

Edmonds SnoKing Branch Newsletter



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- **Monthly Branch Meeting, June 5, 10am to 12 noon, on Zoom.** Diversity Workshop on Microaggressions by Aisha Hauser. More info on page 3.
- **AAUW-WA presents Women's Health Matters, June 12, 9:30am-12:30pm, on Zoom.** Register [here](#).
- **Great Decisions discussion group, June 14, 3pm, on Zoom.** Topic: China in Africa. Facilitator: Marianne North. Contact Beth Wood for information.
- **Diversity Book Group, June 23, 7pm, Helen Behan's home.** *Ruth Bader Ginsberg: My Own Words*. Contact Cathy Draper for info. (Note change of date and that this is not a Zoom meeting)

Send submissions
to Pam Canell, Editor



President's Message

It has been my great pleasure to serve as your president for the last year and a half. It was an unexpected role that I took on when the former president suddenly resigned back in 2019, but I was glad to be able to step in and help where I could.

Your new President, Jodi Forsell, will be taking over the reins in June. She brings energy, diligence, and dedication to our branch, and I am glad she will be our leader.

You also have a new institutional member from Edmonds College, Michelle Platt. Michelle is Director of Community Outreach and is full of energy and creative ideas. It's never been a better time to be a member of the Edmonds SnoKing branch of AAUW.

Wishing all the best to each of you!!

—Anne Penny

Board Notes



Michelle Platt, our new liaison with Edmonds College was introduced and welcomed (see below).

A lively and wide-ranging discussion about membership engagement and the number and scope of projects the Branch can effectively focus on in the coming year generated several ideas. There will be a branch retreat in July. Jodi Forsell is leading a small team to plan it.

The Branch is seeking a Publicity Coordinator. Also, a VP for Development and Fundraising.

AAUW membership renewal is due July 1. Members were sent an email from National with a link to renew online. Anyone wishing to renew by check can contact Ruth Allen.



Meet Michelle

Michelle Platt, our new liaison with Edmonds College, is originally from Southern Illinois, and currently resides in Snohomish. She has lived in Washington state for a decade. She holds a

Masters Degree in Public Administration and a Bachelor Degree in Political Science, both from Southern Illinois University. Michelle is currently the Director of Outreach and Recruitment at Edmonds College. Michelle is very passionate about education and giving back to the community. Her hobbies include, reading, travel, and spending time with her family and pets. Michelle's contact information can be found in our online member directory.

Picnic in the Park

On Friday, May 14, our branch held another "Newer Member Picnic" in Edmonds City Park. Eleven members attended and met for about two hours in the picnic area adjacent to the covered tables. The weather cooperated, and we were able to enjoy our sack lunches and lots of conversation on assorted topics. Thanks to all who helped make this a truly enjoyable event. We'll try to squeeze a couple more picnics into the coming months.



From left to right, back row: Pam Canell, Ann McNulty, Debby Smith, Ruth Allen, Mary Ross. Front row: Autrina Martindale, Helen Behan, Vicki O'Gorman, Cathy Draper

Community Outreach Opportunity

In the current state of affairs, it is important for us to support agencies that give shelter and services to struggling women. The YWCA Pathways for Women is located in Lynnwood and would appreciate our help at this time.

YWCA Pathways for Women is a 45-day emergency shelter for single adult women and

mothers with children. The shelter strives to give all clients the opportunity to find decent, affordable, and safe housing for themselves and their children.

This emergency shelter has provided safe housing and resources for single women and mothers with children experiencing homelessness in Snohomish County for more than two decades. Clients have their own rooms and meet regularly with an advocate to develop and execute a Housing Stability Action Plan.

To support this program, consider donating clothes, food, and toiletries. There are lists of these needs on their website [here](#). Donation location is 6027 208th St. SW, Lynnwood, WA 98036.

You may also support the YWCA by attending their YWCA Inspire Luncheon with keynote speaker, Stacey Abrams. It will be held virtually on September 14, 2021, from 12:00 p.m. to 2:00 p.m. Here is a [link](#).

