

## Tuesday, March 21 General Meeting

Orinda Community Church  
9:30~11:30 am

### *FROM FIT TO FRAIL: Balance Training Is for Everyone!*



Over 30 percent of older adults, even many of the most fit and healthy, suffer an accidental fall every year which can result in fractures and permanent functional impairment.

Join Dr. Chris Thompson and Roberto Melani for this informative talk where attendees will learn the physiological causes of falls and how specific exercises have been proven to reduce fall risk and improve movement skills. More than just standing on one foot, these exercises incorporate challenges to joint mobility, muscle performance, sensory stimulation, balance and gait.

Attendees will get to practice exercises that can be incorporated into their current training programs. Wear comfortable clothing and shoes.

Video packages of these exercises are available at [www.mobilitymatters.fit/store](http://www.mobilitymatters.fit/store).

Use code ORIINDA15 for a 15% discount when purchasing any/all Videos To Go packages.



**At this meeting we will also be announcing  
The 2023 OML DISTINGUISHED WOMAN!**

## Sunday April 16 Awards Meeting 2-4 pm Orinda Community Church

Join us as we celebrate the Scholarship and Tech Trek awards plus the 25<sup>th</sup> anniversary of Tech Trek!

We will introduce the middle school, high school and college girls who will receive our scholarships.



### *From Tech Trek to Engineer!*

Molly Mudgett will share her journey from loving Tech Trek to her degree in Mechanical Engineering and her job as an Acoustical Engineer at Apple.

## INSIDE THIS ISSUE

- Getting ready for STEM  
Page 3
- Members Corner  
Featuring Chris Laszcz-Davis  
Page 4
- Scholarship Fundraiser Wrap-up  
Page 5
- Celebration of Life  
for Sally Swanson  
Page 6
- A new Directory Advertiser  
Check out Casa Turning  
Page 8

## ... PRESIDENT'S MESSAGE



I continue to be amazed by the variety of programs, projects, and activities in our Orinda-Moraga-Lafayette branch of AAUW. We are one of the largest branches in the Inter Branch Council (IBC) and are one of only 100 Five-Star branches throughout the country. At the

recent national board meeting in February, we received the results of a nationwide survey that went out last year to all branches (affiliates). Below are some of the findings that I thought were interesting:

- Nationwide, AAUW currently has 667 branches with over 10 members. This is down from 1200 branches a decade ago and 800 branches five years ago.

- 259 branches responded to the survey, an amazing rate of almost 40 percent.

- Those states with the largest number of branches participating in the survey were California (44), Michigan (16), and Oregon (15).

- Membership in branches broke down as follows:

25 or fewer = 22 percent,

26-50 = 28 percent,

51-75 = 24 percent,

76-100 = 12 percent,

101 or more = 14 percent.

(OML is in the largest branch category)

- When describing the racial/ethnic makeup of those typically attending mission-based programs, the responses showed attendees are entirely white (22 percent), attendees are predominately white (71 percent), attendees are a relatively equal mix of white people and people of color (3 percent), no answer (6 percent). (Obviously not in alignment with our emphasis on DEI.)

- In describing the kinds of programs and activities held by branches, the results showed that 89 percent of branches provide mission-based programming, 85 percent provide social or interest groups, and 67 percent conduct fundraising activities.

- Only 56 branches (or 22 percent of the respondents) reported using an AAUW research report (examples of The Simple Truth and Deeper in Debt were provided).

- Approximately 50 percent of the branches provide community grants or donations to local nonprofits or colleges/universities.

- 36 percent of the branches in the survey provide or fund local scholarships. The nature of scholarships varied – over half reported providing scholarships for high school seniors and approximately 40 percent supported two-year community college graduates going on to a four-year institution. A large number of branches reported providing support for other types of scholarships, primarily re-entry scholarships for women returning to college, third or fourth year undergrads, or trade schools.

- Thirty two percent of the branches supported the National Conference for College Women Student Leaders (NCCWSL) held in May 2022. Sixty percent of the branches did not support this program and 8 percent did not respond.

