

## A Seismic Shift

As Kim Churches, CEO of AAUW, has noted “The COVID-19 pandemic is creating a seismic shift in our lives and in the U.S. economy.’ Equal Pay Day, at the end of March, is when women symbolically catch up to men’s average earnings from the previous year. However the pandemic is amplifying and exacerbating all of the nation’s economic inequities. An April 24<sup>th</sup> op ed in POLITICO Magazine noted the data say more men are likely to die from coronavirus, but the data also tell us that, around the world, women are suffering more from the pandemic’s social and economic fallout, including upending access to maternal health, jeopardizing care-givers and increasing the risk of domestic violence. Due to structural inequality, “most hardships, most crises, most wars, most famines, most economic downturns affect women and girls more than men and boys” states Cheryl Sandberg.

Not only is the pandemic having an impact on the economic, health, safety, and education of women and girls, but it has also impacted the AAUW organization and the way members interact at all levels. With both social distancing and sheltering in place recommended, meetings were cancelled and branches adapted. The State Board was already using ZOOM for a meeting format. Some branches have also adapted board meetings and some special interest group meetings to the Zoom format as well.

Have you checked what is happening at the national level and the initiative called “2020 Vision”? You can share your own story about contributing to AAUW’s legacy and watch an exciting webinar series, which highlights recent equity research and outlines an ambitious “Gender Agenda” for the year. Though we can’t gather in person with regular events and conventions, we can be a part of virtual programming efforts and events. We hope you watched Kim Churches “State of the Organization” and took the opportunity to participate in the AAUW Town Hall on Tuesday, May 26. For more info, go to [www.aauw.org](http://www.aauw.org).

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### The AAUW Mission:

**To advance gender equity for women and girls through research, education and advocacy.**

**AAUW is a community of more than 170,000 people standing strong for gender.**

# President's Message



I hope you are all staying healthy and safe, I know some of us are definitely getting a bit stir crazy with the self-quarantine, but please be cognizant of the risks associated with the spreading of this virus. Both the state Spring Conference and the Rocky Mountain Regional Conference in person meetings have been cancelled. As to the Rocky Mountain Regional Conference it will be presented using Zoom. The date is Saturday, June 20<sup>th</sup>, starting at 9:30 am and ending at 12:30 pm MDT. We will send out more information along with a registration form soon.

We will be sending out an electronic ballot to elect our new officers for the coming year. Be on the look out for the email from [recordingsecretary@aaumarizona.org](mailto:recordingsecretary@aaumarizona.org). Also included in the ballot will be the updated Bylaws that need to be approved by the membership. Thank you in advance for taking the time to respond to our electronic vote.

We have new chairs on the state board, they are as follows: Jane Russ chair for the website; Becky Saylor chair for community action; and Joye Kohl chair for the newsletter. We will be sending out the new list of officers after our electronic election.

We will be having a state board meeting using Zoom on Friday, June 26<sup>th</sup> at 10:00 am. Let me know if you would like to participate and I will make sure to send you the link for the meeting. I feel that in the coming months we will be meeting more often using technology than we have in the past and as such we will be scheduling a training session: date and time to be established.

We have tentatively set the date for Fall Forum, it will be November 6<sup>th</sup> and 7<sup>th</sup>, hopefully we will be able to meet in person, but if that isn't possible, we will be prepared to have it online. If you would like to be part of the committee let me know.

Take care and stay safe,

.....Ana Nygren, AAUW Arizona President

## Public Policy

Harriet H. Young  
Public Policy Chair

Our most recent progressive, voter initiative is the Permanent Early Voting List (PEVL), which allows all registered voters to receive an early ballot and vote by mail. I urge all of you to get your members to sign up lest the November election be fraught. We also will have a good number of Arizona women running for the state legislature and local offices. We want to be able to elect the wonderful women who take on that responsibility.

At another level, the United States Constitution mandates that we count every person in the country every ten years for the purpose of allocating seats in the U.S. House of Representatives, and redistricting accordingly. We want to make sure we're all counted and that we all participate in the Census. Then we want a fair redistricting process. No more gerrymandering!

