



Where oh where do you go on the Peninsula to experience Spring in all its splendor? Filoli, of course, and Mid-Pen members of Walk, Talk and Gawk arranged themselves behind this tulip display to the delight of all of us. If you'd like to see more Spring delights, go to Page 8!

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

Planetary scientist at UC Santa Cruz to talk to Mid-Pen on Friday, May 6

A postdoctoral candidate in planetary science at the University of California at Santa Cruz, Jasmeet Dhaliwal, will speak to the Mid-Peninsula branch at 1 p.m. Friday, May 6, via Zoom.

Cathy Chowenhill will send out the Zoom link the week before the presentation. Look for her email.

Jasmeet is a planetary scientist who studies the chemistry of the early solar system and how it has influenced planet formation and evolution. Her discipline covers Earth, atmospheric and marine sciences.



Dr. Dhaliwal was awarded the American Fellowship from AAUW.

The title of her UCSC project is "Investigating the Role of a Supernova Explosion in the Formation of the Solar System."

She is actively involved in science outreach education for K-12 students, as well as efforts to increase diversity, equity and inclusion in the earth and planetary science fields.

She eventually hopes to become a professor and develop interdisciplinary research with her colleagues to advance social-justice issues in the field.

Mid-Pen is most grateful to her for stepping in at the last minute when the previous speaker had to withdraw.

From the co-president:

Learn to love anchovies and sardines and save the planet!

By **Susanne Burrill, co-president**

This month's topic is inspired by an [exceptional article](#) that I discovered in the Sunday March 13 issue of the *San Francisco Chronicle*.

The subject matter is very important to our daily lives and future, and is beyond our usual focus for this column. The title of the article is, "Seafood can be as friendly as plants."

The author of the article is a staff writer named Tara Duggan who, over the last several years, has been a special features writer for *The Chronicle*, covering a wide subject range with consistent clarity and depth. She cites two studies in her article.

The lead author of one, Zachary Koehn, "wanted to compare types of seafood in terms of not only their emissions but also how healthy they are compared to other food groups ... How seafood stacked up with all the different land-based production systems."

Koehn, now an early career fellow at Stanford Center for Ocean Solutions, "compared the greenhouse gas emissions produced in the life cycle of different commodity foods when considering how those foods met certain dietary requirements."

The second resource in Duggan's article is Peter Tyedmers, professor at the School for Resource and Environmental Studies at Dalhousie University in Nova Scotia.

"They're (Koehn and co-authors) contributing to this important next phase of food systems analysis where we look beyond

individual food items to combinations of food items into diets," said Tyedmers, who created his own seafood carbon emissions tool and has been an adviser to the Monterey Bay Aquarium Seafood Watch Program.

The essence of the article is summarized in Duggan's analysis of Koehn's work: "Each food received a value based on the greenhouse gas emissions needed to reach nutritional requirements measured as an average of 12 nutrients that are critical for health and childhood development," Koehn said.

Top scorers across all food groups were good-for-you root vegetables (like carrots, parsnips and turnips) and small pelagic fish like sardines and anchovies, as well as farmed mussels, clams and oysters.

They can all be produced or harvested in relatively low-impact ways while providing nutrient density, according to the paper.

All these food and particular seafood items are climate-friendly and make a lesser greenhouse-gas impact than do fruits, dairy and fowl.

On the other hand, the worst-scoring food on the chart is wild-caught prawns, followed by beef, lamb, wild-caught crustaceans and farmed catfish. To me there are some surprises!

This approach is of enormous importance when considering the feeding of a growing global population. Included in the article is a chart which beautifully illustrates the range of emissions resulting from harvesting the different foods. It may give you some ideas as to fine-tuning your own diet.



Susanne Burrill

Here's the link for the Annual Funds Zoom meet

Join us on Saturday, April 23, at 10 a.m. for our Mid-Pen Annual Funds meeting by clicking [here](#). The meeting ID number is 865 3990 1115, and the passcode is 475165.

What's a "nanocube"? Come and learn!

