

## Climate activist Elaine Salinger to speak on Feb. 10

By Lois Monroe

Climate Change is a major concern for most Americans, and what can the average person do to make a difference?



**Elaine Salinger**

Elaine Salinger, co-leader of the San Mateo County chapter of Citizens Climate Lobby, will discuss “Countering extreme weather: What actually works?” at 2 p.m. Saturday, Feb. 10.

Salinger, who has received awards for her activism, will compare climate solutions, explore why solutions are more or less effective, and suggest easy actions that all of us can do to help. She assures us that this is not a gloom-and-doom presentation; this is a presentation full of hope and meaningful action.

The meeting will take place at the Veterans Memorial Senior Center, 1455 Madison Ave., Redwood City. Social hour will begin at 1:30 p.m. and the program at 2 p.m.

**Remember to make  
your Valentine’s Day  
telephone call to your  
Mid-Pen directory  
neighbor!**

**See the President’s Message  
on Page 2 for details.**



Jane Fernald wraps a book at Kepler’s Book Store in Menlo Park as part of Mid-Pen’s annual fundraiser. Susanne Burrill, who managed the effort for the branch, reported that a record amount was raised between cash and Venmo tips. See the complete story on Page 3.

## President's Message

# Mid-Pen welcomes 2024 with a crowded calendar of events

By Chris Panero

January is brisk and cold and a new start with a cascade of announcements and events about upcoming elections, initiatives and actions. Watch for articles in the Triad, emails and Monday Memos for information about new AAUW-National bylaws, AAUW-CA Lobby Days, and this year's art contest.

Note especially the talk on the political and practical repercussions of the Dobbs decision. The talk is sponsored by a local branch, AAUW-Silicon Valley.

**Book wrapping:** A special, giant and heartfelt thank you goes to Susanne Burrill for shepherding the book wrapping fundraiser up hill and down, through rain and snow and dark of night. We made a record amount in both cash and our new way to donate via our Venmo account.

The Venmo donations were possible because Treasurer Amy Armstrong cut through hassles to make it happen. This project is an

excellent example of how well our members and board work together and follow through on their commitments and just doing a really good job.



Chris Panero

California State voting: Election Day is March 5! I've already received an informative card from the San Mateo County Elections Division. Watch for your ballots in your mailbox in the first week in February. We can vote Feb. 5-March 5, in-person or from our computers or phones. We're fortunate to live in a place where voting is easily accessible and well-organized by our county and state.

The Tech Trek committee is already working on Tech Trek for 2024. They've received good news: Tentative plans are in place for a local Tech Trek camp this year, at Santa Clara University, and they have requested six in-person spots.

Valentine's Day is on its way, and our branch celebrates the day with a member-to-member phone call. On Feb. 14 (or close to

## Who? What? When?

**President:** Chris Panero

**Membership:** Stephanie Katz and Barb Finnegan

**Electronic distribution:** Cathy Chowenhill

**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 Stephanie Katz or Barb Finnegan

**Board Meeting:** Tuesday, Feb. 6, at 10 a.m.; Redwood City Community Activities Building, 1400 Roosevelt, Redwood City.

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

it), find this year's branch directory, look up your name, call the person listed just after you, and make a new friend or have a good chat with an old one.

You can find the listing on our branch website too. Just click [here](#). The password is Triad.



Members of the All About Food section shared holiday treats made from treasured family recipes.

# Mid-Pen member Nancy Gilliland, an AAUW stalwart, has died at 91

By Susan Hall

Nancy Gilliland, having lived more than 91 years, died in December. She had remained a long-time member of AAUW and supported all efforts to open opportunities for women and girls.

A native Californian, Nancy graduated from San Jose State University and later secured an American Dietetic Association internship at the University of Chicago working with a staff of male doctors and learning firsthand what it was like to hear women spoken of in unkind or demeaning terms. When she finally met the first woman doctor in her experience, she said, "Women had to be better" just to be accepted at all.

A long-time resident of Foster City, Nancy joined AAUW more than 20 years

ago and became committed to environmental issues, partly encouraged by her husband's work on solar panels and also by her own observations of damage done to California during her youth as freeways replaced public transportation and the planet began to fill with plastic debris. That concern led to her support for AAUW's Tech Trek programs and summer camps.

