



“Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in.”

— Martin Luther King Jr.

[Visit our Website](#)

AAUW 2023 Funds

2023 Fellows and Grant Recipients



AAUW California Fund Committee Presents

AAUW 2023 Fund Fellows and Grant Recipients

The AAUW California Fund luncheons went virtual!

Thirty-four (34) inspiring California fellow and grant recipients are studying in California this year and are available to share nuggets of their fascinating studies.

Watch the short YouTube video introduction by each fellow and grant recipient and see what, and who, your AAUW Fund dollars support. Learn about race and gender in U.S. Immigration Policy, gender policy making, Architecture + Advocacy, and other topics.

To support AAUW's continuing mission to advance equity for women and girls through advocacy, education and research, consider making a tax-deductible donation today. Thank you.

[Make a DONATION Support AAUW Funds](#)

[Watch the videos of all 34 California Fellows & Grant Recipients](#)

AAUW California Peer to Peer Groups



AAUW California Gov Trek Committee Presents

What Your Branch Needs to Know about Gov Trek Zoom - Registration Required

AAUW California continues the Gov Trek Peer to Peer Group talks in 2024.

- **January 8:** Gov Trek 2023-2024: Ready? Set...Live!
- **April 1:** Gov Trek 2023-2024 Recap

The meeting schedule varies by month. To join the conversation and register for events. Please email, **Shauna Oenning Ruyle** at govtrek@aauw-ca.org. The Zoom link and meeting information will be sent to you.

Gov Trek is open to any girl currently enrolled as a high school junior or senior. Gov Trek's goal is to address the shortage of women in political leadership roles. Students engage in interactive and inspiring activities with exposure to women legislators, career options, and the inner workings of a political campaign.

[Click HERE to access the YouTube video playlist of meetings](#)

January Community Events



The League of Women Voters of Fremont-Newark-Union City Presents

Defending Civic Engagement in the 2020's
Saturday, January 6, 2024
10:00 AM - 12:00 PM

Niles Discovery Church
36600 Niles Blvd., Fremont, CA

Join LWV Fremont-Newark-Union City for a panel discussion on why civic engagement is

so important today; what it entails; how to engage young people; and what are our challenges. Speakers are **Cherl Cook-Kallo with the Alameda County Board of Education and Assemblymember Alex Le from Assembly District 24.**

Panelists will include a representative from the Youth Voter Movement; the Newark City Council; and a student from James Logon high school.

This free event is open to the public. Registration is not required.



Alameda County Districts 1 & 2 Community Meeting

Affordable Housing
Monday, January 8, 2024
6:30 - 8:00 PM
Fremont Library
2400 Stevenson Blvd., Fremont, CA

Join **Supervisors David Haubert, District 1 (covering the Tri Valley) and Elisa Marquez, District 2 (covering Hayward, Newark, Union City)** to learn and share your thoughts about a \$10 - \$20 million dollar Bay-Areawide affordable housing bond proposed for the November 2024 ballot.

If approved by the voters, the regional bond will provide billions of dollars for the construction of an estimated 45,000 affordable homes, serving over 500,000 residents over the coming decades. This measure will also raise billions for preservation of existing affordable housing and ensure protection for at risk tenants. General obligation bonds are funded through property taxes, so a \$10 billion bond would place a tax of \$10.26 on \$100,000 in assessed value—or about \$100 per year for a million-dollar home.

The Alameda County Board of Supervisors District offices are partnering with the County Housing and Community Development Department on public information and input sessions.

[Register HERE to Attend Online](#)

[Register HERE to Attend In Person](#)



**Embrace Love in the New Year
with author Rebecca Serle
Wednesday, January 10, 2024
5:00pm to 6:00pm**

Join us as we kick off the New Year talking to Rebecca Serle about her journey writing epic love stories to span generations. Learning the love story formula with Serle, we'll chat with the author about her New York Times bestselling novels, *One Italian Summer*, *In Five Years*, *The Dinner List*, and many more.

Additionally, in a special preview, Serle will briefly discuss her forthcoming novel (due out on March 5, 2024) *Expiration Dates*. In *Expiration Dates*, Daphne Bell believes the universe has a plan for her. Every time she meets a new man, she receives a slip of paper with his name and a number on it—the exact amount of time they will be together. The papers told her she'd spend three days with Martin in Paris; five weeks with Noah in San Francisco; and three months with Hugo, her ex-boyfriend turned best friend. Daphne has been receiving the numbered papers for over twenty years, always wondering when there might be one without an expiration. Finally, on the night of a blind date at her favorite Los Angeles restaurant, there's only a name: Jake. Told with her signature warmth and insight into matters of the heart, Rebecca Serle has finally set her sights on romantic love.

