



**TUESDAY
NOVEMBER 19**
9 am ~ Social Time
9:30 am ~ Program

TRUE OR FALSE?

- ☆ *Can I be arrested if I don't have health insurance?*
- ☆ *If I'm covered by my employer and I just don't like it, can I "dump" my employer's insurance plan and jump over to 'Covered CA'?*
- ☆ *With the elimination of 'pre-existing condition' can't I just wait until I am diagnosed with an illness (say, a brain tumor) and then get insurance?*

The Affordable Care Act comes to us with many uncertainties and myths. We are delighted to have our new AAUW member **Alison MacKenzie** as our presenter. A graduate of Hastings Law School and a Counsel in both Madera and Fresno counties, Alison has been working as an Administrative Law Judge for the State of California, Department of Social Services since 1979.

Alison will help us to dispel the myths and learn what the Affordable Care Act is all about. Plan to engage in table discussions and ask questions. You won't want to miss this informative meeting! *Invite your friends, neighbors, husbands!*

All meetings of the OML Branch are held at the
HOLY TRINITY SERBIAN CHURCH CULTURAL CENTER
1700 School St., Moraga 

COMING UP NEXT MONTH

Join Us For Holiday Cheer

❄️ **Friday, Dec. 13**
from 3:00 ~ 5:00 pm at
Kelly Claussen's home
3160 Somerset Pl., Lafayette

❄️ **Tues. Dec. 17**
from 10:00 am ~ noon at
Trudy Barron's home
175 Draeger Ave., Moraga

Members and friends are cordially invited to either or both gatherings. Read all the exciting details in the December TRIAD

Holiday Giving

Join us for OML's Annual Holiday Food and Toy Drive

What: Donations of food & toys are distributed to the Monument Crisis Center, The Bay Area Crisis Nursery & Elmwood Church in Oakland.

When: Bring your donations to the Holiday Neighborhood Coffees

Museum Mavens

Christmas Lights Tour

*in Danville
followed by dinner
at a local restaurant*

More details on all these activities in the December issue

SPECIAL INTEREST GROUP FOCUS MOVIES, FOOD & TRAVEL

While our Branch Priorities focus on mission-based projects, many of OML's Special Interest Groups focus on friendship, personal enrichment and just having fun. Three such monthly activities center around what some might even admit to calling life's basics – *entertainment, eating and world-wide travel experiences.*

Let's Go to the Movies currently has three groups, all meeting on the third Friday of each month. This is one of two regularly scheduled evening activities that include spouses or SO's (the other being the Travel Group, described below). The format is the same for all three – a movie (or sometimes a DVD) is selected via popular vote, then members watch it at their own convenience before the following month's meeting. These monthly get-togethers include a potluck dinner and discussion of the chosen film, facilitated by one of the members of the group. Each Movie Group has a coordinator who determines the assignments (hostess, facilitator, food providers), the duties for which are rotated each month. If you are interested in learning how to join one of the groups or start your own group, contact **Mary Leigh Miller**. Of note: Food has become such an important part of these gatherings that the original Movie Group, now coordinated by Mary Leigh, is considering putting together a cookbook of recipes that the group enjoys each month to be shared with the branch. This leads us to a description of the next group...

Gals Only Gourmet is a brand new group that still needs help getting off the ground. The concept is to establish monthly get-togethers in members' homes over the noon hour to enjoy homemade, healthy food, share recipes and talk food (plus other pertinent topics). **Mary Leigh Miller**, coordinator of this activity, would like to set a planning meeting at her home sometime in November with the hope of launching the gourmet group in January. Please email her at **mlmiller602@gmail.com** if you are interested in learning more about this group, and she will advise you of the initial meeting date.

The International Travel Group, started four years ago by **Ksenija Soster-Olmer**, is generally held on the first Saturday of the month. Members of this group share hosting duties and show digital slides from a foreign trip that they enjoyed. Others bring appetizers and beverages to share. This group is open to new members – since many in the group like to travel, they're not always around to attend. The size of a typical gathering is rarely more than 14-16, and often a lot less. Contact Ksenija if you are interested in learning more about this group. As with the other two groups described, enjoying good food is a top priority!

PIPINGS from the PRESIDENT



Greetings to you all!

