



American Association of University Women



Gig Harbor Branch

OCTOBER 2015

Gig Harbor Branch Board

President

Karen Anderson
253-509-0781

Program Co-VPs

Pat Berger
253-851-2534
Catherine Luria
253-225-2068

Membership Co-VPs

Kathleen Larson
720-352-0537
Liz Svigals
253-530-3456
Patty Nelson
253-857-7900

Finance VP

Nancy Williams
253-779-4666

Secretary

Barbara Schmit
253-549-0814

Scholarships

Phyllis Davis
253-853-4616

Newsletter Editor

Martha Shellenberger
253-851-7464
marthashellen@comcast.net

Meet Our 2015 Tech Trek Attendees

The **Saturday October 17th** Branch Meeting will be held at the Harbor History Museum, 10:15 am -Noon.

Join us to meet and hear from the young ladies who represented the Gig Harbor Branch at the 2015 Tech Trek science camp on the PLU campus. in July. Parents and teachers have also been invited to share their experiences. Ninety (96) seventh-grade girls enjoyed campus life and classes based on hands-on math, science and technology activities.



Upcoming Events-Mark your Calendar!

Saturday, Nov. 14th

Hats off to AAUW Luncheon
Details to be announced

Sunday Dec. 6th

Holiday Party 2:00-5:00
Barb Schmits' Home



Photo by Martha Shellenberger 2015

Presidents Message

Karen Anderson
karena@u.arizona.edu
(253-509-0781)

From its inception, AAUW has had an ironic relationship to science. Women college graduates formed the organization, known originally as the Association of Collegiate Alumnae, to combat pernicious stereotypes circulated by leaders in major institutions and everyday people about women who attended college. One of the worst of these ideas was promulgated by Dr. Edward H. Clarke, a member of the medical faculty at Harvard, who published a study entitled *Sex in Education: Or, a Fair Chance for Girls* in 1876. In it, he argued that women who studied diverted energies from other parts of their bodies, especially their reproductive systems, to their brains. As a result, he claimed, women students became ill, weak, sterile, and mentally unsettled. Not surprisingly, he argued that it would be especially ill-advised for women to attempt the rigors of medical school.

ACA responded in 1885 with *Health Statistics of Female College Graduates*, which used the scientific methods current at the time and was published in conjunction with the Massachusetts Bureau of Statistics of Labor. Based on survey data from women college graduates, it concluded from their reports that higher education did not make women sick, crazy, or infertile. What a relief!

Today, AAUW continues its efforts to identify the stereotypes and educational practices that hold women and girls back, particularly in STEM fields. Its recent publication, *Why So Few? Women in Science, Technology, Engineering, and Mathematics*, describes the assumptions, explicit and implicit, that undermine the confidence of girls and women as they study these fields and makes recommendations for change. The work of Carol Dweck, Stanford psychologist, for example, highlights the importance of encouraging students to welcome challenges in learning (“it’s hard, great!”), while others note that explicitly telling girls that they are as skilled as boys in these fields and providing them with women role models helps them to see themselves performing successfully in scientific and technical work. Well documented gender differences in spatial skills can be addressed by providing training courses that improve the understanding and performance of girls and women in spatial reasoning. Changes in introductory science courses in college can foster increased learning and enthusiasm for these areas of inquiry. The result is more women majoring in science.

Despite this encouraging news, scientists continue to produce studies that allege that biological differences are the main element at play in diminishing women’s interest and performance in the sciences and technical fields. Given that it is not possible to provide control groups of girls and women who have not been subject to the societal views and educational practices that depress test results, it is in fact impossible to separate biological from other factors.

In the meantime, AAUW continues its work in improving educational practices and opportunities for girls and women. Our October program will introduce us to the Gig Harbor girls who participated in the STEM teaching that occurred in our Tech Trek program this summer. It is always an inspiring meeting. I hope to see you there.

And now a footnote from this humanist. This tweet is circulating on the internet. STEM: how to build a clock. HUMANITIES: How to build a world in which students of color are not arrested for building a clock.