Maritza Sanchez, a doctoral candidate at UC San Diego, will tell us all about it.

We also will announce the recipients of this year's Named Gift Honorees from our branch, and we will vote on new officers.

Who? What? When?

Co-Presidents: Carole Farina (cfarina@alumni.stanford.edu) and Susanne Burrill (saburrill123@gmail.com)

Membership: Wilma Hoffmann (wilmahoffmann@icloud.com)

Electronic distribution: Cathy Chowenhill (cathychowenhill@comcast.net)

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

Sunshine Lady: Marge Haruff is our Sunshine Lady. Please contact Marge at mharuff@aol.com or (650) 591-9900 if you know anyone who would appreciate a card from Mid-Pen Branch.

Know of a prospective member? Please contact Wilma Hoffmann (wilmahoffmann@icloud.com)

Board Meeting: Tuesday, May 3, at 11 a.m. via Zoom.

Triad Deadline for May will be May 15. Please send articles in Word, Pages or Google.doc and photos (separately, not embedded) as large-format JPEGs to Micki Carter (mickicart@gmail.com).

Nominations for elected offices for 2022-2023

Here are the nominees who will be elected at the Fund Meeting on April 23:

Co-Presidents: Carole Farina and Chris Panero

Vice President, Programs: Gail Langkusch and Beth Swanson

Vice President, Membership: Wilma Hoffman and Barb Finnegan

Membership Treasurer: Kathy Rafael
Vice President, AAUW Fund: Jean George

Vice President, Finance: Kathy Rafael

Treasurer: Cathy Chowenhill

Recording Secretary: Margot Diltz

Director: Ellen Van Creveld



Bring your Brown Bag lunch on Cinco de Mayo

Mid-Pen's spring gathering at Burton Park was so successful, we've decided to do it again on Cinco de Mayo, Thursday, May 5.

Bring your own brown bag lunch on May 5 at noon to Burton Park in San Carlos by the Bocce Ball courts (950 Chestnut St.). Same location as our April 6 get-together.

Look for our AAUW banner and wear your AAUW shirt if you have one. Bring your own folding lawn chair for flexible, and more comfortable, seating.

This time, fruit and cold drinks will be supplied. Let Wilma (wilmahoffmann@icloud.com) know if you have a request. Even though it is lunch, scuttlebutt has it that Nancy Cantisano will bring her delicious tarts that everyone raved about at our April get together.

It will be great to see familiar and new faces again! RSVP to Barb Finnegan (bafinnegan@comcast.net) by May 1.

Here's Nancy's recipe for that breakfast tart:

Beat the following together:

- 1/2 cube melted butter
- 1 C. Sugar
- 1 egg

Then add the following to above mixture and blend together

- 1 tsp. lemon juice
- 1 tsp. vanilla
- 1 C. flour
- 1 tsp. baking powder



Press into 9-10-inch springform pan.
Then place sliced apples, pears or apricots on top of the crust.
Sprinkle with cinnamon..
Bake one hour at 350 degrees.

Mix the following together and spread

on tart after the one hour.
1/2 cube melted butter
1 egg
1/4 C. sugar
Return to oven for 15 minutes.
Enjoy.



Pat Armstrong



Virginia Spini

Remembering two longtime stalwarts of Mid-Peninsula

Mid-Peninsula branch lost two longtime and well-loved members in the last month. The branch will remember them both with AAUW Fund donations in their names.

Pat Armstrong

Daughter, sister, wife, mother, grandmother, aunt, friend, Pat was all that and so much more. Born in 1929, Pat, with her younger sister Jayne, grew up in the very first home built in the hills of Sherman Oaks located in the San Fernando Valley.

She was a real Cali-girl. She loved to dance and often told stories about performing with her sister for the troops in several USO shows while still in high school.

Pat attended UCLA before moving to Washington, D.C., in the '50s to work at the State Department, where she met Sam Armstrong, her future husband and Foreign Service Officer.

