



The brilliantly colorful mosaic steps of San Francisco drew the Hilly Hikers of Mid-Pen into the city for a chance to explore — and climb!



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

SM County's rich immigrant past, present to be discussed

By Beth Swanson

Mid-Pen's January meeting will feature The Immigrant Experience in San Mateo County showcasing the incredible ethnic diversity that is a part of San Mateo County's rich cultural heritage.

The meeting, co-hosted by the San Mateo Branch, will take place Saturday, Jan. 14, at 2 p.m. via Zoom. The Zoom link will be sent out earlier in that same week.

Our presenter will be Carmen Blair, deputy director of the San Mateo Historical Association. Carmen joined the staff of the association in 1998 and has been deputy director since 2007. Among her many responsibilities, she is involved with school

programs, public programs for adults and children, exhibit design and publications.

She served as a regional representative of the American Association of State and Local History National Awards Team for four years. She received her B.A. in History from Gustavus Adolphus College (St. Peter, Minn.) and her M.A. in Museum Studies from San Francisco State University.

Immigrants have long been part of the story of San Mateo County. In 1880 and in 2020, one-third of the population of San

See **IMMIGRANT**, Page 8



Carmen Blair

President's Message



Esme Grenstam with Tech Trek friends in 2017 and now as a Cal student.

Checking in with Tech Trek's Esme, still on a STEM pathway

By Chris Panero

I want to tell you about my friend Esme, a first-year student in molecular biology at UC Berkeley.

I met Esme Grenstam in 2017 when she came to Tech Trek and was in my dorm group. You may have met her, too, when she spoke at our 2017 September Event about her Tech Trek experience. She had been scheduled to be a counselor at the (cancelled) residential Camp Curie in 2020.

We've kept in touch, and early this year, she set out to find a way to be involved in Tech Trek again. She found it to be a challenge, as systems — and camp — have changed a lot. With persistence and hope, she found her way to virtual Tech Trek, applied, went through training, and was a Workshop Coach for both one-week sessions

Esme has shown initiative and energy throughout her high school years, volunteering as a Healthy Cities tutor and coaching girls in science and math. She reports that she has been inspired by the professional women she met at Tech Trek, as well as the

girls she worked with this summer.

While I was happy that she had found a way back to Tech Trek, I was even happier to hear that the campers she worked with (girls just entering eighth grade) were engaged and participated in all aspects of the activities. The camp director and instructors had mailed items for hands-on experiments to the campers and Workshop Coaches, and found clever ways to create participatory activities and chances to interact with women in STEM. They even were able to go on a virtual field trip to the DIII-D National Fusion Facility in San Diego, a world-leading research facility.



Chris Panero

When I think of our AAUW mission of advancing gender equity for women, successful progress like Esme's is encouraging. However, Esme also talked about how many girls were in her AP Physics class just last year — just four girls and 30 boys! We've made progress, but not nearly enough.

We were hoping to find a way for Esme to speak to us again as she headed off to college. Schedules were impossible to coordi-

Who? What? When?

Co-Presidents: Carole Farina and Chris Panero

Membership: Wilma Hoffmann and Barb Finnegan

Electronic distribution: Cathy Chownehill

Triad editor: Micki Carter

Sunshine Lady: Marge Haruff. Please contact Marge if you know anyone who would appreciate a card from Mid-Pen Branch.

Know of a prospective member? Please contact Wilma Hoffmann or Barb Finnegan

Board Meeting: Tuesday, Dec. 6, at 10 a.m. at home of Barbara Haas

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

Want your own soft copy of Mid-Pen directory?

Misplaced your Mid-Pen Branch directory?

Want to have it easy to access on your computer?

A PDF file can be downloaded from the Member side of our [website](#).