About the Author: Rebecca Serle is the New York Times bestselling author of *Expiration Dates*, *One Italian Summer*, *In Five Years*, *The Dinner List*, and the young adult novels *The Edge of Falling* and *When You Were Mine*. Serle also developed the hit TV adaptation *Famous in Love*, based on her YA series of the same name. She is a graduate of USC and The New School and lives in Los Angeles with her husband. Find out more at RebeccaSerle.com.

[Click HERE to Register](#)

Savvy Seniors

**EDUCATION FOR OLDER
ADULTS & THE FAMILIES
WHO SUPPORT THEM**

The Castro Valley Library & End of Life Choices California Presents

**End of Life Choices California
Thursday, January 11, 2024
11:00am to 12:30pm
Library Learning Center**

Join us to explore California's End of Life Option Act (2016), a law that is also referred to as Medical Aid in Dying (MAiD). A presenter from End of Life Choices California will provide the background, overview, and specifics of this law to cover who is eligible, the process for obtaining the prescription from your physician, and other relevant aspects. Voluntary Stopping Eating and Drinking (VSED) will also be discussed, a legal option in all 50 states. Time will be available for Q & A.

The organization, End of Life Choices California provides information, support, resources and guidance on end-of-life options to anyone and/or their family seeking help navigating a serious or terminal illness, or simply wanting more information about future planning. End of Life Choices California wants you to have all the information you need so you can choose how your dying process will proceed, consistent with your own values and beliefs.

This event is free and open to the public. Registration is not required.



The Eastbay Regional Parks & Kaiser Permanente Presents

Trails Challenge 2024 January 1 - December 1, 2024

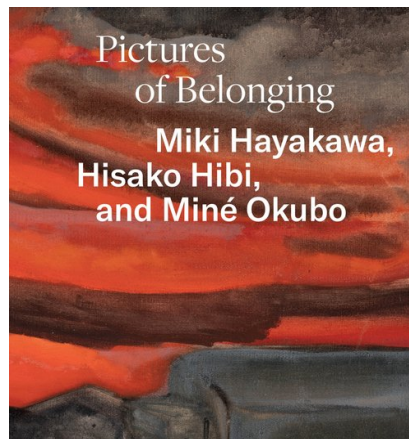
Every year more than 10,000 people participate in this FREE self-guided hiking and bicycling program to explore the East Bay regional parks and to keep fit outdoors. Trails Challenge is made possible with the generosity of the **Regional Parks Foundation** and **Kaiser Permanente**, who have sponsored Trails Challenge since 2005.

For the past 31 years, the Park District has promoted healthy recreation and time in nature through its annual Trails Challenge program. The free program connects people to nature through hiking and biking by providing 20 designated trails ranging from easy to challenging. The Trails Challenge is part of the global **Healthy Parks Healthy People (HPHP)** movement that underscores the connection between a healthy green environment and community health.

The **2024 Guidebook** includes 20 detailed trail descriptions available for all levels of fitness, from easy to challenging. There are trails open to hikers, bicyclists, dogs, and equestrians, and Trails Challenge 2024 offers increased accessibility with trails that have been evaluated and identified as usable by persons with mobility limitations (see pages 7-13).

To complete the challenge, hike five of the 20 trails, or 26.2 miles of trails within East Bay Regional Park District. You can submit your log, **online** or by mail, by December 1, 2024, and receive a commemorative pin, while supplies last.

[Click HERE to Download the Trails Challenge Guidebook](#)



