



# The Voice

March 2018

Vancouver, Washington Branch  
AAUW

vancouver-wa.aauw.net

"Leading the way to equity for women and girls in Washington state."



**March 10<sup>th</sup> 10:00 a.m. AAUW General Meeting**  
Community Room, Columbia Bank, 101 Sixth Street, Vancouver 98660

## Author Cari Corbet Owen: Living a Long and Strong Life



Author Cari Corbet Owen



AAUW's March general meeting will be held on Saturday, March 10, at 10 a.m. in

the Community Room, Columbia Bank, 101 Sixth Street, Vancouver. Author and longevity specialist, Cari Corbet Owen, will be the featured speaker.

Her presentation is titled, "Living a Long and Strong Life." Ms. Corbet Owen will discuss studies from her research, which have led her to a model of health that looks very different from what we're commonly told leads to health in our western world. The author says, "I researched weight and health for decades only to reach a controversial decision that we can be healthy at a vastly larger range of weights than we're led to believe."

In 1999, Cari graduated with a degree in Clinical Psychology from Stellenbosch University in South Africa. She has written three books dealing with health issues and presented workshops internationally. She has also appeared on radio and television shows, including Oprah, and been published in newspapers and magazines, such as Men's Health and Reader's Digest.

She ran Body Empowerment workshops for Kellogg's, was an invited health partner for Metropolitan Health and was the consulting psychologist to the South African Nutrition Experts Panel.

Cari and her husband Peter, a pharmacist, moved to America where she originally held a six-figure, corporate position. In 2014, she resigned from this 90-hour per week job and began making documentaries. She eventually returned to her primary passion, studying health but this time with an emphasis on longevity. The Corbet Owens are pottery artists and have built two cottages in their backyard out of cob. Cari also enjoys yoga, pickle ball, cross country skiing, kayaking, long distance bicycling, and running marathons.

### Inside this issue:

Slate of Officers 2018-19	2
NCCWSL	3
FYI	3
Event Calendar	3
1st Wednesday Books	4
Dues Increase	4
Bridge News	4
Aging in Place	4
AAUW National	5
Google Research	5
Lunch Posse	6
Branch Leaders	6
Donor Pages	7-8
Interest Groups	9
Calendar	10



BEFORE THE MEETING....

Come to general meetings at 10 and have a half-hour of coffee (or tea) and conversation with your AAUW friends in the lobby before the speaker begins at 10:30.



# Slate of Officers for 2018–2019 Vote Scheduled for Mar 10<sup>th</sup>

At the February 10 general meeting, the nominating committee presented the slate of officers for 2018 -19. The slate will be voted on at the branch’s March 10 annual meeting and installation will take place on May 12.



Kay Hansen  
**PRESIDENT**

**Kay Hansen** has served our branch as Vice President of Programs for the last year. She joined AAUW Vancouver in 2015. Kay is a member of the Bridge Group and was part of the cast for the 85th Anniversary Play: “Thinking Back, Looking Forward,” playing the role of the 1990s president. Now she will get to live the role! Kay was on the committee for the very successful 2017 Holiday Brunch Fundraiser. She has a Bachelor of Science degree from the University of Oregon.



Lorraine Wheeler  
**VP PROGRAMS**

**Lorraine Wheeler** joined Vancouver branch in 2012. Lorraine was co-VP Communications with Diane Grubel in 2016. She has been the leader of the Mah Jongg group for our branch since shortly after she joined and is a member of the First Thursday Book Group. Lorraine earned both her Bachelor of Science and Masters Degree in Nursing from Duke University. An interesting note is that, in 1993, Lorraine worked as a volunteer in Hillary Clinton’s White House Office.



