



Sequoia News

Notes from the Presidents:

Susan Cunningham & Maile Melkonian

“It’s not how much we give but how much love we put into giving.” –Mother Theresa

Visalia-Sequoia AAUW has done it again! You opened your hearts and put your love of our programs into your giving at the holiday tea. A huge thank you to Susan Mathews for hosting the tea in her beautiful home. Another surge of gratitude to the many members who enjoyed the fellowship and fun, including the past presidents who poured tea. Even more thanks to the individuals and groups who donated great prizes to the silent auction and raffle. Our branch received over \$600 from the raffle and silent auction! Visalia Players were gifted more than \$700 to help meet their ADA requirements. The theme of Equity and Inclusion at work!

Hard to believe that 2022 is upon us! Time to get ahead of branch business. Your scholarship committee will begin screening candidates soon. Your honored member committee will select a secret member to thank. You may be asked to be on the nominating committee to fill out our slate of branch officers for next year. Please say yes. Our goals are so much easier to reach with many volunteers to share the fun.

What is on the horizon? Our January 20th meeting has Lisa Monteiro showing the effect of climate change on precious Mineral King. Don’t miss this lunch meeting at the Lamp Litter Inn. And remember to bring a friend who would enjoy this presentation about the weather and our Sierra environment.

We’re hoping we can continue to meet in person and that our spring book sale can take place as successfully as the fall one. We know that Expanding Horizons reverted to Zoom, but our support still helped many participants have true STEM experiences (see the report

January AAUW Program

PRESENTER: Lisa Monteiro - Director of Mineral King Preservation Society

PROGRAM: The Impact of Climate on Mineral King's History

LOCATION: Lamp Litter Inn

DATE & TIME: January 20th, 11:30 -1:30pm

COST: \$20

MENU: Choice of Salad

- Chinese Chicken Salad
- Chef Salad
- Chicken Tostada Salad

Please indicate your choice of salad when you make your reservation.

Mineral King's fickle weather patterns and often harsh climate have played a major role in the area's settlement. From visitation patterns of the Yokuts and Wukchumi, to those seeking riches from mining, the resort era, and even the proposed Disney ski project, weather has affected its vibrant history. The Society works with the National Park Service to highlight the area's archeology and history.

Please send your reservations by January 15th to:

Phyllis Matteson
3320 S Hall St, Visalia 93277
Phone: 732-1988
Text: 300-5022
Email: rapmat@aol.com



in this newsletter). Here’s hoping Tech Trek can proceed in person as planned. Stay safe!

Susan Cunningham and Maile Melkonian, Co-Presidents

Special Interest Group

The Unabridged Book

Club gathered for a holiday celebration at the fantastic La Piazza restaurant in Tulare. We exchanged an intriguing assortment of gift books and had a little fun with the rules for stealing a book in White Elephant style. The meals were fabulous, but the best gift of all was the warmth of sharing with friends. Now we all had plenty to read over the holidays. Hopefully, we'll be able to meet in person in January to discuss Louise Erdrich's book, *The Night Watchman*.



Here are pictures of our **Knit Wits** holiday lunch at Carol Seastrom's home. Janice Crenshaw made the veggie tray that looks like an ornament. Pretty cute, huh?



Below: L to R: Rovena Forest, Janice Crenshaw, Nancy Adalian, Carol Sonier and hostess Carol Seastrom.



Calendar

January 20, 2022 (Thursday) 11:30am–1:30pm

LOCATION: Lamp Lifer Inn, 3300 W. Mineral King Ave.
PROGRAM: **"The Impact of Climate on Mineral King's History"**
PRESENTER: Lisa Monteiro, Mineral King Preservation Soc., Dir.
Mineral King's fickle weather patterns and often harsh climate have played a major role in the mountain area's settlement. From visitation patterns of the Yokuts and Wukchumi, to those seeking riches from mining, the resort era, and even the proposed Disney ski project, weather has affected the vibrant history of Mineral King. In collaboration with the National Park Service, the Society's mission is appreciation of the area's archeology and history.

February 17, 2022 (Thursday) 4:00–5:30pm

LOCATION: Congregation B'nai David, 1039 S. Chinowth St.
PROGRAM: **"Ways to Improve Your Balance and Strength"**
PRESENTER: Dr. Jennifer Elliott, Physical Therapist, Kaweah Health Clinic

Come give yourself a personal valentine by following along with Dr. Elliott as she guides us through a routine of gentle exercises to strengthen our bodies, work on better balance, and boost walking with ease. Dress in comfortable workout clothes and shoes!

Great Decisions

Happy New Year!

Great Decisions 2022 is expected to begin on Tuesday, February 1, 2022. The venue has not yet been confirmed, so all those who have signed up will be notified when the time gets closer. We expect briefing books to arrive the second week of January and those who ordered a book from us will be notified when they are available for pick up at the County Library in Visalia. Topics this year are certainly timely - Changing Demographics, Outer Space, Climate Change, Russia and the US, Myanmar and Asean, Quad Alliance, Drug Policy in Latin America, Industrial Policy and the Biden Agenda.

If you didn't make it to the Holiday Tea...