- Branches showed high support for advocacy work. Sixty four percent responded yes, 25 percent responded no, and 10 percent did not respond. Activities included Get Out the Vote, candidate debates, voter guides, voter education activities, meetings with elected officials, promoting signing up for the Action Network, promoting the 2-minute activist activities, attending rallies, writing letters to the editor.

- Less than half of the branches in the survey worked on STEM activities or programs (Tech Trek, Tech Savvy, Be WISE, etc.). Forty four percent of the branches responded yes, 46 percent responded no, and the remainder did not respond. Fifty percent of those with programs participated in Tech Trek.

AAUW hopes to conduct this survey annually with all branches in order to understand the activities of the branches and how they are aligned with national's strategic plan and mission. Unfortunately, AAUW at the national level is continuing to experience declining membership due to an aging population and the lack of interest by younger age groups in social organizations like AAUW, Rotary, Kiwanis, PEO, etc. This affects the budget for AAUW in that revenues have been flat to declining for the past decade. It might not be possible to maintain many of the outstanding programs as time goes on.

We are lucky that our branch is strong and vibrant, that we are offering so many programs and projects, and that we have the financial support to maintain these activities.

**Peggy S. Cabaniss, President**

Please turn to page 6 for the highlights of the February board meeting.

STEM CONFERENCE WORKSHOPS ~ **SATURDAY, MARCH 25, 2023**

*Here's a run-down on the exciting workshops that will be presented at this year's conference.*

**A: 3D Modeling With Tinkercad**

*Kristen Beck, former Math Professor at Saint Mary's College*

3D modeling has exciting applications in fields like computer animation, video game design, manufacturing, architecture and urban planning. In this workshop, students create their own customized 3D models using Tinkercad ([www.tinkercad.com](http://www.tinkercad.com)), an easy-to-learn computer-aided design (CAD) software.

**B: Balloon Car Challenge**

*Christine Haswell, Chevron Corporation*  
Learn about vehicle design and jet power through building and racing 4-wheeled balloon cars. Workshop participants will build their own vehicle during the session and race their cars. By the end of the session, they should be able to design and build other vehicles on their own at home with recycled materials.

**C: Be a Bee!**

*Carla Fillippone, Mt. Diablo Beekeepers Association*

The class will start by assembling a beehive in the classroom while studying and exploring the architecture and engineering used in a system of wooden boxes that beekeepers have been using since 1851. We will learn how bees communicate with each other and will use our new knowledge to formulate ideas and develop new strategies to grow and maintain thriving honey bee colonies.

**D: Cool Chemistry**

*Megan Newcomb, Geltor, Inc.*

In this workshop, we'll conduct exciting chemistry experiments! Sign up for this session to learn more about color-changing reactions, dry ice phase changes, and the beautiful structures that chemicals can take. We'll also make a multicolored tower of liquids with different densities. You'll leave with a better understanding of how chemistry impacts your life each and every day.

**E: Designing Robots for Fun and for Good**

*Denise Sallee, Girl Scouts of E. Missouri*  
This program is designed to introduce girls to robotics through fun, hands-on activities while teaching the basics of robot design and inspiring them to think about how robots can improve the world.

**F: Engineers, Structures & Earthquakes**

*Amarnath Kasalanati, Pacific Earthquake Engineering Research Center (PEER), UCB*

Students will learn about structures and ways to improve their strength & resist earthquakes better. The workshop will start with a 5-minute presentation, followed by hands-on activities at four stations.

**G: Experiments in Space - Where No One Can Hear You Scream**

*Kathy Arnold, American Vacuum Soc.*  
See ice, water and steam at one time. Coat a penny with gold. Figure out what happens to water, light, and sound when there is no air. Watch a marshmallow Peep blow up. These hands on experiments promise noise and fun.

**H: Exploring the Microscopic World**

*Vidya Chandrasekaran, Saint Mary's*  
In the workshop titled "Exploring the Microscopic World," students will use different types of microscopes (brightfield, fluorescent, phase contrast microscopy and confocal microscopy) to examine living and fixed samples, tissue specimens and inanimate objects.