She also supported AAUW's Start Smart sessions to help train young women in financial literacy and salary negotiations. She believed that "AAUW has helped women to find their place in society and to provide opportunities that were denied to women in my generation."

Nancy was a treasured member of Mid-Peninsula branch and will be missed.



Nancy Gilliland

# Kepler's book-wrapping raises record amount!

By Susanne Burrill

Each of you who participated in the AAUW Mid-Peninsula fundraiser at Kepler's Books in Menlo Park this year should be very proud, with kudos to those who wrapped multiple times.

We raised a record amount of money in tips to be used for our projects. Precise use of the funds will be determined shortly.

We wrapped over the course of 10 days,

Dec. 14-23. There were 76 sign-up slots, all filled! Only two were cancelled the morning of the same day, Dec. 20, one because of Covid and the other because of the extreme rainy weather and length and difficulty of the commute!

Now for the amount that we raised: The total was \$2,570.97! The breakdown is interesting because actual cash amounted to \$1,706.97, with the remainder, \$864.99,

approximately one-third of the total, due to using Venmo for the first time. Thanks to Amy Anderson for setting up Venmo for us and receiving the daily envelopes of cash to deposit.

This was a job well done by all. Your energy and enthusiasm mixed with the wonderful customers at Kepler's really created a lovely holiday spirit.

Thank you!

# Vote on 2024 AAUW bylaws change by May 15

By Nancy Oliver

Attention, members. Please take time to look at the following important proposal from National.

## Proposal Open Membership:

This is another attempt to remove any degree requirement for membership.

On Jan. 8, all members should have received an email from Shannon Wolfe, AAUW Managing Director and Chief of Staff.

"As a member of AAUW, your voice and your vote count. This spring AAUW members will be asked to vote on amend-

ments to the national bylaws recommended by the AAUW Board of Directors and AAUW Governance Committee to open membership. In accordance with AAUW's bylaws, every AAUW member has the right to comment on this proposed change to the bylaws – and to recommend any other bylaws changes – before they are put to the membership for a vote."

Comments can be submitted until Friday, Jan. 26 at 8 p.m. PST

To find more information about this issue, read the proposed changes, and to comment, go [here](#).

You should see the window, Governance & Tools, which will allow you to view the 2024 Proposed Bylaws Changes, the Open Membership Toolkit, and the AAUW Election: FAQ.

Key Dates for 2024 Vote:

- Jan.26 | Comment period ends at 8 p.m. PST
- April 3 | Voting opens (online voting is encouraged)
- May 15 | Online voting ends at 9 p.m. PDT and results announced online

# Lobby Days volunteer recounts her experience as an advocate

By Barb Finnegan

In 2022 I was a Lobby Day advocate for the first time. I was a little nervous, not sure I was an expert on the facts to be able to sell the proposed bills to Kevin Mullin, Assembly Member for District 22.

AAUW-CA helped us prepare by sending us material on the three bills they were supporting and talking points to use in our presentation. We had a mandatory training session followed by a practice session with the AAUW California lobbyist.

Our Zoom meeting included the AAUW lobbyist, Kevin Mullin's assistant, as Mullin was at another meeting, two of us from the Mid-Peninsula branch and Elaine Johnson from the North Peninsula branch. Each of us presented one of the three bills.

Cathy Chowenhill functioned as our group leader and provided introductory remarks. Elaine Johnson presented a nice overview of the AAUW organization and work our two branches had done to promote the mission. The entire session was about 20 minutes. Kevin Mullin supported all three

bills: AB92, AB1666, and AB1968, all of which eventually passed.

The Mid-Peninsula branch also participated in AAUW-CA Lobby days in 2021 and 2023. In 2021 Amy Armstrong, Yvonne Bergero, Cathy Chowenhill and Angie Mogin presented bills on Child Care Fees (AB92), Garment Worker Protection (SB62) and Economic Abuse (SB373).

Last year Carol Orton was a member of a group that spoke with both Assembly Member Diane Papan and an assistant to Sen. Josh Becker about AB1394, on restrictions on social media platforms to prevent child sexual abuse. It was signed into law by the governor late last year.

Participating in Lobby Days was a great learning experience that I strongly recommend. It is a way to advertise and promote the AAUW organization and the work our branches are doing. Taking the time to meet with politicians or their assistants emphasizes the importance of the bills.