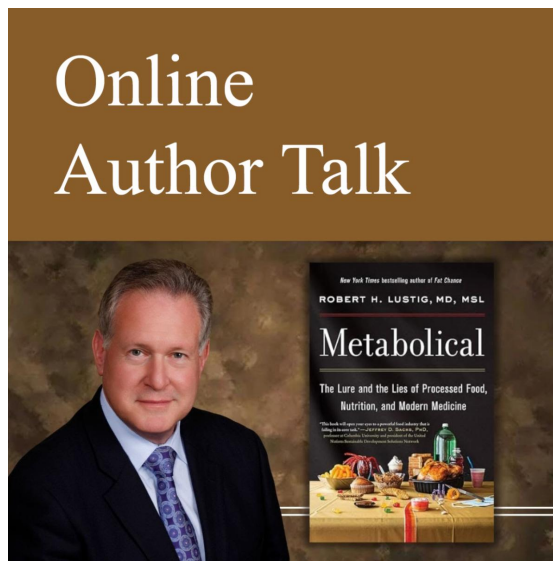
The Hayward Historical Society Presents

Pictures of Belonging
Dr. ShiPu Wang
Saturday, January 27, 2024
1:00 - 3:00 PM

Hayward Public Library, Fremont Room

HAHS and the Hayward Public Library are partnering to host Dr. ShiPu Wang, Coats Family Chair in the Arts and Professor of Art History at the University of California, Merced, as he discusses the exhibition and book *Pictures of Belonging: Miki Hayakawa, Hisako Hibi, and Miné Okubo*. Dr. Wang, curator of this forthcoming nationally touring exhibition, will talk about the artwork, stories, and connections of these three exceptional Japanese American women, one of whom, Hisako Hibi, called Hayward home prior to World War II. Registration requested. Free parking available in the garage adjacent to the library. Refreshments provided.

[Click HERE to Register](#)



The Hayward Library Presents an Online Author Talk

The Lure and the Lies of Processed Food, Nutrition,
and Modern Medicine
Dr. Robert Lustig
Tuesday, January 30, 2024
11:00 AM - 12:00 PM

Launch your New Year healthy with Dr. Robert Lustig, a pediatric neuroendocrinologist who has long been on the cutting edge of medicine and science. He challenges our current healthcare paradigm which has gone off the rails under the influence of Big Food, Big Pharma, and Big Government.

You can't solve a problem if you don't know what the problem is. Dr. Lustig's book, *Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine*, weaves the interconnected strands of nutrition, health/disease, medicine, environment, and society into a completely new fabric by proving on a scientific basis a series of iconoclastic revelations, among them:

- Medicine for chronic disease treats symptoms, not the disease itself.
- You can diagnose your own biochemical profile.

- Chronic diseases are not "druggable," but they are "foodable"
- Processed food isn't just toxic, it's addictive.
- The war between vegan and keto is a false war—the combatants are on the same side.
- Big Food, Big Pharma, and Big Government are on the other side.

Making the case that food is the only lever we have to affect biochemical change to improve our health, Lustig explains what to eat based on two novel criteria: protect the liver and feed the gut. He insists that if we do not fix our food and change the way we eat, we will continue to court chronic disease, bankrupt healthcare, and threaten the planet. But there is hope: his book and this webinar explain what's needed to fix all three.

About the Author: Robert H. Lustig, M.D., M.S.L. is an Emeritus Professor of Pediatrics in the Division of Endocrinology and a Member of the Institute for Health Policy Studies at UCSF. Dr. Lustig is a neuroendocrinologist with expertise in metabolism, obesity, and nutrition.

The views expressed by presenters are their own and their appearance in a program does not imply an endorsement of them or any entity they represent. Reference to any specific product or entity does not constitute an endorsement or recommendation by Hayward Public Library.

[Click HERE to Register](#)

Interest Groups



Drama Reading Group

Drama Reading will take place on **January 11th at 1 PM** at Liz Bathgate's home. Light refreshments will be served.

We will be dramatizing "Marjorie Prime" by Jordan Harrison. In this richly spare, wondrous new play, Jordan Harrison explores the mysteries of human identity and the limits - if any of what technology can replace.

It is the age of artificial Intelligence, but 86-year-old Marjorie is worried that her memory may be fading. That is until the appearance of Walter a mysterious and charming visitor programmed to help Marjorie uncover the intricacies of her own past.

Please let me know if you can come by calling 510-581-0461.
Liz



Book Group

The Book Group will meet on **Wednesday, January 17, 2023, at 3:30 PM** on Zoom. We will discuss "**The Bookbinder of Jerico**" by Pip Williams.

What is lost when knowledge is withheld?

Oxford, 1914. When the the young men are drawn away to fight, it is the women who must keep going. Twin sisters Peggy and Maude work in the bindery at Oxford University Press in Jericho. Peggy is intelligent, ambitious and dreams of studying - but is often reminded that her job is to bind the books, not

read them. Maude, meanwhile, is extraordinary and vulnerable. She wants nothing more than what she has, and Peggy must watch over her.

When refugees arrive from devastated Belgium, it sends ripples through the community and through the sisters' lives. Peggy begins to see the possibility of another future: one where she can use her intellect and not just her hands. But as war and illness reshape her world, it is love, and the responsibility that comes with it, that threaten to hold her back.

Evocative, subversive and rich with unforgettable characters, *The Bookbinder of Jericho* is a story about women and knowledge: who gets to make it, who gets to use it, and what is lost when it is withheld . . .

Everyone is welcome. We are a small, but mighty group.

Hope to have you join us. Please RSVP to slaterl@sbcglobal.net and I'll send you the Zoom link.



Dining Out Event

Watch our newsletter for upcoming Dining Out events in 2024.