1920  Celebrating the Women’s Suffrage Centennial  2020

# AAUW Celebrates the Right to Vote!



When 2020 kicked off, we seized on the opportunity to honor our suffragist forerunners, and decided to spend the year celebrating the Centennial of the 19<sup>th</sup> Amendment. Although some people may balk at celebrating “getting the right to vote”, we choose to celebrate the acknowledgement that “women are equal humans” and ‘endowed by our creator as equals”. To that end, the public policy chairs in the branches asked their respective mayors to issue a proclamation recognizing 2020 as the Centennial of the signing of the 19<sup>th</sup> Amendment to the Constitution. There will be a state-wide celebration in August on the date it was signed and we’ll all try to attend and cheer.

The importance of the 19<sup>th</sup> amendment is not so much the the attainment of recognition as full fledged citizens, as it is the door to running for office and serving as elected officials. Arizona was ahead of the country in recognizing that in 1912 when Arizona wrote its constitution to join the United States. Arizona has always been progressive. There was opposition in the U.S. Senate to approving our alarmingly radical provision, but after we were accepted by the U.S. Senate, we resumed our progressive path.

.....Harriet Young, Public Policy Chair



Photo at left - Scottsdale Branch facilitated Fountain Hills Proclamation. L-R: Mayor Ginny Dickey, Karen Ramos, Program VP, Mary Schuh, Membership VP



L-R: Janet Larkin, Jennifer Quinn, Scottsdale Mayor Jim Lane, Joan Gold, and Anita Zastrow with the signed proclamation.



NWV Branch members -Front L-R: Deborah Hansen, Patty Lang, Anne Levig, Joye Kohl; Back L-R: Judy Espinosa, Ann Mitchell, Surprise Mayor Skip Hall, Sarah Tyree, and Sara Schmidt following proclamation ceremony.

**VOTES FOR WOMEN**

## 'Celebrate 100' Dinner Hosted by AAUW-SE Valley

The "Celebrate 100: Women's Right to Vote" community dinner Feb. 17 was a huge success for the Southeast Valley Branch AAUW, drawing a capacity crowd of nearly 300 and raising over \$1,000 for local scholarships.

Keynote speaker Dr. Melanie Sturgeon, President of the Arizona Women's History Alliance, focused on the voting rights push – and opposition – that began in 1883 in Arizona. Repeated attempts for legislation failed, including a governor's veto in 1903. "Women stepped out of their comfort zones to get this accomplished," Sturgeon said, advocating for the power of grass roots efforts and individuals to make a real difference. "Persistence is really important; it took 29 years to get it done."

To ensure that message would spread to the next generation, the Branch invited five representatives from each of Chandler's six public high schools and from Onward Hope, an organization that supports youth aging out of foster care. Their dinner tickets were funded by a grant from the state AAUW organization. Attendees also included representatives of several metro area AAUW branches and state AAUW elected officers.

Designed to raise the Branch's profile in the community, the dinner was open to the public and publicized in several newspapers. Members contacted area businesses for event publicity and promotion and Orbitel, an area communications company, successfully was solicited to buy a table as a donation for high school girls and scholarship winners.

.....See more photos on page 5.

## NW Valley Plans Multi-Faceted 19<sup>th</sup> Amendment Celebration



Women's Suffrage Centennial Tea in the Garden

Anne Levig portrays Susan B. Anthony at the tea.

The NWV branch Women's History SIG took the leadership for the branch celebration of the women's suffrage centennial. The February branch general meeting featured a program, "Women's Suffrage: The West Led the Way" and a vintage suffrage memorabilia exhibit. The next event was the Tea in the Garden with a program featuring portrayal of national leaders in the suffrage movement.

