



# TRICITY DISPATCH

Westminster-Fountain Valley-Huntington Beach  
March 2024

## MINDFUL HERSTORY

**Speaker – Kathie Schey, MA history, Huntington Beach City Archivist—** will discuss the rich history that our AAUW branch has in Huntington Beach. Did you know that some gardens in Central Park were landscaped by AAUW? One of our members became a famous landscape artist. This and other topics will be presented by a powerpoint program for you to proudly enjoy.

## HEALTH FOR SENIORS

**Speaker—Richard Brack, “ No Excuse Fitness Trainer “,** will demonstrate exercises and movements to increase strength and resilience to maintain mobility, strength, energy, and independence. Please dress comfortably as this is a participatory program. Have fun and learn health.

### General Meeting

March 16, 2024

Center for Spiritual Living

7641 Talbert Avenue

Huntington Beach

Social

10:00 – 10:15 a.m.

Speaker

10:15 – 11:15 a.m.

Business Meeting and Lunch

11:15 a.m.

Menu: Corner Bakery

Box Lunch includes:

Turkey/avocado sandwich,  
salad, fruit cup, cookie,  
beverage

Vegetarian option by request

\$20.00 check due by

March 11

AAUW: WM-FV-HB

c/o Carol Kanode

17382 Alta Vista Circle

Huntington Beach, 92647 CA



## CALENDAR OF EVENTS

### March

- 4 Board Meeting 7 p.m.
- 7 Happy Hikers 10 a.m.
- 14 Quest 8:45 a.m.
- 14 HB Reads 4 p.m.
- 16 General Meeting 10 a.m.
- 17 Music & Dance 2:30 p.m.
- 21 Music & Dance 7:30 p.m.
- 25 Book Review 7:15 p.m.

### April

- 1 Board Meeting 7 p.m.
- 13 Authors Luncheon 10 a.m.

### NEWSLETTER DEADLINE

Articles must be in no later than

**March 10, noon.**

Send to Jeanne Smith

[dandjsmith@earthlink.net](mailto:dandjsmith@earthlink.net)

### BOARD MEETING

*The board consists of all officers and committee chairs. Meetings are usually held the first Monday of each month. All members are encouraged to attend. The February 2024 Board of Directors meeting was held on ZOOM.*

Finance Officer's Report

#### **January General Fund**

Beginning Balance \$ 17,779.53  
Ending Balance \$ 17,338.40

#### **January Fund Account**

Beginning Balance \$ 13,901.25  
Ending Balance \$ 13,901.25

**Website:**<https://wfh-ca.aauw.net/>

### BRANCH EMAIL ADDRESSES

Membership inquiries and new member

[suemcdannel@yahoo.com](mailto:suemcdannel@yahoo.com)

Update member contact information

[ralphkaj@aol.com](mailto:ralphkaj@aol.com)

Programs

[carolkanode@me.com](mailto:carolkanode@me.com)

Website problems, comments, corrections

[jenjimmyrick@gmail.com](mailto:jenjimmyrick@gmail.com)

Click on the above links to email



### Presidents' Message

**“To bring about change, you must not be afraid to take the first step.” - Rosa Parks**

**Your voice matters! Vote in the National AAUW election. Bylaw changes will be discussed at our general meeting. Let your voice be heard in your community. Remember to vote in the March 5th primary elections.**

**Spread the word about our upcoming Authors Luncheon. You and your guest's participation will help fund Tech Trek campers and Golden West College scholarships.**

**Thank you for your membership and active support working towards AAUW's mission advocating for women and girls. We know there are so many experienced, enthusiastic, and talented women in our branch. Maybe it's time to step up and take a leadership role. Add your voice to collaborate with our energetic board. Together we can make a difference. Stay safe and well.**

**Warmly,**

**Donna Kratter and Ann Kajdasz, co-presidents**

### AUTHORS LUNCHEON MEETING

**Our next Authors Luncheon Committee meeting will be held Friday, February 23 at 10:00am at the home of Ann Kajdasz : 7412 Seabluff Drive #111 Huntington Beach. We have a lot to discuss and finalize before the luncheon in April. Please let me know if you are coming at [ralphkaj@aol.com](mailto:ralphkaj@aol.com) so I can give the gate guard your name for a parking pass. Hope to see you all then! Ann**