After Sam and Pat were married, they were posted to Saigon, where they welcomed Alice, their first-born. The war in Vietnam forced them to their next assignment in Hong Kong, and there they welcomed their second daughter, Amy. Pat would tell many stories of learning to be a mom to two and a Foreign Service Officer's wife. Lots of parties were hosted with introductions to new people and

social customs.

Alexandria, Va., was the family's next stop in 1965 after Hong Kong. Pat worked at Goodwin House, an assisted living community as an activities director. Four years later, the family moved to Ciudad Juarez, Mexico. Because of her positive experience helping people at Goodwin House, Pat went back to college and earned a BA in Social Work from the University of Texas, El Paso.

Pat and Sam decided it was time to retire from the Foreign Service in 1975 so Alice and Amy could put down roots close to family, and made Simi Valley, Calif., their next home. During this time, she worked at California State University, Northridge, for over 15 years as a department secretary for the Chemistry Department and then the Kinesiology Department.

After Pat formally retired, she was asked back to temporarily help the new university president as her assistant. The president had hoped that she would stay on permanently, but Pat felt it was time to retire and she and Sam moved to San Luis Obispo.

Pat enjoyed retirement. She traveled with Sam in the U.S. and abroad and spent time with her sister and friends enjoying the beautiful Central Coast.

Nine years after Sam passed away, Pat wanted to be closer to immediate family and decided to move to the Bay Area where her daughter Amy lived.

After moving to San Carlos in 2013, Pat joined the Episcopal Church of the Epiphany and became a beloved member to all. She also joined the AAUW Mid-Peninsula branch where she made new friends with whom she enjoyed participating in book groups, movie nights and activities to empower women.

The life of Pat Armstrong will be celebrated at 2 p.m. April 30 at the Church of the Epiphany in San Carlos, with a reception to follow.

Virginia Spini

Sequoia Village announced the death of Virginia Spini with this message from Scott McMullin:

"I'm writing with the sad news that Virginia passed away early in April following a stroke. She joined Sequoia Village in 2018 and was a delightful participant for several years before opting for more in-home care a few months ago.

I fondly remember the conversations with Virginia while taking her from San Carlos to Redwood City on Wednesday mornings for her exercise class in the Adaptive Phys Ed program.

"She was committed to doing the exercises, even when her eyesight was failing. She would even tell me which streets to take, based on her long history in San Carlos, and like many locals she would lament the changes that were happening to her town.

"In 2021 she volunteered her yard to become one of our Village 'senior gardens' in partnership with Each Green Corner. Her backyard had great sun, and a few raised beds where her late husband used to do gardening. We harvested a nice crop of vegetables for her last year."

Virginia White Spini of San Carlos was born in Missoula, Mont., and passed away on April 7, at the age of 91. She is survived by her children, Lauren, Mark (Karen) and David (Angie); her grandchildren, Emma, Brad, Brian and Jenna.

Visitation will be held on Thursday, May 12, from 10:30-11 a.m. at the Skylawn Funeral Home, 153 Columbus Ave, San Francisco. A memorial service will begin at 11 a.m. at the same location.

Public Policy

AAUW CA to sponsor women/family-first bills

By Kathleen Harper, director, and Sue Miller, Public Policy Committee co-chairs

Guided by our member-approved Public Policy Priorities for 2021-2023, the AAUW California Public Policy Committee has selected the bills that we will be supporting as they move through the 2022 session of the California Legislature.

Here are the six highest priority bills:

- AB 92 — Creates an equitable sliding scale for family fees to alleviate the burden on working families struggling to pay for child care and early childhood education services. Co-sponsor
- AB 1666 — Enables persons to come from outside California for abortions and

not be impacted by laws of other states. Co-sponsor

- AB 1968 — Mandates the creation of websites at CSU/UC campuses to assist sexual assault survivors.
- AB 2881 — Student parents get priority enrollment, registration and access to basic needs centers, enabling them to remain in California colleges.
- SB 523 — Expands contraceptive coverage by requiring health plans to provide point-of-sale coverage without cost-sharing.
- SB 1375 — Updates statutes relating to abortion care to allow nurse practitioners to practice under standard protocols to provide first-trimester abortion care.

