

Kazakhstani researcher to be June speaker

By Ann Fleishman

We are so pleased to welcome our speaker for the June 6 Installation/Annual Meeting, Aisulu Aitbekova. We will meet at 1 p.m. via Zoom.

A Stanford University student from Kazakhstan, Aitbekova was reared in a modest, low-income family. She's also the proud mother of a newborn!

A doctoral candidate in chemical engineering, she helps synthesize materials for catalytic and energy applications. Her Ph.D. project is focused on converting carbon dioxide, emission gas, into valuable products such as fuel and chemicals.

Aitbekova says she is grateful for the help she has received as an AAUW International Fellowship recipient.

At the same meeting, we will be awarding our Named Gift Honorees for this year, as well as installing our 2020-21 officers. A brief summary of AAUW Funds will be included.

All members who have e-mail will receive an invitation to the Zoom meeting, from Cathy Chowenhill, toward the end of May and again on June 5.

Please join us for this important gathering, the last of the season.

Refreshments will be served (in your own home, of course!)



Kazakhstani doctoral candidate (and new mother) Aisulu Aitbekova

Donate to Greatest Needs!

Listen to Aisulu Aitbekova at our June 6 meeting and you will see why young women like her are supported through an AAUW Fund. This is a difficult time for students and your contribution can help them and the other Fund recipients. Make your donation now to AAUW Fund Greatest Needs.

Donate online at aauw.org and select the Donate button at the top. Or mail a check made out to AAUW to Carolyn Miller, Ann Fleishman or Phyllis Hesik. (Consider donating the amount you would have spent on a catered lunch!)

President's Message

Let's keep our interest groups going

By Cathy Chowenhill
Co-president

One of the best things about our Mid-Pen branch is our collection of vibrant and engaging interest groups. They provide a focus, a chance for deep friendships, and a place to learn and grow in a smallish group. Let's keep these fabulous sections going!

It's now apparent that this virus will impact us for much longer than we originally anticipated. Several interest groups (sections) are meeting via Zoom, and we want to facilitate that.

For example, the Public Policy section had a successful meeting recently, as did the
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President

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Spanish group and one of the book sections.

With such dynamic and forward-looking members in our sections, we can all work together to come up with creative ideas for online meetings. Each section leader could put a plan in place to ensure that their section meetings will continue, albeit via Zoom video conferencing, rather than in-person.



Cathy Chowenhill

You can hold your section meetings at the regular date and time. And, this year, sections can continue throughout

the summer, since we already missed a few months.

Carolyn Chambers has volunteered to be an “advisor” to any section leader who wants to start implementing some virtual activities. Together, you could plan:

- what your meeting will cover – Carolyn can brainstorm with you on what might work best
 - best practices to facilitate a vibrant, but focused, discussion over a video conference
 - the use of content in your meeting, such as slides, PDFs and websites
- If you are interested, please email Carolyn at carolynchamb@gmail.com
- Each one of you can add to the diversity of clever ideas for our section meetings.
- Some ideas to get the juices flowing:
- Movie section could discuss favorite Netflix movies, or could pick one production on TV, maybe PBS, for everyone to watch and then discuss.
 - Historic Preservation could gather (online) and snoop around one of the museum websites together. Carolyn Chambers could set this up for you, and even facilitate it. Maybe each member could choose one artifact to focus on.
 - If you like to cook, a few people could Zoom together and cook together – and then dine together!
 - Are there platforms for online bridge or Maj Jong?

• Hikers could take a photo or two on their most recent solo hikes and then come together on Zoom to share photos, and perhaps discuss the birds that were seen.

Thanks to the groups that have been experimenting with Zoom video conferencing to stay connected.

Keep taking the initiative! Keep your group going. Brainstorm some crazy ideas. Be bold! Initially, your on-line meeting may not work out perfectly, but please don't worry about that.

Surely it is better to try, rather than see your excellent sections and friendships “put on hold.” It'll be fun!

Oh, my, the things we all have learned this year!

By Carole Farina
Co-president

What a surprising year this has been! We started off with a review of the amazing Tech Trek program, our talented campers, and the dedicated branch members who enable it.



Carole Farina

That was followed by a series of General Meeting programs that informed and motivated us: Hope House, WIRE for Women, Healthy Cities Tutoring, Grateful Garment.

We heard about the Holocaust from Dr. Arend, a mental health update from Juliana Fuerbringer, human trafficking from Pam Estes, and the Black History Museum from Carolyn Hoskins.