Carol Brain  
**VP FINANCE**

**Carol Brain** will start her third year as VP Finance after this election. Carol joined our group in 2000 and has been involved in branch activities at every level. She served from 2009 -2011 as VP Programs, 2012-2014 as VP Communications, and as branch auditor forever. As a VP she has been on the board of directors, she is a member of the Bridge group, the First Thursday Book group, the Great Decisions group, and often attends our Lunch Posse gatherings. In addition, Carol handles the mailing of the newsletter to those members needing hard copies. Carol earned her BA at the University of Portland.



Nancy Stepsis  
**VP MEMBERSHIP**

**Nancy Stepsis** will take on the duties of VP Membership for the coming year. Nancy joined AAUW Vancouver in 2003 and has held many branch positions since then. She was president from 2005 to 2009. She was VP Programs in 2013, chaired the Global Concerns group for many years and is now co-chair for the Nonfiction Book group. She has been a member of the First Thursday book group since its inception and was one of the organizers of The Magic Spell (2009 – 2011). Nancy has a BS from Hartwick College, an MS from the University of Maryland, and a Ph.D. from Texas A&M.



Diane Grubel  
**VP COMMUNICATIONS**

**Diane Grubel** has agreed to serve her third consecutive year as VP Communications. She became a member of our branch in 2005, having already belonged to AAUW since 1998. Diane served as our branch’s VP Programs from 2006 -2009, VP Communications from 2009 -2011, and has been chair of the Lunch Posse for four years. She belongs to the Bridge Group and the First Thursday Book group and has been on numerous committees for fundraisers. Diane earned her BA from the University of Utah.



NCCWSL is where college women make their future

### 2018 National Conference for College Student Women Leaders

Under the guidance of Chris Lines, AAUW’s College/University Partners chair, Vancouver branch selected Angeliqua Montoya to attend the 2018 National Conference for College Women Student Leaders (NCCWSL) at the University of Maryland in

May 30. AAUW Vancouver has paid Angeliqua’s conference fees and travel expenses out of a strong belief that the conference will benefit our student representative and ultimately our community and beyond.

While there, Angeliqua will have the opportunity to network with like-minded students and learn valuable leadership skills. She will encounter leaders and activists of all types: optimists, fighters, intellectuals, artists, thinkers, and doers. She will have the chance to attend empowering workshops with other amazing student leaders.

Angeliqua is a senior Biology major at WSU Vancouver and has applied for graduate school there. She has an undergraduate research position in the Porter Laboratory and Greenhouse and feels a strong commitment to help others connect with science. She leads new interns, teaches lab duties, assists with CVs, and has represented the lab at research symposiums. We feel she will add to NCCWSL as well as benefit from it.



Angeliqua Montoya



by Beverly Olson  
Public Policy Chair

**FYI** if you are in an adult family home being paid for by Medicaid and Social Security, your personal-needs allowance is \$62.79 a month.

The same residents in long-term care facilities receive only \$57.28. Imagine being responsible for your personal hygiene products, for any expenses off site such as a stamp, a coke, a movie, or a bus ride with such a small income. According to AARP Washington, beginning this month, allowance rates will grow by 2%, the first increase in 10 years. AARP Washington is calling on the Legislature to approve a onetime allowance bump of \$20-\$25 a month. **UPDATE NEXT MONTH!**

**FYI** a follow-up on Washington Legislature House Bills 2578, 1570, 1987, and 1797 shows that all are still alive and may or may not be passed in this special session. All of these bills are supported by advocates for the homeless.

**FYI** Hanford, WA is the topic for our April 2018 meeting. Do you know what happened in 1943? Do you know what was produced by men and women recruited from all over the United States? Do you know that hundreds of families came West and lived in small trailers while they worked for Uncle Sam? Have you been in Richland, WA since 1948 and noticed that most of the houses look the same? The Hanford Story is fascinating, but it is not a story that is over. Now it is about clean-up. According to *The Columbian*, February 2, 2018, the Washington State Department of Health, “supports the halt to demolition work because of air sample results, the high number of workers with internal radioactive contamination and delays in notifying the Department of Health of elevated radiation readings.”

