



March 2025



# Are You Boxed in by ABUSE?

SEXUAL • VERBAL • PHYSICAL

**SATURDAY, MARCH 8, 2025**  
**Washington West, Anderson Auditorium**  
**2500 Mowry Avenue, Fremont**  
**2:00 p.m.**

***What is abuse?***

- Tell-tale signs
- Abusers methods of control

***What Can you do?***

- Legal aspects - Chao Lee from SAVE
- Sexual Assault Emergency Response - Betty Goodwin, DNP, CNS, CEN, from Washington Health Emergency Department
- Prevention - Nandini Ray from Maitri

***Personal Stories***

- Nkechi Uzoegwu - AAUW member and teacher
- Lucy R. Rodriguez - author of *Rebirth of a Lotus, Escaping Domestic Abuse*

FINANCIAL • DOMESTIC • WORKPLACE

MENTAL • EMOTIONAL • LEGAL • ELDER



## Co-President's Message

An AAUW branch in the East Bay might disband because nobody wants to lead the group. "There are 60 members who want to belong to the book clubs and zero members who want to serve on the board," said the branch president.

Fremont is a very strong branch--lots of members and enough money to hold our programs--but we share the weakness of the East Bay branch: our board member recycle themselves, holding one position one year and a different position the next year. This means that several positions on the board aren't filled, our leadership is aging, and we can't fulfill all of our mandates from AAUW National and AAUW-CA.

There are reasons people don't want to volunteer--including lack of belief in their own abilities and family commitments--but lots of reasons to serve: the knowledge that everyone on the board wants to help you succeed, camaraderie, a love of STEM, a desire to mentor younger women, and knowing that non-profits legally require a board. Let's continue our Fremont branch's outstanding legacy and sustain our interest groups.

We will hold elections in May. The nominating committee has already drawn up a list of positions to fill. All have flexibility. Jo Szeto, Jeanne Delp, Phie Dai, and Remy Parmar are looking for people to fill those slots. If they ask you, please don't turn them down.

*Jennifer Foster*  
Co-President



## Twig Highlights

To read a story, click on the link

Public Policy: American Women Quarters Program

Changemakers Joan Baez

Program on Abuse Offered

Tour the Fremont Recycling Facility

Dine with a Scientist: An Opportunity for High School Students

Neighboring Branches Lunch and Learn

Bi-Branch Luncheon: Samjhana Khanal

Reproductive Rights: Where do we Go From Here?

In Memoriam: Robin Worthington

It's Not That Easy, Speaking English

Money, Money, Money: Letter of Intent

Anusha's Corner: Bias in the Machine: The Gender Gap in AI

## Public Policy:

# *American Women Quarters Program*

**By Jeanne Delp**

Do you have a Pandemic habit holdover? I do, and I'm not proud of this particular habit.

I began using a credit card for almost all of my purchases and gave up carrying change, including my habit of acquiring Collectable quarters for my grandchildren. I completely missed the **American Women Quarters Program** beginning in 2022 and continuing through 2025!

The American Women Quarters designs honor a diverse group of notable American women who made significant contributions to the development and history of our country. The variety of fields include: suffrage, civil rights, abolition, government, humanities, science, space, and the arts. The women honored are from ethnically, racially, and geographically diverse backgrounds. A perfect match for Women's History Month and DEI as celebrated and honored by AAUW <https://www.littletoncoin.com/shop/US-Women-Quarters-Release-Schedule>

Here is my short list of women to be celebrated this month:

**Michelle Smith McDonald** is an accomplished sports journalist hailing from San Leandro, CA, and enshrined in the Women's Naismith Basketball Hall of Fame. Her writing has focused on telling the stories of women who have changed the face of sports. A standout athlete at Arroyo High School, she competed as part of the first generation of girls given equal access to sports through federal civil rights legislation known as Title IX.

**Harriet Bell Hayden**, 1816-1893: One of Boston's most fervent and daring abolitionists who kept rifles, kegs of gunpowder and a secret tunnel in order to defend freedom-seekers via the Boston Underground Railroad. Her will included the establishment of a scholarship for Black students at Harvard Medical School, believed to be the only university bequest from someone who was once enslaved. *Smithsonian* magazine, January 2025.