### DUES ARE DUE (before June 5)

**It is now time to pay your dues for 2024-2025.**

**Dues are late after June 5  
Regular Membership: \$110  
Dual Membership: \$18  
Life Membership: \$38**

**Send your check to Jeanne Smith  
19191 Harvard Ave, Apt 330A,  
Irvine, CA 92612 949-391-8502**

**Make check payable to: AAUW**

**Note: If you received a bill from National for your dues, ignore it.**

### IN MEMORIAM

**Louise Chatlynne November 2023**



## INTEREST GROUPS

### QUEST

Thursday, March 14, 2024

#### HUNTINGTON LIBRARY, ART MUSEUM & BOTANICAL GARDENS

The library, museum and gardens are a collection-based research and educational institution founded in 1919 by Henry and Arabella Huntington. It has been built on the grounds, which were once their home in San Marino.

The Library is one of the world's greatest independent research libraries concentrated in the fields of British and American literature, art and science, stretching from the 11th century to the present. The Art Museum focuses on European, American and Asian art. The Gardens include the Chinese garden, the desert garden, the Japanese garden, and the rose garden.

Departure time will be at 8:45 a.m. in order to allow us plenty of time to arrive by 10 a.m. when the Huntington opens. We will take the first docent led walking tour which begins at 10:30 a.m. The tour is free and lasts approximately 1 hour and 15 minutes. After which you may choose one of several locations to eat lunch and in the remaining time you will be free to visit any areas of the Huntington that may be of further interest to you. There is a wonderful gift shop for you to enjoy.

Regular admission is \$25.00 and \$21.00 for seniors. Parking is free. You may go to [huntington.org](http://huntington.org) for further information.

Please RSVP to Carol Valcarcel at 530-208-8712 (text) or [carol.valcarcel@aol.com](mailto:carol.valcarcel@aol.com) by Monday, March 11.

Final details to follow for those who are attending.

### BOOK REVIEW

March 25, 2024

The book for March is  
Lessons in Chemistry  
by Bonnie Garmus

Hostess: Jeri Goldsbrough

Leader: Sybilla London

7:15 Social

7:30 Meeting

5711 David Webster Cir.

Garden Grove

RSVP to Jeri by Saturday, March 23

714-897-8549 or [jerig6@mac.com](mailto:jerig6@mac.com)

### HAPPY HIKERS

March 7    Barbara's Lake Loop Trail, Laguna Coast Wilderness Park    10 a.m.

We will be going on a moderate almost 3 mile hike to Barbara's Lake, a rare naturally occurring lake in Orange County. This island of natural beauty will take us on a pleasant loop to the lake, up a small climb to a ridge offering expansive views. Total elevation of the climb is about 370 feet. Those not wanting to climb the ridge can turn back to tour the Nature Center.

We will meet at the Nix Nature Center at 18751 Laguna Canyon Rd. Parking is \$3 for all day. Lunch to follow.

Any new members are very welcome! Please RSVP to [ralphkaj@aol.com](mailto:ralphkaj@aol.com)

**MUSIC & DANCE****Sunday March 17 2:30 p.m.**

Break out your Green Garb to celebrate St. Patrick's Day—and "lift your spirits" with a lively Sing-A-Long of all the old Irish favorites. Remember these? – Danny Boy, Peggy O'Neil, My Wild Irish Rose, When Irish Eyes 

Lyrics and LIVE music happily provided.

All lads and lasses welcome to bring a hearty appetizer and swill an Irish beer or an Irish coffee. (beverages are welcome) Prize for the best dressed and also one for writing or bringing the best limerick to read aloud.

**Cottage of Barbara Smith  
7352 Emerson Ave, Westminster**

**RSVP [basmith10@verizon.net](mailto:basmith10@verizon.net)**

**MUSIC & DANCE****Thursday March 21 7:30 p.m.****Crazy Rhythm!****Chamber Singers and Musical Theater Students****Forum 2****Free Admission****1930s and 40s music from stage and screen with GWC****January Quest****Tour of the Groundwater Replenishment System**

**On February 8 the Quest for Knowledge group toured the Leatherby Libraries at Chapman University. They visited the Center for American War Letters, the Huell Howser Archives, and the Holocaust Memorial Museum**



## HUNTINGTON BEACH READS ONE BOOK

Meet Lynne Cox March 14 at 4 p.m. – 6 p.m.

