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Hello AAUW members! May is here and with it some great updates and events for our Branch. Our March Arts Show was another success, and we're looking forward to wonderful programs for our May and June meetings. More about all of this following in this newsletter.

Any questions or concerns? Reply to this email or contact me directly, [JenniferL91@hotmail.com](mailto:JenniferL91@hotmail.com).

Jennifer Long  
AAUW ESK Newsletter Coordinator



## Newsletter | May 2023

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## President's Message

Happy May everyone,

April was a busy month for AAUW as the legislative session wrapped up and many of our bills passed this session. We also voted in Sita Bhaskaran to continue as Secretary and me as president for another two-year term. We also participated in the “Expanding Your Horizons” program hosted at Edmonds College again. Whether you voted pro on bills, stuffed swag bags, participated on our state meeting, or joined our “Coffee and Conversation” call thank you all for your continued support of AAUW!

We have just been given the “all clear” to let members renew their membership now for those with a June deadline, which is the majority of you! You will receive an email from National with instructions on how to do that. If you need help registering reach out to Linda Clay, Judy Prince, or me and we can help you renew (additional membership renewal information is also included in the “Other News” section of this newsletter).

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I will not be at our May meeting as my adult children have planned a brunch and photo shoot on that day! The meeting should be a great one as we will have a robotics team join the meeting and do a demonstration. Bring a friend to the meeting and get a free raffle ticket!

Be well and take care.

Jodi Forsell  
President

*These links take you to sections of our newsletter.*

Calendar  
Membership News  
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## Put These Dates in Your Calendar

*Saturday, May 13, 10am*, Branch Meeting at Edmonds College. Details in this newsletter.

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*Wednesday, May 17, 11am-12pm, "Coffee and Conversation" at Cafe Louvre, 210 5th Avenue S, Edmonds.*

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*Thursday, May 18, 3:30-5pm, Branch Board meeting via Zoom.*

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*Wednesday-Saturday, May 31-June 3, National Conference for Women Student Leaders. Register here: [NCCWSL – AAUW: Empowering Women Since 1881](#)*

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Looking Ahead:

- Saturday, June 10, 10am-12pm, AAUW-ESK STEM Scholarship Awards Event. Details in this newsletter.
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## Membership Matters

Hello, everyone! I have a few questions for you:

- When did you join AAUW and why?
- When you're not socializing or attending a meeting with us, what do you like to do?
- Yes, you graduated college, but what did you do with that degree(s)?
- Besides supporting the AAUW Mission, what are you most passionate about?
- What is one thing you'd like to do, see, or learn that might surprise me?

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- Show me a picture of you that connects to anything you've said above. Or, surprise us!

Okay, the last one isn't a question, but you get the idea of some information you could include in a brief bio about yourself. I'm looking for members who are both 'seasoned' within the branch or new to share something about themselves to be included in a newsletter next year. It needn't be long or overly involved. Think of it as a way to introduce yourself to others who may not have had the pleasure of spending much time in your company.

Please email to [lindarclay@gmail.com](mailto:lindarclay@gmail.com) or mail to Linda Clay:  
15433 Country Club Dr. B204  
Mill Creek, WA 98012

Thank you!

Linda Clay  
VP for Membership  
[lindarclay@gmail.com](mailto:lindarclay@gmail.com)



## Programs

### May Branch Meeting

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winning all-girl team sponsored by the Girl Scouts of Western Washington. Our own Heather Margo is their coach, and our May meeting should be inspiring.



The Terrific Techbots will be here with their robot, and Heather will share how they do what they do, and what their hopes for the future may be. Come see the robots and learn how they design and build them. The May meeting will be at our usual meeting location at Edmonds College, Room 338.

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Save the date! The AAUW-ESK 2023 STEM Scholarship Awards presentation will be held on June 10 at 10am-12pm, with a light brunch served. The presentation will be at Edmonds College, Woodway Hall, Room 202. Official invitations will be emailed later in May.

Ann McNulty  
VP for Programs

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## Outreach

Mark your calendars for June 6, 2023!

Join your fellow AAUW-ESK branch members for Trivia at Shawn O'Donnell's American Grill Irish Pub. Friends welcome!