**Lily Ebert**, 1923-2024: As a prisoner in Nazi death camps during WWII, she vowed, that if she survived, she would tell her story of the systematic slaughter of Jewish people. Encouraged by her daughter in the 1980s, she began telling her stories in English schools, the British Parliament, and then during the Covid-19 pandemic her great-grandson introduced her to social media, including TikTok, and attracted an audience of two million followers. *The Wall Street Journal*, November 2, 2024.

**Marguerite "Peg" Lindsley**, 1901-1952: "The Marvelous Ms. Marguerite (*National Parks* magazine, Winter 2025, Jacob Baynham) Yellowstone's first full-time female ranger was a gun-toting, motorbike-riding bacteriologist born and raised in the park." Leaving a career as a lab scientist, she rode her Harley-Davidson some 2,600 miles from Philadelphia to Yellowstone National Park, her former home and where her parents

still lived. She was hired as a permanent ranger in 1924 overseeing the Government Information Office in Mammoth.

**Matilda Gage**, 1826-1898: Mother-in-law to L. Frank Baum, the author of *The Wonderful Wizard of Oz*, the story that involved Wicked Witches of the West and Glinda the Good Witch that has evolved into today's movie *Wicked*. Gage was the one who encouraged Baum to write and publish his poetry and stories, but "she was a notable figure in her own right. As one of the three principal leaders of the women's rights movement, along with Susan B. Anthony and Elizabeth Cady Stanton, Gage was known for her radical views and confrontational approach. At the Statue of Liberty's unveiling in 1886, she showed up on a cattle barge with a megaphone, shouting that it was 'a gigantic lie, a travesty and a mockery' to portray liberty as a woman when actual American women had so few rights." *Smithsonian* magazine, Dec. 2024.

**Ruth Bader Ginsburg**. 1923-2020: a liberal icon and feminist trailblazer who served on the Supreme Court for 27 years, She was known as a champion of women's legal rights and helped the Dwight D. Opperman Foundation establish an award to recognize 'Women of Distinction'. The 2024 award included men for the first time "chosen for their contributions to society and didn't consider politics. Those chosen were: Elon Musk, outspoken billionaire and owner of X, Michael R. Milken, billionaire philanthropist who spent nearly two years in prison for securities and tax violations, and actor Sylvester Stallone. Rupert Murdoch, the founder of Fox News . . . and owner of *The Wall Street Journal*, was also an honoree. Businesswoman Martha Stewart was the lone woman recognized." After the slate of recipients was announced, Ginsburg's family demanded her name be removed from the award. "This year the Opperman Foundation has strayed far from the original mission of the award and from what Justice Ginsburg stood for," said her daughter, Jane Ginsburg. The award ceremony was canceled. *The Wall Street Journal*, March 20, 2024.

Read more about AAUW's stand on DEI and women's rights concerning the latest developments.

<https://www.aauw-ca.org/public-policy-committee-policy-news/> February 2025

## *State of the State*

(From the Board to Board newsletter) One way to help survivors of the Los Angeles fires is with gift cards. Bank gift cards like Visa and Mastercard are useful because they can be used for anything the victims may need. Other useful gift cards include those for gas stations, grocery stores, drug stores, and other brand stores. AAUW-CA is managing the distribution of the cards. For more information, click [here](#). . . . AAUW Fund collected \$475,275.15 in 2024 in California. We missed our goal of \$500,000, but not by much. . . . Lobby Days, when we talk to our state senators about bills dear to AAUW's heart, will be held April 8th and 9th. Meetings will be held in person at the state Capitol on April 8th, and virtually via Zoom on Wednesday, April 9th. For more information about the event, see the article [here](#). To participate, complete both of the following steps. Register for the Lobby Days event [here](#), then register for the [mandatory training webinar](#) that will be held on March 31st, 7-8 pm. . . . The [Tech Trek website](#) now has a new look, with everything available from the main page for families, schools, donors, and volunteers!

# Changemakers

Joan Baez

## Musician, Social Activist and Environmentalist

By Phie Dai

Have you seen *A Complete Unknown*, the biopic movie about Bob Dylan's meteoric rise as a 19-year-old in the early 1960s? A talented actress named Monica Barbaro portrayed me as the popular folk singer who used my fame to help propel Bobby to stardom. This movie has generated a lot of Oscar buzz. I'm rooting for Monica this Sunday!

I was born in Staten Island, NY, and spent my formative years in Palo Alto, CA. My parents converted to Quakerism when I was a little girl, which instilled a deep respect for pacifism and social justice throughout my life. My love for music began when my father's friend gifted me a ukulele, and I discovered I had a natural talent for singing. My aunt took me to a Pete Seeger concert, which deeply moved me. I started to use folk music as my platform to advocate for social justice.



