

- HAVE FUN— take a field trip
- VOLUNTEER—to be a tutor or mentor
- MEET— new members



## Local Physician Transforms Lives in Tibet and Brazil

**When:** Monday, February 16, 2015

**Where:** Community United Methodist Church, 777 Miramontes, Half Moon Bay

**Time:** 7 – 9 pm

- ✦ Social time: 7:00 - 7:15 pm
- ✦ Business meeting: 7:15 - 7:30 pm
- ✦ Speaker presentations: 7:30 - 8:30 pm

Social time: 8:30 - 9:00 pm

Please join us at the February AAUW meeting to hear local resident Dr. Nancy Harris speak about her work to bring health programs, supplies, support, and hope to children in the Tibetan Plateau in China. Dr. Harris will describe the health and welfare conditions in Tibet. The founder of a non-profit, the Terma Foundation, she was able to join forces with international and Tibetan partners to improve the lives of thousands of impoverished residents through health programs. They provide treatment, prevention, and training programs to reduce health risks and disease through culturally appropriate methods.

After spending more than 20 years working primarily in Tibet, Dr. Harris recently expanded the reach of Terma Foundation to serve children in the slums of Rio de Janeiro. We hope you will join us to hear her inspiring stories of struggle, support, hope, and survival.

Ellen Donnelly and Allene Zanger, Program Vice Presidents

### Update on Changes to March and April Programs

We wanted to provide you updated information about March and April programs since the information in the directory is now incorrect. Please mark your calendars. We hope to see you at these meetings.

#### MARCH

**Monday, March 16, 2015,** Speaker presentations start at 7:30 pm

**Location:** Community United Methodist Church, 777 Miramontes, Half Moon Bay

**Program:** A panel discussion of local authors discussing their work and how they were able to get published.

#### APRIL

**Monday, April 20, 2015,** 7:00 - 8:30 pm

**Location:** 537 Kelly Street, Half Moon Bay (next to the old Senior Center)

**Program:** A Disaster Preparedness Seminar will be presented by the San Mateo County Sheriff's Office of Emergency Services

## RECEIVING YOUR TIDINGS???

The lifeline for getting information about our AAUW branch activities is the Tidings. It is usually sent sometime between the 25th and the end of the month. I know there are times when individuals do not get theirs. If it's not in your mailbox by the first of the month, please let me know and I will resend it. Also, during the month I send out special notices, etc. If you are not getting those please let me know. Thank you for your cooperation.

Betty Lee-Kendall, email distributor (bleek917@sbcglobal.net)

## Save it for the White Elephant Sale – May 23, 2015

Every New Year brings change, opportunities, a desire to simplify, to cast off the old but still extremely useful items in your household. This is where we come in...

SAVE IT FOR THE SALE!

AAUW HMB is again extremely excited about our Annual White Elephant Sale.

We are again fortunate to be able to use the Train Depot for the sale.

The sale date is Saturday, May 23rd, 9:00a.m. to 3:00p.m.

Start making a pile of extremely interesting, usable, good quality items that we can sell.

Use your extremely good judgment and glean clean and keen stuff from your home.

### Things that sold well were:

Housewares, collectibles, toys, books, linens, jewelry, tools, etc.

Brand new computer items, still in box or shrink wrapped

All types of clothing, shoes, purses, scarves, accessories

Last year we could have sold more men's and children's clothing

We did extremely well on the plant sale last year!!!

Give us your pots, your clippings, your humbled grasses yearning to be free –

Oops, not free but to be sold at our sale!

While extremely unfortunate, there are some items we just cannot accept:

- Extremely heavy stuff – over 40 pounds- such as large furniture
- Electronic equipment that is obsolete – computers, printers, TVs, VHS tapes
- Magazines, software or computer manuals, textbooks
- Extremely large artwork
- Worn, soiled, torn clothing

Watch for more details in the March Tidings. In the meantime, if you have any questions or are extremely willing to help with the sale, please contact either co-chair,

Mary Sheridan, mary.b.sheridan@gmail.com (650) 722-3554

Peggy Rozhon, prozhon@gmail.com (650) 712-9143



## **Half Moon Bay AAUW Local Scholarship:**

The Local Scholarship committee sends about 250 invitations each year to locally graduated females. In response to the invitation the committee receives 16-18 applications. The applicants must complete an application form including student financial data, extracurricular activities, university recognitions, copies of university transcripts, and an essay of no more than 1000 words explaining how the student's educational and life experiences since graduation have influence her decisions regarding current goals and long term aspirations.