Collaborative activities were planned in Surprise, Youngtown, and El Mirage. The Surprise event happened at City Hall on March 3<sup>rd</sup> and included a program with music, roving student suffragists, and a welcome and proclamation presentation by the Mayor. Unfortunately the Youngtown event and El Mirage activities had to be postponed. In addition the history sig arranged for the Questers' Women's Suffrage Centennial exhibit to be displayed in a wide variety of venues throughout Surprise for the month of March including at area schools, libraries, and spring baseball. Other activities which had to be postponed included plans for the "Simple Truth About the Gender Pay Gap program at area libraries and a radio history series.



Southwest Valley (AZ) Branch, American Association of University Women  
Presents

**CELEBRATE 100:  
WOMEN'S RIGHT TO  
VOTE!**

Honoring the 100th anniversary of the 19th Amendment and the amazing AZ women who made it happen

**SAVE the DATE:  
February 17  
5 PM**

Cottonwood Country Club  
Sun Lakes, AZ

Questions:  
celebratevote@gmail.com

Supporting AAUW's mission to advance equity for women & girls

**We Honor  
Those Who  
Paved  
The Way!**



Margaret Horn founder of the SE Valley branch in 1989 and her daughter Candace Cox, Co-President of the Southeast Valley Branch



**University of California President Janet Napolitano  
Welcome Message  
"Celebrate 100: The Right to Vote"  
Phoenix, AZ  
February 17, 2020**

Good evening! I am sorry that I could not be with you all tonight in Phoenix to celebrate the 100<sup>th</sup> anniversary of women's suffrage.

In 2020, our nation celebrates this important turning point in the history of our democracy. It is a point of pride – and I say this as the former governor of your great state – that Arizona was the tenth state in the nation to secure the right to vote for women, and that this was accomplished in the very same year Arizona became a state.

As the first woman to serve in many roles, I believe in the vital connection between education and the opportunity to fully participate – and to lead – in our democracy. So, I am particularly grateful to the Southeast Valley Branch of the AAUW for the scholarships you are awarding this evening to promising students. And I wish to say to the current and former scholarship recipients in the audience – I hope that you will use your education to expand your horizons and serve the greater good of our democracy. And congratulations on receiving these prestigious scholarships!

Frances Willard Munds was a voting rights hero in Arizona and the first woman elected to public office in this state. She once observed, "the Arizona campaign for suffrage is probably the most unique in history." I am proud of the progress we have made along the way. As we look ahead to the next 100 years, let's work together to expand opportunity and active participation in our democracy to those still left out.

## Fountain Hills Proclamation

WHEREAS, we are commemorating the 100<sup>th</sup> anniversary of the adoption of the 19<sup>th</sup> Amendment as part of the United States Constitution, an amendment which gave women the right to vote; and

WHEREAS, as part of today's recognition, we not only commemorate the achievements of groundbreaking activists such as Alice Paul, Susan B. Anthony, and Ida Wells, among others, we honor the amazing accomplishments of women who have resided in Arizona; and

WHEREAS, in Arizona, we have always been at the forefront of women's issues. Within one year of Arizona becoming a state in 1912, voters overwhelmingly approved an initiative to give women the right to vote, eight years before the United States took this step. We became only the tenth state to do so.; and

WHEREAS, our Town and State claim an abundance of female leaders and change makers. For instance, Arizona has had the most women governors of any state in the Nation. Furthermore, the first female United States Supreme Court Justice, Sandra Day O'Connor, hails from Arizona; and

WHEREAS, in 1980, Governor Bruce Babbitt worked closely with the Arizona Women's Commission to create an Arizona Women's Hall of Fame, which has its permanent exhibit at Phoenix's Carnegie Center; and

WHEREAS, in Fountain Hills, women leaders have contributed to and strengthened our community and are working daily to empower others who seek to make effective and lasting change here;