Karen Anderson
President

TALES OF A 2015 TECH TREK MOM By Marlene Buffington



Marlene and her Tech Trek girls
Photo provided by Marlene Buffington 2015

During the week of July 12th-18th the Pacific Lutheran University campus in Parkland was alive with 96 middle school girls attending Tech Trek classes. All classes are built around the STEM program (Science, Technology, Engineering, and Math), and are active with hands-on learning. **Thanks to you, AAUW Gig Harbor was able to sponsor 9 seventh grade girls for this year's camp.** Each middle school had girls participating. From Harbor Ridge: Madison Terry & Hannah Lerman; from Goodman: Sydney Hoover & Katie Sevilla; from Kopachuck: Grace Rosing & Emma Toy; and from Key Peninsula: Hallie Hicks, Tiffany Rose, & Hailey Roncevich. **On October 17th you can meet them and hear them speak about this great experience at the Branch Meeting.**

Patricia Gwinn was a dorm monitor for 10 girls in Stuen Hall and I was a monitor for 10 other girls in Hinderlie Hall. This was my third year and Patricia's second. **You can think about all the fun you can have by volunteering to be a dorm monitor next year.** You are provided a private dorm room and meals on campus. Each monitor has a senior high school student counselor who is your partner in shepherding the girls to and from classes, to meals, and monitoring after class fun activities. Contact Patricia Gwinn if interested.

On Visitor's Day Karen Anderson, Catherine Luria, Barbara Schmit, Claudia Wade and Patricia Berger were able to come and visit classes during the morning and afternoon sessions. This is a way for parents and members to attend some classes and interact with the students. Thank you to those who came and were able to see their donation dollars being used. **Mary Williams has been working for the branch on obtaining corporate participation** for Tech Trek with the state and national AAUW offices. Thank You Mary!



Each month we feature a member or two, highlighting their accomplishments and interests. This month we are featuring one of our newest members, **Cynthia (Cindy) Mowry..**

Cynthia (Cindy) Mowry

Cindy is one of the many success stories for our chapter. She received two Minerva scholarships in the early 2000s and achieved an undergraduate degree at the UW Tacoma in US and International Studies. She went on to pursue a graduate degree at Seattle University and obtained a Masters in Arts and Education with a specialty in Student Development Administration. She currently works as the Director of Enrollment Services at Clover Park Technical College dealing with student records and maintaining security for those records.

She first joined AAUW in Cortland New York and when she moved back to Washington state sought out the Gig Harbor branch because of the support she received as a Minerva scholar. Cindy was a single mother of two teenage daughters when she pursued her graduate degree and she said the scholarships were much appreciated. Her daughter Carrienne is also a Minerva scholarship recipient.

An active mother and grandmother, Cindy's two daughters, now ages thirty-three (33) and thirty-two (32) each have daughters of their own, ten year old, Kylie, and fourteen month old Cora. Cindy is helping care for Kylie on a temporary basis to help out her daughter. Cindy's interests are reading, knitting, spending time in the outdoors such as walking and swimming plus her family and friends. One of her daughters is a veteran and Cindy is helping with the *Race For A Soldier* which takes place on Sunday September 27th in Gig Harbor.

A self-described avid reader, she plans to look into the Evening Book Group as a possible interest. Take time to say hi to Cindy when you meet her at a branch meeting or at an interest group. Welcome to the AAUW Gig Harbor Branch Cindy.

Interest Groups

October 2015

Bon Appetit- Tuesday, October 20 at 6 pm. Thyme group hosts Sage at Patty Nelson's home with co-host Karen Drum. Rosemary group hosts Parsley at Georgia Hoghaug's home with co-host Barb Schmit. For more information call Sue Engen at 253-265-1677 or Diane Edison at 253-851-1056.



Evening Book Group—Monday, October 26 at the Gig Harbor Peninsula Library.