Make sure Mid-Pen email doesn't end up in Spam

To make sure you receive The Triad and notices of branch meetings, please add these two email addresses to your contacts:

midpen.aauw.meeting@gmail.com
and

midpeninsula.aauw@gmail.com

That way, your email client will recognize them and not send them to spam.

nate, so she made us a short video, which we hope to make available to the branch soon.

Our first in-person branch meeting on Nov. 12 was a great success. It was wonderful to be together again and hear from a well-informed speaker, Teri Chin, about the ways San Mateo County is addressing the problems of those without housing. Thank you to all who made it happen.

Turning crafters into ‘craftivists’ Gov Trek will pave way for girls who would like to walk the halls of power

“Crafting Change” will be the topic of a pop-up talk featuring Robyn Peters at 10:30 a.m. Saturday, Dec. 3, via Zoom.

Peters is the fiber arts advisory board member for Crafting Change, a non-profit that matches a crafter’s love of crafting with tangible good works for those in need. Crafters are seen as activists, or “craftivists.”

Crafting Change was born out of the peak of the COVID-19 pandemic, when crafters rose to meet the challenge to sew masks desperately needed by healthcare workers and the homeless. In the last year, Crafting Change has been proud to partner with The Yonkofa Project for the Keep Girls In School Campaign to help provide reusable cloth menstrual pads to junior high school girls in rural western Ghana.

According to UNICEF, 95% of girls in this region miss school the week of their period due to lack of access to period products and many drop out all together. By being able to stay in school, girls will not fall behind in their learning, and are more able to achieve their dreams of quality employment after receiving a complete education.

See the work of Crafting Change [here](#).

See a description of the Yonkofa Project [here](#).

Robyn has worked with AAUW in the past, as the photographer for Camp Marie



Robyn Peters

Curie at Stanford University. During the pandemic, she put down her camera, and dusted off her sewing machine to make masks and other PPE as needed, and it was this effort that put her in contact with the director of Crafting Change.

Before kids, she was a biochemist in Canada, but now is an event photographer in the Bay Area, and in her spare time, she sews, knits, and crochets for the Crafting Change charity partners.

Gov Trek will be coming to branches in January 2023!

Gov Trek is the new sibling to our twins Speech Trek and Tech Trek but will be administered quite differently.

The goal of Gov Trek is to address the shortage of women in the halls of power by galvanizing high school junior and senior girls to consider careers in public service and elected office.

Over five two-hour virtual Saturday sessions, students will engage in interactive and inspiring activities with exposure to female changemakers in politics, related career options, and a campaign simulation project and contest.

The free program is open to a maximum of 150 students from throughout California.

Unlike Speech Trek and Tech Trek, branches will not need to be involved in a student selection process. No spreadsheets to complete, no essays to read, no interviews to conduct!

Students will register directly with the state Gov Trek program and be admitted on a first-come, first-served basis with a maximum of 150 participants.

What will the branch’s role be? Publicize this program in your schools and community! Readymade materials and guidance will be provided. It’s an easy way to provide a high-impact program.

Plus, you’ll gain some community exposure and possibly new members!

Would you would like to make Gov Trek happen for our branch? If so, please contact Chris Panero.

If we want more women running the world, this is how we start.

Mark your calendars for Mid-Pen events

Dec 3, Saturday, 10:30 a.m. — “Crafting Change” with Robyn Peters

December-January — Neighborhood parties

Jan. 14, Saturday, 2 p.m., via Zoom — “Land of Opportunity: The Immigrant Experience in San Mateo County” with Carmen Blair, director of the San Mateo County Historical Association

Feb. 11, Saturday, 2 p.m., via Zoom — Dr. Laura Jones, director of Heritage Services and University Archeologist, Stanford University

Feb.14, Member-to-member calls

March 8 — International Women’s Day (fight for gender equity)

March 11, Saturday, 2 p.m., Redwood Shores Library — “Women on the

Police Force: How Things are Changing” with Christina Corpus, San Mateo Police Officer

March TBA — Equal Pay Day for U.S. women

March 21-22, Tuesday and Wednesday — Lobby Days (speak with state representatives)

April TBA, Zoom — Annual Meeting with election of officers and AAUW Fund recipient speaker

April TBA, Zoom — CA State Annual Virtual Conference

May TBA — Park Day

May 13 — Redwood Shores Library, TBA

June TBA— Installation of Officers and Named Gift Honoree(s) announcement





Meeting in person again!

