



Learn Pros/Cons of ballot propositions from LWV speaker

By Carol Orton

Learn about the California propositions on the November election ballot on Oct. 5. The focus of Mid-Pen AAUW's October meeting will be a Pros & Cons presentation by Gayle Hardt of the League of Women Voters.

Pros & Cons is a nonpartisan explanation of state propositions with supporting and opposing arguments. This is not in a debate format but there will be an opportunity to ask questions.

The meeting will be held at the Veterans Memorial Senior Center, 1455 Madison Ave., Redwood City. Registration and social time will begin at 1:30 p.m., and the program will begin at 2 p.m.

Hardt is a retired lawyer and long-time member of the League of Women Voters of North and Central San Mateo County. She has presented the League's Pros & Cons to the San Mateo AAUW Branch for many election cycles. In addition, she is a past president of the San Mateo AAUW Branch.

A huge Mid-Peninsula Branch thank-you to Margot Diltz for all the work that went into producing our directory!

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



Tech Trekkers share their story



The Tech Trekkers of 2024 held center stage at the Sept. 14 meeting in Redwood City. See Page 5 for the story and more photos.



Co-President's Message



Ever wondered where all that pumpkin spice gets its start?

Who? What? When?

Co-Presidents: Chris Panero and Cathy Chowenhill

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, Oct. 1, at 10 a.m. at the Community Activities Building, 1400 Roosevelt, Redwood City

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

Two-Minute Activist — Sign up [here](#) to receive regular alerts on AAUW public policy priorities, including how to send drafted letters to your legislators.

AAUW Email — Enroll [here](#). Don't miss any news!

Time to consider how you'll spend your vote

By Chris Panero, Co-President

Voting is on our minds right now and for the next six weeks, and AAUW is on it:

AAUW-California's Public Policy Committee [Get Out the Vote](#) (GOTV) campaign will provide you with "information and tools for all aspects of getting out the vote: registration, early voting, locating polling places, voter education, community collaboration projects and more."

Register now for the training webinar here. It's offered on Sept. 24 at 7 p.m. PDT and will be recorded to view later as well.

Locally, we will meet with the San Mateo branch on Oct. 5 at 1:30 p.m. with our old friends, the League of Women Voters. See Program VP Carol Orton's article about the meeting on Page One..

Read all about AAUW-National's It's

My Vote campaign [here](#). It's full of information and resources.

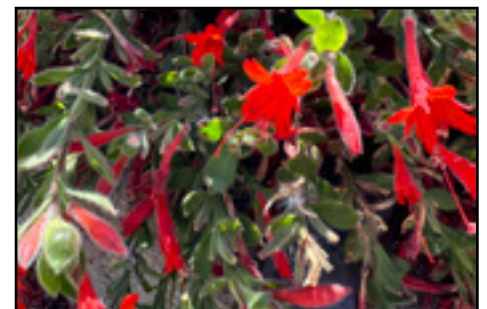
Four things Cathy and Chris did this month

1. Proofread the Triad, Monday Memo, and the 2024-25 directory.
2. Recruited people for the Nominating Committee; we need two more members.
3. Filled out a survey about our branch for AAUW-National.
4. Attended the Interbranch Council (IBC) to compare notes with other San Mateo County branch presidents.

California fuchsias say hello to fall!

Three things from this month's board meeting

1. Discussed how to recruit members for the Nominating Committee.
2. Organized the snacks for the September Event.
3. Barb Finnegan discussed our progress in meeting Five-Star goals.



Ardent Tech Trek supporter Eloise Mayo dies

Eloise Overton Mayo passed away on Aug. 16, at the age of 92. She was born in Mississippi to Amy (Overton) Mayo, a school teacher, and Louis Allen Mayo, a minister in the Church of Christ. She earned her undergraduate degree from Texas Christian University and was active in the YMCA in high school and college.

For few years she was the Director of Girl's Programs for the Whittier and San Francisco YMCAs. She loved canoeing while working with their summer camps. She earned her Master's in Education/Psychology from Stanford University.