After graduating from Palo Alto High, I enrolled at Boston University as a Drama major but soon left college to pursue a professional music career. My big break came at the 1959 Newport Folk Festival when I was 18. I secured a record contract, and all three of my first albums went gold! I became an influence for younger musicians like Judy Collins, Joni Mitchell, Bonnie Raitt, and Emmylou Harris.

Years later, when I took my granddaughter backstage to a Taylor Swift concert, and Taylor thanked me for my influence on her music, my granddaughter finally appreciated the contributions I made to American music and my lifelong commitment to social activism!

Throughout my 60+ year career, I released more than 30 albums, performed at Woodstock, participated in countless anti-war rallies, marched alongside Dr. Martin Luther King Jr., protested with Cesar Chavez and the migrant workers, and took part in tree sit-ins to protect urban farms.

For my music and commitment to social justice, I was inducted into the Rock and Roll Hall of Fame, received a Grammy Lifetime Achievement Award and an Amnesty Int'l's Ambassador of Conscience Award, and served as an American Academy of Arts and Sciences Fellow.

As I reflect on my life, I feel disappointed that our society has not progressed further. Now, in the troubled political and cultural climate we face, there is much work to be done. Where empathy is lacking and sharing has been replaced by greed and a lust for power, let us intensify our efforts to empathize. We the people are the only ones who can create change.



## BRANCH NEWS

**Editor's Note:** Due to security concerns, members' home addresses, phone numbers, and email addresses are not printed in the Twig unless permission has been explicitly granted. Check your roster for member information.

### *Program on Abuse Offered*

AAUW Fremont is sponsoring a program on Abuse at Washington Health West's Anderson Auditorium, 2500 Mowry Avenue on Saturday, March 8th, at 2 pm.

If you or a friend have been abused in any way, this is an opportunity to explore your options.

There will be speakers from SAVE (Safe Alternatives to Violent Environments) presenting legal options, Washington Health's Sexual Assault Emergency Response Team, prevention options from Maitri and personal stories from women who have been abused and how they made their lives whole again.

It has been reported that approximately one third of the population has been abused in some way. The majority have been women. After hearing the stories of Gabby Petito, Lorena Bobbitt and so many more of the abused, come and see how you and/or your friends can learn about the horrendous chaos the many forms of abuse can take.

This will be a multifaceted event with presenters from many cultures, an event you will not want to miss.

### *Tour the Fremont Recycling Facility*

Come to a site visit on March 25th, 10:30-12:30 pm, at the Fremont Recycling and Transfer Station, 41149 Boyce Road, Fremont, 94538. We will be hosted by General Manager Rich Dubiel, who will lead the tour and answer any questions you have about recycling. Let Caroline Harris know you are coming at 415-377-9200.

We will be able to see the Material Recovery Facility in action to get an appreciation of the great work the employees do and how we can make their job more efficient to keep as much plastic out of the landfill as possible.

Click the [link](#) and scroll down to find a two-minute Virtual Tour.

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

### Leadership Team

#### Board of Directors

Co-Presidents - **Alice Manfredi & Jennifer Foster**

Vice President - **Jo Szeto**

Secretary - **Carolyn Hedgecock**

Finance Officer - **Phie Dai**

Program Chair - **Judy Wolf**

Membership Chair - **Jo Szeto**

Membership Treasurer & AAUW Fund Chair - **Jennifer Foster**

Public Policy Chair - **Jeanne Delp**

*Note: Co-presidents include Jeanne Delp, Carolyn Hedgecock, and Remy Parmar*

#### Foundation for Local Scholarships

President - **Kathy Garfinkle**

Secretary - **Randy Fewel**

Chief Financial Officer - **Bonnie Kellogg**

Programs Officer - **Sowjanya Vutukur**

Development Officer - **Judy Wolf**

#### Special Interest Group Chairs

Afternoon Lit - **Joyce Ruiz**

Book Talk - **Margery Leonard**

Cultural Cuisine - **Judy Wolf**

Exploring the Arts - **Karen McCready**

Gifts to Give - **Shelley Bartley**

One Book, One Community Read - **Margery Leonard**

Yoga for Body and Spirit - **Jo Szeto**

## *Dine with a Scientist: An Opportunity for High School Students*

**By Fahria Khan**

AAUW Fremont and Irvington High School (IHS) Girls in Stem Club invite high school students from Fremont, Newark, and Union City to an exciting and inspiring evening at *Dine with a Scientist* on April 12th, from 6 pm to 9 pm at Irvington High School Cafeteria (41800 Blacow Rd, Fremont, CA 94538).