**Swimming to Antarctica Tales of a Long-Distance Swim Written by Lynne Cox**

**At age sixteen, legendary swimmer Lynne Cox reached her lifetime goal of setting a new world record for an English Channel swim. So she set her goals even higher: She became the first to swim the Strait of Magellan, narrowly escaped a shark attack off Cape of Good Hope, and was cheered across the twenty mile Cook Strait of New Zealand by dolphins. Her daring eventually led her to the thirty-degree waters of the Bering Strait, which she crossed in her usual outfit- just a swimsuit, cap, and goggles. She even swam a mile in the iceberg-choked seas of Antarctica. With a poet's eye for detail, Cox shares the beauty of her time in the water in the sports memoir, which is illustrated with photos and maps throughout.**

**One of SPORTS ILLUSTRATED's Ten Best Books of the Year "What emerges here is an athlete whose determination is so fierce that it seems almost exotic. She is fit. She is focused. She is Lance Armstrong with body fat."-USA Today**

**Purchase Tickets - \$30 Open to the Public**

**Author Presentation | Book Signing | Silent Auction | Reception with Hors D'oeuvres, Beer & Wine  
Q&A session after presentation/book signing**

### April Authors Luncheon Speaker

**Nicola Harrison, author of three historical fiction novels, Montauk, The Show Girl, and Hotel Laguna, was born and raised in England, but moved with her family to Southern California at age 14. She is a graduate of UCLA and received her MFA from Stony Brook University. She lives in Manhattan Beach with her husband and two sons.**

**Prior to writing novels, she worked as a fashion journalist in New York City, where she lived for 17 years. Orange County readers may recognize Nicola's byline from articles she's written for both Los Angeles Magazine and Orange Coast Magazine. Nicola is working on her fourth novel that takes place on Balboa Island in the 1950s.**

### HONOR ROLL 2024-2025

**Is your name on this list?  
These are the members who have PAID for 2024-2025 as of FEBRUARY 10. If you are not on this list, please send your check to**

**AAUW  
c/o Jeanne Smith  
19191 Harvard Ave Apt 330A  
Irvine 92612  
949-391-8502**

**Pat Allgeier, Marjorie Berling, Marie Bisson, Carmen Erber, Dorothy Guillaume-Rutter, Janet Johnson, Rosalie Lyons, Jeanne Smith, Fran Thelander, Lou Ann Wiese**

**These are our 50-year members**



Westminster-Fountain Valley-Huntington Beach, CA

**31<sup>st</sup> ANNUAL WM-FV-HB AUTHORS LUNCHEON**  
**"TRAILBLAZERS-RIVETING & ROMANTIC"**  
**Saturday, April 13, 2024**

Mile Square Golf Course, 10401 Warner Ave., Fountain Valley, CA 92708

Menu: Grilled Marinated Chicken Breast, Chive Mashed Potatoes, Garden Vegetables, and Decadent Chocolate Brownie Dessert

10:00 Check-in Silent Auction Book Signing

11:30 Welcome 11:45 Luncheon 12:30 Author Presentation

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**RESERVATION FORM**

***Please cut and mail this form with your check for \$80.00 payable to AAUW:WM-FV-HB by April 1, 2024.***

Tables of 8 may be reserved. In order to sit together send check/checks in one envelope along with list of names. Mail your reservation early to assure good seating. Please note any dietary needs (gluten free, Vegan, Vegetarian, etc.)

**PLEASE PRINT**

Name \_\_\_\_\_  
(as you wish it to appear on name tag)

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Telephone/Cell \_\_\_\_\_

Email \_\_\_\_\_

Dietary Needs \_\_\_\_\_

Please feel free to duplicate this form for additional reservations.

