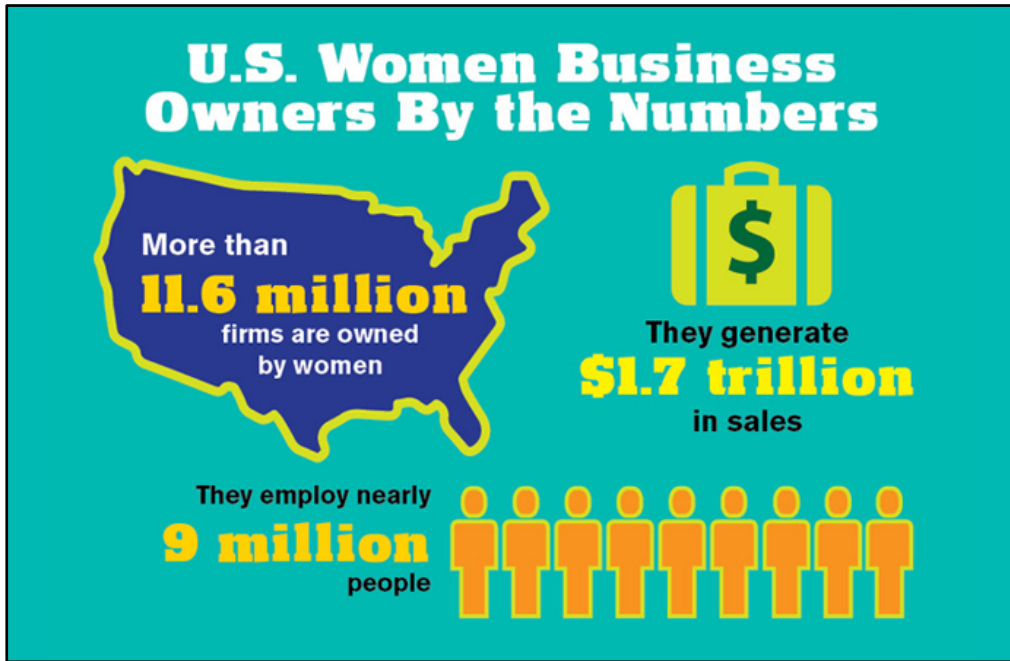


the TIDINGS

News of AAUW-Half Moon Bay

Volume 55, Issue 6

February 2022



Graphic: National Association of Woman Business Owners

Coastside Women in Business

Monday
Feb. 7, 2022
7 to 8:30 p.m.

What does it take to fulfill your dream of owning your own business? Ask our panel of four local women who own businesses here on the coastside.

Mary Sheridan will be our moderator for the evening. All the women will be asked a variety of questions, both personal and professional. It will be fascinating to find out how important a mentor was to each of them. At the end of the presentation, all will be able to ask questions of their own choosing.

Our panel of speakers includes **Sara O'Sullivan** of Coastside Books, our own member **Wendy Lama** of KarmaQuest Ecotourism, **Courtney Woodrow** of Gaia Essentials, and **Sheila Edwards-May** of Tokenz.

Plan on joining with fellow

branch members and be enthralled with this panel of extraordinary women. And remember to let your friends know about the presentation: Send them the Zoom link and let us know that they are coming. This is a great opportunity to share with someone you know who is thinking about starting their own business.

Speech Trek Canceled

Speech Trek, scheduled to have been our February program, is canceled for this year. The two students who signed up to participate dropped out of the competition.

Thank you to Paulette Eisen for all the effort she gave in coaching.

Our branch values this program and will again promote it next year.

Mary Vargas, Speech Trek Coordinator

Join Us

Please join us as we welcome a panel of local businessswomen. Please email **Peggy Rozhon**, President, at prozhon@gmail.com if you have any questions.

Time: Monday, Feb. 7, at 7 p.m.