October's been a busy month! Hope you all had as much fun at the October General Meeting and Fashion Show, Marketplace, Luncheon as I did. My closet certainly looks better thanks to items I purchased from *Glamorous Boutique*. We successfully added to the coffers of both the Educational Fund and the Legal Advocacy Fund lumped under AAUW Funds. *Thank you for your generous support!*

On October 20th, both **Diane Bell-Rettger** and I attended the AAUW Funds Fall Luncheon in Danville at Crow Canyon Country Club. Along with enjoying a lovely salad lunch, we were treated to the inspiring words of ten of this year's AAUW Fellowship recipients. We heard about their journeys into everything from sustainable design and construction to cultural anthropology to traditional Chinese medicine. These are truly remarkable young women who would have been unable to thrive in these fields without AAUW's financial support. So, I say again, thank you for your generous support! In early 2014, we hope to have one of these "Fellows" come and speak to us. *Be prepared to be amazed.*

I'm looking forward to hearing what **Alison Mackenzie** has to say regarding the Affordable Care Act at our November 19th General Meeting. *See you then.*

**Best Regards,
Karen Mankowski**

THE TRIAD Staff

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AAUW Association Website: <http://www.aauw.org>
California AAUW Website: <http://www.aauw-ca.org>



FOCUS ON ... OML's COMMUNITY OUTREACH PROGRAMS

The BURCKHALTER PROJECT

OML volunteers are celebrating 20 years at the Burckhalter School in Oakland– 1993 – 2013!

We would love to welcome **YOU** as a new (or returning) volunteer to our school. **No Experience Necessary! Great Rewards! Perhaps you can picture yourself here:**

In the library:

The children are sitting on the carpet, eyes eagerly fastened on volunteer **Ruth Balsdon** (*photo at right*) who is quietly opening a book. The colorful pictures show a school that has been built of mud and sticks. It is in Chad, and the children love their school. But the next year the school is destroyed in the rains, and they will have to start all over again. Ruth also shared a picture of herself in a school in Tanzania in 2012 and tells about teaching there in the 1960's. The children, she says, are learning to appreciate Burckhalter and all the opportunities they have to learn.



Maryellen Judson reports that the volunteers are already choosing books that feature Thanksgiving and are planning activities about the early pilgrims as well as the American Indians. December is the month of holidays and the library will have an array of books about Hanukkah, Christmas, Kwanza and Eid, and the students will learn while having fun. Teaching the joy of reading is the main focus of our volunteers!

Mary Olowin, a new volunteer, adds, “ Besides interacting with the students, I enjoy the camaraderie, especially having lunch together – one day I had forgotten to bring my lunch, and another shared hers with me, just like a good grade school friend would. Eating together, we plan topics for the next week, and then we catch up with each other's news. My Burckhalter day is a lovely day of my week.”



In the classroom:

K. deGroot, (*photo at right*), who has been tutoring at Burckhalter for 19 years writes: “ What keeps me coming back is that when I walk into the classroom, the

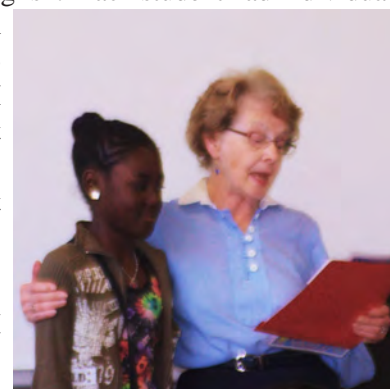
kids come running up and wrap me in their big hugs – that really makes my time with them special. When I have been working with a student to conquer a certain lesson, and they finally ‘get it’, I give them a high five and they grin ear to ear and that makes it all worthwhile. And when students I worked with a year or two before run up to me and, after a big hug, tell me what they are accomplishing, I really feel that I have made a difference. Tutoring is exciting, fun and rewarding!”

Therese Tamaro takes two eager fifth grade boys at a time into the tutoring room and then she unfolds the mysteries of pre-algebra as they fill their notebooks with equations. She works with two groups, about 40 minutes each, and reports that all the students are delightful.

“Did you ever get a love letter that was so treasured, you saved it? I did”, writes **Carrol Foxall**, (*photo below*) who has been a Burckhalter tutor for 15 years. “I received thank you letters from four 4th grade students

last spring. The native languages of these students were Arabic, Tongalese, Spanish and English. Each student had individual needs and strengths – and each was delightful. Although I miss them all, I have more students to get to know and work with this year. What a wonderful gift it is to give.”

Please let me know if you wish to know how **YOU** can be part of this picture.



Carol Messinger,
Coordinator
OML Burckhalter Project

(*photo at right*) **Arlene Downes** helps a student select a library book



HELP WANTED!
A tutor in reading for a kindergarten student.
Contact Carol Messinger

FOCUS ON ... OML's COMMUNITY OUTREACH PROGRAMS

SISTER-to-SISTER NEWS

SISTER-TO-SISTER 2013/14 IS LAUNCHED!