If you have questions, please contact me.
—*Shirley Buono*

Scholarship Recipient



Jihan Ali, our high school scholarship recipient, is a Running Start senior at Meadowdale High School and Everett Community

College and a first-generation student from Syria. Jihan was introduced at our April branch meeting where our program speaker, Fran Solomon, offered to connect

Jihan to the Seattle chapter of the Association for Women in Science for further support.
—*Cathy Draper*

Microaggressions Workshop led by Aisha Hauser, MSW

Saturday, June 5th, 10am. to noon on Zoom. Registration is required. [Register here.](#)

Our interpersonal exchanges are filled with micro- and macro-aggressions within the strong overlay of institutional racism. This workshop will examine what microaggressions are and, when committed, how to respond in a way that reduces harm and affirms people in the fullness of their humanity.



Aisha Hauser writes, “My work is to empower people to engage in difficult conversations in order to achieve common understanding, while also acknowledging the power differentials that exist in our society. The invitation is to *connect* with information where you *learn* different ways of being and *grow* as a result.”

Aisha has offered workshops all over the country on racism, how to navigate difficult conversations, and sexuality education among others. She is the recipient of the 2018 Angus H. MacLean Award for Excellence in Religious Education. Learn more on her [website](#).

At the June meeting, we will first introduce our Edmonds College scholarship recipient. The Microaggressions workshop will fill the next two hours, so wear comfy clothes and have

snacks at hand. We will take a brief break halfway through the workshop.

We encourage you to invite others to attend. A donation of \$15 per person is suggested, though not required, to defray the expenses of the workshop. Checks for donations can be made out to AAUW ESK Branch and mailed to our Treasurer, Ruth Allen, 23303 Lakeview Dr B302, Mountlake Terrace 98043.

—Marianne North

Team Up Program

Did you know that right here in Snohomish/King County we have one of the most effective tools and group of team coaches available to stop sexual assault and dating abuse?

[Team Up Washington](#) is a program targeted to high school athletes that builds skills for healthy relationships and creates a culture of safety and respect in our local schools.

Recently an article in [JAMA Pediatrics](#) highlighted the Team Up program that was developed right here at the [Harborview Abuse and Trauma Center](#). The Team Up Washington program includes one training for high school boys [Coaching Men into Boys \(CMIB\)](#) and one for high school girls, [Athletes as Leaders](#). Both programs aim to empower student athletes to take active roles in promoting healthy relationships and ending sexual violence. The programs encourage students to be leaders in changing social norms at their school (and beyond) to a culture of safety and respect.

Garfield High School initiated the Team Up Washington program in 2016. Watch this short [video](#) of the Garfield High School program. Here is a [video](#) for Athletes as Leaders.

The training and materials are freely available online, and there is also free in-person training available, although limited capacity. As part of



the local program, The Seahawks, Mariners, and Seattle Storm provide leadership examples for high school coaches who implement the programs with their teams. Local domestic violence groups endorse the program:

[Washington State](#)

[Coalition Against Domestic Violence](#), [LifeWire](#), and [Wave Foundation](#).

What can we do? The AAUW-ESK Board discussed writing a letter to encourage local school districts or athletic departments to consider using the Team Up Washington program. The Board plans to continue the discussion along with other ideas for community action this coming year.

—Sandra Distelhorst

Coffee and Conversation

Our Membership Team just held the last Coffee and Conversation of the year on May 21. Fourteen members attended and participated in an exceptionally lively discussion of fun day trips in the area. Among the many possibilities highlighted by the group were: St Andrew's Park and Lodge at Lake Washington, the Attic Secret Tearoom in Marysville, Port Gamble, Bellevue Botanical Garden, and Port Townsend. All participants expressed interest in a field trip to at least one of these destinations this summer. Something to look forward to!

