

- Lake Oswego Branch Officers
2021-2022
Elected Officers**
- President**
Catharine Hojem (541) 240-1291
- Program Coordinator**
Marge Ransom (503) 530-9810
- Membership Vice President**
Marty Maharg (503) 908-1984
- Secretary**
Jeanne-Marie Pierrelouis
(202) 445-4976
- Finance Co-Vice Presidents**
Susan Hornung (503) 635-4893
Stephanie Wagner (503) 803-7708
- Immediate Past President**
Mary Pat Silveira (615) 804-6253
- Appointed Officers**
- AAUW Fund**
Molly Divine (503) 460-7103
- Communications/Governance**
Jane Taft (503) 709-3185
- Diversity Officer**
Marty Maharg (503) 908-1984
- Hospitality**
Penny Hansen (503) 636-7255
- Inter-Branch Council**
Marty Maharg (503) 908-1984
- Interest Group Coordinator**
Charlene Vojtilla (503) 720-0904
- Newsletter Co-Editors**
Cathy Croghan Alzner (503) 320-6282
Kris Schultz (503) 621-8602
loaauwnewsletter@gmail.
- Public Information**
Karen Rottink (503) 636-9755
- Public Policy**
Sharron Noone (503) 799-2139
- Scholarship/Education Liaison**
Diana Ricks (503) 858-7481

Chinese Immigrants in Early Oswego

Saturday, April 9, 2022

9:30 a.m. Social Time
10:00 a.m. Program

Oswego Heritage House
Avenue A & 10th Street
and
Zoom



Dr. Mark Browne

Dr. Mark Browne, Archivist and Board Director of the Oswego Heritage Council, will explore the history and the legacy of Chinese immigrants in this country, particularly in Oregon and early Oswego. His presentation will provide a wealth of historical information and add a local and regional perspective to the book selected by Lake Oswego Reads this year: *How Much of These Hills Is Gold* by C Pam Zhang. In sharing his research, Mark will help us relate more fully to the experiences of Chinese immigrants and the vital role they have played in shaping our world.

This program will be an in-person event, open to LO Reads guests. We will also offer it via Zoom for those who prefer to meet that way. We hope the two options will ensure that everyone will be able to enjoy this excellent program.

Connections

Catharine Hojem



I am so heartened that President Biden has nominated the inspiring and eminently qualified Judge Ketanji Brown Jackson to serve on the Supreme Court of the United States of America. Having the first Black female nominee is a hopeful moment in some fretful times.

As we begin this Spring of 2022, we are met with many colliding developments in our world: the nomination of Judge Ketanji Brown Jackson to the Supreme Court, the horrific Russian invasion of Ukraine, US sanctions towards Russia impacting our daily lives here at home, and the official re-designation of Covid as an endemic resulting in mask mandates being lifted.

Because of the global nature of these events, our singular ability to effect change is fairly limited. We can write our congressional members concerning Judge Brown Jackson, donate to reliable sources to help the Ukrainian refugees, and carpool to save money on gas and help the environment.

As we are now free to re-enter public life, we carry along with us the experiences

of the last two years and the practices we have used to keep not only ourselves, but also our families and communities, safe.

On March 11th, all mask mandates were discontinued. Based upon Governor Brown's and the Oregon Health Authority guidelines we will be having the first in-person Branch Meeting at Heritage House on April 9th. The program will feature the "Lake Oswego Reads" book and a presentation by the exceptional Heritage Council historian, Mark Browne. The community is invited to attend, as well.

The Board realizes that this in-person meeting may be difficult for some and that we still need to be cautious. We will be providing a hybrid model for our program, which means if you prefer, you can attend using the online option on your personal electronic device. Masks will be optional for in-person attendees. We will not mandate vaccinations because monitoring an individual's proof of immunization can be difficult.

We will be sending out a survey to try to get a better idea of how many of you plan to attend in person on April 9th at the Heritage House.

Because of previous setbacks with the pandemic, we will continue to be flexible with safety protocols as needed. My hope, like yours, is that we get our normal lives back, but I suspect most of us anticipate that our "new normal" is likely to be a slightly different version of the old.