After receipt, all applications, including the essays are read and evaluated by each of the five readers of the Scholarship Committee. A month is allotted for this time consuming process. The chairperson then acts as facilitator as the readers meet to reach consensus selecting the top candidates to be the scholarship recipients. The selection process is arduous, but efficient, because the readers are so well prepared at the time of the meeting.

Each year the committee expresses the wish that more recipients could be selected because the applicants are so outstanding. In 2014, four scholarships were awarded. Presently, our funds will provide three scholarships, one Edna Cox and two Ivania Portocarrero.

For the year 2015, the committee is still hoping that our branch will be able to provide a fourth scholarship in recognition of an outstanding STEM student. Current donations are being applied to meeting that goal. If you wish to support this goal, you donation may be made either AAUW SPF-CA with the memo line to HMB -AAUW Local Scholarship, or directly to the AAUW-HMB Local Scholarship Fund. Donations may be mailed to S. Hatfield, 450 Cypress Ave. CA 94019.

## **Half Moon Bay Chamber of Commerce:**

What does the Sheriff's Activity League do for education on the Coastside? Program Director, Jessica Karaeff, explained that SAL under the coordination of Deputy Shawn Chase provides the Cunha Mentoring Program, the Moonridge Literacy Program, the Pilarcitos Coyote Society Mentoring Program, and Deputy Chase with Edgar Manilla sponsor the Teen Leadership Council. Our Sheriffs truly offer important programs for Coastside youth.

What activities are available at the HMB Library for people like me? In addition to books, DVDs, CDs, magazines and newspapers, I discovered the wifi access this past month when my DSL line was down. According to the calendar provided at the Chamber meeting, the library also provides Friday, Computer Coaching at 1 p.m., as well as the Lawyers in the Library program one Sunday afternoon each month. I am grateful that the librarians provide this information at our monthly meeting so that I can pass it on to you. Opportunities to volunteer abound.

If you would like to contribute to our AAUW-HMB Local Scholarship Fund, you may use the form below. Our branch Local Scholarship Fund makes awards to outstanding graduates of Half Moon Bay and/or Pescadero High Schools who are entering their junior or senior year of college.

YES, I want to support Coastside women in the final stretch of their college education.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

My gift is in memory of: \_\_\_\_\_

Make checks payable to: AAUW-CA SPECIAL PROJECTS FUND with Local Scholarship noted on the memo line. MAIL TO: SUE HATFIELD, 450 Cypress Ave., Half Moon Bay 94019.

## **TWO MORE REASONS WE CAN BE PROUD OF OUR HALF MOON BAY BRANCH!**

Our branch has established not one, but two Research and Project Endowments, which provide Career Development or Community Action grants to women.

In honor of two charter members, Edna Cox and Ruth Rafello, we completed a \$35,000 Endowment in both 2004 and 2008. Every year since then, the interest from those R & P Grants has enabled women across the U.S. to carry on their work.

Community Action Grants provide funds to individuals, AAUW branches, and AAUW state organizations as well as local community-based nonprofit organizations that promote education and equality for women and girls. For 2014, an Edna Cox grant was awarded to Tammy Thompson, South Carolina, whose Lactation Design project will provide resources to increase lactation accommodations in places where women work, study, or visit, while providing valuable mentorship to aspiring female architects.

Career Development Grants provide funding to women who hold a bachelor's degree and are preparing to advance or change careers or re-enter the workforce. Primary consideration is given to women of color and women pursuing their first advanced degree or credentials in nontraditional fields. In 2014 Elizabeth MacFarlane, MS Public Health, Duke University, North Carolina, who plans to research the mental health impacts of climate change on women farmers in Jumla, Nepal, received funding from the Ruth Rafello grant.