6:30 Refreshments; 7:00 Meeting. Ellen Lowrie and Diane Edison will lead the discussion of "All the Light We Cannot See" by Anthony Doerr. Ruth Cannon and June Lane will provide refreshments. For more information please phone Sue Hines (253) 761-5080 or Salli Montgomery (253) 857-8057.

Who Done It (Mystery Book Group)—Tuesday October 13th, 10:30am. We will read *Harlan Coben*. The hostess is Nancy Williams and the presenter is Nancy Williams. For more information please call Carol Robinson 253-265-6141.

Bridge-Day— Our group meets on the third Tuesday of each month in a member's home for an afternoon of bridge. Please call June Lane (253-851-4059) for more information.

Bridge-Evening—The evening bridge group meets on the 4th Thursday of the month. Please call Mary Williams (253-509-0524) or Bev Storkman (253-851-2402) to confirm a date and time and reserve a seat at the table.



Lunch Bunch—The Lunch Bunch meets at 12:30 pm every second Wednesday of the month at the Inn of Gig Harbor. Everyone is invited. No need to call ahead.

Palette to Palate is on hiatus for a few months due to waning interest. If an exhibit looks intriguing, contact Ellen Lowrie at 253-884-2610 and we'll see if there is any interest in attending.



Gig Harbor Branch-Announcements

Newsletter Deadline: October 21st for November newsletter. Send your articles and pictures to marthashellen@comcast.net. Remember to include last names, locations, dates and times for the information you send.

Happy Birthday to members celebrating October birthdays.



Annette Wanwig	10-02
Paula Florence	10-12
Nancy Williams	10-12
Julie Woodward	10-13
Marilyn Davis	10-15
Patricia Schroll	10-15
Patricia Berger	10-21
Winifred Trippel	10-26

AAUW's ¡Adelante! Book for October 2015

¡Adelante! books help to open dialogues on women, diversity, and change.

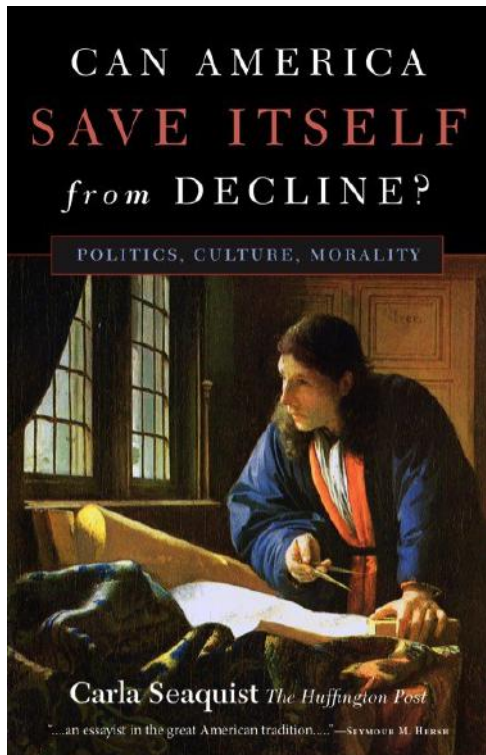
October is National Disability Employment Awareness Month

***Brain on Fire: My Month of Madness* By Susannah Cahalan**

When 24-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she'd gotten there. Days earlier, she had been on the threshold of a new, adult life: She was beginning her first serious relationship and a promising career at a major New York newspaper. Now she was labeled violent, psychotic, a flight risk. In a swift and breathtaking narrative, Cahalan tells the astonishing true story of her descent into madness, her family's inspiring faith in her, and the lifesaving diagnosis that nearly didn't happen. *Brain on Fire* is an unforgettable exploration of memory and identity, faith and love, and a profoundly compelling tale of survival and perseverance.

Check out the latest book from **Carla Seaquist, AAUW Gig Harbor member**. Members can purchase the book at Mostly Books in Gig Harbor or order from Amazon.com.

