



Humboldt Inc. (CA) Branch



## *The Branch*

March 2021  
Vol 71, Issue 8

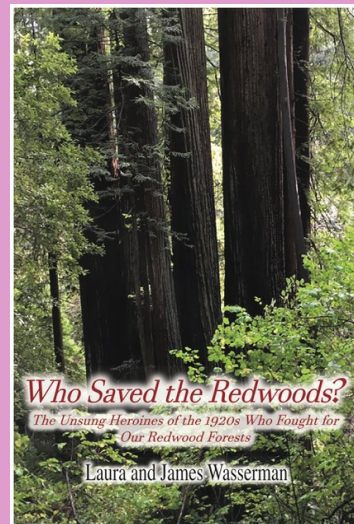
### **March Branch Meeting**

Saturday, March 6

9:30 a.m. Social

10:00 a.m.

**Celebrate Women's History Month with us by honoring two women who have made a difference in Humboldt County and by learning about the Women who saved the Redwoods!**



**Presentation:** Laura and James Wasserman, authors of *Who Saved the Redwoods? The Unsung Heroines of the 1920s Who Fought for Our Redwood Forests* will discuss how 800 members of the Humboldt County Women's Save the Redwoods League and thousands more allies in the California Federation of Women's Clubs and Garden Club of America led the great campaigns a century ago that paved the way for the modern environmental movement and helped preserve the beautiful Humboldt





Coast Redwood forests now enjoyed by millions of visitors from every corner of earth.

**Bios:** Laura Wasserman is a long-time institutional researcher and research coordinator in the private and public sectors of California and Alaska, specializing in social and environmental research. James Wasserman is a long-time newspaper journalist and state government policy analyst in California and Alaska. They live near the Sierra Nevada Mountains in Clovis, California.

**Join us on Zoom. Watch for the link.**



## President's Message

I am excited about our Women's History Tea on Saturday March 6. We have two wonderful honorees, Dr. Teresa Frankovich and Donna Hauser. We are going to meet at 9:30 for social half hour and our program will start at 10am. Bring your tea and crumpets and enjoy this meeting. If you feel like wearing hats and gloves please do.

In February we had a very informative meeting about Fly Humboldt. All of my misconceptions about air travel in and out of Humboldt were put to rest. Soon after the meeting, I noticed that air travel is scheduled to begin to Phoenix. I now know how hard it is to attract flights to small airports, I was happy to see that expansion. We have one of the most beautiful airports in the country (my personal opinion). It is so beautiful to step outside the airport and view the ocean plus it is so easy to get around the airport.

Thank you to Alex and Connie for the program; thank you to Rollin for publicity; thank you to Rose for managing the questioning; and thank you to Shelley for keeping us informed with the newsletter. Thank you to all our members for continuing to support us through this time of COVID. Looking forward to seeing you all at our March 6 meeting.



**Women's History  
Tea: 2021  
join us virtually to  
honor two women  
who have made a  
difference in  
Humboldt County**



With deep gratitude, AAUW honors our former county's public health officer, **Dr. Teresa Frankovich**. Dr. Frankovich was confirmed as Humboldt County's new Health Officer in January 2020, following the retirement of Dr. Donald Baird. Less than a month later, she had to face a world- wide pandemic. She rose to the challenge by building competent and caring team of physicians at public health. Together they worked to successfully

coordinate efforts to deal with the COVID pandemic. Her leadership has been kind, thoughtful, professional and clear. She kept up with changing state directives and growing medical wisdom. Dr. Frankovich's clear communications to the public, medical providers and with other county officials has kept the county's infection rate and death toll remarkably low. We thank her for her superb service. We are pleased to honor her for her contributions.

She holds a Bachelor of Science in Biomedical Sciences and Psychology from the University of Michigan, a Doctor of Medicine from the University of Michigan Medical School in Ann Arbor and a Master of Public Health from the University of California, Berkeley, School of Public Health.



**Donna Hauser** is an outstanding community volunteer. Her lists of volunteer activities are numerous and she has been a dedicated volunteer for the Office of Elections for 14 years. She is also active in the Arcata Kiwanis and is an avid supporter of local nonprofits. Donna has been married to Dan, her high school sweetheart, for almost 60 years, and is a proud great-grandmother, an avid quilter and known widely for her Christmas time fudge!