Where: [https://](https://us02web.zoom.us/j/87062531830?pwd=RzR2S1lNYlpKa1pycW13ZjQ4c3NHQT09)

us02web.zoom.us/j/87062531830?pwd=RzR2S1lNYlpKa1pycW13ZjQ4c3NHQT09

Meeting ID: 870 6253 1830

Passcode: 402206

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of University Women
Half Moon Bay Branch**
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aauw.hmb.newsletter@gmail.com.

Articles should be pasted into the body of the email. Attach any photos as .jpg or .png files. Deadline is the 15th of the month prior to publication.

Neighborhood Groups

South Half Moon Bay, Central Half Moon Bay, North Half Moon Bay, El Granada/Miramar, and Moss Beach/Montara. Look for the distribution in your directory.

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

AAUW Half Moon Bay Branch is a tax-exempt 501(c)(3) corporation. Your contribution is tax-deductible.

President's Message You're All Heart

Plans for February? Keeping your heart healthy and then giving it away.

In 1964, President **Lyndon B. Johnson** designated the month of February as American Heart Month. During this month, the CDC encourages all Americans to educate ourselves about heart disease and stroke, the leading cause of death in the U.S. On the first Friday of February, it's National Wear Red Day, a vibrant way to draw attention to heart health issues. Talk with your doctor, amp up your exercise routine, and eat healthy. Make your Valentine's Day meal a heart healthy one. Learn more at the **National Heart, Lung, and Blood Institute**.

Random Acts of Kindness Week

is Feb. 13-19, with Feb. 17 designated as Random Acts of Kindness Day. So, take your healthy heart and spread the love around. Find ways to surprise friends, neighbors, and strangers with a kind deed. Let someone go in front of you in line, compliment a stranger, feed a parking meter, etc. A small gesture can brighten someone's day. I am sure we have all been on the receiving end. Feb. 17 is the day to be on the giving end.

So put a little love in your heart, but not salt. And listen to **Jackie DeShannon's** lively tune from 1969 "**... and the world will be a better place ...**"

Peggy Rozhon, President

There's Still Time!

Named Gift Honoree Nominations

Each year AAUW-HMB recognizes selected members for their service and outstanding contributions to the branch and AAUW and recognizes them as a Named Gift Honoree. Pages 5-7 list all the outstanding winners from past years. The awards are announced at the June recognition luncheon.

If you would like to nominate someone, email **Mary Sheridan** at

mary.b.sheridan@gmail.com as soon as possible. Include why you feel this member is deserving of the award. You don't need to write a long paragraph; just a few sentences are sufficient. The deadline for submissions has been extended to Feb. 5, so please send your nomination as soon as you finish reading *Tidings*!

Mary Sheridan, AAUW Fund VP

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Big Lift Collaborative

The January meeting of the Big Lift Collaborative was very optimistic. Cabrillo Unified Superintendent **Sean McPhetridge** expressed the district's support and involvement in early childhood education. **Stephanie Coy**, the new program coordinator for San Mateo County, expressed belief in equal access to education for all children. Various preschool and after-school directors described their programs' support for early education. **Debbie Silveria**, The Big Lift Inspiring Summers Program Director, is planning the summer program for 2022. **Letitia Bhatia**, assistant superintendent of CUSD, explained that California plans to have universal pre-k in public schools for all children fully in

place by 2025. Hopefully, Cabrillo will be able to implement it sooner. A planning committee is being formed.

All program directors expressed a concern about staffing shortages. So if our readers know anyone who is qualified to work with early childhood-aged children, there are many openings available. CUSD needs substitute teachers.

Early childhood education gives children the opportunity to develop pre-reading and math skills earlier as well developing the social and executive skills needed in today's environment. This collaborative is focused on giving children equal opportunity for educational success. The kids are our future.

Sue Hatfield, Representative for AAUW-HMB

In Remembrance Madeline Hart McReynolds



Our member, **Madeline Hart McReynolds**, passed away on Jan. 19.