Total Enclosed \$ \_\_\_\_\_ for \_\_\_\_\_ reservations

I am unable to attend but wish to make a 100% donation to AAUW: WM-FV-HB

Scholarships for women \$ \_\_\_\_\_

Or

Tech Trek (CA science, math camps designed for young girls) \$ \_\_\_\_\_  
*Mail reservation form and check(s) to:*

**Zelda Rice, 4565 Birchwood Ave, Seal Beach, CA 90740**

**NO WALK-INS, THIS IS A NON-REFUNDABLE EVENT**

**Your check is your reservation**



## Westminster-Fountain Valley-Huntington Beach, CA

Thank you for your donation to the Westminster-Fountain Valley-Huntington Beach Branch of AAUW. The silent auction will be held in conjunction with our 31st Authors Luncheon on Saturday, April 13, 2024.

All monies raised will benefit programs such as scholarships for women returning to college and Tech Trek.

Please mail or make arrangements for pick-up before **Wednesday, April 3, 2024**. Mail to Ann Kajdasz, 7412 Seabluff Dr. #111, Huntington Beach, CA 92648.

For questions, please contact: Ann Kajdasz at [ralphkaj@aol.com](mailto:ralphkaj@aol.com)

Name of Donor: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Item(s): \_\_\_\_\_

Value: \$ \_\_\_\_\_

Or Check No. \_\_\_\_\_ \$ \_\_\_\_\_ Donation made

payable to AAUW : Wm-FV-HB

AAUW / Federal TAX ID # 23-7163865

Please return this original with your donation to  
Ann Kajdasz 7412 Seabluff Dr. #111, Huntington Beach, CA 92648

We appreciate your generosity and support as we work together to provide educational opportunities for women and girls.

Donna Kratter and Ann Kajdasz, Co-Presidents  
AAUW Westminster- Fountain Valley - Huntington Beach branch

For more information about AAUW, please visit AAUW-California website: [aauw-ca.org](http://aauw-ca.org)



Dear Business Leaders,

The Westminster-Fountain Valley-Huntington Beach Branch of AAUW is requesting donations for a silent auction that will be held in conjunction with our 31st Authors Luncheon.

All monies raised from this event will benefit programs such as scholarships for women returning to college and Tech Trek (CA camps designed for young girls with a focus on math, science and technology).

The Authors Luncheon will be held Saturday, April 13, 2024, at Mile Square Golf Course. Acclaimed author Nicola Harrison and a prior participant from the Tech Trek program are scheduled to present. This event is open to the public and we encourage you to attend. Please see our Branch website for ticket information later this year at [wfh-ca.aauw.net](http://wfh-ca.aauw.net). Your donation of one or more items of merchandise, tickets, services, gift certificates or cash will be greatly appreciated and recognized in our program. A donor receipt is attached.

Please make arrangements for pick-up before Wednesday, April 3, 2024. Contact Ann Kajdasz, 7412 Seabluff Dr. #111, Huntington Beach, CA 92648 or the AAUW member that contacted you. If you have questions, please contact Ann at [ralphkaj@aol.com](mailto:ralphkaj@aol.com)

Thank you for your generosity and support as we work together to provide educational opportunities for women and girls.

Sincerely,

Ann Kajdasz  
Co-President, AAUW-WM-FV-HB branch  
For more information about AAUW, please visit AAUW – California website: [aauw-ca.org](http://aauw-ca.org)



## **Westminster-Fountain Valley-Huntington Beach, CA**

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, or disability.

The mission of AAUW is to advance equity for women and girls through advocacy, education, and research.

AAUW is California's most active and diverse organization for women offering action for equity, personal and professional growth, community leadership and friendship.

Co-Presidents: Donna Kratter & Ann Kajdasz

Membership Co-VPs: Sue McDannel & Sandi Guerrero

Programs Co-VPs: Phyllis Sakioka & Carol Kanode

Treasurer: Kathi Reed

Membership Treasurer: Jeanne Smith

Newsletter Editor: Jeanne Smith

Communications: Manager Jennifer Solano

Web Master: Jennifer Solano

Facebook Site Manager: Jennifer Solano

Address Correction Requested

American Association of University Women

Tri-City Dispatch

19191 Harvard Ave. Apt. 330A

Irvine, CA 92612