**FYI** the **MEANINGFUL MOVIE** for March is: **“WHAT MAKES YOU CLICK.”** Your likes, passions and habits are best known by people you’ve never met. They are the subject of the new documentary *What Makes You Click* from the renowned VPRO Backlight series. **Pizza (5:30), movie (6:00), & discussion.** More event details on page 9.

### SAVE THE DATE FOR AAUW MEETINGS AND EVENTS IN 2018



MONTH	TOPIC/SPEAKER (Meetings at 10 am unless noted)	MONTH	TOPIC/SPEAKER
Mar 10	Living a Long and Strong Life, Cari Corbet Owen, psychologist	Apr 22	12:30 pm High School Students STEM Recognition Reception, STEM Bldg. @ Clark College
Apr 14	Hanford: Ecology & Nuclear Waste Program, Ginger Wireman, Community Outreach Spec.	May 12	Installation Meeting
		Jun 9	Program Planning meeting



# First Wednesday Book Group to Host Author on March 7<sup>th</sup>



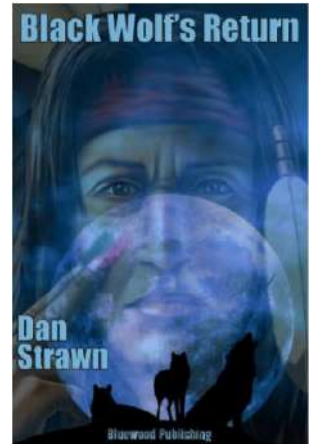
Dan Strawn, Author

Everyone is invited to attend the  
**1st Wednesday Book Group meeting**  
on March 7 at 3 pm

**Meet author Dan Strawn & discuss**  
*Black Wolf's Return*

at the home of Naomi Davis, 3807 NE 80th St.  
RSVP by March 1 to Naomi at 360-892-9133

This book includes a wealth of Nez Perce history  
and is available as a download or may be  
purchased for about \$9 at the meeting.



Dan Strawn lives in Vancouver, Washington with his wife Sandi. He took up creative writing after a long career in business and education. Dan is an active member of the Western Writers of America. On occasion, he teaches courses for the Mature Learning division at Clark Community College. In 2008, he took his students to eastern Oregon and Idaho, where they experienced first hand the Nez Perce story they had been studying.

A past member of the Board of Directors of the Nez Perce National Historic Trail Foundation, Dan has worked with the Nez Perce National Park and the Oregon State Parks as an interpreter of the Nez Perce experience.

In addition to Dan's longer works, his stories and essays have been published in editions of Idaho Magazine and Trail Blazer Magazine. His short story "Son," was a first-place winner in Idaho Magazine's 2014 Short Fiction Contest. His essay, "Everyman's Smalltown" was a finalist in University of Oregon's 2005 Northwest Perspectives Essay Contest.

## Dues Increase + \$10 = \$85/yr

The National AAUW Board of Directors voted in June 2017 to increase dues. Effective March 16, 2018, national dues will increase from \$49 to \$59, making AAUW Vancouver's annual dues \$85. Annual dues currently account for 13 percent of AAUW's annual budget. They help to sustain and grow AAUW's programs and work that advances equity for women and girls.

## ◆ Bridge News ◆

### Kudos to Bridge Winners...

#### January

1st: Carol Brain

2nd: Kathy Walker



## Villages Clark County Aging in Place



Villages Clark County is looking for volunteers interested in supporting an organization dedicated to helping seniors live in their own homes for as long as possible. If interested, please consider helping Villages Clark County meet its startup goal of becoming operational in September 2018.

This is a program many of us may need now or in the future and can help to anyone who dreads becoming dependent upon family.