Madeline's house has been the welcoming place for our branch evening book club for many years. Her house and her greeting card business were amazing outlets of her artistic talents. She designed their stunning modern home on Medio Avenue and designed cards in her business, Hartcards. She advertised her cards in our *Tidings*. The cards were handmade, clever, and positive, a reflection of her life.

The family is holding a private service, but have asked for our participation in a memorial community gathering, to be held in the future. Peace to Madeline and to her family.

Peggy Rozhon, President

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**Many thanks to
Chris Ortega
for stepping in
to be our new
Email Blast
Coordinator!**

Childcare: An Overdue and Critical Investment

“It’s past time that we treat childcare as what it is – an element whose contribution to economic growth is as essential as infrastructure or energy ... and the single most important thing we can do to build a stronger economy over the next several decades,” says **Janet Yellen**, the former Chair of the Federal Reserve Bank and now Secretary of the Treasury.

The state of U.S. childcare is deplorable compared with other developed nations, especially with respect to affordability. This fact has been brought home to us ever more vividly during the current pandemic. Women, who still bear the majority of childcaring, have left the workforce in the millions because of the absence of basic childcare services and the cost associated with it.

Here are some sobering statistics:

- 56% of married families with children under 6 consist of households where both parents work.
- The employment rate for single mothers raising a young child is 65%; it’s 83% for single fathers who maintain custody.
- The average American family

with at least one child under 5 uses 13% of their income to pay for childcare.

- Fewer than 20% of children eligible for a low-income federal assistance program are getting the funding.

- 50% of Americans live in childcare deserts or areas where there are three children per every childcare opening.

- In 24 states the average cost for full-time infant daycare exceeds the average cost of rent.

- 97% of childcare providers are women, who are disproportionately women of color, making less than a living wage with no guaranteed benefits. In the U.S., the mean hourly wage for childcare workers is \$12.88, nearly \$3 less per hour than parking lot attendants, and \$5 less per hour than dog groomers.

This is a textbook example of a broken market, whereby the benefits of providing a service (in this case childcare) are not included in its overall value. Are our children really less important than our cars and dogs?

The consequences of not investing in quality childcare should have most

physical and mental wellbeing; it reduces productivity in the workforce; leads to lost wages and reduced retirement benefits for parents; it adds to the downward pressure on childcare workers, which in turn, impacts the quality and stability of childcare; and restricts future educational opportunities for family members.

There is hope on the horizon! The Build Back Better Act, now awaiting action by the Senate, would provide universal preschool with high-quality childcare for 3- and 4-year-olds; increase wages for early childhood educators; upgrade existing childcare facilities, especially in high-need areas; and provide a sliding scale whereby parents would pay a reasonable percentage of their overall income to childcare costs.

Whether the legislation is included in the Reconciliation bill or taken up as a stand-alone bill, it deserves passage and your support. Childcare relief remains the top priority of AAUW California this year. Please be sure to contact your senator and let them know of your AAUW membership and your commitment to ensuring our nation’s future.

AAUW is calling on the 117th Congress to ensure that a permanent paid leave program, childcare funding, and the Child Tax Credit are included in the budget reconciliation process.

To learn more or to contact your senators, [click here](#).

Shelley Mitchell and Ginny Hatfield, AAUW CA Public Policy Committee

Americans demanding action from their government leaders. Neglecting the care of young children is detrimental to their



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COASTSIDE GIVES

A COASTSIDE DAY OF GIVING

MAY 5th 2022

Want to Touch the Future?

Donate to AAUW, Coastsides Gives 2022

As a branch we have the opportunity to touch the future when we donate to Coastsides Gives. Our fundraising, enhanced by Mavericks Community Foundation, allows us to help young people with scholarships for experiences and education. Enriching lives by fulfilling dreams for further education allows us all to touch the future.

