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

Newsletter

Volume 49, Number 6

February 2024

**Election Integrity Takes All of Us
Saturday, February 10th
Oswego Heritage House
398 10th Street, Lake Oswego
9:30 am - Social Time, 10 am - Program**



Catherine McMullen

Our February speaker is Catherine McMullen, Clackamas County Clerk, overwhelmingly elected by voters in November 2022. Clerk McMullen is a lifelong public servant, a champion for voting rights, and an ardent community leader.

She began her public service career as a public librarian. Starting in 2015, she worked for the next five years as an Elections Administrator in Multnomah County. Then she ran for her first elected position.

Catherine's objective is that everyone has equitable and fair access to the ballot and that elections in Clackamas County are error-free, secure, and transparent.

In her first year in office, she supervised three local elections and attended 18 local events in different ethnic Clackamas communities. In the past six months, she has administered at 54 weddings.

Catherine is committed to making inclusivity a top priority in her official position and her life. She will tell us how we can help in retaining trust in the election process and ways to get more involved in this important election year.

Prez Sez

LANGUAGES OF LOVE



Jeanne Lemieux & Diana Ricks

February is considered the month of LOVE. In the English language, there is only one phrase for saying “I love you” and is used in a myriad of different ways. Different languages and cultures vary in their approach to the word for instance in the Spanish language, the word/spelling literally changes depending on its usage. Te quiero is used among family members and friends. Te amo encompasses romantic love.

Dr. Gary Chapman, author of *The 5 Love Languages: The Secret to Love That Lasts*, explained that people have five different ways that they prefer to give and receive love.

- ♥ Words of Affirmation: This is about expressing affection through spoken word, giving praise, or communicating appreciation.
- ♥ Receiving Gifts: For some, love is best expressed through gifts, whether big or small.
- ♥ Quality Time: This love language is about giving the other person undivided attention.
- ♥ Physical Touch: To this person, nothing speaks more deeply than appropriate physical touch, whether a hug, a kiss, or a pat on the back.
- ♥ Acts of Service: Acts of service are anything you do for another that they would like for you to do. It requires thought, planning, time, effort, and energy.

The idea of “Acts of Service” can lead to a slightly different wording, which is “showing one’s gratitude to another”. The theory of Positive Psychology finds that gratitude can help relationships thrive by promoting a cycle of generosity. That is, one’s own gratitude can prompt another to think and act in ways that convey gratitude.

Here are some ideas for showing another your gratitude for having that special person in your life.

Say the words! Words are powerful and a verbal expression of your appreciation to a person is effective – if you can't do it in person, make the phone call and brighten somebody's day.

Write a letter or note. Spend some time thinking about what you appreciate most about someone and draft a letter by hand, expressing your sentiments. Or maybe a thank you note that is a sincere expression of gratitude.

Show gratitude through creative expression. Homemade gifts mean the most, a little bit of creativity goes a long way. Why not make a scrapbook for your friends, and family members and fill it with photographs or written memories of those special moments over the years?

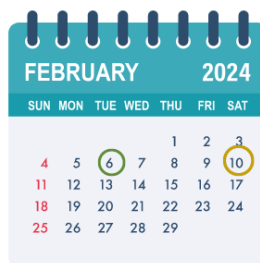
Give a gratitude gift. Choose a gift aimed specifically at expressing gratitude, and opt for meaningful over monetary value. Gratitude in itself is a gift but giving a thoughtful, personal gift that can be kept, displayed, and treasured is something really special.

Express your appreciation face to face with a gratitude visit. While expressing gratitude in person might be a big step, the gesture of going out of your way to tell someone how much you appreciate them is enough for everyone to feel the benefits. If you can't make the visit in person, send a personalized video message.

Ask how they are (and listen to their response!) The simple act of actively listening to another can be an effective way to show you value them. Put down your phone, remain attentive, and let them steer the conversation.

We wish ALL OF YOU a very special, meaningful February. We wish to express to each and every one of you our gratitude for having you in our lives. Being a part of this very special group of women called AAUW truly gives life meaning and purpose.

Interest Group Happenings – February 2024



 Board Mtg
 General Mtg

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

Date: February 20th, Location: Dnag's Thai Kitchen, Lake Oswego

RSVP is required to ensure seating if you would like to attend. Please contact Charlene if you wish to join this group.