—Debby Smith

Public Policy



This year we saw (virtually) history made in Olympia. Some very good bills passed, including Fair Start for Kids (early learning and childcare) and the capital gains tax that will help pay

for the program. We also saw, for the first time, an equity lens being systematically used to create bills and review the budget.

Education Bills that Highlight Equity

Several bills passed that will improve the educational climate for girls and young women in Washington.

- [Free Menstrual Products in Public Schools.](#)

Hooray! This was a big push for us last year and we were proud to join young girls from middle schools, high schools, and colleges to support this bill.

- [Student Health Plans.](#) Insurance plans for students must provide the same reproductive care options as other health care plans. This closes a loophole in the Reproductive Health Care Act.

Improve behavioral health services and access to information creates a healthier and safer school environment.

- [School Counselors.](#) SB5030 requires schools to ensure that 80% of a counselor’s time is spent counseling; the bill also standardizes the ratio of counselors to students. It is currently 1 counselor per 250 students.

- [Behavioral Health Care Information](#) must now be posted on school websites and social media platforms thanks to the efforts of advocate

students from the [Washington State Legislative Youth Advisory Council](#) who wrote, lobbied and successfully passed this bill!

- [Community and Technical College Equity and Access](#) provides more full-time faculty positions, mental health counseling services, financial aid equity, and improves undocumented student access.

[School-based health centers](#) (SBHCs) are a much needed resource, and we now have a designated program officer at the Department of Health who can help expand the SBHC program. [Studies](#) continue to show their value, especially for students from low-income families. In the Edmonds School District, over half of the student population comes from low-income families (range from 36% to 79%). Check out the list of [Middle Schools](#) in Snohomish County and the percentage of students who qualify for the free/reduced lunch programs. It is alarming.

[Kaiser Permanente](#), Swedish Medical Center, and local other health providers have stepped up to provide services for SBHC in Seattle, Spokane, and Spanaway. But in Snohomish County, we have zero SBHCs despite the need and available grant funding. Maybe it is time for Snohomish County schools and local providers to join together to set up school-based health centers for our Snohomish County kids.

What’s next? AAUW-WA lobbyist Nancy Sapiro will provide a legislative wrap-up on Saturday, June 12, at the Health Matters event, including what was left on the table. The AAUW-WA Leadership Conference in August will include advocacy training such as how to write an effective op-ed or letter to the editor or how to testify in support (or opposition) to a bill.

—Sandra Distelhorst

Women Supporting Women

Elena Cervantes interviewed branch members and wrote an article about AAUW, Women Supporting Women, for her Everett Community College newspaper The Clipper. A must read!



NCCWSL 2021

I was excited to be invited to attend the 2021 NCCWSL Conference along with the four young women from Edmonds Community College. I was impressed by the caliber of speakers, the array of topics for young women looking to add to their leadership skills, and the level of professional skill and delivery of the AAUW message. The virtual format was



engaging and students were encouraged to ask questions, comment, and network.

Dr. Brittney Cooper’s keynote speech was a fierce challenge for women to stand up for change in the United States’ patriarchal and racist economic, political, and social systems. The Fireside Chat with Women of Distinction Award winners, Dr. Taharee Jackson’s topic of Racial Reconciliation, and panel discussions were interspersed with a variety of sessions targeting support and resources for students to plan for their financial future, advocacy, job searches, and entrepreneurship.

NCCWSL was a testament to all that AAUW stands for, Women Supporting Women, as it hosted 865 attendees, from 300 campuses across 49 states! I hope that our student attendees found the convention useful and encouraging. I’m looking forward to hearing from them in the fall!

—Linda Clay

Health Matters, June 12

On Saturday, June 12, 9 a.m. to 12:30 p.m., AAUW-WA is holding its first-ever women’s health event on Zoom.



Keynote speakers are Dr. Alyson McGregor and Dr. Dorothy Roberts.

They have written extensively on how male-centric and race-based medicine endangers women’s health. Their keynote presentations will be followed by shorter presentations on health care access for women in WA State. Register here. (Note, scroll down to complete the entire form.)