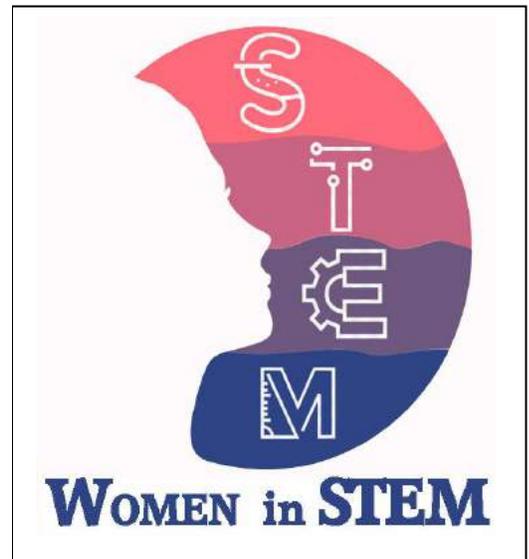
NOW, THEREFORE, I, Ginny Dickey, Mayor of the Town of Fountain Hills, Arizona, in accordance with the law, do hereby proclaim February 2020 as

### WOMEN'S SUFFRAGE MONTH

and ask all residents to take time and appreciate the progress our Town, State and Country have made because of women.

I am often asked to provide information about the participation of women in science, technology, engineering and mathematics, or STEM. One of my most reliable sources is the National Center for Science and Engineering Statistics' *Women, Minorities, and Persons with Disabilities in Science and Engineering Report*. The report is published every two years with the most recent published in March 2019.

The information in the report can tell many stories about women in science and engineering (S&E) fields of study and careers. Below are some interesting bullet points for you to mull over. What story will they tell for you and your branch? What conversations might they spark? How do the data align with other information your branch has about women? What might be important to share with others in your communities?



- ❖ Women make up about 51.5% of the population (ages 18-64), but make up only 47% of the labor force (both employed and unemployed but actively looking for employment). Let's take a deeper look:
  - White women make up 34.5% of the population, but only 29% of the labor force.
  - Black or African American women make up 6.3% of the population and 6.3% of labor force.
  - Asian women make up 2.6% of the population and 2.9% of the labor force
  - Hispanic or Lanitx women make up 7.0% of population and 7.6% of the labor force.

**Question to Ponder:** How might these numbers inform your branch's efforts in the recruitment and retention of members?
- ❖ Of all the S&E degrees awarded in 2016, women earned about half of bachelor's degrees, 44% of master's degrees, and 41% of doctorate degrees. However, participation of women varies within different S&E field. Let's take a closer look for the year 2016:
  - Psychology: Women received about 75% of degrees at each level (bachelor's, master's, and doctorate).
  - Biology: Women received over half of degrees at each level.
  - Social Sciences: Women earned about 55% of bachelor's degrees, 57% of master's degrees, and just under half of doctorate degrees.
  - Engineering: Women earned 21% of bachelor's degrees, 25% master's degrees, and 24% doctorate degrees.
  - Mathematics: Over the past two decades, the number of bachelor's degrees decreased from 46% to 42%, master's degrees remained flat (41.4% in 1997 to 41.6% in 2016), and the number of degrees awarded increased to 29% in 2016
  - Physical Sciences: Women earned 39% of bachelor's degrees, 36% of master's degrees, and 31% of doctorate degrees. Within this category, chemistry has the most participation with 45% at the bachelor's level, 38% at the master's level, and 38% of the doctorate level. Physics has the lowest participation with 19.3% at the bachelor's level, 22% at the master's level, and 19% at the doctorate level.
  - Computer Science: Women earned 19% of bachelor's, 31% of master's and 20% of doctorate degrees. Additionally, the number of bachelor degrees fell almost 18 percentage points since 1997 (27%).
  - Underrepresented Minority Students.

**Stem Report** continued from page 5.

**Question to Ponder:** How might this information inform your outreach strategies to young women considering a STEM field of study?

- ❖ Those who hold at least a bachelor's degree in S&E fields generally have higher salaries when working in S&E occupations than in other occupations. While women's degree attainment in S&E fields has increased, women are still underrepresented in S&E careers. Let's break down the numbers by percent of persons holding S&E, S&E-related (related technology careers), and non-S&E occupations for 2017:
  - Of all women in the labor force: 15% have S&E careers, 37% have S&E-related careers, and 48% have non-S&E careers.
  - Of all men in the labor force: 34% have S&E careers, 25% have S&E-related careers, and 42% have non-S&E degrees.