Our member Carolyn Chambers spoke with us about investments and Fellowship winner Aisula Aitbekova will speak in June.

Along the way we celebrated local grant and fellowship winners, made contact with Canada College students, wrapped books for tips, joined the San Francisco Women's March, distributed Work Smart bookmarks, revised and printed branch publicity, and designed Tee-shirts for members.

Public Policy members worked on getting out the vote and met with legislators. To date the branch earned four of the possible five stars awarded by National AAUW for

Who? What? When?

Co-Presidents: Cathy Chowenhill (cathychowenhill@comcast.net) and Carole Farina (cfarina@alumni.stanford.edu)

Membership: Vicci Mueller (591-5444) and Cristina Avila-Summer-ville (594-0464)

Distribution: Ellen Van Creveld (591-0814)

Electronic distribution: Cathy Chowenhill

Triad editor: Micki Carter (mickicarter@gmail.com)

Sunshine Lady: Marge Haruff is our Sunshine Lady. Please contact Marge at mharuff@aol.com or 592-9900 if you know anyone who would appreciate a card from Mid-Pen Branch.

Know of a prospective member? Please contact Vicci Mueller (viccim@aol.com).

Board Meeting: Tuesday, June 2, at 10:30 a.m. via Zoom.

Triad Deadline for September will be Aug. 10. Please send articles in Word format to Micki Carter (mickicarter@gmail.com).

implementing goals of the strategic plan.

Then we learned how to Zoom!

Our neighborhoods and our interest groups are the source of many lasting friendships and growth, places to learn and to have fun, and now important ways to keep in touch and see friendly faces. Our programs and group meetings are adjusting to new conditions and limitations but are still important and continuing.

Videoconferencing is likely with us for awhile. The good news is that without a room to worry about, we are more flexible and Program VPs are already scheduling a very exciting lineup of speakers.

Cathy and I are anticipating a wonderful year ahead and thank all of you for trusting us to help make it so.

Stay well, stay safe, stay in touch with each other.

And be sure to check in with the Mid-Pen [website](http://Mid-Peninsula-CA-AAUW.net) from time to time. On the website, we're able to make very timely suggestions and changes, and we hope you will get used to finding answers to your questions there.

All officers, bylaws changes, budget pass in online voting

Elected Officers

Presidents: Cathy Chowenhill & Carole Farina
 VP-Programs: Kathy Morrow & Kathy Mountain
 VP-Membership: Vicci Mueller
 VP-Membership Treasurer: Mary Spring
 VP-AAUW Funds: Carolyn Miller
 Treasurer: Margot Diltz
 Admin/Financial Secty: Mary Spring
 Recording Secty: Marilyn Zack
 Directors-at-Large: Wilma Hoffmann & Ellen Van Creveld

Appointed Officers

Parliamentarian: Nancy Oliver
 General Sections: Lois Monroe
 Public Policy: Yvonne Bergero
 Tech Trek: Sherry Booth

Communications Team

Triad Editor: Micki Carter
 Events Flyer: Nancy Oliver
 Distribution/Labels: Ellen Van Creveld
 External Communications: Micki Carter
 Internal Communications: Cathy Chowenhill

Website: OPEN

Membership Team:

Cheryl Sullivan & Nancy Crampton

Directory

Margot Diltz

Neighborhoods Coordinator

Sally Mellinger

Sunshine Chair

Marge Haruff

Program Team

Victoria Kline & Carolyn Seffens (setup), Carolyn Chambers

Event Chairs

September: Sue Schmid & Judy Diashyn

AAUW Funds Event (lunch/dinner):

Carolyn Miller

Installation Lunch/Brunch: Sue Schmid & Ann Fleishman

Book Wrap: Nancy Crampton

Tech Trek Support, Financial: Kathy Rafael

Hope House Liaison

Susanne Burrill

Grateful Garments Liaison

Karen Rende

Opportunities to advance Mid-Pen's mission and goals

Feeling a little ennui setting in?

Here's an idea to add a positive challenge to your life while contributing to an organization you love! Sign up to learn how to be our branch treasurer for next year. Margot Diltz will be an awesome mentor.

Here's what she has to say about the job: "Branch Treasurer is not a complicated job and requires no background in finance. I have no training in accounting or related fields and I've found the job kind of fun.

"If you can manage your own checkbook, you can handle our bank account. The job entails keeping track of our modest expenses and writing about five or six checks a month to members who have bought something for the branch.

"When it is dues time, the treasurer deposits the payments of those who pay by check. Most members pay online so those deposits are decreasing in number.