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

Date: February 17th, Theme: Crepes—From Savory to Sweet

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: February 15th, Book: *The Reading List* by Sara Nisha Adams

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

Date: February 14th, Book: *Midnight at Malabar House* by Vaseem Khan

Non-Fiction Books, 2nd Monday at 11:00 am, Contact: Mary Pat Silveira mpsilveira@usa.net

Date: February 12th, Book: *Ancestor Trouble: A Reckoning and a Reconciliation* by Maud Newton

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

Date: February 22nd (via Zoom), Book: *Vera Wong's Unsolicited Advice for Murderers* by Jesse P. Sultano

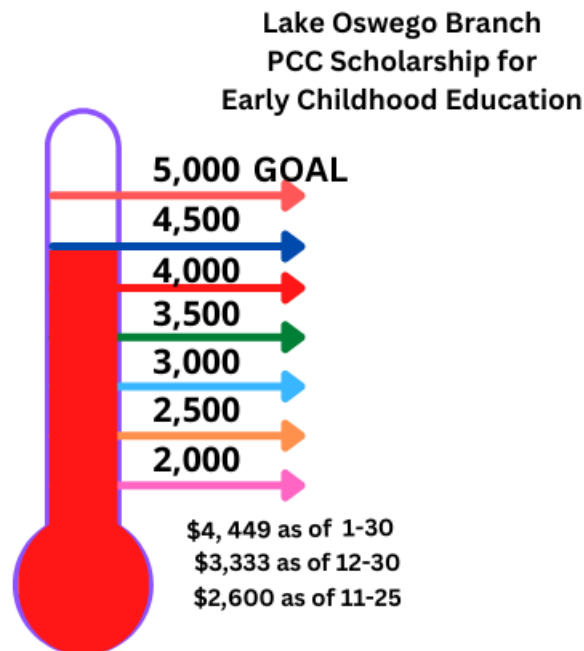
4th Tuesday Books, 4th Tuesday at 11:15 am Contact: Dixie Kroupa dixie.kroupa@comcast.net

Date: February 27th, Book: *Tom Lake* by Ann Patchett

January Board Motion

A motion was made and seconded to purchase an adapter to facilitate technological presentations. Motion approved.

Scholarship Fundraiser



Please click [HERE](#) for more information about our scholarship and how to make your donation.

Diversity, Equity, and Inclusion

AAUW Oregon Zoom:

Several LO members participated in the AAUW Oregon Zoom titled, "LGBTQI+ and Gender Justice and What This Means to Us". The Zoom was presented by Emily Evans, the 2017 Oregon AAUW's Breaking Barriers Award recipient. Emily and her wife live in Portland and have two children. Emily now works as the Senior Trainer for INTERSECT, a gender justice collaborative whose mission is to deepen knowledge, skills, and relationships to advance gender justice leadership in Oregon. Her presentation provided excellent information. One of the key takeaways for me, was her explanation and slides

relating to gender identity, “how you feel about yourself inside”, and how that relates to being “trans”. (or what being “trans” really means).

Click [HERE](#) to watch her presentation. Her slides and other resources can also be found there. If you were able to join part 1 of her presentation, you know what an extraordinary session it was. So many people asked for more, that we are doing another session (part 2) on Monday, February 12th at 6:30 pm to continue the conversation. You can register for this Zoom session [HERE](#).

Events:

In celebration of Black History Month, Portland Community College is sponsoring the Cascade Festival of African Films. “Africa through African lenses,” is a hybrid virtual/in-person festival, presented free of charge and open to the public. According to the website, these films show us Africa through the eyes of Africans, rather than a vision of Africa packaged for Western viewers. They celebrate Africa’s achievements, expose its failures, and reveal possibilities for a hopeful future. The festival runs from February 2nd to March 2nd. Click [HERE](#) for more information and the film schedule.

Submitted by Marty Maharg, Diversity Chair



News from other branches--

Recently the **Portland Branch** asked their members to share their best reads of last year. There was an equal amount of fiction and non-fiction, and the selection of subjects was quite diverse. Their *Literary Salon Reading List* is available by clicking [HERE](#). Maybe you will find your next read on the list.

On Tuesday, February 20th, at 7:00 pm the **Salem Branch** will offer a Zoom presentation, *OLIS (Oregon Legislative Information System) Program*. If you're interested in knowing which bills have been proposed, participating in the legislative process, or looking up any information about current or past legislative sessions, you need to know how to navigate [OLIS](#). This online session will show you the ins-and-outs of OLIS so you can start using it yourself. Click [HERE](#) to register.

Click [HERE](#) to see the minutes of the January 9th **IBC** meeting.

[2023-2024 Branch Officers](#)



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