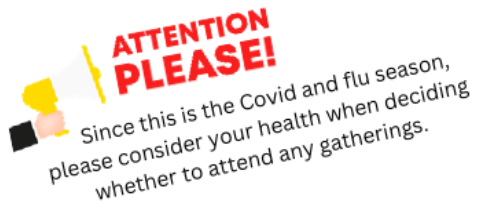


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**Communities include:  
Lake Oswego, Oregon  
City, Sherwood, Tigard,  
Tualatin, West Linn,  
Wilsonville,  
and more**



# Newsletter

**Volume 50, Number 8**

**May 2025**

**Saturday, May 10th  
9:30- Social Time - 10:00- Program  
Oswego Heritage House  
Avenue A and 10th Street, Lake Oswego  
Three companies that offer us options as we age**

**Managed  
Moves, LLC.**

**Krista Giudici** is the owner of **Managed Moves LLC**, an award-winning full-service downsizing and moving company serving seniors since 2006. It is the only company licensed in Portland to serve seniors exclusively. She employs 35 staff and serves approximately six clients a day. Her focus is on finding the most suitable, stress-free, and efficient way to support relocation. Her team carefully assesses the



needs of the individual and then provides a tailored strategy, ensuring a smooth and safe transition.

Her systems approach involves networking with regional senior services, involving independent and assisted living facilities, clubs, community centers, and medical supports. Her ethos is one of respecting the individual and the environment; as much as possible, all items from downsizing are sold, repurposed, or reused.

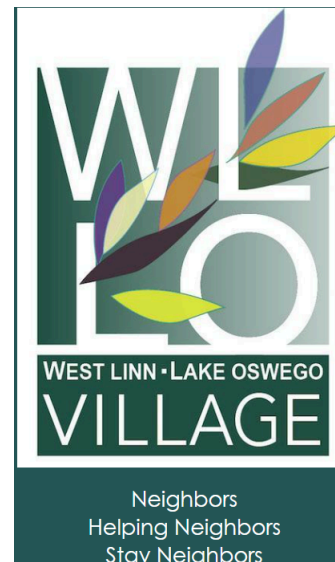
**Marjorie Synakiewicz** is the Volunteer Coordinator for the **WLLO Village (West Linn, Lake Oswego, and Stafford)**. She will share information about the program and its many options as either members or volunteers. Marjorie will explain the history and the mission of the Villages, a focused community effort to help one another 'age in place'.

The national Village Movement began in 1999 with Beacon Hill, in Massachusetts. Since then, there have been more than 250 Villages throughout the US, with another 62 in development.

Portland created a model called the 'Hub and Spoke,' with 10 Villages in the greater metro area and one on the North Coast. The purpose of this concept was to enable communities to share resources and combine efforts to provide useful, quality services to members. Portland is the Hub and takes on more responsibility for providing resources and coordinating volunteer support.

The mission of the Villages is: "To support dynamic, intentionally inclusive, caring communities that connect, engage, and inform our older adults as they maintain active, purposeful lives in the setting that they identify as 'home'".

## WLLO; Northwest Villages



## Chefs For Seniors



Last year, our speaker, **Mary Besbris**, purchased the PDX branch of **Chefs For Seniors**, a National Franchise established in 2019. She has five chefs working with her. Awareness of this unique and adaptable service comes mainly through internet searches or word of mouth.

Mary has lived in the Pacific Northwest for over 20 years, during which time she has nurtured a deep-rooted passion for cooking and promoting senior health through nutritious and well-prepared meals. A graduate of Le Cordon Bleu in Portland, [Oregon](#), she blends culinary expertise with compassion in her work. Mary is dedicated to enhancing the well-being of seniors by helping them lead healthier lives through food. For example, hospital discharge departments have Chefs for Seniors info to pass on to their patients. The family chef may well need temporary help with meal planning and cooking while recuperating.

When Mary is not in the kitchen, she can be found on her small farm, in the hills above Estacada spending quality time with her grandkids and menagerie of horses, sheep, goats, and a flourishing organic garden.



## Prez Sez



Jeanne Lemieux & Diana Ricks

At our May meeting we pass the torch to the next president of our branch. While the past co-presidents remain on the board as advisors and assists the incoming president as needed, Susan Shea will be the new leader. Beyond the usual tasks, the most important job for the president is to promote the vitality of the

group and ensure that it thrives. What do these words mean?

**Vitality** – the power of an institution to endure or survive

**Thrive** – to flourish, grow vigorously and prosper

While it is true that the president sets the goals and agenda for an organization, she/they do not do it alone. They could not be successful without the help and cooperation of the board and the organization's members.

The LOAAUW Board consists of elected members and those who are appointed. Our elected officials have done a fantastic job this year.

**Programs** – This position takes a lot of leg work – determining potential program topics, identifying speakers, outreach to and scheduling of the speaker. **Catharine Hojem** and **Pam Berg** have done a fantastic job over the past two years.