We are able to reach out to women all over our country through our fundraising efforts. Many thanks to all of our members who support the work of AAUW Funds!

June Baxter



## **Membership Matters!!**

There are just two months left for members to become eligible for the recruitment raffle. Every member who recruits a new member will be entered in a raffle for free national dues for next year (value of \$49). The winner will be selected at the April General Meeting. As of January 15, the following members have recruited a new member so they will be entered in the raffle - Sue Hatfield, Jean Burch, Wendy Lama, June Baxter, Barbara Kelly and Mary Alice Pearce.

Please send me an email if you know of someone who might be interested in joining the branch or bring them to one of the upcoming general meetings. If they decide to join at the meeting, they will save on their dues.

## **New Members:**

We had two new members join the branch at Saturday, January 24th meeting. They took advantage of the reduced national dues rate of \$12.25. Here are their names and contact info:

**Victoria Woodrow:** 745 Kelly Avenue, HMB

650 726-6722 (home): [vzwl@msn.com](mailto:vzwl@msn.com)

BFA in Painting from Academy of Art and MA from Notre Dame

Stephanie M. Lyons: 340 Grand Blvd. HMB

1 415-342-3119 (cell): [sml Lyons@earthlink.net](mailto:sml Lyons@earthlink.net)

BA English from SF State and MA Political Science from SF State

### **Tidings Deadline for March Issue: Sunday, February 15, 2015**

When emailing articles please be specific in your Subject Line. **Please name your interest group or other subjects not just the word Tidings.** It makes it easier for me to keep track of submissions. Thank you.

Please send articles as attachments, preferably in WORD.

Again, Thank you for your help and cooperation.

Harriett Beck, Editor [hmbeck1@comcast.net](mailto:hmbeck1@comcast.net)

# Tech Trekkers Win Ribbons at 2015 Cunha Science Fair

by Julie Gerth



It's Science Fair time again, and our 2014 Tech Trekkers -- now eighth-graders at Cunha Middle School -- explored some interesting topics. On Jan. 14, moms, dads, brothers, sisters and friends perused the aisles of colorful display boards showing a wide range of hypotheses, data -- and sometimes surprising conclusions.

-Congratulations to Casey Co for her second-place award in the Physical Science category with her project that sought to discover which household appliances emit the highest levels of EMFs (electromagnetic fields), from 5 cm, 50 cm and 100cm away.

-Julie Raffetto received a second-place ribbon for her test of how the varying pH levels in soft drinks break down tooth enamel. Her hypothesis was that Coca Cola would be the winner, but her conclusion stated that between water, coffee, Coke and lemon juice, it was the lemon juice that caused "a 40 percent change in the average overall mass decrease."

-Michaela McGee received second-place recognition with: "Mom's Kitchen Sink Is Filthy: Let's Clean It." She tested whether chemical or natural cleaners were better at inhibiting bacterial growth. She used "sensitivity disc measurements and turbidity measurements to determine the effectiveness of the cleaners." The concentration of the cleaner was a factor of course, and she found that hydrogen peroxide at 100 percent inhibited the most bacterial growth.

-Kasandra Acosta-Garcia received honorable mention and was featured in a Jan. 14 Half Moon Bay Review article about the Science Fair in which she credited Tech Trek for her interest in food science. She was curious to see "Which gender of 13- to 14-year-olds will choose the correct serving size of Goldfish snacks?" She thought girls would be more savvy about portion size, but the boys in her study seemed to make better estimates.

-Cassidy Payne also received honorable mention for tackling the tricky Behavioral Science category with her question about contextual memory: "Who is likely to make a better eyewitness: Millennials (developing brain) or Baby Boomers (deteriorating brain)?" She created a scenario about a grocery shopping trip with 20 items in the subject's shopping cart. She showed her subjects five people in line with them. In the scenario the store is robbed at gunpoint and the witness-subjects are interviewed and must recall as many items in their cart as they can (proxy for detailed memory) and describe characteristics, from head to toe, of the gunman who was one of the five in line.

It's always fun to see what ideas our Tech Trek campers come up with and how they apply their knowledge of the scientific method. First- and second-place winners will go on to compete at the San Mateo County Science Fair.