This unique event, hosted by AAUW Fremont for the first time and sponsored by Cargill, offers students the chance to engage with accomplished scientists in a relaxed and interactive setting. Over dinner, participants will have the opportunity to ask burning questions about science, research, and career paths, gaining valuable insights into the world of STEM.

*Dine with a Scientist* has a rich history of inspiring students by facilitating meaningful interactions with professionals in science, technology, engineering, and mathematics (STEM). In previous years, students have had the opportunity to engage in in-depth discussions, gaining insights into various scientific fields and career trajectories. These interactions have not only broadened students' understanding of STEM disciplines but have also motivated them to pursue their own scientific interests with renewed enthusiasm.

Participants have consistently praised the event for its unique format, which fosters open dialogue and personalized mentorship. The casual dining setting allows for candid conversations, enabling students to ask questions and seek advice directly from experts. This approachable atmosphere has been instrumental in demystifying complex scientific concepts and making STEM careers more accessible to young learners.

Building on the success of past events, *Dine with a Scientist 2025* promises to continue this tradition of excellence. Students can look forward to engaging with a diverse group of scientists and engineers, each bringing a wealth of knowledge and experience. Whether you're curious about cutting-edge research, seeking guidance on educational pathways, or simply eager to explore the wonders of science, this event offers an invaluable platform to ignite your passion and curiosity.

If you know a high school student in the Tri-City area who would be interested, have them register now at <https://DWAS2025.eventbrite.com> to secure their spot!

Please note that this event is open to high school students ONLY and not parents or other adults.

If you are a scientist or know a scientist who would like to attend as our guest or if you have any questions, contact [aauwfremontevents@gmail.com](mailto:aauwfremontevents@gmail.com).

## Neighboring Branches Lunch and Learn

By Judy Wolf

The Bi-Branch Luncheon with the Hayward-Castro Valley and Fremont branches was the highlight of our February 2025 events and was one of the best attended bi-branch luncheons in several years.



Samjhana Khanal (left) shows off her Nepalese wedding necklace as emcee and AAUW Fremont Program Chair Judy Wolf looks on.

Forty AAUW members and guests, approximately 20 from each branch, attended a delightful lunch at Federicos Grill in Niles. Program Chair Judith Wolf nervously emceed the event and mentioned a line from the musical *Evita*, where Evita is at 6's and 7's with her country. Judy tried to keep the level no higher than 5 with mention of the 5 Fremont districts (Niles is one, founded in 1956), 5 presidents of the AAUW Fremont branch, 5 high schools, 5 middle schools, etc.

Participants were given gift bags (with five different items) to celebrate Valentine's month and the heart of AAUW's scholarship program.

Our speaker, Samjhana Khanal from Nepal, a doctoral candidate at UC Davis majoring in agronomy and horticulture, explored the role of genetics in agriculture. (See the following story from Shanvi Gupta).

A newlywed, Samjhana was presented with a Nepalese wedding necklace as a gift from the attendees. She showed the one her husband, Milan Gotame, gave to her.

### **Bi-Branch Luncheon:**

## *Samjhana Khanal*

By Shanvi Gupta

*Editor's Note: Shanvi is a ninth grader at John F. Kennedy High School (Fremont), AAUW Fremont Intern, Speech Trek 2025 participant, and 2023 Tech Trek alumna.*

AAUW fellowship winner and international doctoral candidate at UC Davis Samjhana Khanal presented her pioneering research on February 8th at Federico's Grill in Niles.



As they do every year, the Fremont and Hayward Castro Valley branch teamed up to host this annual Bi-Branch AAUW Funds Luncheon.

Samjhana grew up in Nepal's village areas and belongs to an agricultural family. Ever since she was a child, she had known she wanted to do something related to agriculture, and received her undergraduate degree in agriculture in 2018. In particular, she spoke about inspiration from her own mother, who also worked in agriculture. After she spent one month in Uganda for social work, and then received international recognition from Nepal, she was also recognized in Bahrain in 2020. She also received the CGI award in India. Samjhana then went on to pursue her masters in genetics in the Netherlands and then went to Germany for further lab work for a scholarship. She then came to the United States to pursue a plant engineering and genetics major at UC Davis. Her research was based on potatoes and finding the genes that make the potato bigger. Samjhana also has a doctorate on disease resistance, specifically discovering which genes are better for plant growth and which aren't.