Please arrive by 7pm if you'd like to order dinner and/or drinks prior to Trivia. Trivia begins at 7:30pm; \$2 to play, 3 games, cash and prizes.

Shawn O'Donnell's  
122 - 128th Street SE  
Everett, WA 98208

RSVP to Elena, [elena.cervantes1@gmail.com](mailto:elena.cervantes1@gmail.com), by May 31 so we can provide the restaurant with a close to accurate headcount. Hope to see you there!

Elena Cervantes  
Outreach Team Leader

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## Notes From the Board Meeting

WSU Everett has been notified of the AAUW-ESK college scholarship winner with a second student as backup in case the winner is unable to accept. The Edmonds College scholarship winner has yet to be determined. Applications are being received for our three High School Scholarships, and it looks like we will have a good selection of candidates! The recognition event for our scholarship winners will be on June 10, and preparation is in the works.

No programs are planned for July and August. The September program will be a party to mark the 50<sup>th</sup> Anniversary of the AAUW-ESK branch. The likely date is September 9 at 10:30am. The program will include a historical review. To plan for this, some members of the team will make a trip to Bellingham, where the records are stored in the State archives.

While the final numbers are not in yet, the proceeds from the Art Show are likely to be of the same order as last year. Elena Cervantes will lead the Art Show initiative next year.

Susan Teel will join the Public Policy team as co-chair along with Sandra.

Sita Bhaskaran  
Secretary



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Meme Emmons will host the May meeting on **Friday, May 12**. The book to be discussed will be "**The Book of Hope**" by Jane Goodall.



## Public Policy Updates and Actions

I am super excited to share that Susan Teel has agreed to co-chair Public Policy this year! I hope many of you will consider officially joining our Public Policy team.

Sine Die! The 2023 regular legislative session is over. Seven of our Lobby Day bills passed. Our Lobbyist Nancy Sapiro's [Legislative Update](#) has a full review. The two bills that didn't pass - *Keep Our Care Act* (hospital mergers) and a *Working Families Tax Credit* bill - will be back next session.

Our allies in the reproductive rights space are enthusiastic that 5 abortion protection bills are passing as well as a robust budget that includes much needed resources to support reproductive care in Washington State, including workforce expansion and facility security.

We are also happy to have a \$50 million budget for domestic violence

State Coalition against Domestic Violence [Sine Die Summary](#).

## May is Older Americans Month

AAUW added age and income in our diversity characteristics. This allows Washington State to take a deep dive into age equity and income equity.

Ageism (both toward younger and older people) has increased in the US and worldwide. The [2020 National Poll on Healthy Aging](#) found 82% of older Americans reported experiencing ageism regularly.

Ageism is defined as stereotyping, prejudice, and discrimination and it has benevolent and hostile forms; both are harmful. The World Health Organization (WHO) launched the [Global Campaign to Combat Ageism](#) with a campaign goal to change the way we think, feel, and act towards age and ageing. WHO recommends 3 ways to initiate change - all of which AAUW can incorporate into our programs:

- Policies and laws can reduce ageism towards any age group.
- Educational interventions can reduce ageism - from primary school to university, and in formal and non-formal educational contexts.
- Intergenerational interventions can foster positive interaction between people of different generations and reduce intergenerational tensions.

May, *Older Americans Month*, is a good time to start brainstorming about how our Branch can help combat ageism in our community! One of the best books on ageism is "*Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live*" by Yale Professor Becca Levy. You can watch an [interview](#) with Becca on [YouTube](#).

## Elections are coming!

The filing period for the 2023 elections is May 15 - 19. As we think about ageism, please note that as an adult, you are never too young or too old to run for election, especially school board positions! In Washington State our minimum age for all elected positions is 18 years old, with no age cut off.

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Local elections are important. On the ballot this election season are School Board Directors, Majors, City and County Council members, and our Snohomish County sheriff position.

A big thanks to our friends at League of Women Voters - Snohomish for hosting candidate forums. Many of our members belong to both groups. We have an opportunity to submit candidate questions as a group. Let us (Susan and Sandra) know if you want to participate in our AAUW ESK Branch election activities (email below).

Sandra Distelhorst and Susan Teel  
Public Policy Team Leaders  
[aauw.esk.publicpolicy@gmail.com](mailto:aauw.esk.publicpolicy@gmail.com)



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