



May 2011 General Meeting

Join Us for the Final General Meeting (of this year) and the Installation of New Officers for Next Year!



Jill Hunter

Tuesday, May 17, 2011

7:00 – 9:30 pm

at the Community Room, Saratoga Public Library

Speaker: Jill Hunter

Topic: *A Diverse Community of Women*

AAUW Keynote Speaker

Jill was born in Brooklyn NY raised in Sleepy Hollow, NY in the historic Hudson Valley. She attended Marymount Secondary School and Newton College of the Sacred Heart (now Boston College), major in history. Jill has always attended girls' schools. She moved to Saratoga in 1981, ran for elementary school board in 1988, served until 1998, and became a planning commissioner in 2001. In 2006, she ran for City council and again in 2010.

Jill is also presently the head of the Saratoga Village Development Council, Village Gardeners and Heritage Tree Society of Saratoga.

Coming Next Month . . .

Los Gatos Trail Clean-Up (Hikes & Walks)

Clean up plus short hike, coffee or lunch:

Thursday, June 2. Meet promptly at 9 am at Los Gatos Park & Ride lot. (*see the June calendar next month for details*).

Scenic Hikes & Walks

Sunnyvale Mountain Park – on this skyline hike we will visit Indian Rock and Castle Rock Falls.

Thursday, June 9, Meet promptly at 9:00 am Argonaut Shopping Center, Saratoga (*see the June calendar next month for details*).



Presidential Message

So many interesting things have happened since I last wrote in March. The Global Women's Leadership Network presented such a moving program. One of our very best. A special thank you to Tanya Bunger Program Manager. I also want to say that Mary Henderson's Tuesday evening bridge group were so kind to provide treats and do it at the last minute.

The English Tea was charming as usual. When I walked in and saw the tables so lovingly set with cups and saucers and flowers I was so proud to be a part of it all. Nancy Anderson and all her committee members have given us years of pleasure and pride. Thank you doesn't quite say it does it.

Our nominating committee has been amazing and very creative. Lavonne



has helped me stay on track and I appreciate how hard she works at everything she does. We all thank you, Lavonne.

I am signing off early this month as I am a bit under the weather. I look forward to seeing you at the annual potluck and at the May General Meeting (the last of the year).

—Mary Surginer



Recipe

Chicken Curry Tea Sandwich

Makes: 24 tea sandwiches

- 1/2 cup (4 oz.) plain yogurt (thick Greek-style works well)
- 2 tbslp cream cheese, at room temperature
- 2 tbslp snipped fresh chives or minced green scallion tops
- 2 tbslp minced fresh cilantro
- 1 tsp. curry powder
- 1/4 tsp. salt
- 1 1/2 cups (9 oz.) finely chopped cooked chicken
- 1/4 cup (1 3/4 oz.) cashews or almonds, finely chopped
- 2 tsp. dry sherry (optional)
- 12 wheat or white bread slices, buttered and crusts removed
- 24 fresh cilantro sprigs for garnish

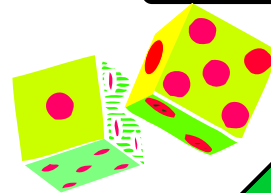
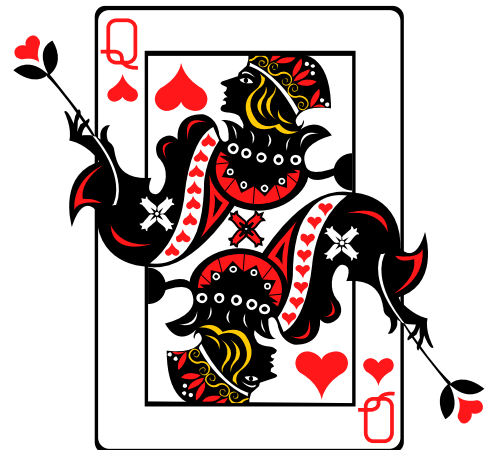
1. In a medium bowl, combine all the ingredients except the bread slices and cilantro sprigs and mix well.
2. Spread 6 of the buttered bread slices evenly with the chicken mixture. Top with the remaining 6 bread slices and cut each sandwich into 4 triangles. Garnish each triangle with a sprig of cilantro.