## Women in Government: A few facts in honor of Women's History Month

by Rosemarie Weaver

- Women throughout the United States got the right to vote when the 19th Amendment took effect on August 26, 1920.
- Jeannette Rankin of Montana was the first woman to serve in the House of Representatives. She was elected in 1916, before the 19th Amendment was passed. Today there are 122 women serving in the House, or 27%. Hattie Caraway was appointed in 1931 to fill her late husband's Senate seat, then elected in 1932. She served until 1945. Today, there are 24 women Senators, or 24%. Nine governors of states are women, or 18%.
- Sandra Day O'Connor was the first woman appointed to the Supreme Court. She served from 1981 to 2006. Ruth Bader Ginsberg served from 1993 - 2020. Today, 3 of the 9 Justices are women, or 33%.
- Vice President Kamala Harris, who took office last month, was the third woman to run for Vice President and the first to be elected. We are still waiting for the first woman to be elected President of the United States. I wonder how much longer that will take.
- Women have made great strides, thanks to the courage and determination of so many. There is still much progress to be made if you look at the percentages of women serving in our government, since women made up 50.8% of the population in the 2010 census. Of course, just being a woman doesn't mean we will agree with an elected official's goals and policies.





by Sharon Ferrett

## Resiliency: Bouncing Back from Adversity

*“Turning and turning in the widening gyre  
The falcon cannot hear the falconer;  
Things fall apart; the center cannot hold;  
Mere anarchy is loosed upon the world,  
The blood-dimmed tide is loosed, and everywhere  
The ceremony of innocence is drowned;*

*The best lack all conviction, while the worst  
Are full of passionate intensity.”*

-William Butler Yeats

This has been a tough year. There is no way to put a happy face on it. It has not been easy to be isolated, house bound, separated from family and friends, worried about staying safe. The pandemic has killed almost 500,000 Americans, devastated families and affected all of our lives. In addition, many people have experienced the common hardships of life such as health issues, job loss, loneliness and anxiety. And then there's politics. American is divided more than ever. For many, this divide has created tensions and fractured relationships between family and friends. The January 6<sup>th</sup> attack on The Capitol left many of us shaken to our core. Will the center of democracy hold? How do we cope with all this confusion, loss and hardship?

Yet in the midst of this difficult year, I have talked with people who have not only coped well, but actually thrived. They used their time to learn new computer skills, create a healthy exercise routine, learned new baking and cooking skills, took writing, art classes or music lessons. They asked themselves the questions, *“How can I make the best of this difficult time? How can I be happy in this situation?”* These people have what my grandmother called *grit*. It is a combination of perseverance and persistency even when faced with frustrating and difficult challenges. Grit is one of the remarkable attributes of resiliency that can make all the difference. *Resiliency is the capacity to successfully adapt to challenges and bounce back from setbacks.* It is the ability to separate your situation from an unconditional core of strength and well-being. Resiliency does not require certain outcomes, but a willingness to meet life as it is. Everyone has to find what works best for them. Here are a few tips:

1. **Acknowledge reality.** Allow your feelings to be felt fully in a curious and nonjudgmental way. Don't deny or repress. “It is natural to feel sadness when you have experienced loss. Most of us will feel anxiety when faced with uncertainty and fear. Accept these feelings and choose to be positive. Remember, that sometimes it's OK not to feel OK.
2. **Breathe deeply.** Breathe in to the count of four, hold it, and breathe out to the count of four. This helps you calm down and become more present. Breathe in an acceptance and love for yourself. Feel that you belong in this world and feel beloved. Be as kind to yourself as you would a cherished friend who is hurting. Try meditation and being mindful.
3. **Consciously choose a positive attitude and habits.** When you're frozen with anxiety, you may not feel like exercising, but do it anyway. Lay out your clothes the night before, get dressed, make your bed and take a walk. *Being outdoors, walking in nature and experiencing the early morning light can help lift your spirits.* Eat healthy foods, do yoga, meditation, and get enough sleep. Treat yourself with kindness and loving self-care. Create positive daily routines that add structure.
4. **Connect with others.** Get a walking buddy, join a book club on line and call someone every day. If you feel comfortable, meet with a friend on your front porch. Join with others on zoom. Talk with others who are also feeling anxious. Share things that have worked for you. Ask for help if you need a professional to talk to.
5. **Work with your hands.** Take an art class or music lessons. Do woodworking, fish, paint, or sew. Garden or knit or cook. When you are engaged in a project, you lose yourself and live in the present moment. Concentration and working with your hands can serve as a positive distraction and lift your spirits. Find something that gives you a sense of purpose and help you stay mindful.
6. **Laugh every day.** Watch fun movies, tape late night comic shows and try to see the humor in life. Read fun books and the comics. Talk with someone everyday who has a sense of humor and will laugh at life's absurdities. Research has shown the health benefits of laughing.
7. **Find meaning.** In building resilience, it is important to find something that gives you a sense of accomplishment and meaning. Writing your memoir, putting together scrapbooks, writing letters, cleaning out closets, or helping to tutor or homeschool your grandchild. Finding ways to feel useful helps you to look forward to the future and focus