Her lifetime career was as a school psychologist for the San Francisco Unified School District.

Eloise joined the San Francisco First Unitarian Church in 1959 and was a member for over 50 years. In the early 1980s, she took time for intellectual and spiritual rejuvenation at Harvard University earning a Master's of Divinity degree. She was ordained in 1983 at First Church Boston and then returned to the San Francisco schools.

She was strongly committed to work in urban public schools, providing services to a wide range of children with special needs, and to the teachers who supported them.



Eloise Mayo

After retirement Eloise found community with the San Mateo Unitarian Universalists and AAUW. She served as President of the San Carlos Branch, attended their public policy and legal advocacy activities promoting education and equity for women, and she always enjoyed a good discussion with the Jane Austen book club.

Eloise had a passion for serving young

people, including YMCA programs and summer camps, and AAUW's Tech Trek for middle school girls exploring STEM.

She was proud of the San Francisco Unitarian Church's connection with Up On Top, which supports children growing up in the SF Tenderloin and Western Addition.

Family and friends remember her enthusiasm for reading, politics, bridge, jigsaw puzzles, camping, the San Francisco Symphony, Stanford Women's Basketball, the Chautauqua Institution, Victorian architecture, travel, gardening, hosting events in her home, and for her deep love and support of her family.

Eloise Mayo is survived by her two children, Beth Johnson (Michele) and David Johnson (Colleen), grandchildren Hunter, Cassidy and Max.

Memorial donations may be made to your local UU church, or to Up On Top (UpOnTop.org) 1187 Franklin St., San Francisco, CA 94109. Eloise's pacemaker was donated to the University of Michigan's My Heart Your Heart program.

A memorial service will be held with the San Mateo Unitarian Universalists, 300 E. Santa Inez Ave, San Mateo, on Saturday Sept. 21, at 2 p.m.



A car show fundraiser for the Fischer House Foundation that provide housing for family members of veterans in the VA hospitals offered a chance for Mid Pen branch to host a table to showcase AAUW and its mission to the community. We also had the opportunity to share information with members of other organizations.

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Public Policy

AAUW urges yes votes on Props 2, 3, 4 and 32

By Amy Hom and Missy Maceyko,
Co-Chairs, AAUW California Public
Policy Committee

This November, California voters will decide the fate of 10 statewide ballot propositions. While we encourage members to support additional propositions that may capture the spirit of AAUW California's Public Policy Priorities (PPPs), we suggest that four of the propositions on the ballot in 2024 deserve a YES vote from our members for their explicit alignment with AAUW California's PPPs.

Proposition 2, Public Education Facilities Bond Measure (2024), proposes issuing \$10 billion in bonds to fund construction and modernization of California's public education facilities. \$8.5 billion would be allocated to K-12 schools and \$1.5 billion would support improvements at community colleges.

Many school facilities are over 50 years old and require significant upgrades to meet current technological and education needs. Research shows that modernized school facilities correlate with better test scores, higher attendance, and improved teacher retention rates.

The last time districts received state funding for infrastructure improvements was in 2016, when Prop 51 authorized \$9 billion in bonds. That money has now run out, and Prop 2 would help fund school projects totaling \$3.5 billion that have already been approved and are awaiting funding.

AAUW California supports "Adequate and equitable funding at all educational levels, including pre-school and post-secondary," and we support a YES vote on Proposition 2.

Proposition 3, Constitutional Right to Marriage, would amend the California Constitution to recognize the fundamental right to marry and would remove the language banning same-sex marriage, passed by voters in 2008, from the state constitution.

In practice, the ban has been nullified since a Supreme Court ruling in 2013 which allowed same-sex marriages to resume



in California. Proposition 3 will enshrine the fundamental right to marry and protect against any potential future changes to federal marriage protections.

AAUW California supports "Guarantee of civil and constitutional rights for all, including all forms of gender identity and expression, and all family structures," and we support a YES vote on Proposition 3.