The Annual Tech Trek Games Party on July 13 – Save the Date

A great way to have fun and support Tech Trek at the same time is to come to the Games Party at The Terraces on Wednesday, July 13th. As you know, proceeds from the event are used to sponsor campership(s) for local girls at the Stanford summer camp.

The Tech Trek camp is a wonderful opportunity for the girls to learn about math and science careers and to meet other girls with similar interests. So gather a bunch of games-playing-friends and join us on Wednesday, July 13.

More details and sign-up flyer in next month's Grapevine or call Louise Quenon, 867-0698.



Tech Trek Celebrates a Banner Year!

Our Los Gatos-Saratoga Branch will be sending eight girls to Tech Trek camp at Stanford this summer! Read about how we brought in these donations.

- We received from our Games Party (last July) enough money for about one and one-half girls. *(With additional donations from our members we had almost enough for three girls.)*
- We also received \$800 from the Miller family in appreciation for their daughter being chosen to attend last year. *(This brought the total to four girls.)*
- \$800 was received from Adobe Systems and also an donation of \$800 from the Commission of the Status of Women, a County group under the Human Relations Office. *(Which raised enough to send six girls.)*
- Kiwanis Club of DeAnza, after a presentation by Linda Hagelin and

Marlene Lamb gave us \$800 to send another girl to Stanford Camp. *(This raised enough to send seven girls.)*

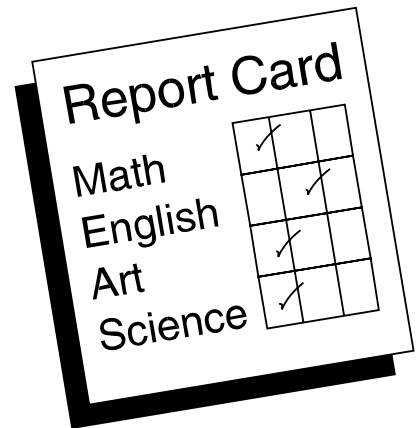
- A big surprise! Our Tech Trek committee was ready to interview the 25 girls nominated to attend this year's Tech Trek camp and make our selection when we received a check for \$800 from Marlene and Bill Lamb. *(This made it possible to send eight girls.)*

This is a record for us!

You never know where good fortune will come from. The donation from Adobe Systems came about after Marlene Lamb's daughter-in-law made an inquiry and gave them my name and email. Check with your family connections.

With your help and support, we are hoping to make next year just as successful!

–Nancy Hobbs, Tech Trek Co-Chair



Tell Congress: Don't Financially Devastate Families

The House is expected to vote on Rep. Paul Ryan's (R-WI) proposed budget for fiscal year 2012 very soon.

This plan, which has already passed out of committee, slashes nearly every program which invests in everyday Americans' education, employment opportunities, health care, and housing – while cutting corporate tax rates by ten percent. Ryan's proposal hacks away at Medicaid and Medicare, Pell grants and federal student loans, and eliminates numerous other investments in our country's long-term economic security and strength.

This budget is built on the backs of America's families, robbing seniors, students, and workers in the name of helping America's corporations get richer.

AAUW unequivocally opposes Ryan's plan, which relies on flawed math and assumptions, and will do real and lasting harm to families, workers, and retirees.

Send a message to your representative and tell him or her that Ryan's proposed budget for 2012 is bad for ordinary Americans and bad for the economy.

–AAUW Public Policy



Seeking Recipe Submissions

Fundraising Cookbook

Do you have any delicious, easy, and cost effective recipes to share? We are seeking recipes for appetizers and desserts for our fundraising Cookbook. These recipes are the "Winners" that we make for family, friends & take to potlucks. *"I know that I want to share a recipe when it disappears whenever I take it to a function."* –Lavonne Marafino.