Diversity and Equity

Marty Maharg

In preparation for the AAUW State Annual Meeting, "Can't We Get Along", presented by Chisao Hata, it is important to discuss how to create inclusive spaces and to understand how diversity and inclusion are defined:

Diversity reflects the characteristics that make each person unique. *Inclusion* encompasses the behaviors and actions that make an individual feel that they belong to and are respected and needed by a specific group.

An environment where everyone feels welcomed and included is necessary for successful diversity. At times, this can be difficult and complex. According to "Seven Underlying Principles of Diversity," listed in the AAUW Diversity, Equity, and Inclusion Tool Kit, all human beings have been socialized from birth to act in specific ways. All people at various times act as both perpetrators and victims of discrimination and stereotypes.

People tend to see others through their own ethnocentric lens which can result in the other person feeling excluded or not belonging. People usually are most comfortable when they share "sameness," and often are reluctant to relinquish power. As a result, welcoming diversity, respecting another's uniqueness, and creating an inclusive community can be an immense challenge. However, working to create an inclusive community will help us all to ... "get along" and ultimately create a more harmonious world.

Additional Resources:

Diversity/Short Film:

<https://www.youtube.com/watch?v=ISir8JeOdQ>

Inclusion Starts With I:

<https://www.youtube.com/watch?v=2g88Ju6nkcg>

Lake Oswego AAUW Named Gift Honorees, 2022

Molly Divine



Marge Ransom

Marge has been an enthusiastic volunteer from just about the day she joined five years ago. From the get-go she contributed to hospitality and to our annual Teas - first with lovely hand-made cards and decorations and then as the overall organizer. Unfortunately, we never got to enjoy her last endeavor in this regard, since Covid kept us home. But her wonderful plans for a silver and gold Tea even included a photo booth so that friends could have their pictures taken together.

When help was needed with Lunch Bunch, she stepped right up and has continued to take responsibility for keeping us together, whether at a restaurant, or on Zoom.

On top of that, last year she accepted nomination and election to one of our most demanding offices, Program VP. In this second year of Covid, she has kept us focused on our mission, challenged by great speakers, entertained and together.



Charlene Vojtilla

Charlene is a fairly recent member of LO AAUW, but even with limited opportunities for gathering in person, Charlene has found creative ways to help members interact with each other via Zoom.

Charlene accepted a board position as Interest Group Coordinator and as a co-chair of the Lunch Bunch interest group, as well as helping with the coordination of several of the Delightful Dining events. She has assisted with programing for several of the branch Zoom gatherings, including on-line culinary events.

Charlene is calm, thoughtful, charming and willing to step up to do the work necessary to successfully complete a project.



Jane Taft

When Jane Taft moved here from Florida to be near her daughter's family more than twenty years ago, she joined AAUW and immediately was willing to become the newsletter editor. During the past two decades she has always been on the Board in a variety of positions. She co-created and chaired Murder-by-the Book and Eat Ethnic Interest Groups and currently leads the Delightful Dining group.

As a past Branch president, she served two consecutive two-year terms. She also has been a big supporter of our annual tea by being on the committee and making her delicious scones and curried egg salad sandwiches.

Besides her well known baking and organizational skills, her technological expertise has helped the Branch move into the digital age allowing us to use Zoom during Covid, helped with newsletter issues, and sends us reminders of Branch activities.

Heart Attack Warning Signs for Women

Charlene Vojtilla

Heart disease, including heart attacks, is the leading cause of death for women in the United States, yet only about half (56%) of women know this. While both men and women may have chest pain during a heart attack, women tend to have additional symptoms, such as shortness of breath and/or jaw, neck and back pain that can make a heart attack difficult to identify.

According to Dr. Mingsum Lee, clinical cardiologist at Kaiser Permanente Los Angeles Medical Center, too many women, of all ages, put off calling the doctor, even when they're feeling heart attack symptoms. Notably "older" women may be having chest pain, but they don't want to bother people. So, they sit at home and hope the symptoms go away. Sometimes, they don't drive and are too embarrassed to ask for help.

If you experience one or more of the following symptoms, **call 911 immediately!**

Chest pain: Usually strong, comes on gradually, and increases in intensity over several minutes. Often described as "pressure," "squeezing," "heaviness," or "tightness" the pain feels very deep and is hard to pinpoint.