Mid-Pen joined San Mateo Branch at the Redwood Shores Library for its Nov.12 meeting.

By Beth Swanson

Our November General Meeting at the Redwood Shores library had a wonderful turnout with 62 members coming to hear Teri Chin, Human Services Manager for Redwood City, speak to how the city and county are working to meet the homelessness crisis.

It was great to have everyone together again, in person, after a 2 ½ year “Covid hiatus.”

Chin walked us through how the city and county have created an array of short-term and long-term solutions to get individuals and families experiencing homelessness, off the streets and onto a better path.

In February of this year, the city counted 245 individuals that were either living in RVs, cars/vans, in tents or encampments, or on the street. (The county total was just over 1,800.)

Some surprising information from this presentation included:

- The majority of people experiencing homelessness in our county are from here originally (84%).
- 32% are female.
- 60% have not been homeless before.
- 32% have a serious mental illness.

Chin reported that most homeless individuals are working but do not make enough money to be able to afford housing.

More information on homelessness in the county can be found [here](https://www.aauw.org/2022/11/12/mid-peninsula-branch-joins-san-mateo-branch-at-redwood-shores-library-for-november-meeting/).



Climate Change

"I want you to panic."
—Greta Thunberg

The Climate Change Section's monthly column reflects our commitment to combating climate change.

Will you join us?

Individually you can have an impact. Together we can make an even greater one.

— M. A. D. —
Making A Difference

Food

Consider growing vegetables and herbs. A garden partners you with nature.

- *It is good for the environment and community. It is a natural stress reducer.*
- *It saves money.*
- *It is a great opportunity to share with others.*

* * *

Animal-based foods have a huge carbon footprint.

- *If you haven't already, consider cutting down on meats.*
- *Explore a plant-based diet.*

* * *

Got beef? What your hamburger is doing to the climate

An article by David Vetler in *Forbes Magazine*, Oct.5, 2020, illustrates that beef produces 60 kg of CO₂ per kg of product, lamb and mutton are at about 25 kg, pork about 8 kg and poultry about 6 kg.

We throw away 30 to 40% of our food supply in the United States every year!

- *The longer your food stays fresh, the less likely you are to toss it. Keep an eye on your food in and out of the refrigerator.*

More on quitting plastic

Do you floss your teeth? Have you considered silk floss? Do you buy shampoo in plastic bottles?

- *Look for containers made with non-plastic or biodegradable materials, or look for containers that can be refilled or reused.*
- *Avoid plastics labeled PVC or #3!*

* * *

Around 33% of trash in an average household comes from packaging.

- *Buy products with minimal or reusable packaging.*
- *Consider buying in bulk.*
- *Use your own containers.*

*Does this sound inconvenient?
Isn't our planet worth it?*

Contributions for this month:

"I collect shower water in a bucket before it gets warm, then use for indoor or outdoor plants".

—Barbara Finnegan

"I have found a product that helps reduce my plastic purchases of laundry, hand and dishwasher soap.. I order it online at Dropps.com. Check it out...clothes, dishes, and hands are nice and clean after,

*and no disposal of the big plastic containers." **

— Sandra Neff

*Other laundry sheets: Clean People, Earth Breeze, Sheets Laundry Club. —E & T

What's wrong with candles?