I'll be doing it again this year so please join me. Register [here](#) by Feb. 15!

# Lobby Days set on April 2 and 3

By Amy Hom

**AAUW-CA Public Policy Committee**

Mark your calendars! AAUW California will hold our 2024 Lobby Days event on April 2 and 3.

An interest survey including a registration form arrived in your inbox on Jan. 12. Complete and return the form to be added to the communications list for the event. We encourage all AAUW California members to participate in this act of advocacy that is essential for achievement of our legislative priorities.

In addition to our members, we plan to invite college students to join the event. Their participation will enable us to reach more legislative offices, and we hope that this introduction to our organization will inspire these advocacy-minded young people who share our values to join AAUW.

Starting in January, our committee will evaluate new bills introduced in the state

legislature which are aligned with our Public Policy Priorities: Economic Security for All Women, Equal Access to Quality Public Education for All Students, Social and Racial Justice for All Members of Society, and Increased Representation of Women in Leadership Roles.

In early March, our committee will meet to discuss our evaluations and select 30-35 bills for our 2024 Legislative Agenda that best represent our priorities. We will also choose the top three bills to advocate for during Lobby Days.

We are planning a hybrid event with meetings scheduled virtually over Zoom as well as in-person at the Capitol.

Our AAUW California Legislative Advocate will schedule meetings with the legislative offices. Training materials on the bills and the event will be posted on the state website in mid-March, and a mandatory training webinar will be held on March 25.



Neighborhoods 3 and 5 celebrated with a potluck and Secret Santa party at the home of Sally Mellinger.





Neighborhood 8 gathered on a rainy December day at Kabul Restaurant in San Carlos.

## Neighborhoods celebrate the holidays of 2023



Neighborhood 4 continued its tradition of holiday parties with a dinner at the home of Barb Haas.



Neighborhoods 1 and 2 enjoyed their holiday party at Donato Enoteca in Redwood City.

## Interest Sections

# Movie Group ready to take your mind off politics

### Movie Group

The Movie Group meets on the third Tuesday of each month in the mid- or late afternoon, depending upon the selected film. This is the bargain cost day in local theaters. We attend a movie, usually in Redwood City, occasionally in San Mateo, and then go to a nearby restaurant for dinner. Call or email Susanne Burrill.

### Tea Time Fiction Group

Tea Time Fiction Book Discussion Group will continue to meet on the third Thursday of the month from 4-6 p.m. in the Hillsdale Nordstrom restaurant on Nordstrom's third floor. Kathy Rafael and Mikki Coffino are co-leaders so newly interested members can contact either one.

### French Conversation

Bonjour! We meet next at 1:30 p.m. on Tuesday, Feb. 13, with Mirna Hirschl hosting at her home in Belmont. If you'd like more information, please get in touch with Laverne Rabinowitz and RSVP to Mirna. À bientôt!

### Team Mah-Jongg

A lively group of members play and continue to learn American Mah-Jongg. We meet Tuesdays and Wednesdays from 10 a.m. to noon at the San Carlos Adult Community Center at 601 Chestnut, San Carlos. Usually, four to six players are able to attend, and we look forward to more joining the group. Periodically, classes are offered for those who are new to the game. For further information, contact Kathy Morrow.

### Climate Change

The Climate Change section meets once a month on the fourth Monday from 3:30 -5 p.m. Contact Victoria Kline for meeting details and to RSVP.

### Book Bunch

The Book Bunch meets on the third Friday of each month at 10 a.m. The books to be discussed in the first quarter of 2024 are *In The Custom of the Country* by Edith Wharton (hosted by Carol Orton on Friday,

Feb. 16) and *Homegoing* by Yao Gyassi (hosted by Gail Langkusch on Friday, March 15). If you have questions, please contact Carol Orton.

### Hilly Hikers

If you are interested in hilly hikes, make sure Wilma Hoffmann has your contact info. Days and dates will vary depending on weather and the travel plans of members.

### All About Food

Join us as we explore the history, uses and benefits of foods and how to grow or prepare them. Take a turn leading monthly discussions or suggest a tasting or excursion. Meetings are at 3:30 p.m. on the second Thursday. Contact Carole Farina.

### 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



The Walk/Talk & Gawk hiking group strolled from Gail Langkusch's house to Eucalyptus Street in San Carlos to see the holiday house decorations. They ended the evening with holiday goodies at Gail's home.