Arm, back, neck, jaw pain: Sometimes chest pain can radiate or travel through your arm, neck, jaw, or back. It may gradually get more intense over several minutes and often is difficult to pinpoint exactly where pain began.

Nausea and stomach pain: This often is confused with heartburn or acid reflux. Both can be triggered by certain spicy food, citrus, chocolate and alcohol. Acid reflux usually feels worse when you lie down.

Shortness of breath: Sudden shortness of breath for no apparent reason.

Sweating: Sudden sweating, "cold sweat," or feeling "clammy" plus chest pain.

Fatigue: Sudden fatigue and/or exhaustion.

Bottom line: If you're not sure if you're having a heart attack, **call 911. Get checked out.** "The earlier you come in for medical care," Dr. Lee says, "the earlier we can start therapy and the less damage there will be to the heart."

https://thrive.kaiserpermanente.org/thrive-together/live-well/6-warning-signs-of-heart-attack-in-women?wt.tsrc=email_pih&cat=l&mkt_tok=NDkyLU5RVS0wMTQAAAGC4Ndr4pZ5xvDrjT9WqEeM3rxikVQFvWnxSg4CWVW3ko8nBBm-kDRRFtC_ORmTMTfofu8_JiLQUxGjA3XDwisN0_vqwVjQF0luxrpMPkGU4g



Happy April Birthday to
Carol Brenneman

Interest Group Happenings

Please confirm with group leader how
your group is meeting

Interpretive Books 3rd Thursday at 9:30am

Date: April 21
Book: *This Time Next Year We'll Be Laughing* by Jacqueline Winspear

Contact Connie Irwin,
irwinconnie44@gmail.com

Murder by the Book 2nd Wednesday at 12:00pm

Date: April 13
Book: *Murder in Old Bombay* by Nev March

Contact Jane Taft, taft.jane@gmail.com,
Stephanie Carter, secarter1@gmail.com

Non-Fiction Books 2nd Monday at 11:00am

Date: April 11
Book: *Yellow Bird: Oil, Murder, and a Woman's Search for Justice in Indian Country* by Sierra Crane Murdoch

Where: Community Room,
West Linn Library
1595 Burns St., West Linn

Contact Mary Pat Silveira,
mpsilveira@usa.net

Tuesday Books 4th Tuesday at 11:00am

Date: April 26
Book: *West with Giraffes* by Linda Rutledge

Szechuan Kitchen
15450 SW Boones Ferry Road
Lake Oswego

Contact Lynda Bigler,
libigler@easystreet.net

Thursday Evening Books 4th Thursday at 7:00pm

Date: April 26
Book: *The Dressmaker of Khair Khana*
by Gayle Tzemach Lemmon

Contact Suzanne Kaveckis,
smkaveckis@icloud.com

Public Policy 3rd Friday at 11:00am

Date: April 15

Contact Sharron Noone
smnrrooe@aol.com

Lunch Bunch 3rd Tuesday at 11:30am

Date: April 19
Place: Otto and Anita's Schnitzel Haus
3025 SW Canby St., Portland, Or

Contact Marge Ransom at
wrandmr68@yahoo.com or Charlene
Vojtilla at charjoy8@gmail.com

Delightful Dining

Date: April 23
Time: 6pm
Theme: "Vegetables Unleashed" at the
home of Charlene Vojtilla

For more information, contact Jane Taft
taft.jane@gmail.com

Photo Album Delightful Dining Thai Cuisine



Co-hosts Penny Hansen and
Charlene Vojtilla



Penny Hansen



Molly Divine



Jane Taft

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3	4	5 Board Meeting	6	7 AAUW Oregon State Annual Meeting	8 AAUW Oregon State Annual Meeting	9 Branch Meeting State Meeting
10	11 Non-Fiction Books	12	13 Murder by the Book	14	15 Public Policy 	16
17 	18	19 Lunch Bunch	20	21 Interpretive Books 	22	23 Delightful Dining
24	25	26 Tuesday Books	27	28 Thursday Evening Books	29	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Board Meeting	4	5	6	7
8 	9 Non-Fiction Books	10	11 Murder by the Book	12	13	14 Branch Meeting
15	16	17 Lunch Bunch	18	19 Interpretive Books	20 Public Policy	21
22	23	24 Tuesday Books	25	26 Thursday Evening Books	27	28
29	30 	31				