Donating is easy. With the touch of your fingertips, or the stroke of your pen, you can make a difference. There will be *lots* more

information coming, but for now please keep these *two dates* in mind:

Monday, March 7: Early giving begins

Thursday, May 5: Coastsides Giving Day!

Please remember, this is a branch endeavor. It's important that we work together. There are tasks of all sizes, fit for many. Let's reach for the future together!

Jan Grierson, Coastsides Gives Lead

Help Cunha, CUSD Navigate Shortages

Cunha Intermediate School needs volunteers to support students and staff. Volunteer classroom assistants, campus supervisors, light janitorial, and office support are all needed. Passing a standard background check and proof of full COVID-19 vaccination are required. If you'd like to join us, please email Assistant Principal **Ben Bartel** at bartelb@cabrillo.k12.ca.us or

Cunha PTO President **Amber Stariha** via cunhapto.org/contact-us. For further information on paid positions, including substitute teaching (\$185 to \$240/day), please contact **Bianca Forrester** at Cunha (forresterb@cabrillo.k12.ca.us or 650-870-1723) or **Steve Goldberg** at Cabrillo USD (goldbergs@cabrillo.k12.ca.us or 650-240-3232).

Stone Soup Rummage Sale

A little bit of this. A little bit of that. A splendid outcome.

Our Pop-Up Rummage Sale was a huge success because of many factors — great location, great items, great prices, and a constant flow of great customers.

The day started with a tsunami warning and a strong wind. But we are not the faint of heart. With persistence and large doses of good cheer, we made it through and netted \$1,288.55! Bravo to all involved.

To those 22 members who donated items at 8 a.m., many thanks not only for dropping off but actually placing your items on the appropriate tables. It all worked like a well-oiled machine. To those of you who volunteered to work the sale, thanks with all my heart. We were weary at day's end, but we accomplished so much. Thanks to each of you: **Irene Baume, Len Carlson, Nancy Evans, Wendy Lama, Pat McNutt, Nina Nelson, Gladys Picht**, and especially **Mary Wynne**, who graciously let us have the sale in her driveway.

Story of the day: Pat McNutt donated exquisite amber carnival glass. A young gentleman bought it and, through our chatter, realized that Pat had more glassware at home. One thing led to another. Pat drove up to Montara for a mid-day break and loaded up more glassware. Later in the day, upon Pat's return, the gentleman, his wife, and Pat cut a deal in the back of Pat's car, adding another \$50 to our profit!

Thanks all around and another wonderful outcome of this sale: we have a new member!

Congratulations on another successful event, showing our community the value and vitality of AAUW Half Moon Bay!

Peggy Rozhon, President

Dates to Save & Remember

Tuesday, Feb. 1
Board Meeting
7 p.m.

Monday, Feb. 7
Branch Meeting
7 p.m.

February is ...

American Hearth
Month

•

Black History Month

•

National Bird-Feeding
Month

Saturday, April 30
AAUW CA Annual
Event

Thursday, May 5
Coastside Gives

*Please check calendars
on the [AAUW-HMB](#),
[AAUW-CA](#) and [AAUW](#)
websites for updates,
additional events and
announcements.*

Days for Girls Workshop



Gladys Picht and Vivian Costello cut fabric for Days for Girls kits at the Jan. 12 DFG workshop. The new interest group will meet next on Wednesday, March 9, from 1 to 5 p.m. See page 9 for more details.

Entrepreneurship: Is It For Me?

Are you interested in starting your own company? Do you think it's time for you to do your own thing? What's holding you back?