[Mid-Peninsula-CA.AAUW.net](http://Mid-Peninsula-CA.AAUW.net) • [AAUW-Mid-Pen@Earthlink.net](mailto:AAUW-Mid-Pen@Earthlink.net)

## Climate Change

# Clean energy means 'no fossil fuels involved'

**M.A.D.**

## Make a Difference

"Climate change knows no borders. It will not stop before the Pacific islands and the whole of the international community here has to shoulder a responsibility to bring about a sustainable development."

—Angela Merkel



## What is clean energy?

"Clean energy" describes sources of energy that are renewable and have a sustainable and reciprocal relationship between the environment and the communities using and producing the energy. It is renewable and inherently free of carbon and methane.

Clean energy is not fossil fuels rebranded as "clean" through the use of new technology including carbon capture or hydrogen. We hear about new technology including carbon capture or hydrogen. These methods continue to allow carbon and methane emissions to pollute our atmosphere.

Some examples of clean energies are solar, wind, geothermal, hydropower and water energy. Even nuclear energy is considered clean energy since it does not produce any greenhouse gases.

Clean energy is not made from any form of fossil fuel, nor is a rebranded type of fossil fuel. New technology used in carbon

capture or hydrogen still allows carbon dioxide and methane emissions.

"Blue energy, which is derived from natural gas, is also not a clean energy," according to the San Juan Citizen Alliance Fall 2023 newsletter.

It's also called fossil fuel hydrogen, as it is hydrogen energy produced using fossil fuels to split a water molecule and then combust the hydrogen for energy....similar to carbon capture coal energy, the feasibility to offset the massive carbon emissions from these projects is not viable.

"The big issue at play here is that both carbon and blue hydrogen are more about sustaining the life of fossil fuels than lowering greenhouse gas emissions."

## A question:

Why aren't more people supporting efforts to cut greenhouse gas emissions?

Dan Gilbert, a Harvard psychologist, explains how the brain responds to four basic threats.

### Intentional

Since climate change is not a person or country attacking us, we don't counterattack with urgency or fervor using boundless means as we would for enemies we actually see.

### Immoral

Our brains battle what we perceive as indecent or unjust. If climate change is framed on moral issues, our minds wake up. When Greta Thunberg pointed to the immorality of climate inaction, her message reverberated around the globe.

### Imminent

People who are threatened by immediate climate change problems, such as those facing forced migration, are in the midst of a drought, a wildfire, a rising waters, or whose livelihoods are in danger, do not realize why immediate action is necessary.

### Instantaneous

Since climate change occurs in small increments, our brains do not perceive danger. They adapt to these changes, never really accepting how they are encroaching on the Earth's existence.

## Compost or toss?

Garbage and other waste is usually compacted before entering the landfill, making air circulation in landfill almost impossible because the compacted space keeps out oxygen.

Oxygen is essential for composting. The decomposition on landfill layers without oxygen leads to conditions that produce methane.

Methane is an even more potent greenhouse gas than carbon dioxide, even though methane is touted as a cleaner alternative to oil and coal.

Today, methane contributes to more than 25% to global warming. Its chemical structure traps more heat in the atmosphere per molecule than carbon dioxide.

Human-related activities are increasing methane concentrations in the atmosphere and have more than doubled over the past two centuries.

In contrast, composting provides the environment with a better method of dealing with waste. Composting creates a circular approach to waste management by reducing methane emissions from landfills while at the same time enriching the soil, and therefore mitigating climate change.

We know that oxygen is a safe gas. Composting involves simply aerating the organic matter by turning it and loosening it up, providing the oxygen necessary for decomposition.

Some people claim methane is not as bad as carbon dioxide since methane is a short lived greenhouse gas. A molecule of methane traps more heat than a molecule of CO<sub>2</sub>, but methane's lifespan in the atmosphere is between 7 to 12 years. CO<sub>2</sub> can persist for over 120 years.

- Methane is a climate pollutant which over a 20 year period has 67 times more power than CO<sub>2</sub> to warm the planet.
- Methane degrades air quality.
- Methane has negative effects on human health. Methane irritates airways, creates a burning feeling in airways, and causes shortness of breath, asthma, lung dysfunction, and even premature death.