Within our Public Policy Priorities, six bills are related to Economic Security for All Women, seven are related to Equal Access to Public Education, and 18 are related to Social and Racial Justice for all Members of Society.

AAUW California is experiencing greater visibility among elected legislators by sponsoring/co-sponsoring bills.

The Public Policy Committee members spent many hours in March researching bills, and in discussions over two days, to select bills to support.

AAUW members are working to improve the lives of women and children in California!

New state bill would limit single-use plastics further

Good Riddance to Plastics — California became the first state to ban single-use plastic bags in 2014. Now there is another chance for California to regulate plastics. The Plastic Pollution Reduction Act represents a major step toward solving our plastic pollution crisis.

Among other necessary policies, it would set a date by which all single-use plastics in our state must be recyclable or compostable. It will appear on our November 2022 ballot.

Today, over 99% of plastics are derived from fossil fuels. The US plastics industry alone emits 232 million tons of greenhouse gases each year or an equivalent amount of emissions from 116 coal-fired power plants according to Nikki Kolb in Sierra magazine Spring 2022.

The concept of recycling has made us overlook the growing magnitude of the problem of plastics. Only half of plastics qualify for multiuse and only 15% are recycled.

The majority of plastic waste is in the form of microfibers that are resistant to breakdown and easily ingested reported Tom Dempsey of the Nature Conservancy in a June 30, 2021, webinar. They are being discovered even in placentas.

Plastic-related health issues are alarming. There is an 85-mile corridor along the Mississippi River with issues so bad that its habitants morbidly refer to it as “Cancer

Alley.”

St. James Parish, a predominantly Black Parish located squarely within the corridor, has the risk of cancer from air pollution 50 times higher than the rest of the country. Women of color or low income are disproportionately harmed by pollution from the petrochemical industry.

As distressing as these facts are, there are solutions that research scientists and the public can take. In Hawaii, Dyson Chee, 17, was dismayed by the plastic waste on his local beach and decided to do something about it.

He successfully helped pass Bill 40, a landmark comprehensive ban on single-use plastics. Starting with a one-week challenge to students to give up straws and growing to involve 1,500 high school students across the islands, the path to passage was by winning over individual county councils. Dyson’s passion to protect the ocean and return to clean beaches required hours of work but was infectious.

Board Diversity Law Struck Down — The law, AB 979 signed by Gov. Newsom in 2020, requires California publicly traded companies to have board members from under-represented communities including several races and ethnicities and people who identify as LGBT.

Judge Terry Green of Los Angeles Superior Court deemed it “a bit arbitrary”

when Judicial Watch, a conservative advocacy group, claimed it was unconstitutional due to setting quotas.

A 2018 law requires corporations to have at least one woman board member. Last year half of all appointees were women. Regardless of the current defeat, companies are being pushed to diversify their top ranks. Stakeholders — institutions, employees, and customers — have expectations of more diversity going forward.

Mid-Pen members lobby for three bills

Elaine Johnson (North Peninsula Branch), Barb Finnegan and Cathy Chowenhill (Mid-Peninsula Branch) met in April with our Assembly member’s legislative director, Meegen Murray, in Sacramento (virtually!).

Assemblyman Kevin Mullin supports all three of the bills that we lobbied for:

- AB 92 – Waiving Child Care Family Fees
- AB 1666 – Protection for Reproductive Health Providers and Patients
- AB 1968 – Uniform Sexual Assault Reporting on UC and CSU Websites

About 70 AAUW-CA members across the state met with legislators during April’s Lobby Week.

Interest Sections

Two new groups forming — any interest?

All About Food

We explore the history, uses, benefits and ways of growing or preparing foods. We take turns leading monthly discussions and have an occasional tasting or excursion. Meetings are at 4 p.m. on the fourth Thursday by Zoom. Contact Carole Farina.