Go to [www.VillagesClarkCounty.org](http://www.VillagesClarkCounty.org) to learn how it works. To volunteer, contact Ramona Perkins, Volunteer Director at [mona60@comcast.net](mailto:mona60@comcast.net). AAUW member Pat Sjolander will also be happy to discuss the program with you. You may contact her at 360-546-0163.



EMPOWERING WOMEN  
SINCE 1881

ADVOCACY

## Reproductive Freedom Is Tied to Women's Economic Security

**January 18, 2018** marked the 45th anniversary of the landmark Supreme Court case *Roe v. Wade*, which legalized abortion in the United States. Access to safe and legal reproductive health care and information, including abortion, fosters self-sufficiency, promotes preventive health care, and protects individuals and their families from the spread of sexually transmitted infections. But control over one's reproductive life is also part and parcel to achieving economic autonomy; without reproductive choice, women cannot attain equal pay or opportunity in the workforce.

It's now a widely acknowledged fact that the typical woman working full-time brings home a paycheck that is 20 percent smaller than the typical man, and women of color tend to face larger gaps. But believe it or not, that number could be a lot worse. Lack of access to a full range of reproductive health services is one factor that contributes to those alarming statistics. Research suggests that the widespread availability and use of birth control pills in the 1980s and 1990s was partially responsible for narrowing the pay gap to where it is today.

As the costs of both health care and child care skyrocket, it is paramount that women are able to control their own decisions about when, if, and how to start a family. The existing pay gap already hurts women, their families, and the economy. Limiting reproductive choices and access only compounds these issues. On the anniversary of *Roe v. Wade*, we celebrate our freedoms and look to a future in which increased access to critical health care leads to greater economic security and parity for women.

## Google Research = Needed: STEM Education + Soft Skills

Excerpts from *The Washington Post*, Dec 20, 2017

All across America, students anxiously finish their "What I Want To Be ..." college application essays, advised to focus on STEM (Science, Technology, Engineering, and Mathematics) by pundits and parents who insist that is the only way to become workforce ready. But recent studies of workplace success contradict the conventional wisdom about "hard skills."



That conventional wisdom about 21st century skills holds that students need to master the STEM subjects and learn to code as well because that is where the jobs are. It turns out that this is a gross simplification of what students need to know and be able to do, and some proof for that comes from a surprising source: Google.

Google originally set its hiring algorithms to sort for computer science students with top grades from elite science universities. In 2013, Google decided to test its hiring hypothesis by crunching every bit and byte of hiring, firing, and promotion data accumulated since the company's incorporation in 1998. The project shocked everyone by concluding that, among the eight most important qualities of Google's top employees, STEM expertise comes in dead last. The seven top characteristics of success at Google are all soft skills: being a good coach; communicating and listening well; possessing insights into others (including others different values and points of view); having empathy toward and being supportive of one's colleagues; being a good critical thinker and problem solver; and being able to make connections across complex ideas."

The entire article is at [https://www.washingtonpost.com/news/answer-sheet/wp/2017/12/20/the-surprising-thing-google-learned-about-its-employees-and-what-it-means-for-todays-students/?utm\\_term=.665a49957fdb](https://www.washingtonpost.com/news/answer-sheet/wp/2017/12/20/the-surprising-thing-google-learned-about-its-employees-and-what-it-means-for-todays-students/?utm_term=.665a49957fdb)



### Lunch Posse: Eastland Sushi Mar 22<sup>nd</sup> 1pm



Saddle up and ride on over to Eastland Sushi on Mar 22 at 1:00 pm!



2018 DATE	1:00 @TARGET RESTAURANT
Mar 22	Eastland Sushi & Asian (164th)
Apr 26	Olive Garden (Mall)
May 24	Outback (Mall)
Jun 28	Beaches (on the Columbia)
Jul 26	IHop (164th)
Aug 23	Lindo Mexico (off Mill Plain)
Sep 27	Gustav's (164th)
Oct 25	Stardust Diner (164th)
Nov 15	Lapellah (off Grand)

**AAUW Lunch Posse** chair Diane Grubel, organizes these gatherings. The Lunch Posse patronizes the restaurants that have donated gift certificates and cards to our holiday fundraiser the previous year. As a group, AAUW members, plus friends, spouses, and total strangers visit one of the restaurants, on the 4th Thursday of each month, have lunch, and say “thank you” to the management. It’s a great time to socialize and enjoy a meal.