"Once a month the treasurer reports on the state of the treasury to the board, which consists of checking our bank statements and our checkbook.

"Being treasurer is a good window into the activities of our branch and I recommend the job to anyone who wants to contribute to our ongoing mission."

Or join next year's nominating committee and use your AAUW contacts to get more members involved.

We also need someone who would like to learn about handling our website.

If that sounds like too much, consider taking on the job of e-blasting our members. You don't need to write the eblasts – just send them out when needed.

To volunteer for one of these positions, contact Nancy Crampton at (650) 257-3639.

BRANCH BUDGET FOR 2020-2021

Income:		Expenses:	
Membership dues	2280	Administration	1070
Fund-raising	500	Conferences	2000
Carryover	3000	Promotion	660
		Publications	1550
		General meetings	400
		Contingency	100
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	\$5780		\$5780

State leaders honored with special funds

By Carolyn Miller, Ann Fleishman and Phyllis Hesik, Funds co-chairs

The California AAUW board was proud to announce at the April 18 Annual Meeting that AAUW Honorary Funds have been established for Co-Presidents Cathy Foxhoven Fund # 4484 and Jane Niemeier Fund #4485.

These Honorary Funds were established in recognition of their leadership and commitment to AAUW California for the past two years, 2018-2020.

Branches and individuals may contribute to these two funds beginning immediately using the above designation numbers.

Few section meetings until we can be together

Historic Preservation: Enjoy virtual tours of historic sites. Here are a few to explore:

- Golden Gate Park's [150th Celebration](#)
- [Yosemite National Park](#)
- [Winchester Mystery House](#)
- [California State Capitol](#)
- National Women's History [Museum](#) (under "students/educators-electronic field trips")
- Sacramento History [Museum](#)
- California History [State Parks](#)
- Nat'l Trust for Historic Preservation: email@savingplaces.org (online encyclopedia of U. S. Architecture)

Women in Literature: Hopefully, we may be able to meet on Monday, Aug. 31, to finally discuss *The Invention of Wings* by Sue Monk Kidd. Regular section members will be notified. If you'd like to be included, contact Nancy Oliver (592-5822). Our October selection will be *Hidden Figures* by Margo Lee Shetterly.

Public Policy: Date: May 26 from 3-5 p.m. We continue to Zoom our meetings. Look for an email from Wilma who is hosting the meeting over Zoom. You will be given instructions on how to join the meeting. And please be thinking about topics you would like covered

in 2020-2021. Also, suggestions are welcome for speakers for our in-person (hopefully) meetings beginning in September.

Out to Supper: Since going out to supper is currently not an option, we've decided to share recommendations for takeout meals. Not only will it help support our local restaurants, but it would make our choices easier and hopefully more successful. If you have a favorite, please email the information to me, loiswmonroe@gmail.com, and I will include the recommendations in the next Triad. Meanwhile, here are some suggestions to get you started:

[Cafe Bliss](#) (for breakfast and lunch) at Carlmont Shopping Center, 595-1520 (no website ordering)

[Farmhouse Restaurant](#), 1301 Sixth Ave., Belmont — Great dinner options. (You can order toilet paper and flour here as well!)

[Divino Ristorante](#), 968 Ralston Ave., Belmont, (650) 620-9102 — Terrific Italian menu.

[Vivace Ristorante](#), 1910 Ralston Ave., Belmont, (650) 637-0611 — Go for the cannelloni.

[Thai Tamarind Restaurant](#), 1316 El Camino Real, Belmont. (650) 591-9888

[Kabul Afghan Cuisine](#), 135 El Camino

Real, San Carlos, (650)-594-2840
[Lulu's Mexican Food](#), 876 Laurel St., San Carlos, (650) 596-8226

[CreoLa](#), 344 El Camino Real, San Carlos, (650) 654-0882 — This is already a favorite of Out to Supper, and they have curbside pick-up!

[Johnston's Saltbox](#), 1696 Laurel St., San Carlos, 650.592.7258 — Take out is perfect since you can never get in this place.

[Three Pigs BBQ](#), 1754 Laurel St., San Carlos, (650) 592-4BBQ
So what are your favorites?

Keep the fun ideas of things to do and watch while sheltering in place coming! Send them to Micki Carter at mickicartr@gmail.com. She will put them in the Triad. We'll also put them up on our website as we get them. Keep checking the [Mid-Pen website](#).

[How to Know the Birds](#) website offers images, calls and some fun facts about bushtits, adorable little grey fluffballs.