**I: FBI Evidence Response Team**

*Shannon Cox, FBI Evidence Response*  
Demonstrate evidence collection to include a mock crime scene. Fingerprinting demonstrations and hands-on activities include collecting evidence, processing a crime scene, dust lifter demonstration, and Alternate Light Source (ALS) demonstration.

**J: Ferment, Rehydrate & Reconstitute With Nutrition Science**

*Erika Costanzo*

Students will learn about the fermentation and hydration, the importance of calcium, how to read food labels and the variety of careers available in nutrition and food science. Students will work hands-on with a large variety of real foods for learning purposes.

**K: Fun Math Festival**

*Daniel Kline and Nancy Blachman, Julia Robinson Math Festival*

Many people think math is just about memorizing formulas and filling out worksheets. Our goal is to show you how much fun math can be at a Julia Robinson Math Festival.

**L: Green Plants Make Rubber Tires**

*Colleen McMahon, Grisel Ponciano & Chen Dong, US Dept. of Agriculture*

Natural rubber is a critical agricultural material required for production of thousands of products. We will explore rubber biosynthesis by several plant species, and learn how molecular biology and genomic sciences contribute to domestic natural rubber agriculture. A compounded rubber product will be made.

**M: Heart Matters: The cardiac & peripheral vascular examination**

*Tana Summers, Samuel Merritt U.*

After a brief introduction to heart anatomy, students will rotate through three stations to apply understanding of human heart anatomy, examination of the heart and peripheral vascular system, and the difference between normal and abnormal heart sounds.

**N: Mars Lander Challenge**

*Allie Appel, Chabot Space & Science Center*  
Perseverance, our most recent Mars rover, was deployed last year – but how did it successfully arrive? Students will build their own lander and will take on the task of designing a Mars lander, and testing it to see if it can successfully tackle the red planet!

## ~ MEMBERS' CORNER ~

**A SPECIAL THANK-YOU to CHRIS LASZCZ-DAVIS**

OML member CHRIS LASZCZ-DAVIS, who has been a dynamic leader of Lamorinda Sunrise Rotary for years, recently wrote to the STEM committee about their presentation given to Lafayette Rotary, with the goal of gaining a third Rotary chapter as a much needed sponsor of the STEM Conference.

We are grateful for Chris and her dynamic leadership on behalf of Tech Trek camp and STEM – bringing our work to the awareness of Lamorinda Sunrise, Rossmoor and Lafayette Rotaries. The OML presentation by STEM committee leaders showcased both the STEM project and its successful ambassadors leadership program, featuring the talented high school ambassador Bella Stratford.

In response to Chris's report, Lana Reichick wrote a letter of thanks. Peggy Cabaniss and Stacia Cragholm asked her to share this letter in the Triad:

*Thank you, Chris, for your update on the presentation, and for your strong leadership with Rotary on our behalf – for years! I remember Tech Trekker Bella Stratford when she was a 12-year-old 7th grader headed to Tech Trek camp at Stanford. Even then, her eyes lit up.*

*These three Rotary groups may have saved our valued STEM Conference as we strive to balance the numbers after the deeper pockets walked away. We need more help.*

*Personally, I can attest to the valued dedication of the Sunrise Rotary volunteers who showed up to work at our STEM Conference five or six years ago. It was 6:00 am, cold and slightly foggy, and two were there (a couple) to help me move cumbersome clapboard traffic signs; some were SMC's heavy signs. I was so grateful for their strength and willingness to help. As Maya Angelou said, "I don't remember what they said, or even their names, but I remember how they made me feel."*

*And that day, with all the traffic signs placed, as we waited for the cars to arrive at the Soda Center, I had a chance to tell them all about AAUW-OML, our many years of sending teacher-nominated Lamorinda girls to Tech Trek camp since 1998, and this retired teacher, who was a newer member, who had this visionary idea of creating a mini-Tech Trek day, so ALL middle school girls could experience a day on a college campus and see a broader horizon in their future.*