**Question to ponder:** How might this information inform your community programming or your public policy agendas?

If you are interested to explore more, check out the report for yourself:

<https://nces.gov/pubs/nsf19304/digest/about-this-report>

I am excited to hear about the conversations this information sparks within your branch and within your communities!

.....Michelle Higgins  
STEM Program Chair



## College Connections: Supporting the Education of Women and Girls

### Welcome

Welcome to the College Connections section of our state newspaper. We need to keep our current and prospective members knowledgeable about how branches are making the AAUW mission matter in the community. We do this by utilizing the *AZ SUN* and our state website. All branch Presidents, College Relations and Scholarship chairs are invited to submit articles about activities your branch is hosting in support of college/university students. Please send any college news to Ann Mitchell at: [awmitchell@hotmail.com](mailto:awmitchell@hotmail.com).

### NCCWSL Postponed

The AAUW-AZ Selection Committee awarded three students, attending Embry Riddle Aeronautical University in Prescott, the opportunity to attend the AAUW Conference for College Women Student Leaders (NCCWSL) at the University of Maryland in May. AAUW decided to postpone the conference until 2021 due to the spread of the coronavirus.

Our awardees all requested a full refund from AAUW, but junior Sydni Bond, and freshmen Haley Matthews, would like to attend the NCCWSL in 2021. Alexis Hepburn, a senior, will be established in her STEM career in the Marana/Tucson area by the spring of 2021 and she would like to release her 'spot' to another deserving Arizona student.

**College Connections Report** continued from page 7.

**Campus Graduation Ceremony?**

College and university students work hard to reach graduation. Now there will not be the opportunity to wear their caps and gowns, receive their diploma or certificate and to celebrate with family and friends? Dr. Teresa Leyba-Ruiz, President of Glendale Community College, shared, "Like all colleges we had to cancel all celebrations and activities including our 55th GCC Commencement We are researching a virtual Commencement, but a brief survey of our students showed very little interest in a virtual celebration so we will continue to look for alternatives." What will colleges put in place so students can celebrate their achievement?

**Did you know?**

According to a new update from the AAUW report *Deeper in Debt*, "Women hold the majority of College Debt and take longer to Pay it off. Women hold almost two-thirds (\$890 billion) of the country's \$1.4 trillion student debt while white men hold \$490 billion. The student loan gender pay gap has nearly doubled in the past four years, and women now graduate with an average of \$2,700 more debt than men when earning a bachelor's degree."

.....Ann Mitchell  
College Connections Chair

**College students have a story to share.**

**Why not Invite a college student to a branch meeting to tell their story?**

The young women shown below have all been former NCCWSL participants. Why not make more connections in order to get additional young women involved!



**2017 Profile**

**NCCWSL by the Numbers**

NCCWSL was born in 1983, when representatives from national gender equity organizations saw the need for a leadership space dedicated to empowering collegiate women. Since then [AAUW](#) has taken the helm of the conference and NCCWSL has transformed into an essential experience for any woman serious about creating meaningful impact on her campus, mobilizing her community, and preparing for personal and professional success after graduation. With more than 10,000 attendees over the conference's history, NCCWSL is the premier leadership event for college women in the United States and globally.





# BRANCH Highlights



In this difficult time we are all adapting and trying to be inventive in order to keep in touch with everyone. In Flagstaff, as in most of the other Branches, we have been using ZOOM to engage our members. Our first attempt at a Zoom members meeting took place on May 20th with Ann Johnson, a retired Episcopal minister, leading discussion on the effects of isolation and stress on our spiritual health.

In the coming months, we have a number of Zoom meetings planned. In June, we'll be hosting the Coconino County Recorder, Patty Hansen, speaking to us on the upcoming primary and national elections; safety, security and voting by mail. A local psychologist, Dr. Valerie Hannemann will "meet" with us on Zoom to talk about the psychological effects of isolation, uncertainty and stress. How do we cope with the distress we've all been experiencing?