- *Candles made with paraffin wax, synthetic scents and toxic wicks can release toxic chemicals. Paraffin is a petroleum byproduct which releases carcinogenic soot when burned, which can cause respiratory problems, damage your home's interior, electrical appliances and ductwork.*



- *Candles with synthetic scents release microscopic particles when lit that can cause cancer and other health problems.*
- *Old candles may contain lead-core wicks, which were banned in the US in 2003.*

If you are unsure about your candles, throw them out. Natural safe alternative candles exist. They have cotton wicks, and are made from beeswax or vegetable wax (from hemp, coconut, or non-GMO soy). In addition, to reduce soot, trim wicks to 1/8 inch.

From *Green America*
— courtesy of Carole Farina

Please continue to share your ideas. This is everyone's column. E-mail either of us with your input and suggestions.

Elvira Monroe or Theoni Pappas

Interest Sections

French Conversation to celebrate *les fêtes!*

Team Mah-Jongg

A lively group of members play and continue to learn Mah-Jongg. It is a fun game and we are a friendly group

We have eight players and, thanks to Marilyn Zack, more are learning and wanting to play. We meet Tuesdays from 10 a.m. to noon at the San Carlos Senior Center.

Usually four to six players are able to attend and we look forward to more joining the group. For further information, contact Kathy Morrow.

Climate Change

The Climate Section meets monthly on the second Monday from 3:30-5 p.m. Topics and robust discussions vary from month to month. Examples of future topics will be plastic, wind and solar-powered hydro electricity, adaptation-migration and more. Next meetings will be on Dec. 12 and Jan. 9. If interested in joining the section, please contact Victoria Kline.

Book Bunch

Book Bunch continues with Zoom option available. The book for Nov. 18 will be *Big Alma: San Francisco's Alma Spreckels* by Bernice Scharlach at the home of Carolyn Miller (or Wilma!). RSVP to Carolyn AND Wilma. We will skip December because, for January, Gail Langkusch chose the 600-page classic *The Yellow Notebook* by Doris Lessing, considered ..."(her)...most important work and has left its mark upon the ideas and feelings of a whole generation of women."—*New York Times Book Review*. Meeting will be at Gail's home on Jan.20 at 10 a.m. RSVP to Gail and Wilma. If you can volunteer to host for February, please let Wilma know. Contact Wilma to be included in the group.

Hilly Hikers

Thanksgiving and Christmas got in the way of our usual fourth Fridays, so we will hike in San Francisco on Dec 2 to see Christmas lights and hills/stairs. We will carpool and/or take BART. Contact Wilma Hoffmann for details and with any specific requests for lights/displays to see. The Fairmont Hotel's two-story Gingerbread house is on the list. January forward we will revert



Mid-Pen's Climate Change section met for lunch at Kabul Restaurant in San Carlos for a delicious meal and a discussion. Below, the Current Issues group gathers at the home of Elvira Monroe.



back to the fourth Friday, Jan. 27. Contact Wilma to be added to the group.

All About Food

The second Thursday at 3:30 p.m. is our monthly meeting to investigate, discuss or sample foods, how they grow and their benefits. Contact is Carole Farina. Dec. 8 we will potluck with plant-based dishes at Elvira Monroe's home.

Current Issues

At our first Current Issues meeting we had a stimulating conversation. The next meeting will be Nov. 22 at 3 p.m., and we invite everyone to join us. Contact Marilyn Zack. We will not have a meeting in Decem-

ber but will on Jan. 24.

French Conversation

We'll celebrate les fêtes by enjoying lunch at Bistro Vida in Menlo Park on Tuesday, Dec. 13. Contact Laverne Rabinowitz for details on timing. Keep in touch for our plans for Jan. 10 at 1:30 p.m. Bonne année!!

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.

Meet Jane Fernald, Mid-Pen's newest member

By Barb Finnegan

Welcome our new member Jane Fernald of Belmont, who is in neighborhood 8.

Her mother was an AAUW member, and Jane has had joining AAUW on her bucket list, so once getting through the isolation period of the pandemic she joined.

Although she is a new member to AAUW she is well known to many of our branch members due to her long-term volunteer work in the Congregational Church of Belmont.