In her latest research, Samjhana focuses on Lettuce Downy mildew disease, which affects the quality and quantity of the lettuce grown all around the world. High humidity and rain causes the disease to spread and infect all the lettuce in the area. Climate change also plays a huge role in this by causing green leafy vegetables to be more prone to disease. Fortunately, she has found wild lettuce that isn't for human consumption but has the genes possibly needed to fight the Downy disease. Samjhana has already extracted the possibly useful gene, and is now experimenting to see if the gene actually works. In two years, she and her professor will find out if the gene is successful in fighting Downy mildew disease. They are also preparing to file a patent for their novel work.

Unfortunately, sophisticated technology is very expensive, but using Samjhana's protocol, they will be able to carry out their experiment in more affordable ways.

Samjhana hopes to make biotech cheaper and for Nepal to create more seed technology industries. She also runs a nonprofit called WISE (Women's Initiatives for Sustainable Agriculture and Environment), which is headquartered in Nepal. WISE empowers women to become educated, especially in underserved farming communities. They work on sustainable agriculture, community gardening, and support for earthquake victims, as well as awareness of girls' trafficking. Samjhana works to motivate women by selling crops, and plans to use her knowledge and go back to Nepal someday and help developing countries like it.

It was wonderful to learn about all of the opportunities AAUW gives to women who want to pursue their dreams of a higher education. Samjhana's gratitude was really moving, and being part of a room full of supportive women was so impactful. As a current freshman in high school aspiring to be a biology major myself, I was extremely excited about the opportunity to hear about this research. I was so honored to be invited to this event, and after listening to Samjhana's research, I was inspired even further to pursue this dynamic field!

## *Reproductive Rights: Where do we Go From Here?*

**By Harshini Sanjay, AAUW Fremont intern**

It comes to no one's astonishment that reproductive rights and the topic of abortions are taking the country by storm, especially with the latest presidency and what that could mean for the residents of America. While it's an unfortunate reality that we all live in a time where our politics has influenced and tampered with our healthcare rights, every closed door brings forth new possibilities. With President Trump making the executive decision to allow each individual state to have the final say on their respective abortion and reproductive rights policies, it gives Americans, especially women, an insight into the various interstate laws that can both interfere and protect us in a time of dire need.

Host Vicky Reader, representing AAUW, and Guest Speaker Emily Bazelon, a journalist for the *New York Times Magazine* and a Yale law professor, participated in an AAUW webinar to discuss the implications, consequences, and future steps Americans should take regarding one of the most politically motivated women's rights movements: reproductive rights and its limited future in America.

Well before abortion rights were overturned in the recent decision of *Roe v. Wade*, abortion pills being mailed across the country was the quickest and most efficient way of accessing reproductive health care treatments. It essentially would cause a sort of miscarriage at one's own convenience without seeing a healthcare institution or a specific provider, allowing women across the country to have abortion treatments readily accessible no matter their circumstances and personal hindrances. With reproductive healthcare being left to each state's discretion, the legality of mailing abortion pills changes per state. A heavily-regulated state would impose more restrictions on the action of mailing abortion pills, for example. With legal institutions and healthcare providers already facing legal action by providing abortion services in states where it is restricted, many Americans are turning towards and supporting these abortion pills.

Another important aspect of these pills being successful is understanding what state shield laws are. As Guest Speaker Emily Bazelon explained perfectly, state shield laws are useful and resourceful in the mailing service and system. It protects the reporters' sources and helps prevent legal action or prosecution taken by states. If a healthcare provider mails these abortion pills to another state, these state shield laws can help protect the healthcare provider from prosecutions by the other states and ensure that the consumers' needs and fundamental healthcare rights are met across the nation.

Reproductive rights are not limited to only abortion, however. Contraceptive pills and assistance with difficult and medically challenged pregnancies are also being limited with America's new governance. With the onslaught of changes being made to our society, it's important to recognize where and how to find help. Whether it's educating ourselves with the laws that can help protect us or understanding how to make even the limited rights we have accessible, all hope is not lost. And as Emily Bazelon emphasized, much of the change we want to see begins with us speaking out for the world to listen.