on the positive.

*Resilience won't magically make your problems go away, but resiliency can help you see beyond them, harness your inner strength and grit, find ways to cope with stress and experience more pleasure and joy. Let's look forward to 2021!*



## Public Policy News from National

by Kathi Harper, Public Policy Co-Chair AAUW California

On February 2, 2021, my co-chair Sue Miller and I met via Zoom with AAUW Public Policy Director Kate Nielsen and her assistant Robin Lucas, along with state public policy chairs across the nation, to get updates on changes to the public policy landscape with the a new administration and Congress. Here is a summary of what we thought members

would like to know:

**AAUW Public Policy team sends notice of our priorities for the new year. They focused on women's Economic Security and access to education.**

**AAUW recently sent a letter to the 117<sup>th</sup> Congress supporting passage of the Paycheck Fairness Act and the Equity in Education Act. Information on these bills is available [HERE](#)**

**During their first two weeks in office, the Biden-Harris administration issued Executive Orders**

- Covid, including student-debt relief and opening of schools
- Anti-discrimination, including removing barriers, DACA relief and a Task Force to reunite families
- Protecting women's health at home and abroad, including access to abortions

**Coming Legislation from Congress Covid relief – 1.9 Trillion package that includes**

- Paid sick & family leave extended thru Sept (14 weeks)
- Increase min wage to \$15
- Assistance to those at risk of losing jobs &/or their homes
- \$3B to help women with food relief for their families
- \$25B emergency fund for child care providers

**Upcoming bills that we are watching:**

- FAMILY Act (emphasis on access to paid leave) – end of this week
- Paycheck Fairness Act – HR7 was re-introduced February 1. AAUW has been working on this bill since 1997. It has strong bi-partisan support and it will close loopholes in the Equal Pay Act. It prohibits retaliation for discussing pay and using prior salary HX in hiring decisions. Download the toolkit [Here](#)

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***The proposed budget (below), as well as the incoming slate of officers, will be voted upon at the May 1<sup>st</sup> meeting.***



**PROPOSED BUDGET**  
July 1, 2021 through June 30, 2022

**Income**

Advertising Income	600.00
Branch Meeting Income (Meals)	7,500.00
Membership Dues	10,260.00
<b>Total Income</b>	<u>18,360.00</u>

**Expense**

Administrative Expense	150.00
Branch Courtesies	15.00
Branch Meeting Costs (Meals)	7,500.00
Community Action Projects	955.00
Conferences/Conventions	500.00
Discretionary Projects	100.00
Dues Paid to State and National	7,790.00
EF Branch Assessment	65.00
Guest Meals	300.00
Holiday Gala	100.00
Insurance	400.00
Membership Handbook	150.00
Membership Support	50.00
Newsletter	115.00
President's gift	70.00
Speaker Gifts	50.00
Treasurer	50.00
<b>Total Expense</b>	<u>18,360.00</u>
<b>NET INCOME</b>	<u><u>-</u></u>

## Dues Due

# May 1, 2021

Dues (\$108) for this upcoming year (2021-2022) are DUE MAY 1, 2021.

As mentioned last month, the \$108 annual dues includes the increased national dues, as well as the state and our branch dues.

Since we will be working directly with AAUW National to collect dues, dues notices will be emailed to every member with an email address. If you do not have an email address, dues notices will be mailed to you.