Methane can alter the immune system's response, and impact the body's ability to respond to diseases such as COVID-19.

# Step Up for Pro-Choice

Virtual Event Marking the  
51<sup>st</sup> Anniversary of Roe v Wade

Monday, January 22, 2024

ZOOM 1:30 - 2:45 pm



Join AAUW Silicon Valley  
And the Santa Clara County Pro-Choice Community

## What's Next for Reproductive Freedom?

Dr. Christine Henneberg, a practicing physician and author, earned her MD/MS in Health Sciences from the UC Berkeley – UCSF Joint Medical Program. To read about her time at the School of Public Health, UC Berkeley, click [here](#). Ms. Henneberg will discuss the "side effects" of the Dobbs decision and how it has played out politically this year. What can pro-choice groups advocate for in 2024? What is the best role for those in 'blue' states?



Her book "Boundless is a stark, honest account of an imperfect medical system and a physician who strives to hold it, and herself, to higher standards, with the goal of providing humane, compassionate abortion care." — Julie F. Kay, author. If you wish to buy ahead of the event, go to any bookstore or Amazon.

A Zoom link for the virtual event will be sent prior to January 22 to those who provide contact information to Claire Noonan at [c.noonan@vishoo.com](mailto:c.noonan@vishoo.com). To join AAUW, contact Susan Ware, [sware1223@gmail.com](mailto:sware1223@gmail.com).

## Nominating Committee needs your help in filling 2024 slate

By Nancy Oliver

The Mid-Pen Nominating Committee has begun the process of filling our elected and appointed leadership positions for the 2024-25 year.

You may want to be involved in leading our branch, or you may also know people who might be a good nominee for a position.

Contact any member of our nominating committee — Sherry Booth, Amy Armstrong, Joyce Inouye, Bernie Mellott and Gail Langkusch — with your suggestions.

And if you should happen to be contacted by one of the committee members, say, "Yes!"

## Learn how one Black woman changed AAUW

Join us via Zoom on Sunday, Feb. 4, at 3 p.m. to learn about Black activist Mary Church Terrell, her work for women's suffrage and racial equality, and her role in the integration of AAUW.

A co-founder of the NAACP, Terrell became the first Black member of AAUW after winning an anti-discrimination lawsuit. We will hear from Dr. Alison Parker, author of *Unceasing Militant: The Life of Mary Church Terrell*. Register [here](#).

## AAUW's art contest is under way

AAUW's annual art contest is officially underway!

Members can submit a high-res image of their original painting, photography, sculpture, collage or other artwork. AAUW-National will be accepting submissions through Jan. 31. Your work could be among the winning entries!

Starting in February, AAUW members will select their favorite entries via ranked-choice voting. The winners will be featured on a collection of

notecards sent to all members this spring. The back of each card will include the winning artist's biography, a fact about AAUW and a highlight of the artist's local branch affiliation when applicable.

Please spread the word to your state and branch! We know from past years' entries that there is a lot of talent out there!

For more information on submitting artwork, or to see last year's art gallery, please visit the AAUW Art Contest page.



## Public Policy

# 'Parents' rights' may not mean what you think

**By Kathi Harper  
Chair, AAUW California Public Policy  
School Board Project Committee**

We members of the AAUW California Public Policy School Board Project subcommittee frequently come across materials from groups advocating for book-banning, curriculum censorship, and policies which negatively impact the lives of LGBTQ+ students, in the name of "parents' rights."

For example the House of Representatives recently passed H.R. 5, the Parents Bill of Rights Act. Eight governors have signed legislation with similar titles.

H.R. 5 establishes the rights of parents to, among other things: review curriculum; inspect the books and other reading materials in the school library; be advised of policies that permit transgender girls to compete on female athletic teams or use bathrooms or lockers designated for females; and provide consent before a school may use their child's chosen name or pronouns on forms, or change the child's sex-based accommodations.

Many of the state laws noted above require the removal of "inappropriate" materials upon the objection of a single person.

AAUW California recognizes that not all our members will find these policies objectionable. And to be sure, most of our members would agree with this statement from PEN America, a human rights and free expression organization: "There is no question that parents deserve a say in shaping their children's educations; that they have a moral and legal responsibility for their children, and the freedom to make fundamental decisions for their families." (Suzanne Nossel, PEN America CEO, Time Sept. 20, 2022.)