"I must say I am very proud of the book. Though I wrote each piece separately as the need arose, I believe the book coheres well as a whole, mainly because driving each commentary was the overarching question, Will America make it?" Carla Seaquist



CAN AMERICA SAVE ITSELF FROM DECLINE?:

POLITICS, CULTURE, MORALITY

by **Carla Seaquist**

Can America save itself from decline? Great nations throughout history have followed the pattern of rise and rise, then decline and fall. Is this America's fate, or can we reverse our decline and rise again?

In the belief that if any great nation can reverse its decline, America can---we believe in reinvention, we are not fatalists yet, but it will take stronger leadership and reform than seen to date--
-Carla Seaquist in her commentary for *The Huffington Post* addresses this historic challenge from various angles---political, economic and financial, cultural and moral---all in the context of the American character.

In an extended end-essay, Seaquist addresses the question posed in the book's title.

Sample titles of 75 essays include: "Recovery without a Reckoning"; "Risk Management According to *Moby-Dick*"; "A War's Premise Must Justify the Troops' Suffering"; "My Republican Mother Says Yes to Gun Control"; "Exceptional Nations Don't Bluster"; "Get Thee to Geneva, Mr. Obama: Your Drone Strikes Make Targets of Us All"; "Humor: There's Funny and There's Symptom of Decline"; "Free Speech vs. Responsible Speech"; and "Democrats Are 'Disgusted' with Politics? Boo Hoo."

"...an essayist in the great American tradition." --- Seymour Hersh

Available at **Amazon.com** in paperback and e-book. 344 pages. **Order [here](#).**

Also available at Amazon.com by this author: *Manufacturing Hope: Post-9/11 Notes on Politics, Culture, Torture, and the American Character* and *Two Plays of Life and Death: "Who Cares?: The Washington-Sarajevo Talks" and "Kate and Kafka."*

For more information about the author, see www.carlaseaquist.com

How to Celebrate Your Birthday-as told by Diane Edison

The Bon Appetit Group met on September 15th at the Hub Restaurant at the Gig Harbor Airport. At the end of the meal a member presented a cake to Gwyneth Nightingale, the founder of the Gig Harbor Chapter, in honor of her 95th birthday. Everyone sang Happy Birthday as Gwyneth admired the candles on her cake. A couple, who had just arrived by helicopter, came over to the table and asked whose birthday it was. They offered Gwyneth a helicopter ride to celebrate her birthday and said she could invite another passenger. Gwyneth invited Ginny Smith who celebrated her 96th birthday this month. Gwyneth and Ginny were thrilled. What a way to celebrate your birthday. Unfortunately Diane didn't get the pilot's name.



Photos provided by Diane Edison 2015



Gig Harbor Branch-Public Policy

Julie Buffington, Public Policy Chair

From AAUW National

Ending Campus Sexual Assault

Sexual assault disproportionately affects college women and impedes their ability to participate fully in campus life. Educational equity for women and girls requires fair, responsive, fully developed campus sexual assault policies, knowledgeable administrators, and, ultimately, an end to sexual violence on campuses. Everyone plays a role in ending sexual violence. Use these tools to help end sexual violence on campus.

Take Action: 10 Ways to Fight Sexual Assault

The chance of a woman being sexually assaulted during college is about the same as her chance of catching the flu during an average year — except she can't just take Nyquil and rest in bed for a few days. Sexual assault has lasting effects on students. If this statistic troubles you, know that you can take action.

1. Share resources and groups that help survivors.

The first step in helping survivors heal is to believe them. Research shows that only 2 percent of survivors disclose their sexual assault to the police. Once a survivor confides in you, connect her or him with national, community, or campus resources, like a counseling center, advocacy office, the police, or a public safety group. Remember your role is to help; if the survivor doesn't want to seek outside assistance, don't insist.

2. Know your rights.

Universities that receive federal funding must be in compliance with Title IX of the Education Amendments of 1972. While Title IX is traditionally known for equity in athletics, it covers all realms of gender equity and prohibits sex-based discrimination in education, including discrimination against pregnant and parenting students and women in STEM programs, sexual harassment, and sexual violence. Get the facts on your rights under Title IX.