Your emailed dues notice will allow you the option of paying for your dues via credit card on-line. Alternatively, you can write a check and mail it to our Branch. (PO Box 5116, Eureka, CA 95502)

Please note that dues must be received before June 15, 2021, to maintain current membership and to ensure that your name is included in next year's Directory of Members.

Thank you,

Katy Garrison, Membership  
Nancy Kay, Treasurer



## AAUW Elections

This spring, AAUW members will be asked to vote on amendments to the Public Policy Priorities and bylaws, in addition to electing members to the national board of directors. Here you'll find all the information you need on the proposed bylaws and Public Policy Priorities changes. The comment period is now closed. Voting will begin in April. Here are some questions and answers from members about open membership in AAUW. Thank you to Cherie Sorkin for compiling them for us

### 1. AAUW has been this way for a long time. Why do we need to change now?

- AAUW has adapted itself to changing times before in order to continue to be relevant.
- Our continued relevance will be enhanced by eliminating barriers that limit who can participate in our mission of advancing equity for women and girls.
- Many corporate and foundation funders have clearly told us they aren't willing or able based on their own criteria to fund organizations they believe have directly or indirectly discriminatory requirements or create barriers to participation in the work of the organization. Corporate and foundation funding is essential for national nonprofits these days. AAUW's membership dues support only a small percentage of our work.



- As part of the country's overall reckoning with systemic racism and inequality, much of which disproportionately affects women, it is time to recognize that our self-imposed barriers to participation are actually harmful, even if these barriers once may have been understood to serve as a well-intentioned incentive to specific achievement.

## **2.. Won't dropping the degree requirement end what is unique about our organization?**

- The uniqueness of AAUW is its breadth of programming, research, policy and advocacy, fellowships & grants, and grassroots membership. Unfortunately, AAUW is also unique in its exclusionary membership requirement, which is particularly unfortunate for an organization advocating for equity
- Having a degree does not make someone "like-minded"—We are like-minded in our support for advancing equity for women and girls.
- Having a degree does not make someone a better advocate for women or a better symbol of womanpower. Think Eleanor Roosevelt, Lilly Ledbetter, Malala, Greta Thunburg.

## **3. Don't we need to honor the legacy of our founding mothers by retaining the degree requirement?**

- It's been 140 years since our founding back in an era when only a very few women were able to go to college or find meaningful employment after graduation. Today, women outpace men in earning degrees at all levels. Women also make up (pre-COVID) close to 1/2 of the total workforce in the U.S. But economic disparities and discrimination against women persist widely, despite our levels of education and participation in the workforce.
- AAUW can and should take pride in its past and present success in helping women attain higher education. The fully endowed Fellowships and Grants Fund will allow AAUW to be a leader in this area in perpetuity. Education is important and does make a difference. But it alone doesn't guarantee equal treatment or opportunities for women, something our founders cared about deeply. The battle to be fought is not just about education, but about equal treatment.

## **4. If the degree requirement is dropped, will branch membership increase?**

- Membership levels in associations and other organizations are affected by many things. But, certainly our degree requirement is a barrier to joining for many women, and increasingly it is seen as elitist and discriminatory.
- A rush of younger members to join branches is unlikely due to the age of most of our current branch members. However, more women in older age ranges may be interested in joining once the barrier is removed. Fifty plus years ago, many women, particularly non White women, did not have access to higher education. We all undoubtedly have friends in this category--women who are "just as smart," just as interested in equality for women" not to mention "just as much fun" who can't be members because of the current degree requirement. Many of us have been embarrassed by encouraging friends to join, only to find out they aren't eligible because they don't have a degree.
- Our degree requirement has shut out women with diverse backgrounds and perspectives – who may inject new energy into the mission. Younger women, in particular, view the fact that we have a barrier to entry that disproportionately affects women of color and women of lower economic status as contrary to our mission.

## **5. Since college education is more accessible now, why do we need to worry about dropping the requirement?**

- Getting a degree was a badge of honor for many of us, building our confidence and honing our intellectual skills, and also helping to prepare us for work outside the home. For some it was also a badge of honor that meant we could join AAUW, an organization that helped keep us intellectually stimulated while we were still at home raising children. But, degrees are not the "badge of honor" they once were, and skyrocketing educational costs, childcare, elder care, transportation, working multiple jobs and language barriers are significant issues for women today that make it hard for women to get a degree. Also remember that as it stands today, many women have gotten their degree only to be burdened by two-thirds of the national college debt. Cost is a barrier many of us didn't have "back then."



