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**Communities include:
Lake Oswego, Oregon City,
Sherwood, Tigard, Tualatin,
West Linn, Wilsonville,
and more**

Newsletter

Volume 49, Number 5

January 2024



**Hunger Fighters Oregon (HFO): An Outreach Activity
for AAUW Members to Help Those in Need.**

Saturday, January 13, 2024
Oswego Heritage House
398 10th Street, Lake Oswego
9:30- Social Time, 10:00 Program



To honor both the new year and the Martin Luther King Jr. Day of Service, on January 13th we will be learning about, and then participating with Hunger Fighters Oregon (HFO) in a hands-on activity which will allow our members to contribute both time and tangible goods to their outreach program.

Hunger Fighters Oregon first started at the Lake Oswego Junior High in 2014 as an extracurricular, student-led project and within a few years found that over 10,000 meals were delivered as a result of their efforts. It was clear that the community of Lake Oswego wasn't spared the food insecurity which is a widespread national challenge. To more effectively service the need, in 2016 HFO became an official non-profit organization.

Today, HFO has grown, both in the number of community and corporate donors along with the population they serve. According to our guest speaker, HFO's director Molly Rodrigano, we don't require any proof of residency to receive assistance. Many immigrants and refugees access their pantry. To accommodate the range of differing languages, they use a Google Translation app for communication and reflect further cultural sensitivity by offering a limited range of regional food items.

Ms. Rodrigano will update us about the current level of community food distribution and any trends they are seeing. She reported that the population seeking support from HFO grew during the pandemic and continued with increasing numbers due to the recent Portland teacher's strike.

For our program activity, HFO is requesting the following two types of items which we will be putting into individual bags for distribution:

1. Feminine sanitary protection- (suggested Costco and Amazon)

- Always Ultra Thin – Overnight
- Always Ultra Thin Long Super Pads
- Tampax – Regular and Super tampons
- Kotex Clean and Secure Pantliners (Amazon has a special price)

2. Detergent pods (No liquid or powder detergents, please).

Any are fine, but the Kirkland brand at Costco has the highest yield for the cost.

Please bring as much as you wish to donate with you on January 13th. Hope to see you all for our program which supports not only our community but our AAUW membership as well, through our in-person gatherings.



Prez Sez



Jeanne Lemieux & Diana Ricks

Notable January Events and Recognitions

Happy New Year! We hope you all enjoyed your holidays and look forward to beginning another year. We look forward to a memorable and productive year together.

The **Emancipation Proclamation** was issued 160 years ago on January 1st. It declared that “all persons held as slaves “with the rebellious states are and henceforth shall be free.” Truly a turning point in our country’s history.

Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures. The determination of the first month of the new lunar year varies by culture. The holiday began as a time for feasting and honoring household and heavenly deities, as well as ancestors.

The bill making **Martin Luther King’s birthday** a national holiday was signed into law in 1983. It was set to be celebrated on the third Monday of January. It celebrates, commemorates, and honors the life of Dr. King and his philosophy and methodology of non-violence.

In 2005 by UN General Assembly resolution, January 27th was established as **International Holocaust Remembrance Day**. Every member nation is urged to honor the memory of the victims, six million Jew and countless members of other minorities. In addition, they are encouraged to develop educational programs about Holocaust history.

On a light-hearted note, January 27th is also **National Chocolate Cake Day**. The chocolate cake dates to 1765 and the first recipe was published in 1847. The first box cake mix was created in the 1920’s and Betty Crocker released the first dry cake mix in 1947. It is a cake enjoyed by more people than any other!

So, you may wonder why we mention these dates. Well, it’s not because we are trivia fanatics (well maybe a little bit), but because sometimes it’s fun and informative to explore things or topics about which we know little or nothing about.

In that vein, at the November AAUW Inter-branch Council meeting (IBC), which we attend as part of our presidential duties, we learned that the Hudson Bay, WAAUW Branch offers to its members **The Foreign Policy Association's Great Decisions** series. Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions [Briefing Book](#), watching the [video series](#), and meeting in a [discussion group](#) to discuss some of the most critical global issues facing America today. This year's series consists of eight sessions, each on a different international topic. Some of this year's topics include Middle East realignment, climate competition, US-China trade, and the future of NATO.

Got us thinking ... would this be something that LO AAUW would like to offer our members in future years? We are going to attend in-person sessions for this year's series that are available at George Fox University-Tigard. The series is part of the University of Oregon Osher Lifelong Learning program. You can register at osher.uoregon.edu -- Great Decisions 2024. The classes meet on Tuesdays, January 23rd to March 12th from 10:00 am to 11:30 am. If this sparks your interest, register and join us to "check it out"!



Interest Group Happenings – January 2024



- Board Mtg
- General Mtg

Lunch Bunch, 3rd Tuesday at 11:30 am, Contact: Charlene Vojtilla, charjoy8@gmail.com

Date: January 16th, Location: Dang's Thai, Lake Oswego.

RSVP is required to ensure seating if you would like to attend.

Delightful Dining, Contact: Jane Taft, taft.jane@gmail.com

The next meeting of Delightful Dining will be in February. Please contact Jane if you would like to join this group.