However, legitimate questions are raised when one parent's "right" to control what their child reads and learns collides with another parent's right to ensure their child has access to a broad and diverse range of educational materials.

Or when a parent's "right" to know if their child confides to a teacher regarding a sexual identity unknown to the parent collides with the student's right to privacy.

Or when one parent's "right" to ensure

her daughter doesn't play on the same team as a transgender girl collides with that girl's right to partake in all the same activities as other girls, or to feel safe in the campus environment.

AAUW California advocates for a diverse curriculum in our schools, as well as the protection of all forms of gender identity and expression. It is a cause of concern when the rallying cry of "parents' rights" is, as stated by PEN America, "wielded to do far more than give parents their rightful voice; it is turning public schools into political battle grounds, fracturing communities, and diverting time and energy away from teaching and learning."

Additionally, according to the National Education Association, H.R. 5 "ignores the

breadth of parental engagement" that already exists, "disregards educator experience and expertise" and "inserts the government into local decisions."

PEN America worries that the current emphasis on working with schools for the betterment of the child has been replaced with a parental focus on wanting to impose their personal beliefs – moral, religious, and/or political – on the entire education system.

As an organization founded on the principle of expanding educational opportunities we might all heed Suzanne Nossel's final words in her Time article: "The phrase 'parents' rights' may have a nice ring to it, but the agenda now afoot in its name should sound alarms for all those who care about the future of public education."



**Walk/Gawk & Talk continued its tradition of taking a holiday trip into San Francisco to enjoy the spectacular decorations.**



## Foodies ‘taste test’ veggie, lab-grown ‘meat’

By Wilma Hoffmann

All About Food section had great fun at our January Meeting. We had a format quite different from any of our former meetings.

Reducing beef consumption is said to be good for reducing greenhouse emissions, so the Food Section decided to sample six different vegetable or lab-grown patties.

Each was prepared using the manufacturers’ preferred method of cooking by three cooks who each worked a skillet to ensure the timing was correct. The “volunteers” who did the cooking included Susanne, a self-proclaimed foodie; Carole who can do anything; and Judi, who never cooks.

What a riot to watch three cooks rubbing shoulders and cell phones in the kitchen as they timed their particular item. Others seated at the table compared notes on these and other foods as they waited.

To make it a somewhat controlled experiment only lettuce, baguette slices, celery and carrots were served along with sparkling or flat water. No condiments such as pickles, catsup or mustard. We really wanted to know how they tasted.

The 10 members present each had a sheet listing the product being served so they could keep track of what they thought

of each sample. Some members had experience with some of the brands, while for others “fake meat” was a totally new experience.

Barbara announced after trying the first one that it was awful, which certainly set the stage for some honest comment! However, several of us (including organizers Carole and Wilma) expected to dislike them all. Amazingly, we found only two of the six objectionable, one being simply too salty.

Carole had found an interesting article explaining how most of the products were made, and so we each got some understanding of what was involved, especially in trying to replicate the texture of a burger.

You did not have to know much to appreciate that to replicate the juiciness of a burger, the lab beef included ridiculous amounts of total fat, including saturated fats, something that is only stated in the nutrition section.

The emphasis was placed on avoiding the need for animals for food along with their methane emissions, and the general benefit to the planet. Wilma’s take was that we were saving the planet but ensuring a distinctly unhealthy populace!

By the end of the six servings of one

sixth patty (yep, exactly one patty) and a few repeat tastes, most of us had way more of an afternoon snack than we were used to. Not to mention the constant comments, laughter and hilarity as everyone tried to keep track of which sample was which. The combination of a high protein load and high fat load had about done us in.

But, horror of horrors, we still had six samples of veggie burgers to go! The good news was that they are uniformly low in fat and are not trying to be something they are not.

In the interests of our digestive systems, we only sampled two. With no pretense about them, they certainly tasted like vegetables but did have decent protein levels.

My conclusion? Firstly, do not try to taste so many at a time. Secondly, the veggie burgers were palatable as vegetables and packed a healthy protein wallop.

Thirdly, although the lab-grown burgers claimed to have lower fat content than beef (presumably the usual 20% fat ground beef), some had a very fatty feel to them, and one in fact left considerable fat in the skillet, just as beef patties do.

And finally, let’s do it again! So much fun and comradery in the shared experience.