Conversation with an Author--Amy Davis, AAUW member and owner of the Banter Bookshop in Fremont, stands by her smiling authors, AAUW member Katryn Bury and Michael Leali. The event, held in January, was a very pleasant way to spend an evening, and Amy sold out of Katryn's latest book, *We are Not Alone*.

**In Memoriam:**

*Robin Worthington*

Robin Worthington, who joined AAUW on July 1, 1962, more than 62 years ago, died on January 17. She was 92.

"Robin was an ardent reader and an active and valuable member of the AAUW Evening Lit Group (now Afternoon Lit)," said longtime friend Joyce Ruiz. "She brought many new members to AAUW for our book group, which soon grew to 20; this was great when our club membership was less than 50. I recall her strong interest in women's rights and education. She attended most of our AAUW monthly meetings at Maloney Elementary School and participated in our other AAUW events."

Robin was born in Renton, Washington, and graduated with a journalism degree from the University of Washington. She and her husband moved to Fremont in 1959.

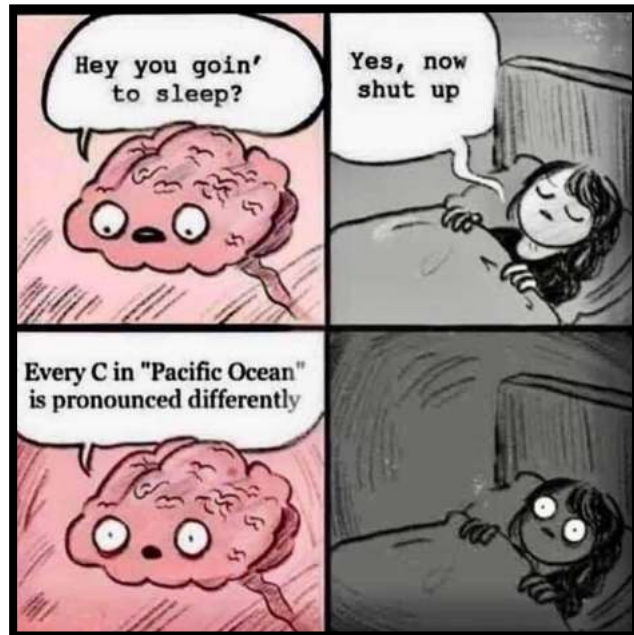


After several years as a freelance writer, Robin joined the *Fremont Argus*, then the *San Jose Mercury News*, where she wrote a popular weekly column as well as features and news. She retired in 1994, and became a watercolor artist, participating in many shows and exhibitions at the Olive Hyde Art Gallery.

Robin is survived by her husband, John Worthington, and their five children.

## *It's Not That Easy, Speaking English*

It takes time and effort to learn a language that's not your first language, so you have to admire people who are willing to leave their comfort zone to become more proficient in speaking English. It's hard to expose yourself to those who can critique your efforts.



The Fremont branch of the Alameda County Library, at 2400 Stevenson Blvd., is helping ESL speakers by providing them a time/place to practice their English and native English speakers to practice with. However, more English speakers are needed.

Judy Wolf has been volunteering for years. "If you enjoy talking and meeting people of other cultures, this is a way to expand your world-wide experiences," said Judy. "Please consider joining the group." If you would like to talk to Judy about her ESL experiences, she can be reached at 510-657-5589 or at [judyjudyjudy1940@gmail.com](mailto:judyjudyjudy1940@gmail.com).

ESL Chat is held Monday evenings from 7-8 pm in the Van Doorn room and Tuesday afternoons from 3-4 pm in Fukaya Room A.

If you think you would enjoy speaking with ESL students, call Jui-Lan Liu at the Fremont Main Library at 510-745-1467, or email her at [jliu@aclibrary.org](mailto:jliu@aclibrary.org).



## Exploring the Arts

By Karen McCready

Oscar Movie Week at the Cinemark Theatres Ends on March 2nd with showings of *Conclave* (2hr) at 11:30 am and *A Complete Unknown* (2 hr 20 mi) at 2:15 pm.

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### Sunday, March 2nd, Niles Film Museum Oscar Party 37417 Niles Blvd., Fremont, CA 94536

It's for members only. If you're not a member yet, you can buy a membership, but space is limited. Individual membership, \$25; Senior, \$15.