Excitement and energy reverberate in the meeting room as twenty-four high school girls gather in preparation for a Summit with middle school girls in March.

S2S brings together a diverse group of girls to address issues that schools often cannot adequately address. These issues include sexual harassment, violence, early sexual activity, bullying, cliques, boys and self-esteem, shyness, substance abuse, eating disorders and body image—the perils of adolescence.

Beginning in September, carefully selected local high school girls, from 9th through 12th grade, meet once a month for three hours on a Sunday. The training includes fundraising, publicity, marketing, and facilitation, culminating in the Summit, for which they are responsible from set up to clean up. With adult guidance these high school facilitators practice, plan, prepare, produce and hone skills that they will use the rest of their lives. Junior and senior girls come an hour earlier to acquire additional leadership skills that they will use throughout the program. Many of the high school girls find the process so rewarding that they return year after year.

The big day arrives: the Summit. All of the planning comes together and the high school girls and the middle school girls meet at last, giving the middle school girls an opportunity to talk about their fears and frustrations, their dreams and ideas. Sister-to-sister friendships emerge. In the words of one girl, *"We are all unique and amazing. We underestimate ourselves by thinking things like, 'I'm not pretty enough, I'm not smart enough.' Every girl is truly beautiful just the way she is, inside and out."*

This year the girls must raise \$1,000 to cover the costs of the program and fundraising is underway. Teens and their adult guides are seeking sponsors for various daily activities such as running a certain distance or practicing an instrument.

Please consider being a sponsor and help a girl become a woman by contacting Valarie Burgess or Laura Wittenberg,

Brainstorming the theme for the 2014 Summit at the first high school facilitators meeting



SISTER-TO-SISTER EXPANDS!

Last fall the Superintendent of the Moraga School District and the Principal at **Joaquin Moraga Middle School (JM)** met with **Valarie Burgess** and **Laura Wittenberg** to discuss the possibility of a program for middle school girls focusing on relationships and communications. They hoped this program might help change the culture among the young girls at JM. Valarie and Laura agreed to work on such a program and spent a week in Boston becoming certified in conflict resolution, communications and leadership skills for girls at The Girl's Leadership Institute, founded by Rachel Simmons, author of *"The Curse of the Good Girl."* They also completed a certification with Hardy Girls, another girl's leadership and mentor program.

As of the first week of October, 15 girls in the sixth grade at JM have registered in their workshop, along with three S2S High School Facilitators. In this new program, the girls are taught how to navigate their world more effectively. This is a six-week pilot program, which Valarie and Laura hope to expand at JM and take to the other area middle schools.

To date they have led three one and a half hour seminars with the girls and have three more meetings to go. Morgan Matranga, a Junior at Campolinda High School and one of the S2S High School Facilitators working with the girls, wrote: *"Through the workshop, the middle school girls are learning how to effectively communicate with others. The high school facilitators are honing in their facilitation skills in preparation for the March S2S summit."*

The facilitators enjoy working with a smaller group of girls because they can get to know each 6th grader very personally. Overall the new S2S program at JM is a valuable experience for the 6th graders as well as the high school facilitators! *"Best of all,"* Morgan said, *"They are having a great time while learning to develop healthy relationships."*

Articles provided by **Lynda Leonard** and **Laura Wittenberg**. Photo by **Laura**

ADVERTISING TEAM CELEBRATES A GREAT CAMPAIGN

It was a great year for OML 2013-14 Directory with a majority of renewals! *“Coming together is a beginning; keeping together is progress; working together is success.”* Henry Ford,

As ghosts and goblins begin to appear, the OML Directory summer Advertising Campaign exceeded its goal and ended with a fall celebration (*photo to right*) in the charming, artsy home of **Mary Leigh Miller**. Outstanding hillside lighting and the firepit atmosphere



showcased autumn's changing hues with magic. – *With appreciation and thanks from Advertising Coordinator, Pat Lopker, who co-hosted the delicious potluck BBQ party.*

Recently available at the October branch meeting, the new 2013-14 Directory publication includes complementary online ad listings in the TRIAD and on the AAUW-OML.org website, including URL links. Thank you to editors **Mary Leigh Miller** (Member Directory and E New) and to **Jeanne Melaugh** (Webmaster) for all you do to present the ads and update listings. Check out the new face of the OML website as Jeanne continues to update.