Proposition 4, Parks, Environment, Energy, and Water Bond Measure, would allocate the state to issue \$10 billion in bonds to fund various environmental, energy and water projects. While there are a range of projects that ballot measure would fund that would benefit all Californians who are confronted with the impacts of sea-level rise, extreme heat, wildfire dangers, and air/water pollution, Proposition 4 would also require that 40% of the bond revenue be used to fund activities that benefit communities with lower incomes or that are affected by environmental changes or disasters.

Also, as AAUW California's Public Policy Committee has pointed out in the past, addressing climate issues and advancing gender equity is directly related to environmental sustainability, and vice versa.

AAUW California supports "Social and racial justice for all members of society, including equal access to quality affordable healthcare, housing and a healthy environment," and we support a YES vote on Proposition 4.

Proposition 32, Raises Minimum Wage, would raise California's current minimum wage of \$16 per hour. Employers with 26 or more employees would pay \$18 per hour, beginning in 2025. Employers with 25 or fewer employees would pay \$17 per hour in 2025 and \$18 per hour in 2026.

California has a high cost of living and our current \$16 minimum wage is well below the estimated living wage needed to support a household's basic needs. Women and communities of color bear the burden of low-wage jobs. The California Civil Rights Department released data showing that in 2021, roughly half of all Latino, Black and Native American workers earned \$32,329 or less —\$10,000 less than the state's per capita income. Fifty-four percent of all workers in California earning \$32,239 or less were women.

A minimum wage of \$18 will reduce income inequality and improve the standard of living for millions of California workers, especially women and people of color.

AAUW California supports "Economic Security for All Women," and we support a YES vote on Proposition 32.

For guidance on additional ballot measures that are adjacent to, but not directly within, the scope of AAUW California's PPPs, please see this excellent guide provided by the League of Women Voters of California.



Young women from Mid-Pen's group of Tech Trekkers from Camp Hopper talked about their experiences.

Trekkers from Camp Hopper offer their thanks

Mid-Peninsula and San Mateo Branches got a chance to meet the girls whose lives they have impacted at the Sept. 14 General Meeting in Redwood City.

They heard from Marie Wolbach, who started Tech Trek as a member of Palo Alto Branch in 1998. She got so much support from San Carlos Branch (now Mid-Pen) that she joined us and has been an active member ever since. She told us the story of getting it off the ground.

From the Mid-Pen archives, we know that our chapter jumped in to launch what was then called Tech Trek Science Camp at Stanford University that very first year.

We sponsored one eighth-grader from Kennedy Middle School in Redwood City that year; this year we had eight seventh graders at Camp Hopper at Santa Clara University.

At the meeting, Jane Fernald, this past year's Tech Trek chair, talked about getting Tech Trek 2024 off the ground.

We also heard from a remarkable Tech Trek 2017 alumna, Esme Grenstam, who explained how her work with Tech Trek as

a camper and counselor inspired her in her studies in molecular and cellular biology at UC Berkeley.

Maureen Buchner, president of the San Mateo Branch, introduced the 2024 TT girls who then took the podium to share their highlights from Camp Hopper:

- Being with other girls their age who loved talking about science.
- Living in a dorm on a college campus.
- Learning what soldering is and how it

works, and building their own flashlight.

- Hearing from successful, inspiring women scientists in a broad range of fields.

Mid-Peninsula Member Laura Miller shared slide presentation she made of photos from this year's Camp Hopper.

Anyone still on the sidelines about getting involved in Tech Trek 2025?



Interest Sections



Susanne Burrill and Marilyn Zack were feted by the Mah-Jongg section before they moved away in September.

Need some company? Find a section that fits

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.

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 Carolyn Seffens.

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. On Oct. 18, we will discuss *Rules of Civility* by Amor Towles (hosted by Mirna Hirschl). If you have questions, please contact Carol Orton.

Hilly Hikers

Hilly Hikers will continue to meet on the fourth Friday of the month. New members wanting to join should contact Wilma Hoffmann.

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 Katz is the contact.

French Conversation

We've taken off in *Vol de Nuit* and will continue on to Chapter V on p. 16 for our meeting on Oct. 8. Leslie Pasahow will be our hostess, starting at 1:30 p.m. Bring your books and be ready for some friendly conversation. Questions? Contact Laverne Rabinowitz.