Students and members can pledge to take U.S. Department of Education resources to their campus Title IX coordinators, who are in charge of overseeing all complaints of sex discrimination and making sure schools are compliant with Title IX. These resources are powerful tools that provide support, guidance, and training for Title IX coordinators and help them do their work better.

3. Check if your school complies with the Campus SaVE Act.

After years of hard work by advocates, the Violence Against Women Reauthorization Act (VAWA) is law. The updated VAWA campus safety provisions, sometimes called the Campus SaVE Act, went into effect July 1, requiring colleges and universities to take new steps to end sexual violence. The regulations for the VAWA amendments to the Clery Act are final and enforceable. Schools must follow them or risk investigation and action from the U.S. Department of Education.

Schools should already be making a "good-faith" effort to follow these new provisions. Have you ever checked your school's annual security report, which explains its compliance? Consider searching "annual security report" on your school's official website. The report should show up and have been updated on or by October 1. It should include new statistics about dating violence, domestic violence, and stalking and mention the steps the school is taking to comply with the new law. Send us an e-mail at advocacy@aauw.org to let us know what you find out. Checking up on institutions is a great way to implement this strong new law that you helped make a reality!



Gig Harbor Branch-Public Policy

From AAUW National

Ending Campus Sexual Assault (continued)

4. Write an op-ed.

Op-ed pieces can inform and influence readers and can bring considerable attention to this cause. Research campus sexual assault, and then write an op-ed for a school, local, or national newspaper or even a blog.

5. Use social media.

Social media tools can help spread awareness and advocate for social change. Use hashtags to start or join in conversations on Twitter, Tumblr, or Instagram. (For example, use #SAAM, which stands for Sexual Assault Awareness Month, during the month of April.) On Facebook, post articles and share events to get your friends in the know.

6. Start a conversation on victim-blaming and how to stop it.

Host an on-campus brown-bag to talk about how victim-blaming occurs and how can we prevent it.

7. Hold a bystander intervention session.

Bystanders can help prevent or stop sexual violence on campus and in other communities. Connect with programs that teach bystanders how to intervene in situations that involve sexual violence.

8. Get involved in national campaigns.

9. Volunteer.

Help out at your local rape crisis center. If there isn't a local or campus center near you, consider volunteering at the national level with RAINN's online hotline.

10. Apply for funding.

On a rolling basis, AAUW branch members can apply for LAF Campus Outreach Grants and receive up to \$750 to hold an event about sexual assault on a local campus. Some current and past AAUW fellowship and grant recipients have focused their work on sexual violence issues, and you can, too.

See <http://www.aauw.org/resource/campus-sexual-assault-tool-kit/> for details.

Register for the 2015 Supreme Court Preview Call

October 15, 2015 8 p.m. ET (5 p.m. PT)

Federal courts are sometimes the last, best hope for women who have experienced discrimination in education, employment, or health care. This year, the U.S. Supreme Court will consider a number of cases with the potential to significantly affect the rights of women and girls. Reproductive freedom, access to health care, and affirmative action are all likely to be on the court's schedule. As the term



begins, **join AAUW's Legal Advocacy Fund for a members-only call on Thursday, October 15, at 8 p.m. ET to stay informed about these cases and others.** The call is free, but you must register to receive the call-in information.

What: AAUW Legal Advocacy Fund conference call discussing the upcoming Supreme Court term

When: Thursday, October 15, at 8 p.m. ET (5 p.m. PT)

Registration closes October 13. **Register for the call today!** You must RSVP to receive the dial-in information for the call.

Questions? E-mail laf@aauw.org.

To Register:

Go to www.aauw.org.

Click on Register for the 2015 Supreme Court Preview Call

Fill Out the form. You will need your AAUW Membership Number. If you don't know it, type your name where indicated and you will receive your membership number in an email.

AAUW Newsletter

Gig Harbor Branch

P.O. Box 2705

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Dated Material

AAUW DIVERSITY STATEMENT: In principle and in practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

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Morso

Eat and drink at the head of the bay