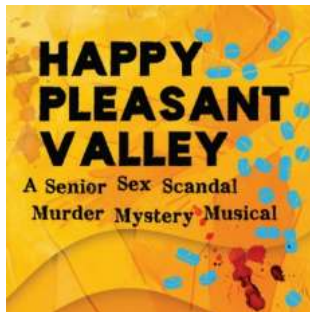
3:30 pm—Doors open for the Pre-Show

4 pm—Oscar ceremony begins

Come however you like, but we'll be dressing to the nines! Feel free to join in! We're planning a red carpet with photo ops, a raffle, treats and toasts, and of course an Oscar ballot contest. Can you predict the winners?

RSVP at [Membership@nesfm.org](mailto:Membership@nesfm.org) to secure your spot. 510-494-1411

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“Min Kahng Uses Absurdity to Explore Humanity in ‘Happy Pleasant Valley.’” — *BroadwayWorld*

A risqué romp of a musical for the digital age, this joyful mystery brims with laughter and erupts with infectious song. The fun is ageless in this tale of a Gen Z “influencer” whose tenacious Korean-American grandmother has much to teach her about life, sex, and murder in a senior citizens home you will never forget. Redefining “active living” in the golden years, this hit from our 2023 New Works Festival explodes social taboos around aging while celebrating intergenerational connection.

**Note:** I purchased two tickets for Saturday, March 22nd, at 2 pm, at Lucy Sterne Theatre in Palo Alto. A few of the \$54 tickets remained available when I booked. Call me if you'd like to join me: 510-304-6844.



## Interest Group Meetings

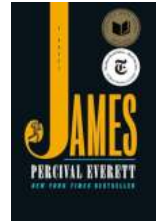
### Afternoon Lit

Afternoon Lit will meet at Pauline Weaver's home on March 18 at 2 pm. She will review *Diamond Eye* by Kate Quinn. Please let Pauline know if you are attending.



### Book Talk

*James* is Percival Everett's retelling of Mark Twain's *The Adventures of Huckleberry Finn* from the point of view of the slave, Jim. Becky Denevan is to lead the discussion when Book Talk gathers at Shirley DeLucci's home on April 7 from 3-4:30 pm.



A restaurant has not been picked out at this time.

### Cultural Cuisine

March is Fremont's Restaurant week that starts March 21. So our dining out experience will be Tuesday, March 25. Look for the announcement in a blast--but do put March 25 on your calendar.



Great Decisions had a lively and informative discussion on 'AI and American National Security' at the first group meeting in February.

### Great Decisions

Come join us for the next meeting on Wednesday, March 26 when we will focus on... America at a Global Crossroads... "The U.S., polarized and divided faces a world overflowing with challenges, dangers, and uncertainties. Conflict and disorder have become defining features of world politics."



We meet from 10-12 pm at Suju's Coffee, 3602 Thornton Ave. For more information contact Shari Whitaker or Joyce Ruiz.

### Yoga for Body and Spirit

This group meets every Thursday morning at 11:15 at Jo Szeto's house. Lunch is included. For more information, call Jo.



## **Money, Money, Money:**

### *Letter of Intent*

**By Judy Wolf**

What is a Letter of Intent?

In the realm of wills and trusts, it is an addition to those legal documents. It is a very personal addition--the information you really don't put in the official estate documents

You might put in some of your personal thoughts to various family members or friends. All the contact information about your various assets should be there: name of asset where more recent statements can be found, account numbers, who and phone numbers for those contacts. Also included should be family members and how to contact them.

Don't forget to include passwords and user names for various asset accounts for your administrators.

Pet care should also be included. Who is going to take care of the cute kitty or pup when you are not around? Letting future caretakers know your pets' likes and dislikes will make future pet caretakers lives easier and insure your pet's happiness.

Oh, and don't forget how you want to dispose of your remains. Planning out these wants for your survivors is a blessing. You get to state what you want to happen after your demise and they have less guesswork about what would make you happy. You can even write your own obit, plan your service and even plan the reception to follow your leaving.

With a letter of intent, it becomes a win-win situation for the living and for those who have gone.