Expanding Your Horizons — Advancing the Nitty-Gritty of Our Mission

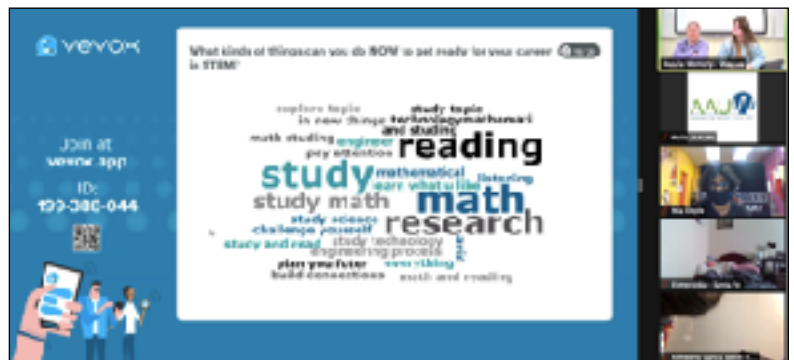
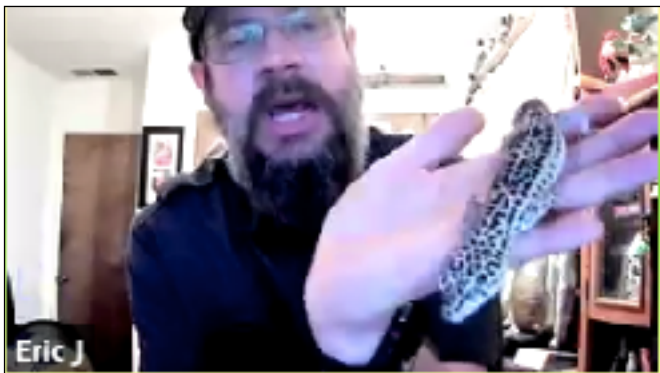
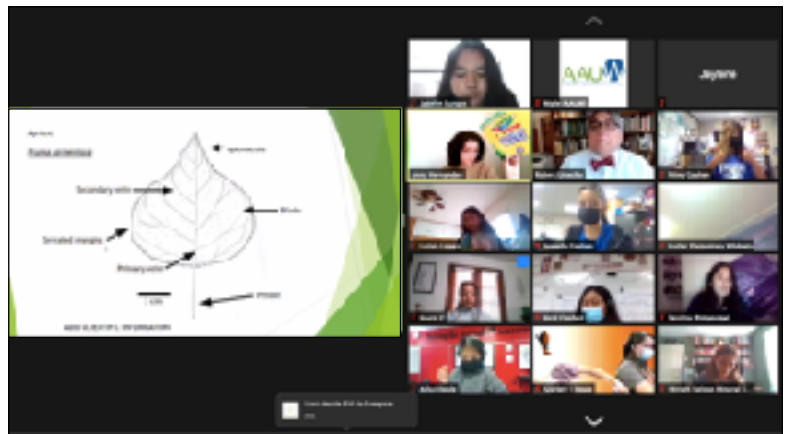
— Maile Melkonian

I had the distinct pleasure of observing this profoundly worthwhile project last month. While COVID pushed the one-day event from its usual November slot to December 11, and moved it from C.O.S. to T.C.O.E. and then on-line, organizers nimbly adjusted to provide some 300 girls (5th- to 8th-graders) with a very inspirational experience. The EYH focus is on STEM—science, technology, engineering and mathematics—areas where girls and women are markedly under-represented in both academia and the marketplace. Our Branch’s \$1,700 annual commitment to this project—wonderfully shepherded by our **EYH Chair Lori Olvera-Clarkson**—enables girls from five elementary schools to attend what is hoped might be a formative experience for them. What I saw was truly heartwarming! The girls were engaged at a level I didn’t expect. Kudos, too, to the innovative presenters.



Here’s a sampling of the many fun break-out sessions:

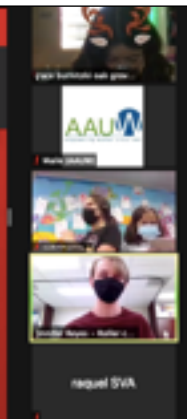
[ABOVE] “How to Make a Flashlight” out of tongue depressors, a watch battery and the principles of electricity, [RIGHT] combining botany and backyard observations with “How to Draw Leaves for Scientific Documents,” [BELOW] bringing biology alive with an energetic introduction to reptiles, and, [BOTTOM LEFT] “Making a Roller Coaster,” a practical application for physics.



The emphasis on career relevancy [ABOVE] was gratifying, as was the girls’ enthusiasm about their studies, evidenced in the Zoom chat [BELOW RIGHT].

Physics and Roller coasters

- Gravity: invisible force that pulls objects toward each other
- Because of gravity, if our tracks are sloped down or at a decline our train is going to be pulled towards the ground as it accelerates
- At the top of the track has Potential Energy stored energy that transforms into kinetic
- When the train rolls down, it uses its weight and speed to pick up kinetic energy
- Kinetic energy is made up of speed and momentum
- Momentum happens when anything is moving... mass x velocity (the amount of matter an object has x velocity; how fast the object is moving)
- Friction: when two objects rub against each other, friction slows them down. Friction is an object sliding on another it starts to slow down due to friction



From Carla Doyle to Everyone: yeah like it	10:24 AM
From Jennifer Marco Aquino to Everyone: math is easy	10:24 AM
From sabrinaviva to Everyone: me too	10:24 AM
From Emmelexia - Santa Fe to Everyone: I love math and art	10:24 AM
From Jocelyn Gutierrez, Crestwood to Everyone: I love math!	10:24 AM



AAUW SUNSHINE

If you know of anyone that needs some “sunshine” please contact **Renella Smith** at 559-260-9646 or gregrensmith@gmail.com.

Remember to let her know if you hear of any of our members who need a lift, have been ill, had surgery or suffered a loss. Thank you.

What are you doing in.... ?