Member businesses – with much appreciated and renewed participation – are:

Diane Bell-Rettger	Elaine Gallaher
Maxine Christison	Soraya Golesorkhi
K deGroot	Lana Reichick
Joan Evans	Edy Schwartz

Six new accounts include:

- **JH Russell Real Estate Group - Walnut Creek, Anita Cox, Realtor**
- **Herbs & Spices Catering - Wendy Shaw, Alameda**
- **The Bloom Space (Chalk painting) - Lafayette**
- **Café Hacienda by homemade/kitchens - Moraga**
- **McDonnell Nursery - Orinda**
- **Piccolo Napoli - Orinda**

A huge “thank you” to the Ad Sales Team for buying, renewing and/or selling an ad: **Diane Bell-Rettger, Valarie Burgess, Maxine Christison, Anita Cox, K. deGroot, Joan Evans, Elaine Gallaher, Bonnie Gallogly, Soraya Golesorkhi, Maryellen Judson, Karen Mankowski, Lana Reichick and Laura Wittenburg.**

OML Branch member support to these businesses is essential. Visit and do business with our community ‘friends’ and express appreciation for their support of the AAUW mission. Carry your Advertiser’s List Card (available at General Meetings) and let them know how valuable they are to OML each time you are in their neighborhood. Our advertisers support ‘What We Do’!

Pat Lopker, 2013 Advertising Committee Coordinator

2013-14 AAUW OML SPONSORS/ ADVERTISERS

*AAUW members

ALAMEDA

Herbs & Spices Catering

LAFAYETTE

AMARIN Thai Cuisine

Asian Accents ~ Original Jewelry

Design by K deGroot*

The Bloom Space

Creative Alterations,

Josef Jamkochain

Della Faulkner, Chiropractor

DIABLO FOODS

Glamorous Boutique

Open Sesame Specialty Foods

Persons Plastic & Reconstructive

Surgery, Barbara Persons, MD

Ware Designs – Fine Jewelry

MORAGA

AMOROMA Ristorante

Café Hacienda/home/made café & bakery

GOODWILL Industries, East Bay

King Florist & Gifts

National Assoc. for Advancement of

Female People,

Diane Bell-Rettger*

Neighborhood Computers

New Delhi Indian Bistro

Royal Siam Thai Cuisine

SHOP MORAGA FIRST

Terzetto Cuisine Café

Total Clean

ViaVienté – Lana Reichick*

ORINDA

Joan Evans* & Angie Evans Traxinger,

Village Associates Real Estate

Gary’s Handyman Service

Soraya Golesorkhi*, Realtor

Caldwell Banker

McDonnell Nursery

Morrison’s Jewelers

Redwood Cottage

Sea Ranch Vacation Rental,

Elaine Gallaher*

Piccolo Napoli

WALNUT CREEK

Maxine Christison Interior Designs,

Maxine Christison*

Tech Trek Girls Thank AAUW OML!



The six Tech Trek campers for 2013, after returning from an incredible week at Tech Trek camp on the Stanford Campus, sent our OML branch glowing letters of thanks for this amazing experience.

A few brief sample comments from their detailed letters follow:

"I could not have expected such a wonderful experience to come into my summer and year, with so many wonderful and amazing women..."

"It's a life changing thing....I will never forget it!"

"As long as I live, this will always be one of my most treasured memories...Thanks again for giving me the gift of this awesome experience!"

"This experience has not only taught me more about marine biology, but introduces me to new science and math fields that I haven't tried. I find astronomy and engineering quite fun."

"I love the sense of community I feel surrounded by girls with the similar passions. Everyone here has so much information to give and spread and are so enthusiastic!"

The girls were honored at a September reception at **Sandy Fox-Sohner's** home, where Tech Trek Dorm Moms **Jan Cushman** and **Gail Chesler** presented a slide show about the camp. An enthusiastic discussion of the classes, outings, experiments, friends and fun ensued. Gail and Jan described the last day at camp: "Everyone left with huge smiles on their faces, many unique experiences and a world of promise."

AAUW OML will be selecting another round of six Tech Trekkers in the spring of 2014. The cost is \$900 to send each girl to camp. You can help the Tech Trek program by supporting our March 29, 2014 fundraiser—Shred Fest---at 5A Rent-a-Space in Moraga. Save up your boxes of shredding for this date: all proceeds go to Tech Trek!



2013 Tech Trek Girls from Lamorinda Area

NEW MEMBER BRUNCH

We welcomed a number of New Members at a brunch on Oct 27th in the lovely home of **Marie Bonilla**. **Anita Cox** prepared wonderful quiches, pumpkin bread and yogurt with berries. Thanks to **Gail Chesler** for bringing a delicious green salad.