American Mah Jongg

Some members have expressed an interest in learning how to play American Mah Jongg. We have a member who would be happy to instruct a small group, but we need a few more participants. If you are interested, contact me at loiswmonroe@gmail.com, and we will get things underway. It's always good to try to learn something new, and broaden one's horizons.

Book Bunch

Our discussions are usually the third Friday at 10 a.m. However, our April meeting is late and coming right up on the fourth Friday, April 22. Wilma Hoffmann will lead a discussion of *The Memory Keeper's Daughter* by Kim Edwards at her home at 10 a.m. due to a conflict. Our May 20 book will be *A Long Petal of the Sea* by Isabel Allende, hosted and led by Mirna Hirschl at her home at 10 a.m. Please RSVP to her (mirmahirschl@gmail.com). If

AAUW CA will gather for annual event on April 30

California AAUW members will gather on Zoom April 30 for a virtual event celebrating our AAUW branches, listening to inspiring speakers, and crowning a 2022 Speech Trek winner!

Tour guides (hosts) will lead conversations about a range of topics related to AAUW and our mission in Zoom breakout rooms. Here you will be able to share your opinions with others, learn something new, and connect with AAUW friends across the state.

Click [here](#) for more information and to reserve your space for our expedition. The best thing is that this journey is free! See you soon!

you cannot come in person, contact Wilma Hoffmann (wilmahoffmann@icloud.com) to arrange a virtual presence. It really does work! Book Bunch has decided not to meet over the summer, June through August.

Climate Change

The Climate Change section for May will be an in-person cleanup at Wavecrest Open Space on Saturday, May 21, 10 a.m.-noon, followed by lunch for those who want to attend! Please let Sherry Booth (boothsherry1@gmail.com) know if you want to help with this project as she is setting up our group with the sponsor, Coastside Land Trust. The event is listed on coastsidelandtrust.org. More directions will follow for those who let her know.

Gentle Walkers

Are you looking for a walking group that will go on trails that are flat, at a pace where you can pause to take in the flora and Fauna? Gentle Walkers is a new AAUW walking group that begins on May 4. We will meet every Wednesday at 10:30 a.m. The pace will be moderate to accommodate the reasons to get outdoors — socialization and exercise. For example, if you are recovering from surgery or have experienced recent sprains or feel you have excelled

Wait a month for instructions in the next Triad on how to log-in to your AAUW account and pay your dues. National needs more time to adjust the figures on its revised website.

beyond “couch time,” this is the group for you! If interested, please contact Victoria Kline (victoria.klinecosley@gmail.com) or by phone (650-315-6995). Locations TBD.

Public Policy

Public policy will meet on April 26 from 3-5 p.m. Please join us to voice your opinions and help us grow Mid-Peninsula's Public Policy Section. Look for an email announcement for the meetings's particulars prior to the meeting date.

A decision is pending as to whether to meet in person or by Zoom. Please email ybergero@mac.com to voice your choice. We look forward to your participation and input to make Mid-Pen Public Policy Section an active part of our branch now that Covid may be ending.

Walk/Talk & Gawk

The group continues to meet on Thursday mornings. Members of the group suggest walks, hikes, routes and the time and place to meet, and then someone leads and does the emails for that week. Stephanie Katz is the contact (stk4@lehigh.edu).

Catch up on the webinars and talks that you missed

International Women's Day AAUW Webinar: March 8: Prof. Esther Ngumbi, who grew up on a small farm in Kenya, emphasized the importance of role models and mentors who guide by their experiences and can provide a network for help and support. “Do not edit your dreams,” she pleaded. “Take one small step” to start your journey.

Mid-Peninsula and Rebecca Z. Mano Zoom April 2, (Contact Cathy Chowenhill for a copy.)

Rebecca Zeigler Mano, founder of United Student Achievers Program, shared her vision of educational transformation for high achieving, low-income students. The 70 11th and 12th grade students at the USAP school are prepared for high-ranking universities. The unique capstone segment aims for the students to graduate with skills and motivation to help fill their home countries' needs.