Jane was born in Southern California and is the middle of three sisters. Her older sister lives in a neighboring city, while the younger one is in Paso Robles in Central California.

After Jane's first year of college at U.C. Davis, she took a year off school and went with her parents to Australia for her dad's sabbatical. She worked in nematology at an agriculture institute in Adelaide and had some good adventures in the Outback.

She then transferred to U.C. Berkeley which was more in tune with the current political climate and graduated with a BA



Jane Fernald

in sociology. Upon graduation Jane and her husband Geoff moved to Pittsburgh where she earned a Master of Arts in Teaching degree from the University of Pittsburgh and taught in an elementary school in Pennsylv-

vania for two years to low-income children whose parents worked for the railroad.

This was followed by a 14-month camping trip through Europe, including all the Iron Curtain countries. And for the last three months, she was pregnant! They settled in the Bay Area to start their family.

She has one daughter who lives in Napa and a son living in Brooklyn. She also has a 6-year-old grandson.

Jane began her volunteer work with the League of Women Voters when her children were young. She compiled the articles and did the layout for the newsletter, took part in various groups within the league, and helped get out the vote, including transporting those needing a ride to the polls.

Jane also volunteered eight years at Filoli before the pandemic. She was on the art committee and a Self-Guided Docent in the house. She enjoyed meeting visitors from all over the world.

She is very concerned with the environment and is a Sierra Club member. Her interests include the healing arts and is experienced in Jin Shin Jyutsu, which focuses on self-care for enhanced immune function. Jane continues to volunteer at the church and is considering volunteering for hospice again.

She is interested in joining our Gentle Walkers, Climate Change and possibly All About Food. Please welcome Jane to our branch.

Consider serving as a legislative advocate on Lobby Day in March

Ginny Hatfield, AAUW California Public Policy Committee Member, asks you to be part of a team of legislative advocates during California's Lobby Days, March 21 and 22. Lobby Day is our chance to make a concerted impact on the priorities and values we, as AAUW members, hold dear.

We will advocate for our top three priority bills that are fundamental to achieving our legislative goals. They address economic security for all women, provide equal access to public education and insure social and racial justice for all members of society.

Our AAUW legislative advocate will schedule meetings with the member offices willing to participate, and once you return your Lobby Day survey that comes out in January, the committee will assemble branch participants and match them with Assembly and Senate districts in order to assign teams.

AAUW CA will provide team members with material on the bills we are supporting and will hold a mandatory training webinar on March 20, so you'll have the information

at your fingertips.

If you have participated in Lobby Day in the past, they want to hear what worked and what didn't; please send your comments to publicpolicy@aauw-ca.org.

Meetings will be hybrid, virtual for us, so no travel involved. Please contact Carole Farina to add your name and receive a survey.

Visual artists are sought for Art on Square event

Do you paint, draw or photograph? Do you make art books, practice calligraphy or make collages? Mid-Peninsula hopes to advertise our organization by participating in the ART on the Square event next summer and display and/or sell your art.

If there's enough interest, we might have a contest for the best art to be transferred to a Mid-Peninsula AAUW note card. Please contact Barb Finnegan if you are interested.

Neighborhoods plan to gather over holidays

Tis the season to get together to celebrate the holidays.

Neighborhood 1 will be holding their neighborhood party in January at a Redwood City restaurant.

Neighborhood 2 will go to Aqui Restaurant in Cupertino on Dec. 9.

Neighborhoods 3 and 5 will meet at Sally Mellinger's home on Dec. 6.

Neighborhood 4 will dine at Clare Gardella's home on Dec. 8.

Neighborhoods 7 and 10 will have a holiday luncheon at Divino Ristorante in Belmont in early January.

Neighborhood 8 will meet in January.