*AAUW was into STEM before it was an acronym.*

*Thank you, Stacia Cragholm. Thank you to all our treasured volunteers and donors – in Rotary and in AAUW-OML. You are all making a difference in many young girls lives. As they get older, they tell us how AAUW, Tech Trek, STEM, and our long past, beloved Sister-to-Sister project impacted their lives.*

*Reading about our keynote speakers at past STEM Conferences, there I saw it from the speaker in 2021: Sister-to-Sister changed her life. Our STEM ambassador program carries the legacy of our ten-year Sister-to-Sister project which impacted the lives of 1000+ Lamorinda girls. Valarie Burgess and Laura Wittenberg were our S2S leaders for a decade.*

*We do good work.*

Lana Reichick  
OML member since 1989



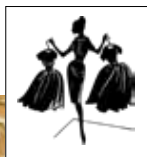
*The 2023 STEM Ambassadors, with Stacia Cragholm*

## SCHOLARSHIP

This is the most gratifying time for members of our committee. We will be interviewing thirteen of the most diligent and caring high school students in our community. We look forward to sharing news about our awardees in the Triad and at our awards program on April 16.

### Ready for Spring at Harper Greer!

To our many members who came to the fashion show and shopped at Harper Greer.: Thank you! Also, thanks to **Carol Heppenstall** and **Bonnie Fend** who arranged our fashion show fund raiser and our four models: **Bonnie, Gail Burnett, Jill Fernald** and **Maryellen Judson**, pictured at right with owner, **John Kiskaddon** at the piano. Thanks also to **Jill Eberhard** who helped with food and wine!



Many of us found something we couldn't resist adding to our spring wardrobe. It was a delightful event.

*Bonnie Fend, K. de Groot and Carol Heppenstall with John Kiskaddon.*

### GOT SNEAKERS?

Our sneaker fundraiser continues! We have added another \$101.00 to our scholarship fund! We had a successful collection at Acalanes High School and we are presently collecting at Campolindo High School and hopefully at Miramonte in March. It is great to have the support of our high schools to help us raise funds for their scholarships. We continue to collect at the following locations! We thank Moraga Hardware for their months of support, but unfortunately they are no longer an option.

- Lafayette Veterans Memorial Building
- 5 AAAAA rent a space in Moraga
- Lafayette Community Center by the Pickle Ball Court
- Orinda Community Center (new)

**Bring your sneakers to our March meeting!** We are making a difference for our environment and helping to fund scholarships for our local high schools and Saint Mary's College High Potential Program women.

**Keep collecting those shoes!**

**Mary Ann McLeod and Bonnie Fend,  
Co-Chairs, Scholarship Committee**



## DISTINGUISHED WOMAN ~ 2023

The DW committee has its work cut out for itself! We have seven amazing members, who have been nominated.

On March 21 we will announce our selection for the 2023 Distinguished Woman of the Orinda-Moraga-Lafayette branch of the American Association of University Women. Remember, we keep your nominations for five years.

Nominations are closed as of March 1, so if you want to send in one more, do it today. Come to the March 21 general meeting to learn who is the 2023 DW.

**Stacia Cragholm,  
Distinguished Woman, 2022**

## TECH TREK



**Tech Trek  
Applications  
Are Rolling In!**

Teachers at Orinda Intermediate, Stanley Middle and Joaquin Moraga Intermediate Schools have nominated their outstanding girls interested in science and math. The girls have been invited to apply, and their applications are rolling in via the CampDoc software. One requirement is to write a 400-500 word essay on "how you would use math and/or science to make the world a better place." What would you write?

We will be interviewing each applicant and selecting the six winners by the end of March. They will attend Tech Trek camp at Sonoma State University on July 23-28. In addition to attending classes, lectures, hands-on workshops and field trips, they will get a taste of what it is like to be on a college campus, live in a dorm and eat in the cafeteria. Please join us to welcome the outstanding winners at our meeting on April 16.

**Jan Cushman, Chair, Tech Trek**

## MEMBERSHIP NEWS

Our new members are busy getting involved with OML priorities and interest groups. As part of the nominating committee, I contacted new members to see if anyone was interested in positions of leadership for the branch. Everyone was happy with their current involvement but may participate in a leadership role in the future.