We’ll be having lunch on **Mar 22 at 1:00 pm at Eastland Sushi & Asian Cuisine, 16519 SE McGillivray Blvd, Vancouver, 98683. TO ATTEND: contact Diane Grubel at 360.263.4506 or ECGrubel@aol.com**

### BRANCH LEADERS 2017 -2018

#### Officers:

- President - Kathy Walker, kcwalker41@gmail.com
- VP Programs - Connie Egeler, c\_cegeler@msn.com
- VP Programs—Kay Hansen, jkhansenor@aol.com
- VP Membership – Cheryl Weir, cheryweirncvr@gmail.com
- VP Finance – Carol Brain, braincarol@aol.com
- VP Communication - Diane Grubel, ECGrubel@aol.com

#### Chairpersons:

- Auditor - Camille Wainwright, wainwric@comcast.net
- Caring Hearts - Donna Roberge, robenoz@comcast.net
- CFSW Advisory Comm. - Pat Stephens, pat.stephens@msn.com
- College/Univ. Relations - Chris Lines, clines4@comcast.net
- Directory - Pat Stephens, pat.stephens@msn.com
- Holiday Fundraiser - Ruth Harbaugh, rhtravel@comcast.net
- Historian - Kara Lynn Rankin, karalynnrainin@gmail.com
- Interbranch Council Reps - Kathy Walker & Carol Brain
- Newsletter Editor - Kathy Walker, kcwalker41@gmail.com
- Public Policy - (interim) Linda Krogh, lkrogh2@gmail.com
- Scholarships - Pat Stephens, pat.stephens@msn.com
- STEM Reception - Melanie Handshaw, meltravels2001@yahoo.com
- Tech Trek Coord. - Georgie Buckler, mrs.buckler@outlook.com
- Web Master - Camille Wainwright, wainwric@comcast.net

### INTEREST GROUP LEADERS 2017 -2018

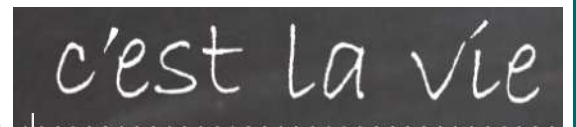
- Bridge:** Ruth Harbaugh, rhtravel@comcast.net
- Great Decisions:** Kathy Walker, kcwalker41@gmail.com
- Lunch Posse:** Diane Grubel, ECGrubel@aol.com
- Mah Jongg:** Lorraine Wheeler, lorrainewheeler5445@gmail.com
- Meaningful Movies:** Beverly Olson, beverlyolson@centurylink.net
- Nonfiction Books:** Nancy Stepsis, nf8@evansville.edu  
& Pam Rio, pamelaprunetree@hotmail.com
- 1st Thurs Book Club:** Michelle Girts, magirts@comcast.net
- 1st Wed Book Club:** Ruetta Dykstra, dykstrar@gmail.com



**Mission Statement:** AAUW advances equity for women and girls through advocacy, education and research.

**Vision Statement:** AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

AAUW Please Patronize our Wonderful 2017 Business Donors!



AAUW Please Patronize our Wonderful 2017 Business Donors!