Sign up to wrap books at Kepler's as a fundraiser for Mid-Pen Branch

By Marilyn Zack

Mid-Pen's book-wrapping fundraiser at Kepler's in Menlo Park is coming up soon, and we need volunteers to take two-hour shifts to wrap books.

As before, there will be two people per two-hour shift, and some members sign up for more than one shift. I hope more of you will consider doing that.

Most of us enjoy doing this as Kepler's customers are often very interesting people, and it is an easy way to generate funds for our programs. The wrap desk will be inside the store, but the customers will be outside. Because the wrap desk is open to the outside, be sure to dress warmly.

Shifts currently available are:

Friday, Dec. 16, 3-5 p.m. and 5-7 p.m.

Saturday, Dec. 17, 5-7 p.m.

Sunday, Dec. 18, 3-5 p.m.

Thursday, Dec. 22, 3-5 p.m. and two slots for 5-7 p.m.

Friday, Dec. 23, 11 a.m. -1 p.m.; 1-3 p.m.; two slots for 3-5 p.m.; and one slot at 5-7 p.m.

Saturday, Dec. 24, two slots at 1-3 p.m.

Contact me (Marilyn Zack) to sign up for the shifts you want.

Immigrant

Continued from Page One

Mateo County was born in another country. Focusing on the themes of leaving home, finding work, discrimination and maintaining culture, Blair will explore stories of some of the largest immigrant groups who have come to this area since the Gold Rush.

Her presentation will be based on research and oral history interviews conducted for one of San Mateo County History Museum's permanent exhibits.

Please join us and invite friends, neighbors and colleagues who would enjoy the presentation and learning more about AAUW. Guests are welcome to email the branch (aauw-mid-pen@earthlink.net) to get on the email list for the link.



Mid-Pen members in Neighborhood 4 were invited "to grab a refreshment of their choice so they could toast the ghosts of their former selves" and gather on Zoom to celebrate Halloween. It looks as if four did just that.

AAUW takes action for justice

The final two Equal Pay Days of the year are coming up: Native Women's Equal Pay Day on Nov. 30, and Latina's Equal Pay Day on Dec. 8.

Native women and Latinas are paid, respectively, 50 cents and 49 cents for every dollar paid to white men. Engage with us on social media to urge your senators to pass the Paycheck Fairness Act and support pay equity for all.

Last month, the AAUW-endorsed Campus Accountability and Safety Act (CASA) was introduced in Congress. The bill (H.R.9316/S.5047) would combat sexual violence on college campuses, provide resources for survivors, and more.

AAUW joined the Leadership Conference on Civil and Human Rights and 38

organizations in a letter calling on the U.S. Department of Education and Department of Justice to update and publish school discipline guidance under Title VI of the Civil Rights Act of 1964 to clarify all students' right to be free from racial discrimination.

AAUW joined 39 gender justice and civil rights organizations in a comment to the Virginia Department of Education strongly opposing the Department's 2022 model school rules, which would require schools to discriminate against transgender and nonbinary students.

Sign up as a Two-Minute Activist today and keep up to date on our policy work with our letters, comments, testimony and legal briefs to learn more about AAUW's positions and advocacy efforts.

AAUW-CA cancels its Twitter account

The AAUW California Board of Directors voted on Nov. 9 to terminate its account with Twitter, effective immediately. This proposal was brought forth by the Public Policy Committee and approved after thoughtful and careful discussion.

The decision was based on a number of actions taken by Elon Musk both before and since his takeover of this social media platform. Primarily, we are concerned that the incidence of hate speech, disinformation, discriminatory and misogynistic rhetoric, and the spread of dangerous and divisive

theories will continue to rise under his stewardship. This is not a platform with which AAUW California can any longer associate.

We believe this action affirms AAUW California's commitment to advancing fair and equitable treatment for everybody in our diverse society and its opposition to hate, violence, and harassment against members of any demographic group.

If you have any questions or concerns, please feel free to contact Public Policy Director Kathi Harper at publicpolicy@aauw-ca.org.