We look forward to having the these ladies participate in the work of our OML branch. Please introduce yourselves when you meet at any of our activities. Stop and check the New Member poster at our General Meeting to put names and faces together. They bring energy and enthusiasm that benefits our mission based programs. These women will lend their talents to further equity for women and girls.

A very warm welcome to **Callie Gilbert, Lynda Leonard, Mary Jane Duthie, Estelle Andrews, Heidi Donner Robin Spencer Holmes, Eleana Peratis** and **Janet Thibault!**

Bonnie Gallogly
Membership VP



New OML members enjoy a luncheon at the home of Marie Bonilla

FASHIONS for FUN(DS) RECAP



Models Kelly, Joan Armstrong, Bobbie, Diane Bell-Rettger, Janet Forman, K. de Groot, Laura and guest model, Stacy, with Eliza

The coordinators of this fundraising event, Mary Leigh Miller, K. de Groot and Karen Mankowski, would like to thank everyone involved in making this a profitable, enjoyable morning. Over \$600 was raised, which will be divided between the two AAUW Funds, Education and Legal Advocacy.



Kelly Claussen



Bobbie Dodson-Nielsen



Local women entrepreneurs, including Gayle Somers, co-owner of Café Hacienda (photo above) and Eliza Jamkochian, owner of Glamorous Boutique, were highlighted at the October meeting.



Eliza demonstrates the scarf look on Laura Wittenberg



MarketPlace vendor, Mary Leigh Miller with her pottery

The luncheon included delicious quiches and cookies from Café Hacienda (home/made kitchen) and salads provided by OML board members.

Photographs by Audie Protiva

NOVEMBER AT A GLANCE

1 FRI

Critic's Choice/BestSellers Book Group:
Please rotate your book.

4, 7, 11, 14, 18, 21, 25, MON & THURS – TENNIS
8:15-10 am Contact Tory Courtney 376-1295

5 TUES – #1 BRIDGE GROUP
12 noon – Joyce Dickey 825-7991

7 THU – #2 BRIDGE GROUP
12 noon – Virginia Semrau 283-8056

11, 25 MON – GOLF
Contact Jan Gee for t-time and venue, 938-1316

12 TUES – #3 BRIDGE GROUP
12 noon Joyce Dickey, 825-7991

12 TUES – BOARD MEETING
1 pm 80 Silverwood Drive, Lafayette

15 FRI – ANYONE WHO HAS READ THE BOOK
Cleopatra by Stacy Schiff
10 am Contact Susan Wilson 376-0606

15 FRI – LET'S GO TO THE MOVIES
(*Read more about this group on Page 2*)

19 TUES – GENERAL MEETING
9 am AFFORDABLE HEALTH CARE ACT
Holy Trinity Cultural Center
1700 School St., Moraga

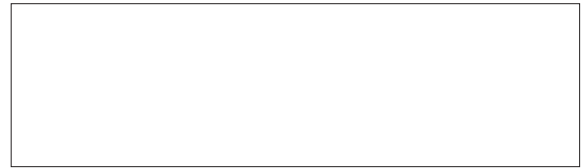
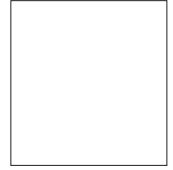
20 WED – MEMOIRS & MUSINGS
1-3 pm Home of Cayo Marschner
RSVP – Carol Messinger

21 THURS – #4 BRIDGE GROUP
12 noon – Jessie Dolman 254-5019

23 SAT – INTERNATIONAL TRAVEL GROUP
6:30 pm Contact K. Soster-Olmer, 254-5439
(*Read more about this group on Page 2 and also note change from normally scheduled day*)

24 SUN – NOVEMBER TRIAD DEADLINE
Send items to mlmiller602@gmail.com

AAUW-OML
Database Coord.
3537 Springhill Rd
Lafayette, CA 94549



25 MON – BIKE GROUP
Contact Ellen Beans, ellen.beans@gmail.com

26 TUES – #5 BRIDGE GROUP
12 noon – Patricia Bentley, 284-2936

27 WED – WISE WOMEN
1 pm Contact Carrol Foxall 376-7388

DECEMBER (look for more listings in the December issue)

10 TUES – BOARD MEETING

13 FRI – HOLIDAY PARTY
3-5 pm at the home of Kelly Claussen

17 TUE – HOLIDAY PARTY
10 am-noon at the home of Trudy Baron

NOTE: No General Meeting in December

**IMPORTANT NOTICE TO ALL
SPECIAL INTEREST COORDINATORS:**
If your group decides to meet on a different day or time than normal, please contact our website Editor, JEANNE MELAUGH, so she can update the website calendar.