAUW co-sponsored a bill requiring companies with more than 100 employees to collect and report to the Department of Fair Employment and Housing data on:

1. The number of employees by race, ethnicity, and sex for 10 job categories;
2. The number of employees by race, ethnicity, and sex, whose annual earnings fall within certain pay bands;
3. The total number of hours worked by each employee counted in each pay band during the reporting year.

The purpose of the bill is “to allow for designated state agencies to collect wage data to more efficiently identify wage patterns and allow for targeted enforcement of equal pay or discrimination laws.” The bill failed in 2019, and was re-introduced last year by the same author, Senator Hannah-Beth Jackson (D-Santa Barbara), and was signed by Governor Newsom on September 30<sup>th</sup> – the last day in the last hour!

Fifteen other AAUW California-supported bills were also signed by the Governor, including: improved medical care for incarcerated pregnant women (**AB732**); protection for women testifying in sexual assault cases from having their testimony of alcohol or drug use at the time of the assault used against them in a separate prosecution (**AB1927**); addition of “sexual harassment” as a form of prohibited sex discrimination in higher education (**SB493**); and expansion of the California Family Rights Act to require any employer with 5 or more employees to grant a request by an employee to take up to 12 workweeks of unpaid protected leave during any 12-month period to bond with a new child or to care for themselves or a child, parent, grandparent, grandchild, sibling, spouse, or domestic partner (**SB1383**).

Finally, as part of our “white allyship” posture, we are proud to have supported six bills that were enacted to address racial injustice and/or to enhance opportunities for Black women: **AB979**, requiring corporations to include a

specified number of members from underrepresented communities on their boards of directors; **AB1196 and AB1506**, regulating police use of force; **AB1460**, requiring ethnic studies as a graduation requirement in CSU schools; **AB3070**, addressing discriminatory use of peremptory challenges in jury selection; and **AB3121**, establishing a task force to study and develop reparation proposals.

You can find additional information on these and all our 2019-20 bills on “Capitol Track” on our website.



### **Gratitude: Looking for the Good in Life—Even in Tough Times**

**“Faced with demoralization, gratitude has the power to energize. Faced with brokenness, gratitude has the power to heal. Faced with despair, gratitude has the power to bring hope.”**

**-Robert Emmons, author**

Our family has a tradition each autumn of writing on a pumpkin what we’re thankful for. Before the Thanksgiving meal, we take a few minutes to share a few of these blessings. This has caused eye rolling and groans—especially from the teenagers, but I persist. I’ve learned that this simple ritual may actually be good for our health. Robert Emmons, a professor at UC Davis, has studied the effects of gratitude on our physical and mental health. Science suggests that gratitude is strongly linked to lower stress and depression, more resilient, a resistant to illnesses, optimism and an overall sense of well-being.

The isolation, upheaval, uncertainty and loss of this year, has made it more difficult to look for the good in life. So, let’s consider bringing more gratitude in our life throughout the year. Knowing that gratitude can help us cope with life every day, let’s make this November a jumping off point. Here are a few tips to consider:

- Make a conscious choice to look for the good in every situation and in every one.
- Find joy in simple pleasures (a great cup of coffee, a beautiful flower, a delicious meal, a good book, chatting with a friend in the garden)
- Take a few minutes before you jump out of bed to give thanks. Create a morning ritual of intention and focus.
- Jot down three things in a journal each night that you’re thankful for.
- Bring music into your life. Dance and sing.
- Laugh every day. Look for the humor.
- Take a walk outdoors. Breathe in the joy of nature. Sit and enjoy the autumn leaves, flowers, birds and the sounds and smells of a crisp, fall day.
- Focus on the people who bring you joy.
- Take a moment to say thanks to people who help us—the postal workers, checkers, clerks, teachers and nurses, doctors and police and all the people who serve us in the community.
- Make gratitude a daily part of your life and a routine. Look for ways to be useful. Ask, “How can I make someone’s day?”
- Be willing to look for the wonder and joy in life. As the poet Mary Oliver said, “When it is over, I want to say: all my life I was a bride married to amazement. I was the bridegroom, taking the world into my arms.”

## **Meet the New Chancellor of the CSU System**

Dr. Joseph Castro, Graduate of UCB and PhD Stanford GSE (Graduate School of Education)



Dr. Joseph Castro will soon begin as the eighth Chancellor of the California State University System, the largest 4-year public education system in the United States. The 23 campuses of CSU serve nearly twice the number of students as University of California's 10 campuses. Dr. Castro will be the first Californian and the first Mexican-American to hold the position he will begin serving on January 4.

Dr. Castro's great-grandfather helped to build the railroad in the San Joaquin Valley about 100 years ago. He brought the rest of his family to the Valley, where they have lived ever since, often in tents in the early years. Joseph Castro was born in the San Joaquin Valley, the son of a single mother who, with the grandparents, has always cared about education, even though not one of them had gone to college. Joseph went to UC Berkeley and says that it changed his entire life.