Diversity, Equity, Inclusion

How do we attract members who aren't like us?

By Gail Langkusch

Phyllis Hesik, Barbara Finnegan, and I met on March 17 to further discuss where Mid-Pen branch is with regard to Diversity, Equity, and Inclusion now, where we want to be, and how we might get to where we want to be.

We realize this is not an easy discussion and progress is not easy to attain.

It is obvious that our branch is not very diverse. Most of the members are retired white women of a certain age and beyond. (We are so fortunate to have you in our branch!) We are well-educated and of similar socio-economic statuses.

The as-yet unresolved question: How do we encourage women to join our branch who do not fit this description, and how do we attain the lofty goal of inclusion?

We acknowledge that socio-economic factors greatly influence an individual's life, which can, and often does, determine one's status and ability to receive a higher education, develop an ease of lifestyle, and create a social group with whom one primarily interacts.

In the past, gender identity and sexual orientation were not addressed; however, we now recognize that these are extremely important to an individual's sense of self, sense of self-identification. How can this be addressed as we move toward greater



inclusion?

Kimberly Crènschaw established the term "intersectionality" to describe different facets of a person's identity that intersect to have an additive effect.

An example might be "a black woman who is not well-educated" has the disadvantages of being both black and a woman that have a social impact on her in the U.S. These inequalities intersect and can be especially problematic for the marginalized and disenfranchised.

However, a "white woman who is well-educated" has the advantages of race and education, but the disadvantage of being a woman.

The intersection of these individuals is

that they are both women. Intersectionality is not only about how a person perceives and understands oneself, as it is also about how a person perceives and understands others.

The question is: How do we develop a process to recruit younger women to join our branch?

In the AAUW CA [webinar](#) on Jan. 11, "Finding New Members from Gen Z to Boomers!" it is noted that younger women are interested in career advancement, networking opportunities, and leadership skills development, but retirement-aged women are more interested in the AAUW mission, advocacy work, interest groups, and interacting with like-minded people.

How do we encourage younger women to join our branch when we currently do not have the activities that interest them?

Most younger women are working mothers who cannot attend many of the activities and meetings that occur during the day on weekdays. One idea is to start a Younger Women Section to address their interests, as well as their schedules.

We will engage in further discussion at our next meeting on how we might reach these younger women and engage their interests. Please send your ideas and suggestions to bafinnegan@comcast.net, hesik@earthlink.net, or glangkusch@gmail.com

Give to Greatest Needs fund, put AAUW in your will

Through the dedication of volunteers and staff, from branch to state to national levels, AAUW is building a strong organization with the core values of justice and equity for women.

We listen to the needs of all, especially to those who are disadvantaged, and we take action accordingly. To succeed we must deepen our understanding of the types of oppression and causes of bias and endeavor to dismantle these harms.

AAUW is well-positioned to effect change on local and national stages. We are well-respected for our moral integrity and our professional standards.

Through the AAUW Fund, we are able to assist and promote equity in education and work, to level the playing ground.

Those who receive our 260 fellowships and grants constantly amaze, inspire and fill us with hope. Those whom we defend or help advance leave us confident of achieving a better world.

To attain equity for our sisters and our daughters, we must continue to listen and learn and support organizations that are successfully attacking the problem.

AAUW Fund is distributed over several avenues to help women and girls. Please maintain our ability to exert positive

progress by giving to Greatest Needs or leaving a legacy for future generations.

Greatest Needs: This fund allows AAUW to respond rapidly, in our communications and advocacy, to critical issues affecting women as they emerge. Go [here and click on Donate.](#)

Legacy: Planned giving that you designate in your will, estate or trust. Donate [here](#).

For those of you who have donated, we thank you for contributing to the \$494,000 that California has donated this year to AAUW Fund.



Filoli's designers grouped Easter bunnies and colored eggs in their Spring display, but other Mid-Pen members had their own ideas for celebrating the season. Easter may have passed but the Spring season is here to stay for awhile!