**Membership** - **Diana Fisher** and **Patti Watkins** have brought a new approach and energy to membership. The directories have a new design, and the cost was shopped to find the best deal. Guests at our meetings were asked about potential membership and “Coffees at Elephants” was started.

**Secretary** – Capturing the discussions and recording the actions of the board is sometimes taken for granted. **Sue Moore** has done a great job for two years.

**Finance** – Processing dues, handling donations, paying bills, balancing the books, **Anne Redman** has been on top of all these tasks for two years.

Now to the appointed positions.

**Hospitality & Interest Groups** – Ensures we have beverages and snacks at all our meetings, organizes the holiday party from menu to decorations, maintains interest groups information for the branch, and provides group updates for the *Newsletter*. **Charlene Vojtilla** has provided yeoman service for both these positions.

**Newsletter & Website** – Informing and keeping the members up to date on all the branch activities and making sure the larger community is aware of LOAAUW and all it does.

**Randa Blanding** has provided a new format for the *Newsletter*, introduced the Branch Buzz, and has expanded and enhanced our website over the last two years.

**Scholarship** – Over the past two years we have raised over \$8,000 for scholarships and began a new relationship with the PCC Foundation. All this through the tireless and persistent efforts of **Sharon Brabenac**.

**Governance** – **Jane Taft** keeps our bylaws up to date and presides over the annual meeting.

While the board provides leadership, the real engine for vitality comes from the members. You are the ones who come to the meetings, enjoy and expand interest groups, make the donations, and spread the word about the mission of AAUW. You are the juice that makes it **thrive**.

So, **thank you** to the board for your tireless efforts and **thank you** to the members for making it real!

**Reminder:** If you have completed the branch survey either online or at an interest group meeting, **THANK YOU**. If you haven't, please take two minutes and complete it. Click [HERE](#) to start the survey. We need every member's voice.



## Membership



Please join us for the next LO AAUW Member Coffee. It's scheduled for Wednesday, May 21st at 10 am at Elephants Deli (3970 Mercantile Dr., Lake Oswego, OR 97035). This will be our last Coffee until the fall. It's a chance for current members to connect with other members and for newer members to learn more about the branch. If you have a friend who might be interested in joining, please bring them along!



### INTEREST GROUP HAPPENINGS – MAY 2025

**If you are interested in joining any of our Interest Groups, please reach out to the contact listed for each group.**

**Lunch Bunch,**  
3rd Tuesday at 11:30 am,  
Contact: Charlene Vojtilla,  
[charjoy8@gmail.com](mailto:charjoy8@gmail.com)

Date: May 20th, Location: Ikenohana, Beaverton

RSVP to the invitation email is required to ensure seating.

**Delightful Dining,**  
Contact: Jane Taft,  
[taft.jane@gmail.com](mailto:taft.jane@gmail.com)

There is no meeting in May.

Please contact Jane Taft if you want to receive an invitation to future meetings.

**The Shared Inquiry Book Group (formerly Interpretive Books),**  
3rd Thursday at 10:00 am,  
Contact: Diana Gough,  
[oldgypsy1169@gmail.com](mailto:oldgypsy1169@gmail.com)

Date: May 15th, Book: *Night Watch* by Jayne Anne Phillips

**Murder by the Book,**  
2nd Wednesday at noon,  
Contact: Jane Taft  
[taft.jane@gmail.com](mailto:taft.jane@gmail.com)

Date: May 14th, Book: *Murder in the Crypt* by Irena Shapiro

**Non-Fiction Books,**  
2nd Monday at 11:00 am,  
Contacts: Diana Ricks,  
[dmricks472@gmail.com](mailto:dmricks472@gmail.com)  
and Cathy Croghan Alzner,  
[c.croghan.alzner@att.net](mailto:c.croghan.alzner@att.net)

Date: May 12th, Book: *Necessary Trouble: Growing Up at Midcentury* by Drew Gilpin Faust

**Thursday Evening Books,**  
4th Thursday at 7:00 pm,  
Contact: Suzanne Kaveckis,  
[smkaveckis@icloud.com](mailto:smkaveckis@icloud.com)

Date: May 22nd, Book: *Hello Beautiful* by Ann Napolitano

**4th Tuesday Books,**  
4th Tuesday at 11:00 am – 1:00 pm, Contact: Lynda Bigler,  
[libigler@easystreet.net](mailto:libigler@easystreet.net)

Date: May 27th, Book: *My Name is Lucy Barton* by Elizabeth Strout



## INTEREST GROUP SPOTLIGHT ON...THURSDAY EVENING BOOKS

The Thursday Evening Book Group has been a part of LOAAUW almost since its inception. We choose our broad and varied list of books at a summer luncheon where we complete our “yearly” calendar with the names of hostesses, meeting dates, and names of members who will introduce the author & facilitate the discussion for each meeting. Our book choices might include fiction, nonfiction, biographies, and sometimes short story collections. Our discussions provide deeper insights and comparisons into the books with a friendly, well-read group.

