



**Sacramento Branch
Member Resource Guide
CA0092**

In this document we explore with you who we are, what we do, how we function, how to best use your Branch membership, and some of our history. We also include some special terms associated with being a member of AAUW Sacramento.

Who are we?

Fun fact: A group of AAUW members form a “branch”, **not** a chapter, a club or unit.

[AAUW Sacramento](#) is one of more than 100 Branches in California and one of nearly 1000 in the United States. Each of us belongs to [AAUW CA](#) and [AAUW National](#). Feel free to explore each website.

What does AAUW CA do?

AAUW California facilitates California branches in meeting the vision and mission of AAUW by providing programs, education, and resources.

Tell me about AAUW National.

AAUW Mission Statement: To advance gender equity for women and girls through research, education, and advocacy.

AAUW Vision Statement: Equity for all.

AAUW Value Promise: Nonpartisan. Fact-based. Integrity. Inclusion and Intersectionality.

What is the Mission Statement of AAUW Sacramento?

“AAUW Sacramento provides opportunities for women and girls in our community to advocate for equity and to break through barriers.”

How do people become members of AAUW?

Regular membership is open to anyone holding an Associate, Baccalaureate, or higher degree from a qualified educational institution.

Student affiliation is available to undergraduate and degree-seeking graduate students attending a qualified educational institution.

Free e-students: Undergraduates/Graduates attending AAUW member schools may join nationally for free.

What do people do to follow this mission?

We support local, statewide, and national projects such as Local Scholarships, Tech Trek, Speech Trek, Gov Trek, Start Smart, NCCWSL, and AAUW Funds. We also study and track Public Policy Issues affecting women and girls.

Local Scholarships

Local Scholarships are one of the oldest programs branch members support. A candidate for funds must be a woman age 25 or older who is a resident of Sacramento County, attends any of the four colleges in the Los Rios Community College District, California State College, Sacramento (CSUS) or UC Davis, is pursuing her first BA degree, and has completed 12 or more units of credit from an accredited college or university with a GPA of 3.0 or higher. Considered in the selection process is her educational and career goals as well as her financial need. Recipients are asked to share their experiences with us at a branch event.

Tech Trek

Tech Trek is a STEM (Science, Technology, Engineering, Math) summer camp designed to develop interest, excitement, and self-confidence in young women who will enter eighth grade in the fall. During the one week session, campers enjoy hands-on activities in STEM-related fields. All sleeping, eating, instructional and recreational facilities are located on a university campus. Dedicated California AAUW volunteers supervise and run the camps. Currently California's Tech Trek programs are held at six college/university campuses, hosting a total of eight camps. There is a virtual camp for girls who cannot attend a residential camp, (The very first California Tech Trek camp was created and implemented by Marie Wolbach at Stanford in 1998.) We invite our campers to share their experiences at a branch event.

Speech Trek

Speech Trek is an AAUW CA Project that began in our branch about 2007. Planning and recruiting begin in early fall. Our Speech Trek AAUW volunteers work with all nine high schools in the Elk Grove School District. Students complete an application form and secure permission from their parent or guardian. Coaching and support is offered. The topic is different each year and is always thought provoking. Each student prepares a 5 to 6 minute original speech that addresses the question in her or his own way. AAUW Sacramento's Speech Trek contest is held in February. Cash prizes ranging from \$100 to \$500 are awarded to the top three speakers. A video of the winning speaker is submitted to AAUW CA for judging and a chance to compete for \$1500 state wide. The top three winners give their speeches at the AAUW CA annual meeting in April.

Gov Trek

This new virtual program for junior and senior girls is designed to elevate the next generation to pursue careers in public service and elected office.

Public Policy

AAUW's advocacy work builds upon a century of responsible public participation at the local, state, national, and international levels. The member-endorsed Public Policy Program illuminates and advances AAUW's mission of promoting equity and education for all women and girls. AAUW conducts comprehensive advocacy to pursue its public policy priorities, developing and implementing coordinated legislative and grassroots strategies to break through educational and economic barriers so all women have a fair chance.

The AAUW Public Policy and Government Relations Department – with input from the member leaders of the AAUW Public Policy Committee – implements the public policy program. But it is AAUW member advocates across the country who speak their minds on AAUW issues that truly advance AAUW's mission.

How did the pandemic affect AAUW Sacramento?

Spring of 2020 saw the Covid 19 pandemic begin. AAUW Sacramento could no longer meet in person for board, branch or small group gatherings. We discovered ZOOM starting with free 40-minute sessions but soon found we needed more time! We have joined forces with other branches to buy a level that serves us well.

Signing on to Zoom is one of the easiest actions. Several members, officers, committee chairs, etc. have access to the branch Zoom account, can schedule meetings, open and close meetings and host them with break-out rooms for discussion. We have had all kinds of meetings with guest speakers, discussion groups and we have run polls and held elections of officers via Zoom.

Once a meeting is scheduled, the host sends out an “invitation” to the members who could or should attend. Other members may ask for an invitation and be sent an invitation as well. Each invitation contains the easy, click-through link to the meeting; members who need to join from a location without a desktop or laptop can do so because all other necessary numbers needed to call in with or without video and/or audio are also in the invitation. We have many options for safeguarding the meetings from intruders.