One of our members, Lisa Martinez, is a talented artist who in the past has led us in **Sip and Paint** meetings. Those interested in tapping their inner Picasso get together with brush and paint. With wine to inspire creativity, and Lisa's advice, we do our best to paint something. It will be interesting to see how this works out on Zoom!

With the help of Harriet Young, our Public Policy chair, we are beginning to organize Zoom candidate forums, hosting candidates for local and regional offices. Mayoral and City Council candidates will answer questions relevant to issues in Flagstaff. Candidates for AZ House and Senate will be invited to address the many important regional and state-wide issues they will have to deal with. Since the primary is in August, we plan to set these up in July.

We will be partnering with several groups in Flagstaff to organize a celebration in August, 100 years after final ratification of the 19<sup>th</sup> amendment to the Constitution giving

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women in the US the right to vote. We hope by August we'll be able to hold a public program in Heritage Square downtown. But, clearly, we'll have to come up with alternate strategies (series of newspaper articles?) if the quarantine is in effect.

As other Branches come up with Zoom meeting plans, please share with us, and I'll continue to keep you updated on our activities.

.....Sue Peters, 2019-20 President



For the first time, AAUW in Green Valley celebrated with women around the world on International Women's Day, March 8th. The 2020 theme, "Think Equal, Build Smart, Innovate for Change!" brought Asian American, African American, American Indian, Hispanic, and Euro-American women together to celebrate the personal, political, social, educational accomplishments of women. Our soloist began the day with the International Women's Day anthem, "I am Woman Hear me Roar!" And collectively all 80 of us present did!

Following lunch, speakers included a woman representing the homeless and marginalized, a member who had marched with Martin Luther King Jr.; a medical professional reminding us to rid ourselves of toxic people; a member who returned from Guatemala after working there aiding birthing mothers; and our State President Ana Nygren, who reaffirmed the importance of education and our AAUW mission: advancing gender equity for women and girls.

Five suffragists attended: Susan B. Andthony, Elizabeth Cady Stanton, Emily Pankhurst, Alice Paul. Each told their "her-story" of the hard work on our behalf 100 years ago, that provided the power for women to vote.

We closed singing, "We Shall Overcome" then reciting a quote from Judy Chicago, "And then, all that divided us will merge, all will share equally in the earth's abundance, and then all will live in harmony with each other and the earth."

..... continued page 10

**Green Valley** continued from page 9.

We will celebrate International Women's Day again in 2021 in a new location large enough to accommodate everyone. Hopefully, many of our AAUW friends around the state can join in this global event.

.....Sharon Rezac Andersen, Co-President



Greetings to ALL and we are hopeful you are all safe and healthy during this horrific CoVid19 pandemic. As we have needed to suspend all planned activities for our NWV Branch this spring, I remain optimistic that our branch will move forward when safe to do so and will be practicing social distancing to do our part in eliminating unnecessary exposure. This spring we had to cancel all activities and large gatherings that were planned to bring our 2019-20 year of service to a close. We managed to do that by teleconferencing using Zoom technology to fulfill the final election of our Board for the 2020-2021 year which will begin very soon. We managed to gather the necessary electronic votes to fulfill all of our closing obligations after having our Board meet first to change our existing bylaws to allow for acceptance of electronic voting, and then secured a unanimous vote to accept our Board nominations as well the changes set forth in our bylaws which would allow us to do so. As a result, we were able to secure, through an email to all of our branch members, allowing for a quorum and successfully finalizing the election of our Board members thereby, allowing them to begin planning and preparing for what will surely be a very busy year ahead.

Now, as we begin looking towards our new leadership team taking over and continuing the destiny of our branch and look forward towards an even better year beginning in the fall. The pandemic has amplified the importance of retaining membership at such a crucial time when our nation's economic challenges will be evermore exacerbating. We will need to continue to be persistent in helping ensure that our women and their families can become economically secure. Our mission is even more important now fighting for righting the inequities of women and girls in the 21<sup>st</sup> century. Through the leadership of so very many expert and talented Chairs and a new leadership team, we will continue to enjoy a splendid and large offering of activities to inspire,

.....continued next column

challenge, and move us. Fortunately, our two major fundraisers occurred in December (Rummage Sale) and January (Fashion Show) thereby helping put over \$9,500 in our coffers securing our funding for 6 fulltime scholarships, and 2 more part-time scholarships that we will be awarding before Fall, 2020.