In 1998 he earned his PhD from the Stanford Graduate School of Education. He has served as the president of Cal State Fresno since 2013. Many education leaders and advocates, in lauding his deep experience, say that his perspectives truly reflect those of the students he serves. Dr. Castro himself says that even though CSU is the largest, it is also the most important institution in the United States because of the students its many campuses educate.

Dr. Castro has already begun conversations with legislative leaders and the Governor with a goal of inspiring them to invest funding for the CSU system. One in ten people working in California is a CSU grad. *Stanford GSE news and NYT*  
Contributed by Jean Guthrie



**Great fun hanging out with the evening book group book this week. Next up: *The Vanishing Half* by Brit Bennett on November 23 at 7:00 p.m.**

**Call Maggie Gordon for information and a zoom link**



## 2020 Women's History Tea Honoree Nomination

Each March we celebrate women from the past and present who have made a difference in Humboldt County. If you would like to nominate a recipient of this honor, please complete this nomination form. The Board of Directors will be making a selection by the end of this year. Please nominate a person or persons that you feel should be considered for this honor and why.

Your Name \_\_\_\_\_

I would like to nominate \_\_\_\_\_

In what way has this person/group made a positive difference in Humboldt County through her activities, education, occupations, or professions?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please provide the contact information for your nominee:

\_\_\_\_\_  
\_\_\_\_\_

EMAIL OR MAIL YOUR NOMINATION TO Branch President Mary Louise Lowry

(Marylouiselowry@gmail.com), or 611 I St, Arcata, CA 95521-5529

C

**Julie Kelly, Au.D.**

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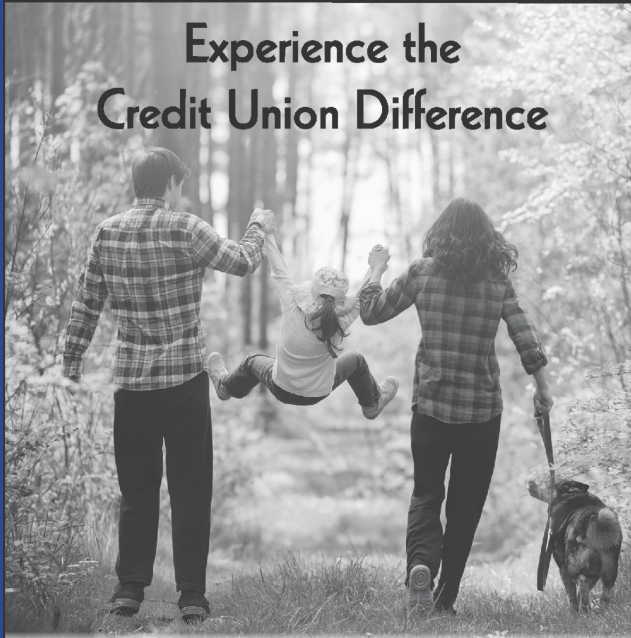
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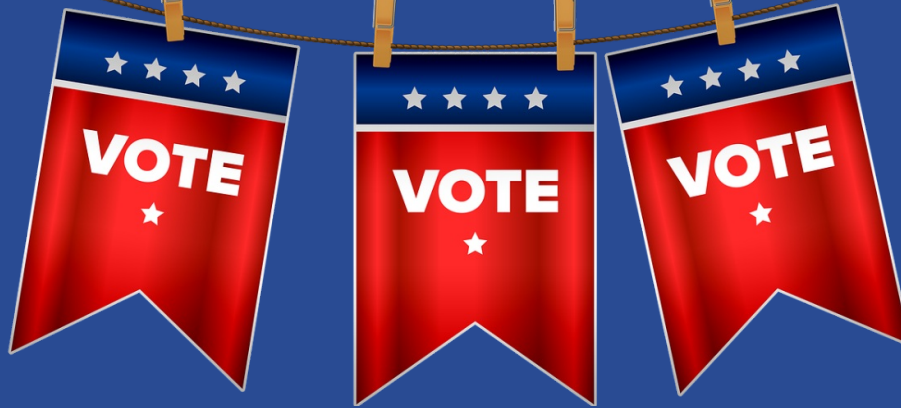


Thank you, members, for your support during  
the pandemic.

Mary Lou Lowry, President







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Submissions welcome: deadline is the 20<sup>th</sup> of each month

**Mission. To advance gender equity for women and girls through research, education, and advocacy.**

**Vision. Equity for all.**

**Values. Nonpartisan. Fact-based.**

AAUW is the nation's leading voice promoting equity and education for women and girls. Since our founding in 1881, AAUW members have examined and taken positions on the fundamental issues of the day — educational, social, economic, and political.

Editor's Note: *The Branch* is a primarily emailed publication. An email publication looks different than a printed newsletter. It is meant to be viewed on a screen (computer, phone, tablet) and while it is printable, The best way to print it is to save it as a pdf file and then print that. Please let me know if you have problems viewing or printing it and I will try to work with Constant Contact to resolve them. Shelley