Email or send the recipe(s) to Lavonne Marafino and Gail Pedersen for inclusion in *Beginning and Ending Cookbook* that we are putting together.



April's English Tea – Fundraiser to Benefit the Homeless Women's and Children's Committee

English Tea Tables were beautifully set (*pictured on right*) and the tea servers from Lynnbrook High School Key Club did a great job (*pictured below*).



Members enjoying their tea (*pictured above*), Elbon singers entertaining us with lovely music (*pictured below*), and “Katy Lynn” (in the green Kimono) and friend providing delightful conversation and a song (*pictured left*).



AAUW Supports Closing the Wage Gap!

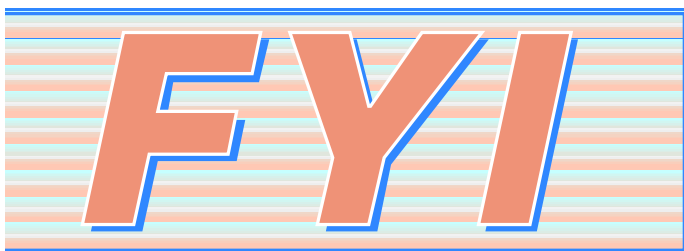
The National Committee on Pay Equity and AAUW supports two bills in Congress aimed at curbing wage discrimination. The bills work on different aspects of wage discrimination, and both are needed to fully close the wage gap.

The Fair Pay Act (S. 904, H.R. 2151) is sponsored by Senator Tom Harkin (D-IA) and Delegate Eleanor Holmes Norton (D-DC). It seeks to end wage discrimination against those who work in female-dominated or minority-dominated jobs by establishing equal pay for equivalent work. For example, within individual companies, employers could not pay jobs that are held predominantly by women less than jobs held predominately by men if those jobs are equivalent in value to the employer. The bill also protects workers on the basis of race or national origin. The Fair Pay Act makes exceptions for different wage rates based on seniority, merit, or quantity or quality of work. It also contains a small business exemption.

The Paycheck Fairness Act (H.R.12 and S.182) was introduced January 2009 by then-Senator Hillary Clinton and Rep. Rosa DeLauro to strengthen the Equal Pay Act of 1963. The bill expands damages under the Equal Pay Act and amends its very broad fourth affirmative defense. In addition, the Paycheck Fairness Act calls for a study of data collected by the EEOC and proposes voluntary guidelines to show employers how to evaluate jobs with the goal of eliminating unfair disparities. The bill was passed by the House of Representatives on January 9, 2009, and was defeated in the Senate on a 58-41 procedural vote on Nov. 17, 2010.

If we draw enough attention to this issue, to the women and families being cheated out of hard-earned wages, and to the negative impact unfair pay has on our economy, we can have every candidate for the presidential election talking about the Paycheck Fairness Act.

It's time to remind Congress who elected them: tell your members to cosponsor the Paycheck Fairness Act!



Support the National Women's History Museum!

We all know that March is Women's History Month. *Do you think Women's History is Worth Celebrating?* Let's move to the next stage – to inform and to celebrate Women's Achievements every month (and every day) by supporting the National Women's History Museum! We are approaching a crossroad in giving women equal status on the National Mall in Washington, D.C.

Last year, AAUW asked our e-advocates to raise their voices in support of the National Women's History Museum (NWHM) Institute, the organization working to secure support and permission for a privately-financed museum near the National Mall dedicated to celebrating and teaching about the lives, achievements, and contributions of American women. Now, legislation allowing the museum project to move forward is about to be reintroduced in Congress.