Interpretive Books, 3rd Thursday at 9:30 am, Contact:

Laura Eyer, eyerlaura@gmail.com

Date: January 18th, Book: *The Music of Bees* by Eileen Garvin

Murder by the Book, 2nd Wednesday at noon, Contact: Jane Taft taft.jane@gmail.com

Date: January 10th, Book: *Gallows View* by Peter Robinson

Non-Fiction Books, 2nd Monday at 11 am, Contact: Mary Pat Silveira mpsilveira@usa.net

Date: January 8th, Book: *Brave the Wild River: The Untold Story of Two Women who Mapped the Botany of the Grand Canyon* by Melissa L. Sevigny Kessler

Thursday Evening Books, 4th Thursday at 7:00 pm, Contact: Suzanne Kaveckis, smkaveckis@icloud.com

Date: January 25th (via Zoom), Book: *Demon Copperhead* by Barbara Kingsolver

4th Tuesday Books, 4th Tuesday at 11:00 am, Contact: Lynda Bigler libigler@easystreet.net

Date: January 23rd, Book: *The Oregon Trail* by Rinnker Buck



LO Branch Member Coffee



**Monday, January 22nd
10 am-11:30 am
Susan Shea's home
720 E Ave, Lake Oswego**

Please join us to meet newer members and reconnect with older ones. (Since this is the COVID and flu season, please be considerate in deciding whether to attend)

Susan's neighborhood is reasonably flat and parking is plentiful.

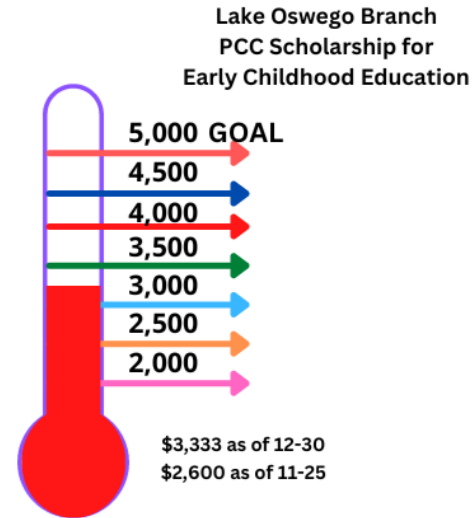


Scholarship Fundraiser

Thanks for helping us get closer to our goal and for helping future recipients reach their goals. We will update the thermometer at the end of each month. As a reminder you can donate in two ways:

1. to donate with a credit card, go to the state website, select Special Projects, click on the donate button, and choose LO PCC scholarship.
2. to donate with a check, make the check payable to AAUW Special Projects - :LO PCC scholarship and send to:

Lake Oswego AAUW
P. O. Box 2078
Lake Grove, OR 97035



IBC Report

The Interbranch Council (IBC) is a group of representatives from the Northwest AAUW branches and Vancouver, Washington. We meet on alternate months to share branch activities and issues. In addition, we also receive AAUW information from both Oregon and Washington. As the LO rep, I relay pertinent information to LO Branch officers at our board meetings. Click [HERE](#) for a link to the IBC meeting minutes. They will be posted in our monthly newsletters as they become available.

Submitted by Marty Maharg, IBC Representative

LGBTQIA+ and Gender Justice: What does this mean for us?

**Tuesday, January 16th at 7:00 pm
(a Zoom meeting)**



Emily Evans (she/her)

AAUW-Oregon and the Oregon Online Branch will be presenting this interesting and timely topic. The speaker will be Emily Evans, who received the 2017 AAUW of Oregon Breaking Barriers Achievement Award. Emily was born and raised in Ashland, Oregon. She has dedicated her career to unearthing and dismantling the many ways gender injustice harms us all. From 2014-2021, Emily served as Executive Director of the Women's Foundation of Oregon. In that role, she brought her passion for dismantling sexism, racism, and other forms of oppression back home to the Pacific Northwest, with the goal of creating true and lasting gender justice in our region.

Because AAUW-Oregon has arranged this program we must register for it. Please click [HERE](#) to register and then you will receive the link.



The Year in AAUW:

This year AAUW celebrated the 60th anniversary of The Equal Pay Act, which laid the foundation for so much of the progress made towards ensuring everyone is compensated fairly and equally in this country. Here are a few more impressive numbers that highlight what AAUW recently accomplished together for women and girls:

- Trained over 190,000 women to negotiate their salaries and benefits through the Work Smart and Start Smart programs.
- Reached thousands of diverse high-school girls and their caregivers through AAUW's STEMEd for Girls virtual workshop series, now in its third year.
- Awarded over \$6 million in fellowships and grants to more than 320 women and community projects in 2022-23.
- Sent nearly 20,000 letters to elected officials calling for action on AAUW priorities in the past year!

January Key Dates: NCCWSL registration is open; January 8th, AAUW Art Contest begins; January 23rd, Legacy Circle Event “Legacy and Impact: Lobby Corps”; January 29th, 15th anniversary of the Lilly Ledbetter Fair Pay Act.



Buying the large plastic bins of leafy greens can now be fairly guilt-free!!

New Seasons is now taking the following:

- #1 clamshells of all sizes
- plastic wrap from product packagings like toilet paper, bread, produce, Ziploc, and grocery bags
- bubble wrap and Amazon envelopes (cut your name and address out first)

Fred Meyer: There are Zero Hunger/Zero Waste bins at the front of stores. They take bubble wrap, plastic overwrap from paper towels, cereal box liners, dry cleaning bags, newspaper sleeves, Ziploc, and Amazon envelopes. Don't take clamshells.

Agilyx: Open 24/7, accepts all #6 styrofoam. Drive around to the back of the building. Free. 13240 SW Wall St. Tigard.

2023-2024 Branch Officers



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Our mailing address is:
Lake Oswego AAUW
PO Box 2078

Lake Grove, OR 97035

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