**Tech Trek Donation Form—2015**

Yes, I want to continue to support Coastside girls at Tech Trek, the annual AAUW summer math and science camp, now in its 17th year!

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

My gift is in memory of: \_\_\_\_\_

Make checks payable to: AAUW-CA SPECIAL PROJECTS FUND and mail to: Julie Gerth, AAUW-Half Moon Bay Branch Tech Trek Chair, 2094 Touraine Lane, Half Moon Bay, CA 94019.

## **AAUW Public Policy:**

In last month's Tidings, we reported on a meeting we attended with Jackie Speir where she voiced her frustration in working with the 2013-2014 "do nothing congress" During this period only 200 bills were signed into law..We contacted her office to find out how this compares to other years. Going back to 1999-2000, the average was 440 over the seven year period 1999-2012

On another note of high interest to AAUW, San Francisco mayor Ed Lee, signed legislation in December that requires any company that has more than 20 employees with contracts with the city, to submit reports on their employee's pay, to the city's Human Rights Commission. Before this it was not disclosed how much employees were being paid, it will now be required to be transparent. This is a step in assuring that women are receiving equal pay for equal work. In San Francisco, many women earn 75 cents for every dollar earned by their male counterpart, and this gap widens for women of color. This, along with the executive order that Pres. Obama signed last month requiring businesses contracting with the federal government to make available their pay information, is a step towards assuring that women are equally compensated for their work.

Mary and Carlos Vargas  
Public Policy Co-Chairs



## **Neighborhood Meeting Information:**

All AAUW members living in El Granada, Moss Beach and Montara are invited to a joint neighborhood coffee at **10:30 am, Saturday, February 28, 2015 at the home of Nancy Evans.**

978 Salvador Street, El Granada.

Please RSVP to your neighborhood coordinator.

## **Check Out our web site?**

Check the updated website **[halfmoonbay-ca.aauw.net](http://halfmoonbay-ca.aauw.net)** for news about our branch activities and AAUW.

We have a MEMBERS section which is protected. How do you get into the MEMBERS only section?

Type in our branch password for this section: **HMB Tidings.**

This MEMBERS section should have our bylaws, meeting minutes from the board, board agenda, board member contact information.

Maura Jones, Web Master



### Message from Your Interest Group Coordinator

We have lost one of our Interest Groups. Play Reading will no longer be active due to a lack of interest. If anyone wants to initiate this group again, please contact Luanne Paul King. If you want to start a new group, contact me, and I'll try to help getting it started.

Carol Forster, Interest Group Coordinator

## HANDS ON!

We started the new year off with lively meeting at Jeanette's. Our next meeting will be on Wednesday, **February 11<sup>th</sup> from 4-6 PM**. We are looking for a hostess, so please consider volunteering. Location will be sent in email to those signed up for this interest group.

Thanks,  
Delores Crabb  
coastcrabb@comcast.net

## JANUS



We're known as the bunch that likes to lunch, meeting promptly at noon on the fourth Wednesday of each month. Everyone brings a dish to share at the potluck.

We love to chat, eat, drink a little wine and have a wonderful congenial time. This is a group that will welcome you and make you feel at home. Our **February 25<sup>th</sup>** lunch, as usual, will be at the home of Delores Crabb, 567 Sixth Street, Montara, 728-3794, [coastcrabb@comcast.net](mailto:coastcrabb@comcast.net), and will feature, also as usual, a Mardi Gras theme. Call Dorothy Mauer, chair, 728-3415, for more information.

## AAUW Writers' Group

The Writing Group will meet at 9:30 am at the Moonside Bakery and Café on the first and third Thursday of the month; that is on **February 5** and **February 19**. We will do spontaneous writing in response to Jean Slinger's prompts on the 5th and will read from our work on the 19th. All writers are welcome! If you have any questions, please contact Janet Orumchian at: [jhorumchian@yahoo.com](mailto:jhorumchian@yahoo.com) or phone her at 650-560-0362.