President's Message

Your Board

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Liz Bathgate - Recording Secretary
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AAUW Hayward-Castro Valley Branch board meetings occur on the first Monday of every month at 6:30 PM on Zoom. Contact



AAUW Grant Recipient Danielle Senecharles To speak at Bi-Branch Luncheon

Happy New Year branch members. This year is shaping up to be an important one, with the National, State and Local elections and an opportunity for our branch to partner up with sister organizations to ensure we are all well informed and working for the common good.

Speaking of partnership, on **February 3, 2024**, Danielle Senecharles will be our speaker at the Bi-Branch luncheon with the Fremont branch. Venue to be determined.

Linda for Zoom information.

All branch members are encouraged to attend board meetings.

AAUW advances equity for women and girls through advocacy, education and research.

Danielle was awarded a 2023 Career Development Grant through AAUW Funds for her work in the health care field. She is a graduate of University of California-San Francisco and has a Master of Nursing, Health & Medicine Nurse-Midwifery/Women's Health. She is currently working as a Nurse Practitioner.

She is a first-generation Afro-Caribbean Black American and the first registered Nurse and medical professional in my family. She was fortunate to be surrounded by strong, resilient women who exemplified empowerment. These experiences created a desire to pursue her education and training in a field that would allow her to impact women's lives directly. As she navigated her education and career, this passion only grew strong, propelling her into the field of midwifery.

Public Policy

Sunday
March 25,
2024
3:00 PM

Learn How to be an
Effective Lobby Days
Advocate



Lobby Days 2024

AAUW California's Lobby Days will be held on **April 2 and 3, 2024**. All members are encouraged to participate in this act of advocacy that is essential for achievement of the organization's legislative priorities. In addition to members, college students will be invited to join the event. Their participation will help with reaching more legislative offices, and this introduction to the organization will inspire these advocacy-minded young people to join AAUW.

A hybrid event is planned this year with meetings scheduled virtually over Zoom as well as in person at the Capitol. Members who live in and around Sacramento will have the option to participate in person. Legislative offices are willing to meet virtually or in person, and the virtual option makes it easier for AAUW members around the state to participate.

Training materials on the bills and the event will be posted on the state website in mid-March, and a mandatory training webinar will be held on **March 25, 2024, at 3 PM**. Lobby Days provide a wonderful opportunity to meet with your legislators and advocate for legislation to promote gender equity and improve the lives of women and girls. An interest survey including a registration form will arrive in your inbox mid-January. Be sure to complete and return the form to be added to the communications list for the event.

[Click HERE to be a Lobby Day Advocate](#)

AAUW California Priority Legislation 2023

AAUW California still had some priority legislation sitting on the governor's desk, we are happy to report that **AB 1394** was signed into Law! Authored by Assemblymember Buffy Wicks, and co-sponsored by AAUW California, this bill seeks to help child sex abuse

survivors remove their images from social media platforms, holding big tech accountable for design features that knowingly, recklessly or negligently facilitate, aided or abet child exploitation.

We are excited to report that two of our B-level bills have been signed into law: **AB 1071 and AB 1078**. AB 524 is sitting on the Governor's desk awaiting signature and SB 36 has been transformed into a 2-year bill. We had thirty-one C-level bills this year. Eight of our C-level bills were signed into law. Ten are awaiting the governor's signature, and thirteen are now 2-year bills.

For additional details about the bills that we supported at the C-level, or bills at any level, as well as access to the most current information, check out our bill tracker [HERE](#).

And if you would like to sign up for action alerts for AAUW California's Priority Legislation in 2024, you can sign up [HERE](#). You can also share the link below with anyone else—inside or outside of AAUW—who you think may be interested in receiving these alerts.

Amy Hom and Melissa Maceyko
Co-chairs, AAUW California Public Policy

AAUW California Public Policy Newsletter November 2023

Member News

If you have news about a member who needs to be congratulated on a special occasion or accomplishment, who needs to be encouraged during illness or difficult time, or to be reminded we are here for him/her, please contact your branch president, Linda Slater at slaterl@sbcglobal.net.

Membership Matters



The Hayward-Castro Valley values you as a member. This vital organization, which advances equity for women and girls, is strongest when we all join together. Please renew online or make your dues check payable to **AAUW-HCV**:

Renew **BY CHECK**: Mail to Liz Bathgate, membership chair, at 22112 Queen St. Castro Valley, CA 94546. Regular member \$107; Life member \$15; Dual member \$15.

Renew **ONLINE**: Go to [Login - AAUW](#)

Questions? Send an email to elisabethbathgate@icloud.com

AAUW Hayward-Castro Valley | PO Box 642, Hayward, CA 94543

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