Congress' blessing for the museum was almost granted last year, but there were two holdouts — two senators took it upon themselves to prevent the passage of the museum legislation. Sens. Jim DeMint (R-SC) and Tom Coburn (R-OK) weren't really clear on why they put a *'hold'* on the museum bill, sponsored by their colleague Sen. Susan Collins (R-ME). They did send Collins a message indicating that they felt the museum would be redundant with several other *"women's"* museums, including the Quilters Hall of Fame and the National Cowgirl Museum (*neither of which are in Washington, D.C.*).

DeMint may have also mistakenly thought the museum would be all about abortion; he did receive a letter from an ultraconservative *"women's group"* opposed to the museum on those grounds.

It would not cost taxpayers a dime — the purchase of the land and the construction, outfitting, and maintenance of the museum would be up to the NWHM institute. AAUW strongly supports this endeavor; after all, we recognize the importance of remembering how far women have come and honoring those who have played an integral part in getting us here. And too often, women's history is absent from textbooks, curricula, memorials and other museums' exhibits.

By celebrating the achievements made by American women in a museum in Washington, we provide real inspiration to the young women and girls visiting our nation's capital. Urge your representative to support legislation for the National Women's History Museum.

–Lavonne Marafino, LAF VP

Health Bulletin: Signs of Heart Attacks in Women

I was aware that female heart attacks are different from male heart attacks, and this is the best description I've ever read about women and heart attacks (Myocardial Infarction or MI).

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack? You know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor that we see in the movies.

Here is the story of one woman's experience with a heart attack:

I had a heart attack at about 10:30 pm with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading. A moment later, I felt that awful sensation of indigestion—the only trouble was that I hadn't taken a bite of anything since about 5:00 pm. After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE, gaining speed as they continued racing up and under my sternum. This fascinating process continued on into my throat and branched out into both jaws.

'AHA!! Now I stopped puzzling about what was happening—we all have read or heard about pain in the jaws being one of the signals of an MI happening, haven't we?' I said aloud to myself and the cat, *'Dear God, I think I'm having a heart attack!'* I lowered the foot rest, dumping the cat from my lap, started to take a step and fell to the floor.

I thought to myself, *'If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ...'*

But, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment. I pulled myself

up with the arms of the chair, walked slowly into the next room and dialed the Paramedics (911).

I told the operator that I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in. I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude Emergency Room on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed two side-by-side stints to hold open my right coronary artery.

Steps that Can Save Your Life:

1. Be aware when something very different is happening in your body (until my sternum and jaws got into the act I didn't think about a heart attack). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox and go to bed, hoping they'll feel better in the morning when they wake up ...



which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a *'false alarm'* visitation than to risk your life guessing what it might be!

2. Note that I said 'Call the Paramedics.' And if you can – take an aspirin. Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER – you are a hazard to others on the road. Do NOT have your panicked husband, who will be speeding and looking anxiously at what's happening with you instead of the road, drive you.
3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep.

Let's be careful and be aware. The more we know the better chance we can survive. Hopefully, reading this story will inform you about MI in women.