Marielle Boortz and I are working with National to fix some minor problems. There was some confusion due to the implementation of a new computer program at the national level. Adjustments are being made at our branch level.

**Linda Bochte, VP, Membership**

## BURCKHALTER UPDATE

Our community outreach program at Burckhalter has been recognized by the literacy organization **Children Rising**. Their staff members who work on improving reading skills have come to the library to express their appreciation for the outstanding library.

Our connection with the parents at school has brought us our first parent volunteer **Lisa Gedigian**. She is an important part of our team. Parents from the PTO have also dropped by to thank us for providing a high-quality library. It is wonderful to have this appreciation from the community.

**Janette Maher, Chair, Burckhalter**

## Sally Swanson Celebration of Life

**Friday, March 17, 2023, 1 pm**  
**Oakmont Memorial Park,**  
**2099 Reliez Valley Road, Lafayette**

Sally was an OML member since 2008. She was actively involved with scholarship, Great Decisions, Sister-to-Sister, book club, travel group, and volunteered wherever needed. Sally passed away unexpectedly due to a stroke in October, 2022, and is missed by her many friends.



*Sally, with one of her best friends, Pat Beckner, on a trip to Canada several years ago.*

## BOARD MEETING February 14, 2023

This month we met by Zoom and we enjoyed a quorum plus in attendance.

We are very interested in our February meeting featuring Sandy Fox-Sohner who will tell the story of Sonia Kavalovsky. “We all have a story to tell” and Sandy will tell us how to uncover our stories. We will meet at Holy Shepherd Lutheran Church in Orinda.

Mobility Matters with Doctor Chris Thompson will join us on March 21 at our regular meeting place (Orinda Community Church) at 9:30. Many of our members must admit to limitations with mobility and Dr. Thompson will help us to evaluate ourselves. What we learn about our movement possibilities could change our lives! Please wear comfortable clothes.

The OML Branch continues to develop programs and ongoing plans in our Strategic Plan. We are increasing our membership and connecting new members with their declared activities. Public Policy is encouraging members to attend Lobby Day as a way to meet with our representatives in Sacramento. We have opened meetings to the community through very active publicity and social media. We are working with children from elementary School (Burckhalter); STEM Conference provides opportunities for middle school girls beyond the Lamorinda area; and offers Tech Trek Science Camp to local girls (Stanley Middle School, Orinda Middle School, and Joaquin Moraga Middle School.) Our senior high school Lamorinda girls are offered Community Service awards and we are expanding our collaboration with the Saint Mary’s College young women.

Interviews with candidates for scholarship awards and middle school girls for TechTrek camp are starting. The awards will be presented on Sunday, April 16.

STEM Conference committee has organized the workshops and over 160 girls have registered for the March 25 full-day program at Saint Mary’s College. Volunteers are needed. Please contact Sheila Apte if you can offer a few hours on that date.

**Maryellen Judson,**  
**Recording Secretary**

**The president is now monitoring email sent to our branch email address: [oml.aauw@gmail.com](mailto:oml.aauw@gmail.com). It is there for you to use, or as a way to direct people to contact the branch.**

**FEBRUARY'S MEETING with SANDY FOX-SOHNER**



*Sandy, with Marla Schroeder, Bonnie Gallogly plus two guests.*

The February general meeting featured our own AAUW-OML member **Sandy Fox-Sohner** who shared with us her story of writing a screenplay about one of the most influential female mathematicians from the 19th century, **Sofya Kovalevskaya**.



While teaching high school algebra and geometry, Sandy liked to introduce female scientists to her students in order to show them role models for their own lives in potential STEM careers. One of the most famous women in this group was Sofya Kovalevskaya, a brilliant Russian prodigy who became the first female professor in all of Europe and Russia. Sofya was a pioneer for women in mathematics as she was the first woman to obtain a doctorate in mathematics, the first woman to work for a scientific journal as an editor, and was a noteworthy contributor to analysis, partial differential equations, and mechanics.