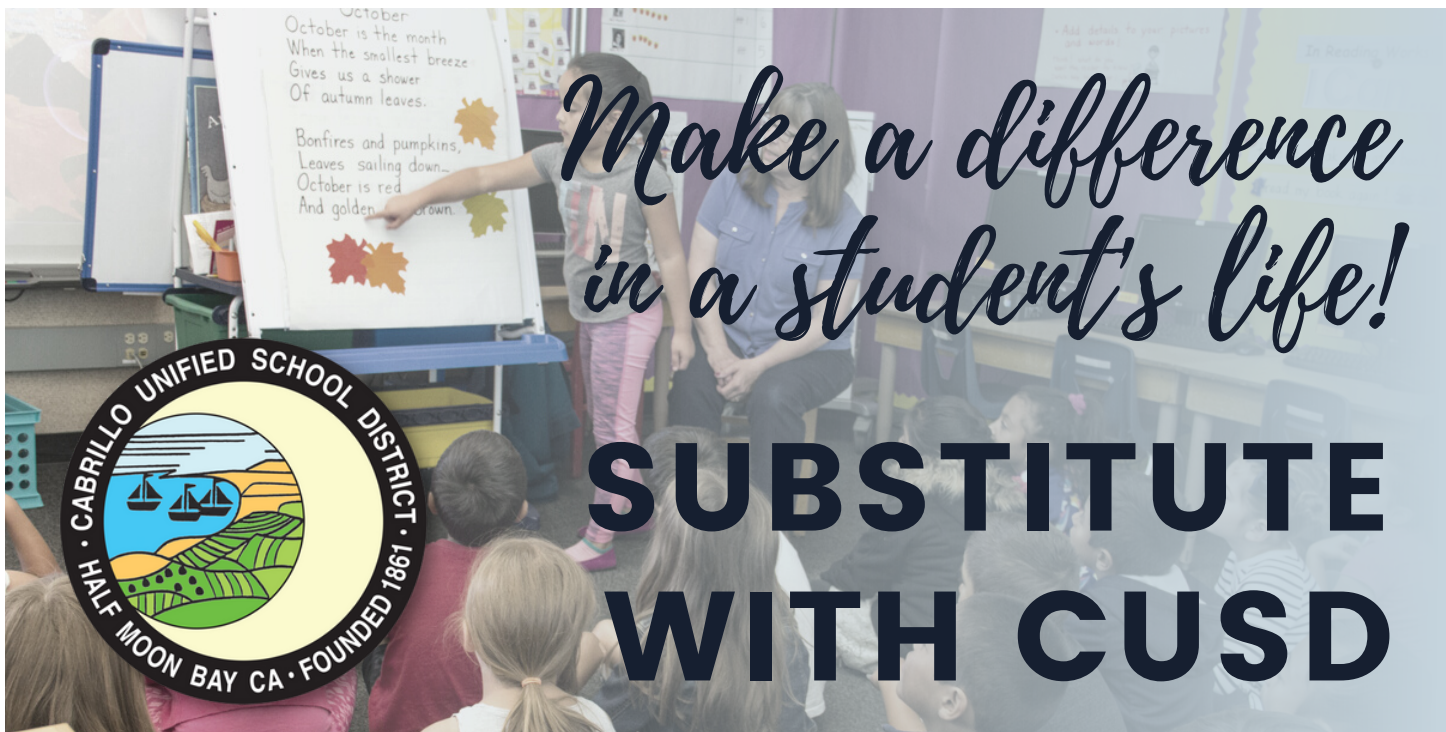
Yvonne Campos, founder and president of Next Act Fund LLC, joined AAUW California State Director **Sharyn Siebert** for a conversation about women starting their own businesses.

Yvonne is a successful entrepreneur who has founded three companies and has seen entrepreneurship from the inside out.

She started her first company in 1975 — a qualitative research consultancy; in 1983 she founded Campos Market Research Inc., a full-service research and strategy company, and in 2016 she founded Next Act Fund, an angel investment fund.

What has she learned along the way? How has entrepreneurship evolved? If she were someone like you starting a company today, what would she do differently?

Their discussion was recorded and is available online [here](#).



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If you love working with students, we invite you to join our substitute teacher team today! Whether you want to work every day, once a week, or just a few days a month, you can help our students learn and grow!