May 2011 AAUW Calendar

- 2 Monday **Board Meeting**, 3:30 pm, in the Community Room at the Saratoga Fire Station, corner of Saratoga Ave & Saratoga-Los Gatos Road.
- 3 Tuesday **Conversations in Spanish**, 1:30-2:30 pm at the home of Nancy Anderson, 13561 Lomond Ct, Saratoga, 867-4383. Contact Co-Chairs: Sharon Kelkenberg, 650-962-1656; Helen Lemmon, 408-867-0575.
- 4 Wednesday **Current Interests Blog**, 12:30 pm at Florentine Trattoria restaurant on Big Basin Way in Saratoga. Chair: Shirley Cancellieri, 741-5586; Co-Chairs: Joan Kjemtrup, 356-6016; Barbara Hawkes, 395-4397.
- 6 Friday **Travel “Armchair” Adventures**, 7:30 pm at The Terraces of Los Gatos, 800 Blossom Hill Road, Los Gatos. Program: “*Color of India.*” Presented by Dick Stuart. Chair: JoAn Lambert, 867-6237; Co-Chairs: Pat Khan, 741-1616; Corinne Rathjens, 867-2445.
- 10 Tuesday **Committee for Homeless Women and Children**, 7:00 pm at the home of Nancy Anderson, 13561 Lomond Ct., Saratoga. Chair: Nancy Anderson, 867-4383.
- 11 Wednesday **Let’s Do Lunch**, 11:30 am at The Terraces of Los Gatos, 800 Blossom Hill Rd, Los Gatos. Buffet luncheon in the dining room for \$14. Reservations to either co-hostess: Terri Raynaud, 356-0075 or Louise Benjamin, 402-3244. Exact amount or check made out to Terri in an envelope with your name and hostess’ name on front. (*No take-out.*) Chair: Catherine Reinhardt, 867-0607.
- 12 Thursday **Scenic Hikes and Walks**, Wild Flowers at Edgewood and fabulous gardens at Filoli. Two beautiful places for spring flowers. Bring some cash for Filoli entrance fee (*or bring your Filoli membership card*) and for lunch in their cafeteria. They also have a lovely gift shop and art show. Meet promptly at 9:00 am in the Argonaut shopping center, way out front of CVS drug store, Saratoga. Back by 4 pm. Questions? Kay Duffy, 867-0508; Jane Bishop, 356-7796.
- 17 Tuesday **Conversations in Spanish**, 1:30-2:30 pm at the home of Nancy Anderson, 13561 Lomond Ct, Saratoga, 867-4383. Contact Co-Chair: Sharon Kelkenberg, 650-962-1656; Helen Lemmon, 408.867.0575.
- 17 Tuesday **PM Book Review**, 7:30 pm. *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Reviewer: Linda Hagelin. The Terraces of Los Gatos, 800 Blossom Hill Road, Los Gatos. RSVP to Margaret Ford, 356-5028. Co-Chairs: Pat Khan, 741-1616; Marlene Lamb, 356-8441.
- 17 Tuesday **General Meeting**, 7:00-9:30 pm. Installation of new officers. Program: *A Diverse Community of Women*, Saratoga Library Community Room, Saratoga (*See front page for details*).
- 20 Friday **AM Book Review**, 9:30 am at the home of Pat Dalcher, 118 Belridge Dr, Los Gatos, 358-1071. Chair: Margaret Bard, 377-6625.
- 24 Tuesday **Film Buffs**, 1:30-3:00 pm, at the home of Madeleine Salzman, 15550 Winchester Blvd, Monte Sereno; 348-2025. Chair: Mary Ellen Madden, 264-4488. Call to confirm with MaryEllen.
- 26 Thursday **Back-by-Noon Hike** Meet promptly at 9:00 am at the Argonaut Shopping Center way out in front of CVS Drug Store. Questions? Kay Duffy, 867-0508; Jane Bishop, 356-7796.

June 2011

- 2 Thursday **Los Gatos Trail Clean-up** (for Hikes & Walks) + short hike, coffee or lunch. Meet promptly at 9:00 am at Los Gatos Park and Ride. Questions? Kay Duffy, 867-0508; Jane Bishop, 356-7796.

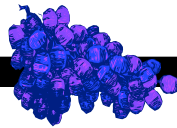


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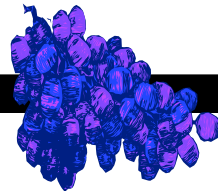
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Penny Sink – A Valued AAUW Member Passed Away

Penny Sink, a member of the Committee on Homeless Women and Children, died on April 10. Penny passed away the day before was the English Tea, an activity that Penny could be counted on to do her part. She excelled at convincing the merchants of Los Gatos that they really did want to give her gift certificates or items for the silent auction.

She was passionate about helping needy people, as an example – she took a homeless woman in Los Gatos under her wing and helped her find necessary resources. We will all miss Penny and the Committee will miss her prodding (and encouraging us) to make us do even more.