Sandy went on to write a screenplay based on Kovalevsky's life, which she is hoping will be made into a movie. At our February meeting, Sandy told us how she went about researching and writing this fascinating story, the impetus for selecting Sofya, and the work involved in writing the script and developing the "playbook" for the movie in looking for financial backing and producers.

**Peggy S. Cabaniss, President**

**PUBLIC POLICY in ACTION**

**GOV TECH A Huge Success**



AAUW's new virtual statewide program to engage high school junior/senior-age girls across California, inspiring them to pursue careers in public service and elected office had a welcome from Congresswoman **Nancy Pelosi**: see her presentation here:

<https://www.youtube.com/watch?v=szcsrAj0Ir4>.



Gov Tech is a virtual program for high school junior and senior girls designed to encourage the next generation to pursue careers in public service and elected office. Over five two-hour sessions, students engage in interactive and inspiring activities with exposure to women legislators, career options, and the inner workings of a political campaign. The program culminates in a group competition to create a realistic campaign simulation.

For more complete information on the program go to:

<https://www.aauw-ca.org/introducing-gov-trek/>

**Laura Monin and Connie Whitting, Co-Chairs, Public Policy**



MEET OUR ADVERTISERS



**CASA TURING**

484 Center Street, Moraga,  
925-592-0964

<https://www.casaturing.com>

We have a new advertiser with AAUW-OML: **Casa Turing** in Moraga Lucky us! Opening on Friday Sept 2, 2022, we have an outstanding Cal-Mex full restaurant in Moraga!.

Co-owners John Reyna and brother Joseph have named their new establishment after their maternal grandmother whose nickname was Turing. The brothers were born in the Philippines and come from a long line of relatives in the food industry. Their grandparents owned a bakery there in the 1950s, before moving the family to the United States in 1989. They also own and operate **Town Café**, across the street from the Rheem Theatre (another one of our directory advertisers).

“Our food is prepped to order,” Joseph stated proudly. “We use local ingredients. Whatever seasonal foods are available go on our rotating menu. We shop for groceries everyday, and the only thing the freezer is for will be to keep the ice cream (coming soon).”

There is both inside seating and an outdoor covered patio, just to the left of TJ Maxx in the Rheem shopping Center. What a GREAT addition to Moraga – finally we can get a nearby Mex-fix at dinnertime! “Ordinarily the tacos are priced at \$4 per taco but on Tuesday they clock in at \$2,” Joseph added.

Support our advertisers with your patronage and tell them you appreciate their support for our mission.



**Bonnie Gallogly,  
Advertising Team**

2022-23 AAUW-OML SPONSORS/ ADVERTISERS

\*AAUW members

**LAFAYETTE**

- Asian Accents – Original Designs in Jewelry by K. de Groot\*
- Creative Alterations – Josef Jamkochain
- DIABLO FOODS
- Lamorinda’s Handyman
- Persons Plastic & Reconstructive Surgery
  - Barbara Persons, MD FACS
- The Service Outlet – Marc Harvey
- The UPS Store
- Ware Designs – Fine Jewelry

**MORAGA**

- AAAAA Rent-A-Space
- Casa Turing – Cal-Mex Dining
- E’s Auto Service & Repair
- National Assoc. for Advancement of Female People – Diane Bell\*
- Town Bakery and Cafe
- The UPS Store
- ViaVienté – Lana Reichick\*

**ORINDA**

- Angie Evans Traxinger & Joan Evans\*
  - Village Associates Real Estate
- CASA ORINDA
- Meadow View Winery
- Shelby’s Restaurant and Catering
- Soraya Golesorkhi\*
  - Coldwell Banker Realty

**WALNUT CREEK & Beyond**

- Bay Alarm Company
- Goliath Water Heater & Plumbing
  - East Bay – Jayme Perez
- Milner’s Jewelers – Countrywood Shopping Center, Pleasant Hill

The 2023 OML Directory is out! Please contact Linda Botche to get your copy if you didn’t already pick it up at the January general meeting.