Listen to [An Ode to Living on Earth](#) | Oliver Jeffers from TED Talks Daily on Apple Podcasts.

Listen to [How to Shift Your Mind-set](#) and choose your future | Tom Rivett-Carnac from TED Talks Daily on Apple Podcasts.

How do you keep from being ZOOM-bombed?

How do you protect your meeting?

Zoom has implemented several security features and recommends the use of options to keep your meetings secure. They are summarized below and can be found on the Zoom website by clicking [here](#).

The security features can be found in your profile. Zoom has also added a security icon at the bottom of the host screen that allows you to control many of these from within the meeting.

1. Use the meeting ID generator vs your personal room ID. If you use your personal room ID routinely, it can be discovered

by hackers.

2. Include a password. This is now required by default.

3. Enable the waiting room. This is now the default. This allows you to confirm that you are letting the people that you invited into your meeting.

4. Turn participant videos off. If someone gets past all of your other efforts, they can't share inappropriate images by sharing their screen.

5. Turn annotate off. If someone gets past all of your other efforts, they can't share inappropriate drawings on their background

when sharing their screen.

6. Lock the meeting after you have all participants in place.

Oh no! Someone has hijacked my meeting! What do I do?

1. Mute all to prevent audio intrusions.

2. If you know who is causing problems, move them back to the waiting room in the participant window.

Instructions on how to use Zoom and other tech tools can be found on our website [here](#).



The meeting may be virtual but gift baskets are for real!

Beautiful gift baskets will be available for preview at the June 6 Annual Meeting. Lauren Vierra and her family have once again donated six special baskets to Mid-Peninsula branch. Pictures of the baskets will be shown at the Zoom meeting. Then watch for an e-mail after the meeting with contents, approximate value and bidding instructions for the baskets.

Time to renew AAUW membership at branch, state, national together

By Mary Spring

It's time to renew your AAUW membership. You will be paying all your dues —branch, state and national — all at once. It's easy and efficient!

The online process is preferred by National AAUW. The ONLINE payment process, using your Visa or MasterCard, gives you immediate documentation of payment, eliminating process delays and a possibility of a lost check. Hooray! Dues deadline is June 30.

Dues for 2020-2021 are National, \$59; State, \$20; Branch, \$21 (which includes \$1 each to Legal Advocacy Fund and Educational Fund).

So the totals are Branch membership,

\$100 (National, State, and Branch); Honorary 50-year Life Member, \$21 (Branch); Paid Life Member, \$41 (State and Branch); Dual Branch Member, \$21 (with total dues to your primary branch plus branch dues to Mid-Peninsula).

Watch for email dues reminders about the 15th of the month, May and June. Those members who prefer to pay by check or do not have access to email, may mail a check to the Membership Treasurer.

If an expected email reminder doesn't arrive, please provide updated email to me when you mail your membership check to Mary Spring, 2707 Monserrat Ave., Belmont CA 94002; 650-740-1357; sprinfab@com-cast.net.



Show King Chuan some love

Our June 6 Installation meeting will be virtual, but before we knew that, Sue Schmid arranged with King Chuan Restaurant in San Carlos to be the venue. The owner graciously accepted our cancellation.

Please show your appreciation for the owner's kindness and patronize [King Chuan](http://KingChuan.com), located at 1188 San Carlos Ave, 593-1035. They provide pick-up or delivery.

Mention that you are an AAUW Mid-Pen member, and thank them for being so flexible!

It's not too late to affect November election

By Yvonne Bergero

During our scheduled Public Policy ZOOM meeting April 28, members voiced concern that, given our current sequestered situation, it was too late to do anything about the upcoming November election. However, it was mentioned that perhaps there might be a way to support Vote by Mail as a way for us to affect the upcoming 2020 election.

We agreed to take action on vote by mail. I've researched Vote at Home (as it is called) and came up with three ways for

members to take action to advance mail-in-ballots and election fairness throughout the country before the election.

Also, AAUW has a Two-Minute Activist initiative to support voting fairness.

So we can be at home with our computer and, with a little bit of time, become advocates for fair elections and mail-in-ballots. Please refer to the Public Policy "communiqué" attached to this email for information and links.