## Out and About



On **February 6**, we have an opportunity to see Alcatraz with an artistic Twist. This unique exhibit is entitled **@Large: Ai Weiwei on Alcatraz** and features seven installations by this Chinese dissident and artist. You can read more details on line. If you have mobility issues, please consult [nps.gov/Alcatraz](http://nps.gov/Alcatraz) to see whether visiting Alcatraz is a good fit for you physically. If there is still space, we are asking all who want to go to do two things:

1. Make your own reservations by going to [alcatraz-cruises.com](http://alcatraz-cruises.com) and buying your own ticket. Make your reservation for the 10:30 am ferry on February 6th. If this is not possible, send a check for the appropriate amount to Penny O'Neal and she will do it for you. Make the check out to Penny. Reservations should be made as soon as possible.
2. RSVP to Mary Alice, so that we can organize transportation to Pier 33 in San Francisco.

We have upcoming trips planned for Sunset Gardens, Steinbeck Museum, and the Botanical Garden in Golden Gate Park.

If you wish to be added to the group e-mail list, please let me know. We have nothing planned for March. Please send ideas to: [maalice\\_hmb@comcast.net](mailto:maalice_hmb@comcast.net).

Mary Alice Pearce, Co-Chair



## Walk with us!

Start out the New Year with a great resolution, healthy and fun! Come walking on Monday morning at 10 with the Walk and Talk group. We walk in a variety of places along the coast and are gone about 2 hours each Monday. If you'd like to be included on the e-mail list that goes out each week with information on where to meet, contact Marilyn Garrison.



## Great Books



The group is reading Beach Music by Pat Conroy for the gathering on **February 12**. Bev Landess will lead the discussion at her home, 409 Wave Ave. HMB. Please let Bev know if you plan to attend.

Miriam Champion

## Bridge Group



The bridge group meets the third Friday, September through May, from 10:30 a.m. to 2:30 p.m. **February's meeting will be on the 20th** at Sharon Miller's house in El Granada. Please contact Kit Bunnell at 726-9547 or by email at [csbunnell@earthlink.net](mailto:csbunnell@earthlink.net) for more information or to reserve a spot.

## Out to Breakfast



The Out to Breakfast group will meet at 8:30 am on **Friday, February 13** at the Café Mezza Luna, 240 Capistrano Rd., Princeton. No need to "make a reservation" - just join us. All are welcome to join us for good food and good conversation. It's a great way to start the day.

Peg Nordensten, Chair

## Great Decisions

(starting in February)

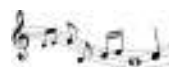
The Great Decisions group uses topics from a book published by the Foreign Policy Association which all the members buy (about \$22). These topics concern current crucial global issues. The upcoming 8 topics are: Russia, Privacy in the Digital Age, Sectarianism in the Middle East, India, Africa, Syria, Human Trafficking, and Brazil.

Books are published annually in January. Meetings are the second Tuesday of the month in the evening from 7-9 pm from February through September. **The first meeting will be February 10, 2015.**

Email Barbara Von Glahn at [Barbara\\_hmb@yahoo.com](mailto:Barbara_hmb@yahoo.com) or call 726-7696 if interested.

Barbara Von Glahn, Chair

## San Francisco Gourmet Symphony Lunch



**Thursday, March 26 at 11:30 am.**

A departure from the usual—an exciting offering of a gourmet pot-luck to be eaten in the Green Room at Davies Symphony Hall prior to the concert featuring Anton Bruckner #8 with Bychkov conducting. All for only **\$22.00**.

There are **only 30 tickets** available and reservations **must be made by February 25** and the group tickets available through Nina Nelson's awesome connections have to be made a month in advance. No exceptions.

Each person reserving will be offered suggestions to bring SF type foods in one of four categories. Call or e-mail Nina ASAP with your reservation. This is a unique opportunity.

Nina Nelson: [nencgn@yahoo.com](mailto:nencgn@yahoo.com)

## Home Theatre

There will be a departure from Home Theatre's monthly movie fest for this month. We will meet to view the Academy Awards on Sunday, **February 22** at the home of Betty Lee-Kendall. The Oscars start at 4:00 p.m. but come an hour earlier if you're interested in the Red Carpet part of the show. If you plan to join us for a pot luck dinner and to see who the winners are, please contact Betty Lee-Kendall at [bleek917@sbcglobal.net](mailto:bleek917@sbcglobal.net).