## **Anusha's Corner:**

### *Bias in the Machine: the Gender Gap in AI*

**By Anusha Dube**

*Editor's Note: Anusha Dube is a student at Ohlone College, majoring in data science. She is deeply committed and passionate about empowering underprivileged girls through education. She will be writing a column in the Twig.*

Artificial Intelligence (AI) is drastically changing society; it has an impact on everything from healthcare and education to loan approvals and employment decisions. When properly developed, AI can advance gender equity by decreasing human bias, expanding opportunities, and simplifying decision-making. Because AI-driven recruitment tools only consider skills and qualifications, they can help eliminate unconscious bias in hiring. In finance, AI-powered credit assessments are enabling more women entrepreneurs to access loans, even in regions where traditional banks have historically overlooked them. Additionally, AI is revolutionizing healthcare by improving early disease detection for women-specific conditions such as breast cancer, leading to better treatment outcomes.

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

However, AI is only as fair as the data it learns from, and in many cases, existing gender disparities become embedded in algorithms. Hiring tools trained on past employment patterns have been shown to favor male candidates, reinforcing workplace inequalities by filtering out women for leadership roles. AI-powered resume screening software may devalue experiences typically associated with female candidates, such as career breaks for caregiving, limiting their job prospects. Similarly, AI-driven credit scoring models have sometimes assigned lower creditworthiness to women, even when they have comparable financial histories to men, making it harder for them to access loans or build wealth. In healthcare, algorithms trained on predominantly male patient data have led to women receiving less accurate diagnoses and less effective treatment plans. Even voice recognition technology often struggles to accurately understand women's voices, highlighting how AI can reflect biases in its development. Without proper oversight, AI can unintentionally amplify gender bias rather than eliminate it.

To ensure AI works for gender equity rather than against it, companies and researchers must prioritize diverse datasets, increase transparency in algorithmic decision-making, and actively involve women in AI development. By addressing bias at its root while leveraging AI's potential for progress, we can build technology that creates a fairer and more inclusive future for all.

## *Important Dates*

**Deadlines for articles:** 25th of the month before publication

Send items for The TWIG to Jennifer Foster at [jejenfo@yahoo.com](mailto:jejenfo@yahoo.com)

- The board of directors meets on **March 7th at 9:30 am** at Suju's Coffee and Tea on Thornton Avenue. If you want to attend a board meeting, but can't meet at 9:30 am on a Friday, email us at [aauwfremontbranch@gmail.com](mailto:aauwfremontbranch@gmail.com) and let us know your availability.
- Our Women's History Month event is scheduled for **2 pm on March 8th**. The event, which will discuss the various kinds of abuse, will be held at Washington West, where the One Book One Community Read Project took place last fall. For more information, click [here](#).
- A tour of the Fremont Recycling and Transfer Station is planned for **March 25th from 10:30 am to 12:30 pm**. For more information, click [here](#).
- The annual Gender and Sex Fair at Ohlone College is tentatively planned for **April 9th**. We participate by handing out cookies with 20% of the cookie removed, representing the disparity between men and women's salaries.
- Dine with a Scientist is a new STEM program planned for 6 pm on **April 12th** at Irvington High School, and is open to all high school students in the Tri-City area. For more information, click [here](#).

## Support Our Members



Enjoy new and bestselling titles for all ages personally curated by Amy and her staff at Banter Bookshop in downtown Fremont! **AAUW Fremont book club titles receive a 15% discount.** Click on the photo to browse Banter's in-store events.




















Katryn Bury is the author of the 'tween detective series *Drew Leclair Gets a Clue* (nominated for 3 book awards), and *Drew Leclair Crushes the Case*. Katryn's third title, *We Are Not Alone*, hit shelves October 29th.



### Need a Notary?

AAUW Member Nkechi (Bridget) Uzoegwu has joined the National Notary Association and is ready to meet your notary needs.

		<h1>March 2025</h1>					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						 REPRODUCTIVE RIGHTS EVENT  SPEECH TREK EVENT	
2	3	4	5	6  YOGA AT JO SZETO'S	7  BOARD MEETING AT SUJU'S THORNTON AVE.	8  WOMEN'S HISTORY MONTH EVENT	
9  NILES FILM MUSEUM OSCAR PARTY	10	11	12	13  YOGA AT JO SZETO'S	14	15	
16	17  SAINT PATRICKS DAY	18  AFTERNOON LIT	19	20  YOGA AT JO SZETO'S	21	22  HAPPY PLEASANT VALLEY PLAY	
23	24	25  RECYCLING FACILITY TOUR  CULTURAL CUISINE	26  GREAT DECISIONS AT SUJU'S THORNTON AVE.	27  YOGA AT JO SZETO'S	28	29	
30	31  LOBBY DAYS WEBINAR						