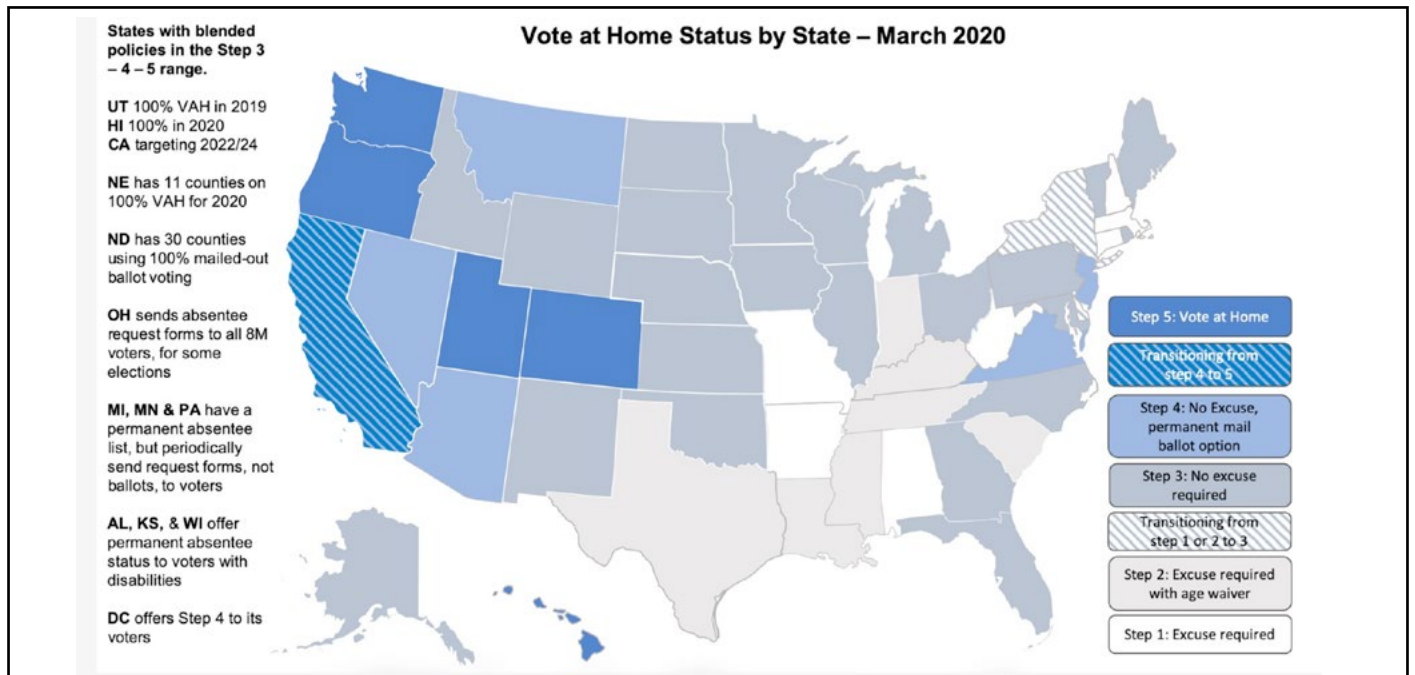
Four ways to have a positive impact on

the November 2020 election;

- Become an AAUW [Two-Minute Activist](#) and support the Voting Rights Advancement Act.
- Send an immediate [message](#) to our senators, urging them to pass legislation to require all states provide vote at home.

Please refer to this [communiqué](#) for additional information.

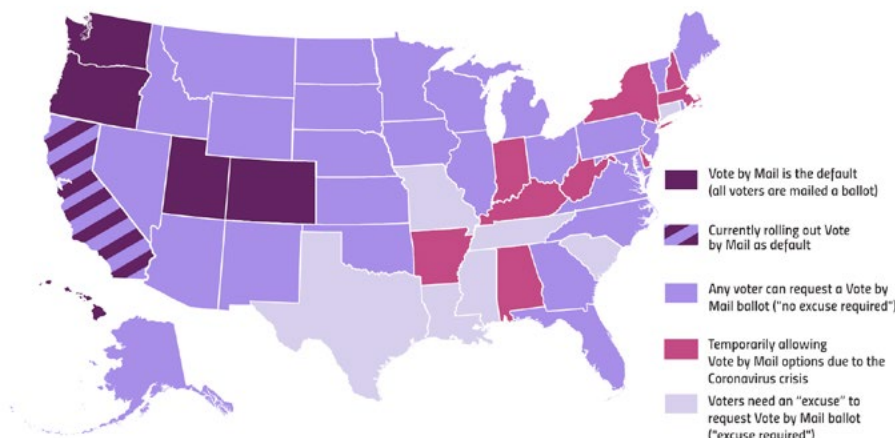
Here's to having our voice heard!