Betty Lee-Kendall, Chair

## Evening Book Club



Tuesday evening, **February 24**, is the date for discussing **DEAR LIFE**, a collection of stories by NOBEL prize winner, Alice Munro. June Baxter will facilitate the discussion. We meet at Madeline Mc Reynold's home in Miramar at 7 PM. Discussion of the book begins at 7:30 after a social half hour.

For more information, contact Marianne Harrison at [mimih108@sbcglobal.net](mailto:mimih108@sbcglobal.net) 726-4553.



**Important!! Important!! Important!!**

**We need to prepare for our Election of Officer for the coming year /2015-2016!**

The year is coming to an end. We have a very important activity to complete before our Annual Branch Meeting which will be held in March.

We need to select and present our slate of Executive Officers , Appointed Officers, and Committee Chairs to the membership..

**Our Annual Branch Elections are held in March**

Our Board of Directors is vital to enable the HMB AAUW to carry out its mission.

**“Advancing equity for women and girls through advocacy, education, philanthropy, and research.”**

The nominating committee is requesting that members consider volunteering for the variety of positions that are necessary for us to continue our important role in our community.

Check the list in the Directory. How could you help?

There are a variety of positions available. Please contact one of the current officers and discuss your interests in helping AAUW continue its work. If you are contacted by a member of the nominating committee please consider accepting a position.

Thank you.



# February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Board Meeting</b> <u>7 pm</u> Walk & Talk 10:00 am	3	4	5 Writers Group 9:30 am	6 Out and About 9 am ?	7
8	9 Walk & Talk 10:00 am	10 Great Decision 7:00 pm	11 Hands On 4:00-6:00 pm	12 Great Books 2:00 pm	13 Out to Break- fast 8:30 am	14
15 <b>Tidings</b> <b>Deadline</b>	16 <b>General</b> <b>Meeting 7 pm</b> Walk & Talk 10:00 am	17	18	19 Writers Group 9:30 am	20 Daytime Bridge 10:30 am	21
22 Home Theatre 3:00 pm	23 Walk & Talk 10:00 am	24 Evening Book Club 7:00 pm	25 Janus 12:00 <b>Gourmet Reser- vations</b>	26	27	28 <b>Neighborhood</b> <b>Meeting –North</b> <b>10:30 am</b>

Your **TAX CALENDAR** by Deb Marion, CPA, EA

AAUW Member, Half Moon Bay Branch

Hi . . . Visit my website **DebMarionCPA.com**  
for info about my complete Tax Preparation, Tax Planning,  
Tax Audit Representation, and QuickBooks services.  
I serve Individuals, Sole Proprietors, LLC's, Corporations,  
Non-profits, Estates and Trusts. Call me, let's talk!

Deb Marion, CPA, EA 650.393.3044 accoun5@aol.com

**A+ RATING** by Better Business Bureau  
2014 Best on Coastside Runner-up, HMB Review, Readers' Award

**EXPERT TAX SERVICES - CPA, EA**

TAX PREPARATION  
TAX PLANNING  
TAX AUDIT REPRESENTATION  
QUICKBOOKS PROADVISOR

**and "I come to YOU."**





## Do you know about the Sunshine Committee?

We assist local branch members when support is needed and wanted. Our volunteers offer support by providing transportation to appointments, visiting the patient, and delivering meals for the AAUW member and their family. If you would like to volunteer on an as-needed basis, please contact **Jeanette Chapman at 726-5161 or handyjc@juno.com**. We appreciate all volunteers!

Your ad could be here!

\$65.00	8 issues
\$35.00	4 issues
\$10.00	1 issue

For more information contact  
Harriett Beck.  
hmbeck1@comcast.net

The TIDINGS is published eight times/year by AAUW-HMB. Deadline is the 15th of the month prior to publication.  
Editor: Harriett Beck; Mailed Circulation: Beverly Landess; E-mailed Circulation: Betty Lee-Kendall



Half Moon Bay Branch  
409 Wave Avenue  
Half Moon Bay, CA 94019

Return Service Requested  
Time Dated Material



***“AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.”***

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