This year's reading list includes an in-depth look at the history of the Grand Canyon, *A Walk in the Park* by Fedora and *Brave the Wild River* by Seigny, *A Table for Two*, short stories by Amor Towles, and *Sipsworth*, a sweet, feel-good novel by Van Booy.

Please join us every 4th Thursday at 7 pm. For more information, contact Suzanne Kaveckis at [smkaveckis@icloud.com](mailto:smkaveckis@icloud.com)

As a reminder, all book group reading lists, past and present, can be found on our website at <https://lakeoswego-or.aauw.net> under the Interest Groups tab.

### DELIGHTFUL DINING APRIL MEETING

The Delightful Dining interest group met in April at Charlene Vojtilla's home, where we enjoyed a delicious Ina Garten-themed dinner. If you don't know, Ina Garten is a famous cookbook author and cooking show personality who made a major turn in her career when she went from writing nuclear policy in the White House to owning a gourmet food store in The Hamptons.

A good time was had by all with everyone contributing to the meal:

- [Smoked Salmon Spread](#), Susan Hornung
- [Chipotle & Rosemary Roasted Nuts](#), Anne Redman
- Parmesan & Thyme Crackers, Penny Hansen
- Stilton & Walnut Crackers, Penny Hansen
- [Cheddar & Chipotle Crackers](#), Penny Hansen
- Swordfish with Caesar Dressing, Charlene Vojtilla
- [Vegetable Tian](#), Stephanie Carter
- [Sautéed Asparagus & Snap Peas](#), Rachel Zierdt
- [Strawberry-Rhubarb Crisp](#), Jane Taft



Charlene with Dinner Dishes



Jane, Charlene and Anne dishing up dessert

Want to join Delightful Dining? Contact Jane Taft ([taft.jane@gmail.com](mailto:taft.jane@gmail.com)).

SHARED INQUIRY BOOK GROUP LOOKING FOR NEW MEMBERS



The Shared Inquiry Book Group, formerly called the Interpretive Book Group, is looking for new members. This group has been meeting monthly for over 30 years! What an opportunity to join a group of like-minded readers of good literature! This group uses the Great Books Foundation's guidelines for discussion leaders and participants. Everyone is encouraged to express their opinion, as there are no right or wrong answers.

All readings, most of which are fiction, are selected by the members. This year's books show a fascinating range:

*Lady Tan's Circle of Women*

*James*

*Solito*

*Martin Marten*

*The Henna Artist*

*The Sun Walks Down*

*Miss Benson's Beetle*

*House of Doors*

*Night Watch*

*The Vaster Wilds*

Lisa See

Percival Everett

Javier Zamora

Brian Doyle

Akja Joshi

Fiona McFarlane

Rachel Joyce

Tan Twan Eng

Jayne Anne Phillips

Lauren Groff

*Great Books "An Inquiry Concerning Human Understanding"* David Hume

Additionally, the group has two social events each year: a summer luncheon and a December brunch. If you'd like to learn more about the Shared Inquiry group, please contact Diana Gough at 503-734-9965.



## New Member Profile

### Aase Besson



Aase grew up in Denmark and moved to Frankfurt, Germany at the age of twenty two. While working there at a military clinic, she met John H. Besson, an American Rear Admiral from Oregon. Eventually they married in Vienna, and spent six months honeymooning around the United States. Then they returned to Frankfurt where they lived for two years before spending a year in Spain. Along the way, she gave birth to two sons.

From Spain, they moved to Lake Oswego, and a few years later she enrolled at Portland State University.

While there, she served as President of the Foreign Language Honor Society, and went on to receive degrees in German and Spanish. Aase enjoyed reading literature in these languages, and learning about their respective cultures.

Aase was on the board of the Oregon Chapter of the American Scandinavian Foundation (now known as Nordic Northwest) for thirty years, including many years as the

Membership Chair. Nordic Northwest is a nonprofit organization that celebrates Nordic culture, traditions, and heritage. She has also been very involved in Plan International, a development and humanitarian organization that works in over eighty countries across Africa, the Americas, and Asia. Their focus is on equality for girls and children's rights including the right to education, healthcare, and a safe environment. The organization has sent her on several fact-finding trips to Central and South America.

Aase enjoys traveling to Denmark twice a year. She also belongs to a Danish book group where they read books by Danish authors and discuss them in Danish. Although Aase no longer plays tennis as she did for fifty years, she continues to enjoy an active lifestyle and staying fit.

**Submitted by Patti Watkins, Membership Co-chair**

### **Are you signed up to be a Two-Minute Activist?**

Members of AAUW's Action Network receive urgent e-mail notices when their advocacy is needed most. With AAUW's online [Two-Minute Activist](#) tool, it takes just minutes and an internet connection to make your voice heard on issues impacting women and girls!

## **2024--2025 Branch Officers**



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#### **Our mailing address is:**

Lake Oswego AAUW  
PO Box 2078  
Lake Grove, OR 97035

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