These are extremely challenging times and I hope each and every one of us will reach out, help and inspire others to become the best we can be by looking for ways to stay the course and continue to help our neighbors, family and friends, with securing groceries and medications, finding meaningful ways to enjoy each day and spend our energy and time with expressions of love and caring and staying connected. We all can do more. We look towards a bright and enriching future once the pandemic diminishes and will continue to use the new platforms and ways to communicate and share helping to keep our branch working hard to foster our mission advancing gender equity and fairness to women and girls through our commitment of research, education and advocacy.

.....Sharon Phelps, President 2019-2020



As with all AAUW branches our end-of-year activities were altered by the pandemic. We elected our new Board officers using an electronic voting system and installed our officers via Zoom. We did not hold our last two monthly general meetings. We have arranged to have our speakers for those meetings speak with us this fall.

We are in the process of arranging our programs for next year with two possible venues in mind. (1) In-person at Yavapai College as normal or as (2) Zoom. The safety and health of our members is our first priority.

Our Public Policy team has continued to focus on fully funding K-12 education funding. We, along with several other local organizations, are hosting a Legislative Candidate Forum on Public Education via Zoom in mid-June. We have also generated a "Petition for K-12 Funding" which will be forwarded to the State Legislature upon its reconvening.

Our Community Action team has also created a new program. AAUW will help a local women's shelter (PASS) in mentoring women to get their GED's, applying for college admission, and assisting women seeking employment.

...Becky Gunn, 2019-20 President



When asked about one's reaction to the last two months of significant changes in daily life, the resounding response is that the COVID-19 Pandemic has been the most challenging event of our lifetime. Northwest Tucson's reaction has been no different from what other Arizona branches have done. Cancel, cancel, cancel! It has been disappointing but we are committed to "re-open" our activities as soon as it is safe to do so.

Regardless of all the limitations that are in effect, we have been able to:

- ❖ Grocery shop for members whose residential facility restricted travel off their campus. Fortunately the facility set up a grocery delivery system soon thereafter;
- ❖ Support the Tucson League of Women Voters' celebration of the 19<sup>th</sup> Amendment;
- ❖ Hold our monthly book group discussion via "Zoom";
- ❖ Encourage members to renew their memberships, donate to AAUW Funds, and participate in the AAUW Webinars.

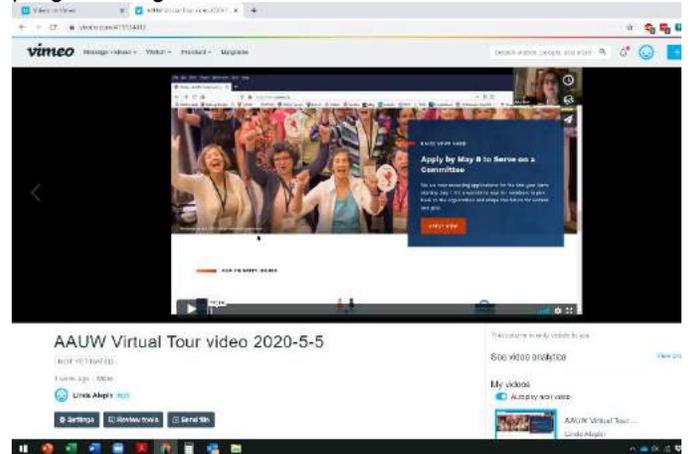
Gayl Woityra is a branch member who moved to Kentucky in October. She wrote this poem just prior to relocating. We published it in our monthly newsletter and we are happy to share it with AAUW Arizona. As Gayl said "it seems to fit the present circumstance of many of us."