NEW DAILY RATES! \$185 to \$240/day (based on professional experience and assignment duration)

At this time, many fees associated with attaining a teacher credential or substitute permit are also being waived by the CA Commission on Teacher Credentialing!

REQUIREMENTS

Submit a copy of your CA teaching credential and...

- Fingerprints for the District (arranged by CUSD HR)
- Valid Driver's License
- Social Security card
- Current TB Test Results or Risk Assessment

If you **DO NOT** have a teaching credential, submit the previous and...

- CA 30 Day Substitute Teaching Permit or official college transcript confirming Bachelor's degree
- Copy of CBEST results or copy of test results meeting the CA Commission on Teacher Credentialing Requirements or transcript confirming college coursework including Critical Thinking, Writing Composition and Algebra
- Fingerprint results for the Commission on Teacher Credentialing

READY TO SUBMIT YOUR APPLICATION?

<https://www.edjoin.org/Home/Jobs?keywords=cabrillo%20unified%20&searchType=all>

 Questions: Contact Steve Goldberg at goldbergs@cabrillo.k12.ca.us or 650-240-3232

 To learn more about CUSD, visit: www.cabrillo.k12.ca.us

Work With Us

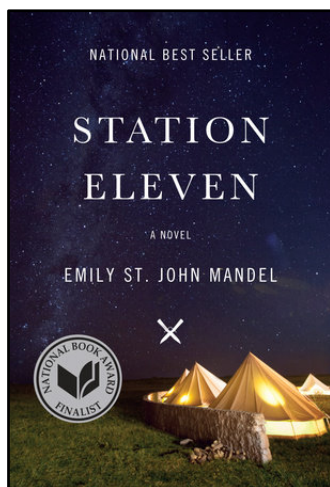
February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		Board Meeting 7 p.m.				
6	7	8	9	10	11	12
	Walk & Talk 10 a.m. Branch Meeting 7 p.m.					
13	14	15	16	17	18	19
	Walk & Talk 10 a.m.	Great Decisions 5:30 p.m.				
20	21	22	23	24	25	26
	Walk & Talk 10 a.m.	Evening Book Club 7 p.m.				
27	28	1	2	3	4	5
	Walk & Talk 10 a.m.					

Interest Groups Getting Back on Track

Days for Girls: The next “Come When You Can, Give an Hour to DFG” workshop will be Wednesday, March 9, from 1 to 5 p.m. at **Gladys Picht’s** house. Contact **Vivian Costello** or **Karen Hume** to coordinate.

Evening Book Club: All meetings are the last Tuesday of the month unless otherwise noted. Our Zoom meetings begin at 7 p.m. Members will be included in all discussions and



decisions to change to in-person gatherings.

Upcoming meetings include:

Feb. 22: *Station Eleven* by Emily St. John Mandel. Facilitator: **Lee Ellis**.

March 29: *The Island of Sea Women* by Lisa See. Facilitator: **Linda Lowens**.

April 26: *Spirits of San Francisco: Voyages through the Unknown City* by Barry Kamiya. Facilitator: **Antoinette Wrubel**.

May 31: *The Soul of an Octopus* by Sy Montgomery. Facilitator: **Judy Buckland**.

For more information, please contact **Nancy Evans** at egnancy@comcast.net.



Great Decisions: After a break we’re starting again! For the foreseeable future, we’ll be Zooming the third Tuesday of the month.

We purchase booklets annually from the Foreign Policy Association



(www.fpa.org), which cost about \$35. The mission of the Foreign Policy Association today, as it has been

throughout its 113-year history, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. Each booklet contains eight topics that we read and discuss monthly on the third Tuesday.

The topic for February is Chapter 1 “Outer Space Policy” in the Great Decisions book. We’ll meet Feb. 15 at 5:30 p.m.