- Today, there are more careers open to women- firefighters, police, pilots, entrepreneurs, artists, politicians, manufacturers, retail managers, etc. that don't require a degree. Education can come in many forms, including career technical education, on-the-job training. Women without degrees can certainly be just as passionate about advancing equity for women and girls as women with degrees.

## 6. Won't we have to change our name if we drop the degree requirement?

- First of all, we've had a variety of names during our 180-year history. Today, AAUW is well-respected and high profile, particularly in its advocacy and research. We would not want to lose this position of recognition. Many other organizations use only initials and didn't formally change their names when one of the original words in the name became out of favor or inappropriate. Think NAACP or YWCA. Changing our name is not the issue to focus on. Opening our membership to a broader group that will work in support of the mission is the issue.
- Also, the full name has not been applicable for a while. "American" – we have worked internationally for over 100 years. "Association" – members dues now only comprise 15-20% of revenues. "University" – in 2005, membership was extended to people with associate degrees. "W" – in 1987, membership was open to men.

Voting Begins April 7. For more information on this and other issues, candidates for National office and information on voting, click [HERE](#)

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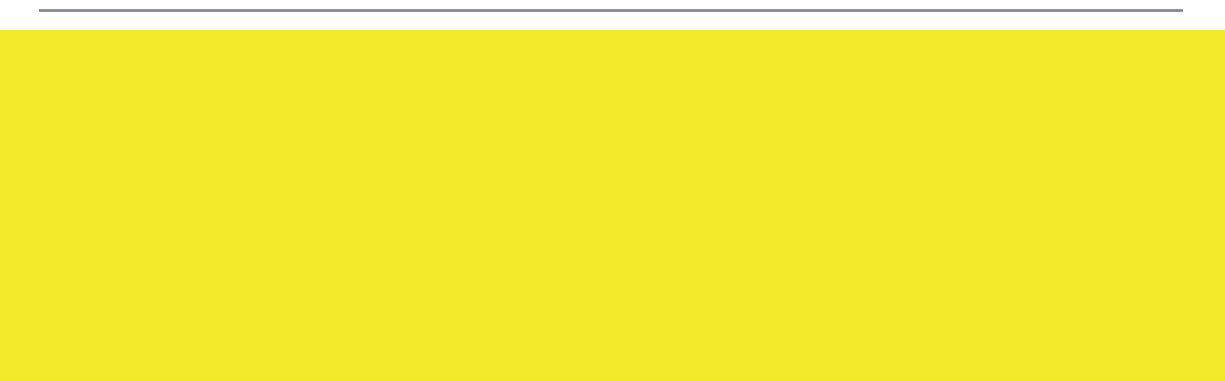


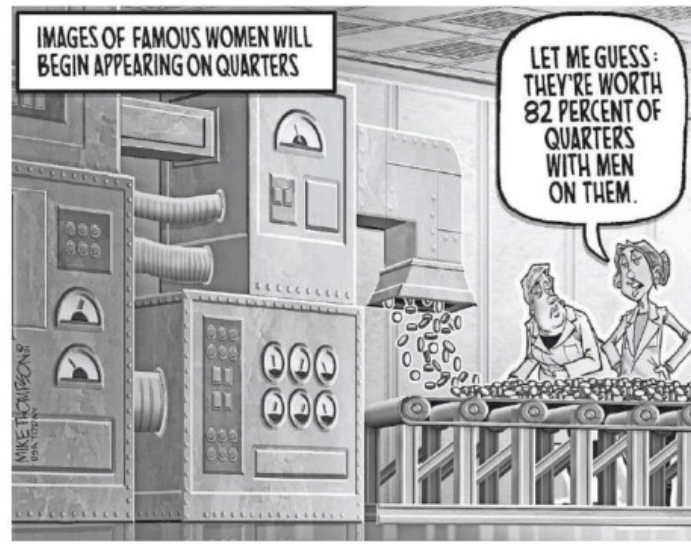
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Thank you, members, for your support during  
the pandemic.

Mary Lou Lowry, President





The Humboldt Branch of AAUW publishes *The Branch* eight times each year  
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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