Here I stand--still.  
 Perhaps it's just freewill,  
 Or maybe it is fear  
 Of what my life appears  
 To be.  
 What does it mean  
 To move--it seems--  
 Forward,  
 When all I know is past--  
 What's already cast?

So here I stand--still,  
 As if I'm frozen  
 To this day and yesterday.  
 I'd invite you to the party  
 But it's quiet now,  
 And I know how  
 To stand here--still.

.....Gail Parsons, Pres.

Given that one of our primary member offerings—our luncheon series—had to be suspended for the rest of this fiscal year, the Tucson branch has morphed into virtual programming!



Our Treasurer Jane Russ, our Membership VP Joan Jorgenson, and our Webmistress Baleka Baker, did a Zoom call tour of the new national website and our reconfigured link to it. They also talked about renewing membership. Here is that recording:

<https://vimeo.com/415534812>.

At our regularly scheduled luncheon date and time on Saturday, May 9<sup>th</sup>, we had a dialogue about Best Practices for Personal Leadership in Challenging Times. Here is the video:

<https://vimeo.com/manage/416757758>.

Donna Johnson, a long-time member of our branch gave us this feedback about her experience:

*"I appreciated the opportunity to attend this program. I was very pleased with the support and insight provided by everyone who attended. I was comforted by the stress reducing exercises that we engaged in and the Zoom experience was fun. The access link in the email was easy to navigate. An hour very well spent in connecting with others in this challenging times! Thank you!"*

Tucson is planning for more virtual gatherings on topics of interest for our members and others in the community. We realize that building the audience will take time. Our next newsletter will ask members for their suggestions on topics so that we can be attentive to their interests.

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Tucson Branch continued from page 11.

As a long-time user (since 1996!) of virtual resources like Zoom, I can unequivocally say they 1) are **now** easier to use than ever before, 2) worth learning in order to stay connected on a personal and organizational basis and 3) create new opportunities to communicate.

If you have any comments or suggestions, please email them to me at [AAUWTucsonPresident@gmail.com](mailto:AAUWTucsonPresident@gmail.com).

.....Linda Albein. President

## LOOKING BACK AT OUR HISTORY



AAUW's story began in 1881, when a small group of female college graduates banded together to open the doors for women's career advancement and to encourage more women to pursue higher education. AAUW was founded by Marion Talbot, who became the Dean of the College of Women at the University of Chicago and a leading figure in higher education, and Ellen Swallow Richards, the first woman to earn a degree in chemistry and a leader in the field of home economics.

The original Tucson Collegiate Club established in 1909 in the historic Ferrin residence now a part of the downtown Tucson Art Museum Historic Block. The Collegiate Club was organized by a small group of women college graduates. One of them was Clara Fish Roberts, the first person to register at the new University of Arizona in September 1891 and the first woman to be elected to the Tucson School Board in 1917.

During the first week in March in 1912, only weeks after Arizona was admitted to the Union, a news item appeared in the Phoenix Paper, "All College women are invited to a meeting at the home of Mrs. A. W. Morrill." A week later 25 to 30 women came together to organize and elect officers for the College Club of Phoenix. These women are considered the founders of AAUW Phoenix Branch.

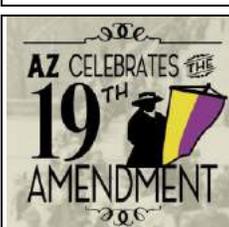
We've come a long way, but we still have a long way to go. In many ways, the fight for gender equity is just getting started.

### About Humor and Laughter!

According to the Mayo Clinic, "A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

"Short-term benefits: A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- ❖ "Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- ❖ "Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- ❖ "Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress."



#### Dates to Remember:

- Friday, June 16 - 10 am .....State Board ZOOM meeting.
- Saturday, June 20 – 9:30 am-12:30pm - Rocky Mountain Regional ZOOM Conference
- Sunday, August 23 ...Arizona Celebrates the 19<sup>th</sup> Amendment – 100 Years!
- Saturday, August 15, 2020 ... Deadline for copy and photo submissions for The Sun! Send digital copy to Joye Kohl, newsletter editor.