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A state-by-state breakdown of Vote By Mail

SEE WHERE YOUR STATE STANDS



Celebrating Earth's recovery during Covid-19

*Our wounded Earth cries out.
When we called it the most important
of all issues
When we pleaded for an increased
awareness for climate change,
where were you?*

*Now we cry at the Earth's pain.
Now, bewildered, we ask why?
Now, the voice crying in the wilderness
is our voice.*

*And so, on Earth Day, on Earth Week,
let us not just count the days we are
sequestered, let us mark the ways
we can make Earth Day count —
today and in the days to come.*

*Let us join our voices in an awareness
of climate change.*

Let us celebrate our love for the Earth.
Elvira Monroe

Earth Day 2020

We did it! We cleaned the air. But it took a pandemic to accomplish a change for the better. It didn't take long for the world to clean the air — just one month!

Two weeks after the nationwide lockdown was announced many countries around the world started noticing a few changes to



our climate. Pollution in some cities fell by as much as 60 percent (compared to the same time span back in 2019). We could see the stars clearly.

How do we keep cleaning the air?

- **WRITE:** a letter to the head of the Environmental Protection Agency to reinstitute California's miles per gallon.
- **DONATE:** to Earth Justice, Natural Resources Defense Council, [Environmental Defense Fund](http://EnvironmentalDefenseFund.org), [Sierra Club Foundation.org](http://SierraClubFoundation.org), [Friends of the Earth](http://FriendsOfTheEarth.org), Save the Redwoods, etc., or any organization of your choice that defends the Earth and all its inhabitants. But how to choose a charity to support? Do some research. I suggest investigating organizations at Charity Navigator as well as CharityWatch.org and GiveWell.org
- **SUPPORT:** The [Sunrise Movement](http://SunriseMovement.org) sunrisemovement.org
- **VOLUNTEER:** 350.org has volunteer

positions if you want a hands-on experience. This a youth organized movement to build an army of young people to make climate change an urgent priority across America, end the corrupting influence of fossil fuel executives on our politics, and elect leaders who stand up for the health and wellbeing of all people

A win for clean water: The Supreme Court rejected EPA's narrow view of the Clean Water Act.

In rejecting the Trump administration's views, the justices held by a 6-3 vote that the discharge of polluted water into the ground, rather than directly into nearby waterways, does not relieve an industry of complying with the Clean Water Act.

"We hold that the statute requires a permit when there is a direct discharge from a point source into navigable waters or when there is the functional equivalent of a direct discharge," Justice Stephen Breyer wrote for the court.

Might this be a harbinger of more justice for the Earth?

Anyone interested in starting Speech Trek at Mid-Pen Branch?

Congratulations were extended at the virtual State AAUW Annual Meeting to the branches and contestants who placed in the 2020 Speech Trek state finals. The top five Speech Trek State finalists were awarded cash prizes. Click [here](#) to enjoy their speeches on the AAUW California website.

The topic for 2020-2021 is: "Has social media helped or hindered the breaking down of barriers for women and girls?"

The Branch Tool Kit and the Student Tool Kit will be available in early summer and will contain additional information on this topic, the 2020-2021 MOU (required in order for your branch to participate), and Policy and Procedures updates. The deadline to submit the MOU is Nov. 1.

If you would like to help start Speech Trek here, please contact Carole Farina or Cathy Chowenhill.

How about putting together a Mid-Pen Pandemic cookbook to share recipes?

By Cathy Chowenhill
Co-president

Cleaning out a cupboard during this shelter-in-place time, I came across a treasure.

Titled Tried 'N' True Recipes, it's a recipe book put out in 1969 (51 years ago!) by the San Carlos Branch of AAUW! Elvira Monroe was president at the time.

Some of our members who contributed recipes are Jan Kadan, Virginia Spini, Lois Monroe, Ellen Van Creveld, Elvira Monroe and I. Carole Farina was a brand new member at the time and didn't get to contribute, but she says still uses Karen Schulz's recipe for banana bread.

I was thinking it would be great to

have, 50 years from now, a Mid-Peninsula Pandemic Recipe Book. We could put in recipes that we've been using in these last two months, along with stories of our shelter-in-place experiences.

What do you think? Would you be willing to send us recipes, favorite take-out, and grocery store experiences that document our food habits during this time? If so, let me know!

If enough of us can contribute, I will write them up and distribute them. Reach me at cathychowenhill@comcast.net or 867-3238 if you'd be willing, and we'll get started.

Stay Safe!