HADASSAH

Salon & Spa



VCA East Mill Plain Animal Hospital







## AAUW Vancouver Branch Interest Groups



Every Tuesday  
1-4 pm at Lorraine Wheeler's  
10916 SE 18th St., Vancouver

**Mar 6, 13, 20, 27**  
**1-4 pm**

at Lorraine Wheeler's

Mah Jongg lessons are offered to newcomers to the group. Contact Lorraine Wheeler for info at: 360-314-2480 or lorrainewheeler5445@gmail.com



Monthly, 1st Wednesday, 3 pm

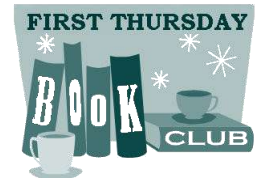
**Mar 7 3 pm**

Naomi Davis hosts

**Black Wolf's Return**

by Dan Strawn

Contact Retta Dykstra for details at 360-210-4650 or dykstrar@gmail.com



Monthly, 1st Thursday, 2 pm

**Mar 1 2 pm**

Diane Grubel hosts & Michelle Girts leads the discussion of:

**News of the World**

by Paulette Jilles

Contact Michelle Girts or visit <http://vancouver-wa.aauw.net> for more information



Every other month, 3rd Thurs, 10 a.m.  
Shorewood, 5555 E Evergreen Blvd.

**Mar 15 10 am**  
**Queen Victoria's Mysterious Daughter**

by Lucinda Kawksley

Contact: Nancy Stepsis or Pam Rio for information



Monthly at Various Restaurants  
4th Thursday, 1:30 p.m.

**Mar 22 1:00 pm**  
**Eastland Sushi & Asian Cuisine**

16519 SE McGillivray Blvd, 98663

Please contact Diane Grubel at [ECGrubel@aol.com](mailto:ECGrubel@aol.com) to reserve your space.



Monthly, 3rd Thursday, 5:30 pm  
Cascade Park Library  
600 NE 136th Ave, Vancouver

Social Justice Documentaries

**Mar 15 5:30 pm Movie: What Makes You Click?**



Every day, billions of people are transfixed by their computers, tablets and smart phones. Their online behaviors are being studied, and interpreted for the benefit of profitable business interests. Consumerism is no longer driven by billboards and TV ads.

Every mouse click can help to determine your next purchase, shape cultural perception of important issues, occupy your free time, direct social discourse, or even influence the outcome of a presidential election.

For more information visit <https://meaningfulmovies.org/events>



Monthly, 4th Friday, 10 am - 3pm  
Glenwood Card Room  
5500 NE 82nd Ave, Vancouver

**Mar 23, 2018**  
**10 am - 3 pm**  
**Card Room**  
**3rd Floor @ Glenwood**

February hostesses: Mary La Husen & Sarah Hewitt

**BRING your lunch!**






Monthly, Last Monday, 2pm,  
Vancouver Pointe, 4555 NE 66th Ave, Vancouver

Great Decisions will meet on Mar 26 to discuss the 3rd topic in the 2018 book.

Held jointly with Hudson's Bay AAUW  
[kcwalker41@gmail.com](mailto:kcwalker41@gmail.com) for info

## March 2018 Vancouver Branch AAUW Activities & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1st Thurs Book Club 2 p.m. at Diane Grubel's	2	3
4	5	6 Mah Jongg 1:00 p.m. at Lorraine Wheeler's	7 1st Wed. Book Club 3 p.m. at Naomi Davis'	8	9	10 General Meeting 10 a.m. at Columbia Bank
11	12	13 Mah Jongg 1:00 p.m. at Lorraine Wheeler's	14	15 Nonfiction Books 10:00 a.m. Shorewood Meaningful Movies 5:30 p.m. Cascade Park Library	16	17  St. Patrick's Day
18	19 	20 First Day of Spring Mah Jongg 1:00 p.m. at Lorraine Wheeler's	21	22 Lunch Posse 1:00 p.m. at Eastland Sushi	23 AAUW Bridge 10 a.m. at Glenwood	24
25	26 Great Decisions 2:00 p.m. at Vancouver Pointe	27 Mah Jongg 1:00 p.m. at Lorraine Wheeler's	28	29	30	31

 Please consider the environment before printing this publication.