Section Contacts

All About Food— Carole Farina

American Mah Jongg — Carolyn Seffens

Book Bunch — Carol Orton

Climate Change — Victoria Kline

Film Viewing — Open

French Conversation — Laverne Rabinowitz

Hilly Hikers — Wilma Hoffmann

Team Mah-Jongg — Carolyn Seffens

Walk/ Talk/ & Gawk — Stephanie Katz

Climate Change

What are airports doing about climate change?

Come to “Fly the Sustainable Skies of SFO”

Thurs. Oct. 10, 7-8 p.m. on Zoom

Free. Register at <https://bit.ly/SustainableSkies>

Presented by Citizens Environmental Council. Cosponsored by 350 Silicon Valley, Acterra, Citizens' Climate Lobby, Peninsula Clean Energy & Sustainable San Mateo County



A small group of Walk/Talk & Gawk hikers were able to spot whales off Pacifica (or at least some of them did).

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All About Food learns to avoid glucose spikes

By Wilma Hoffmann

The All About Food members Jane Fernald, Gerhild Klein, Theoni Pappas, Carole Farina and Elvira Monroe learned about glucose at a meeting led by Wilma Hoffmann.

This presentation was based on the book, *Glucose Revolution* by Jessie Inchauspie, a biochemist. It shows how fructose, sucrose, starch and even fiber are just different arrangements of glucose molecules. However, their impact on our digestion is totally different.

One of the things we can do to minimize our glucose (blood sugar) spikes and the deposit of fat in our hips, etc., is simply to eat our meals with fiber first, then protein and fats, leaving carbs to the end.

A lot of biochemistry was digested at the meeting, but it was eased on its way down with a great deal of fun and laughter, not to mention delicious non-glucose-spiking snacks.

Reader-friendly for the non-scientist, the book has thorough notes with sources of all claims made. It is impressive for the



author's emphasis on large studies and her understanding that this, so far, is a correlation. Causation needs more study.

Recommended reading for all members,

it debunks many medical/dietary guidelines. It explains why the Keto diet works, and why just counting calories and exercising is not a recipe for weight/fat loss.

From the Archives

How Mid-Peninsula helped to launch Hope House

This year the Mid-Peninsula Branch will celebrate 70 years of service. Over the next few months, The Triad will review highlights of our history. This month we will present a paper Ann Barnes wrote about the establishment of Hope House.

By Ann Barnes

In 1988, women serving time in San Mateo County jail on drug and alcohol charges were routinely released at 12:01 a.m.

Many had no where to go but the streets or back to the living conditions that had gotten them into trouble in the first place.

This situation deeply concerned Deputy Sheriff John Edmonds who worked with these women in the jail.

After the Service League of San Mateo County decided to establish Hope House, the sheriff spoke to our branch urging our support. At the time, we were looking for a community action project for the branch; this seemed to be an ideal choice.

Association rules prevented us from



fundraising directly in the name of AAUW, but we could and did provide individual donations of money, furnishings and hours of volunteer time.

We joined Friends of Hope House in planning the first major fundraiser "The Victorian Hope Chest Luncheon and Auction." It was to have been held at Ralston Hall on

the Notre Dame de Namur University campus on Oct. 19, 1989, but the Loma Prieta earthquake on Oct. 17 forced a venue change to the Greek Orthodox Church in Belmont.

Meanwhile, the Service League had rented a house on Alameda de las Pulgas in San Carlos for Hope House, but neighborhood activists expressed their opposition and took their complaint to City Hall.

Despite an outpouring of support, the San Carlos site was scrapped. AAUW was then invited to join the Hope House steering committee where the branch has been represented ever since.

Hope House eventually opened in Redwood City in December 1990. Our members, led by Marguerite Guild, joined others in preparing the house — cleaning, painting, washing bed linens and procuring donations of furniture and other necessary items.

AAUW continues to support Hope House by providing mentors and needed supplies.