**PLEASE NOTE a CORRECTION:** The February and March dates for the board meetings and general meetings are incorrectly listed. They are: Board Meetings: February 14 and March 14; General Meetings: February 21 and March 21.

**THE TRIAD Staff**

<b>Editor</b> Mary Leigh Miller, 631-9694 email: <a href="mailto:mlmiller602@gmail.com">mlmiller602@gmail.com</a>	<b>Copy Editor</b> Lynda Leonard, 254-6254 email: <a href="mailto:lyndaeleonard@gmail.com">lyndaeleonard@gmail.com</a>
---	--

**EXECUTIVE COMMITTEE 2021-22**

President – Peggy Cabaniss	Vice-President, Program – Barbara Bell
President-Elect –	Vice-President, Finance – Marielle Boortz,
Vice-President Membership – Linda Bochti	Recording Secretary – Maryellen Judson
Vice-President, AAUW Fund – Diane Bell	

AAUW Association Website: <http://www.oml-ca.aauw.net>  
California AAUW Website: [www.aauw-ca.org](http://www.aauw-ca.org) • EMAIL: [oml.aauw@gmail.com](mailto:oml.aauw@gmail.com)



## SPECIAL INTEREST ACTIVITIES

**DEI – BLM ALLIES GROUP**  
**Monday, March 13**  
**Via Zoom • 3-4:15 pm**

We chose the book *How the Word is Passed* by Clint Black. Please read the fifth and sixth chapters for this discussion. If you are not caught up yet, you can read just these chapters to be part of the discussion because each chapter can be discussed separately.

Contact Denise Burian to be included.  
[denburian@gmail.com](mailto:denburian@gmail.com).

**GREAT DECISIONS**  
**Wednesday, March 1**  
**Via Zoom • 10 am**

We have rearranged the Great Decisions discussion topics as they are listed in your book. Please note that this month's topic is number 3: *China and the U.S.*, led by Mary Mlynek. Next month we will be discussing *Energy Geopolitics*, led by Marielle Boortz.

For more information, contact Judy Helder at [judyhelder@gmail.com](mailto:judyhelder@gmail.com)

**BOCCE BALL**  
**1st & 3rd Mondays**

We will meet again once it stops raining! Team play on Tuesday evenings at the Moraga Commons will be starting up at the end of April or in early May. Contact Mary Leigh Miller at 925 360-4443 or online at [mlmiller602@gmail.com](mailto:mlmiller602@gmail.com) to join the group.

**MUSEUM & GARDEN GROUP**  
**Friday, March 3**  
**San Ramon Quilt Exhibit**

*This trip has been canceled due to wet weather.*

The San Ramon Branch sponsored trip to the Quilt Exhibit at the Museum of San Ramon will be rescheduled for later in the spring. Contact Trudy Barron if you need more information.

**ANYONE WHO HAS READ THE BOOK**  
**Friday, March 17**  
**Via Zoom • 10 am**

*My Father's Paradise:  
 A Son's Search for His  
 Jewish Past in Kurdish Iraq,*  
 by Ariel Sabar.

The story of a son's effort to recapture and understand his father's unusual immigrant life in order to find himself. It begins in the Kurdish village Zakho, Iraq, near the Turkish border, the area being unique in that the Muslim and Jewish citizens living there respected and cared for each other. In telling of the father's story by his son, who is a journalist, we are getting a review of history of the period from the 1930s to early 2000. This is an enriching and personal memoir.

Contact Susan Wilson for the Zoom link, [schnappsmom@sbcglobal.net](mailto:schnappsmom@sbcglobal.net)

**BIKE RIDING GROUP**  
**Last Thursday of the Month**

Our group bicycles on the last Thursday morning of each month. We ride on trails (not on streets). Please contact Diane Bell, [dianelouise2020@yahoo.com](mailto:dianelouise2020@yahoo.com). for information about this month's ride.

**EVENING SALON**  
**Thursday, March 9**  
**At K. de Groot's home • 7 pm**

All members are welcome for appetizers and wine. We have an open discussion about issues of the day – social, cultural, important news stories. Contact Denise Burian at [denburian@gmail.com](mailto:denburian@gmail.com).