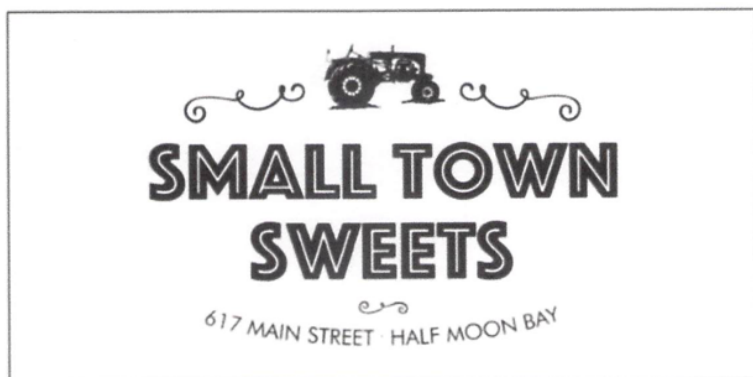
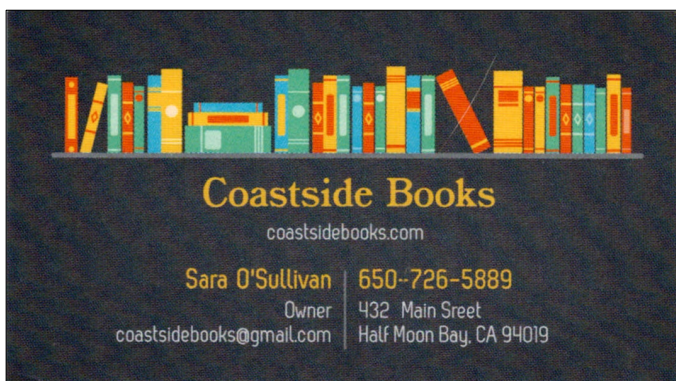
If you’d like to join, contact the chair, **Barbara Von Glahn**.



Janus: Several of us had a lovely lunch at **Nina Nelson’s** home last month. However, because of indoor COVID restrictions and inclement weather, we will not meet in February. If you would like to be on the group list, please e-mail **Mary Alice Pearce** at maalice_hmb@comcast.net.

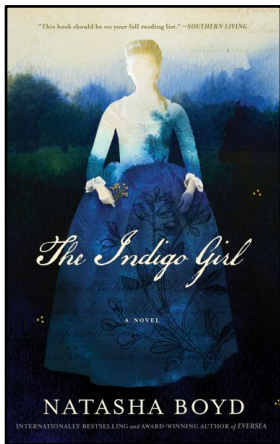


Walk & Talk: Join us Monday mornings from 10 a.m. to noon for a walk on our beautiful Coastside. Send your name and email to Marilyn Garrison at marilyngarr@hotmail.com and she’ll add you to the weekly email list.



Armchair Entertainment, Anyone?

In this Time of COVID-19, many of us are restricted to armchair entertainment. Books, audiobooks, movies, podcasts, television programs. There are lots of topics, many genres, but what to choose? Sometimes it's easier to settle into one or another when it is recommended by a friend or acquaintance.



So here's a new challenge for members: List five or six items that have caught — and held — your interest lately. No need to offer a

review. Should a topic or title resonate with you, you could reach out to the author of the list and check in for a chat. Nothing formal, no



strings, just enjoy the suggestions.

Got it? Good. I'll start.

- Audiobook: *Becoming* by **Michelle Obama** (autobiography)

- Podcast: The “Pure Joy” episode of TED Radio Hour at npr.org

- Book: *The Indigo Girl* by **Natasha Boyd** (fiction based on fact)

- Book: *The Jane Austen Society* by **Natalie Jenner**

- Movie: *A Little Chaos* (Netflix)

- Television: *All Creatures Great and Small*

Enjoy!

Jan Grierson, 650-703-9442 (cell), hmbgrieco@aol.com

Now, chime in with your own ideas or list! Send suggestions to aauw.hmb.newsletter@gmail.com by the 15th of the month for the following month's *Tidings*.



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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.