**ORIGAMI ANYONE?**  
**Monday, March 6 & 20**  
**At Mary Leigh Miller's home**  
**1-3 pm**



We are busy making special origami decorations for the April Awards meeting! Contact Lynda Leonard if you want to join the group. [lyndaeleonard@gmail.com](mailto:lyndaeleonard@gmail.com).

**HIKING EAST BAY REGIONAL PARKS**  
**Saturday, March 11**

**Saturday, March 11** at Rancho Laguna Park, Moraga. Meet behind the Canyon Brewery at 9:30 am. There will be only one hike this month due to the STEM Conference that many AAUW members are involved in.

In April there will be two ranger-led hikes featuring wildflowers: **April 15** from 10 am to noon at Vargus Plateau. This will be four miles. On **April 29** another wildflower hike will take place at Redwood Park from 9:30 - 11:30 am and will be a little over three miles. Hope these plans appeal to you! Contact Ellen Beans or Marilyn Evans for more information.

**MARCH 2023  
AT A GLANCE**

1 WED – CRITICS CHOICE BOOK GROUP  
Please pass your book.

1 WED – GREAT DECISIONS  
10 am – Via Zoom  
*Read more on page 9.*

2 THU – SCHOLARSHIP COMMITTEE MEETING  
1:30 pm – At the home of Mary Ann McLeod

11 SAT – REGIONAL PARK HIKES  
*Read more on page 9.*

6, 20 MON – ORIGAMI ANYONE?  
1 pm – Mary Leigh Miller’s home  
*Read more on page 9*

9 THUR – EVENING SALON  
7 pm –Denise Burian’s home  
*Read more on page 9.*

11 SAT – REGIONAL HIKE – Rancho Laguna Park  
9:30 am – Meet behind the Canyon Club to carpool  
*Read more on page 9.*

13, 27 – MON – GOLF GROUP  
Contact Jan Gee for time and venue, [jgee17@yahoo.com](mailto:jgee17@yahoo.com).

13 MON – DEI-BLM ALLIES GROUP  
3 pm – Via Zoom  
*Read more on page 9.*

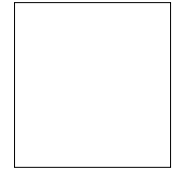
**14 TUE – BOARD MEETING**  
**1-3 pm – Home of Peggy Cabaniss**  
Contact Peggy Cabaniss for the link.

15 WED – MEMOIRS & MUSINGS  
1 pm – Via Zoom  
Contact Carol Messinger.

17 FRI – ANYONE WHO HAS READ THE BOOK  
10 am – Via Zoom  
*Read more on page 9*

17 FRI – FRIDAY EVENING MOVIE GROUP  
6:30 pm – Contact Mary Leigh Miller for more information.

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



**21 TUE – GENERAL MEETING**  
**MOBILITY MATTERS ~ From Fitness to Frail**  
**with Chris Thompson and Roberto Melani**  
**9:30 am – Orinda Community Church**

23 THURS – BIKE RIDING GROUP  
9:30 am – Meeting place TBA  
Contact Diane Bell, [dianelouise2020@yahoo.com](mailto:dianelouise2020@yahoo.com).

24 FRI– DEADLINE for APRIL, 2023 TRIAD  
Send all articles to Mary Leigh Miller, 925 360-4443  
[mlmiller602gmail.com](mailto:mlmiller602gmail.com).

**APRIL 2023**  
*Look for more information in the April Triad*

**11 TUE – BOARD MEETING**  
1-3 pm –Location TBA

**16 SUN – GENERAL MEETING**  
**ANNUAL AWARDS MEETING**  
**3-5 pm– Orinda Community Church**

**IMPORTANT NOTICE TO ALL  
SPECIAL INTEREST COORDINATORS:**  
*If your group decides to meet on a different day or  
time than normal, please contact our Calendar Coor-  
dinator, BONNIE GALLOGLY, so she can update the  
website calendar.*