Although we have survived beyond the shut-down edicts governing in-person meetings, the board continues to meet over Zoom. It requires no driving time, and we always are assured we have a location for the meeting. Many branch groups still meet over Zoom because it’s easier than driving and finding meeting locations for meetings that require only an hour of the group’s time.

What does AAUW Sacramento offer its members?

General Membership Meetings are held several times a year. Many involve luncheons and offer a chance to meet one another to discuss interesting topics. Recently we listened to a panel who discussed Ballot Propositions. We enjoy hearing from participants in Tech Trek, Speech Trek, and our Scholarship program. At the holiday luncheon we often support a charity and/or collect children’s books. At a recent meeting sponsored by the Capital Counties Inter-Branch Council we heard from AAUW Fellows. One of the most popular events is our Author’s Luncheon.

Members experience intellectual growth, life-long learning, and lasting friendships through our **Interest Groups**. These groups of branch members choose their own agendas and group leaders. Currently, the Interest Groups include Art and Architecture, Board Games, Great Decisions, Healthy Heart Dinner, Readers’ Theater, Scrabble Just for Fun, and Singles Dining Out.

*Note: be sure to check the latest issue of **Capital Ideas** and/or [AAUW Sacramento](#) for updates on any of these groups.*

Art and Architecture

A group of members started this group 2010. Currently they meet the first Friday of the month. Art museums, art in public places, Sacramento art treasures, and studios of artists are some of the places they have visited. Many sites are around Sacramento and the group has been known to travel.

Board Games

Mexican Train, Rummikub, Qwirkle, and Splendor are just a few of the games played by this group of AAUW members. They gather the last Friday of the month at 7 PM. Members choose what they will play and take turns at hosting.

Great Decisions

“Great Decisions” is a book published each year by The Foreign Policy Association. Our three groups read, meet and discuss each of the eight articles during the AAUW year. The articles are timely and well-researched. Discussions are lively and don’t always stay on topic; this adds to the fun of learning.

Books are available to be ordered in the fall and arrive in time for distribution at a January meeting. The cost is between \$30 and \$40 including a discount and shipping.

Great Decision groups meet in person and/or by Zoom. Meeting times include both day and evening.

*Again, check the latest issue of **Capital Ideas** and/or [AAUW Sacramento](#) for details.*

Healthy Heart Dinner

Fresh air and a variety of places to eat form the cornerstone of this group. Recent venues include Pure Soul Plant Based Eats and Lido’s Café. While sharing a lovely meal, members “talk about everything,” including the ingredients of a specific dish. Current events and world news often creep into the conversation.

Readers’ Theater

In your wildest fantasy are you: Ingrid Bergman, Sandra Bullock, Meg Ryan, Katharine Hepburn, Julia Roberts, Meryl Streep, or Elizabeth Taylor in a comedy, drama or historical event, or mystery? If you answered **YES**, then welcome to Reader’s Theater. Your fantasy will be *played* out from September to June on the second Tuesday of the month during the day. The California Drama Exchange has been bringing plays to AAUW interest groups since 1958. Here are a couple of examples of recent plays chosen by the group:

- “Nude with Violin” by Noel Coward (comedy)
- “Man from Earth” by Jerome Bixby (a science fiction film writer) (drama)
- “Isn’t It Romantic” by Wendy Wasserstein

Scrabble Just for Fun

Scrabble Just for Fun meets the last Monday afternoon of the month at 1 PM. Players play two or three to a board and have a great time!

Singles Dining Out

Single members of AAUW Sacramento enjoy gathering on the first Sunday evening of each month. Preferred restaurants are locally owned, relatively accessible to everyone and have adequate parking. Conversations are about AAUW, personal interests, and how to solve the problems of the world. Good friends and good food – it doesn’t get much better than that.

Is there a way to form a new interest group?

Of course! Contact the Interest Groups Director listed in the Membership Directory. Groups in the past have included Women of the World, Bridge, Needleworks, Travel, Film Fans, Spanish Conversation, etc. New groups can be formed if enough interest is shown.

Is there anything for members who love to read and discuss books?

YES! As someone remarked recently – “Where else do you have the opportunity to consider so many ideas and seriously examine them with other people? Where else are you pushed to read and consider things that you wouldn’t read on your own? Where else do you make friends and continue your education with such fun?” AAUW Sacramento currently has several book groups. Each functions independently in choosing books, when to meet and how to meet. Some are using Zoom. Groups meet at 9:30 AM, 1 PM, or 7 PM See the latest issue of

Capital Ideas for details. Here are a few titles recently chosen: *Vanishing Half* by Brit Bennett, *The Premonition* by Michael Lewis, and *Damnation Spring* by Ash Davidson.

Is it possible to form a new book group?

Yes! Contact the Book Groups coordinator listed in the Membership Directory.

How does AAUW Sacramento function?

- A **Board of Directors** governs our Branch. Composed of nine members, we elect a President, a Program Vice President, a Secretary and a Treasurer for a two-year term. The five Directors-at-Large are appointed for a 1-year term.
- We have **By-Laws** and **Policies** to guide us.
- We have several means of **communication**. Our newsletter, *Capital Ideas*, is published ten times a year and distributed electronically. Submit articles no later than the 20th of the month. The AAUW Sacramento Membership Directory contains our contact information, our educational backgrounds, plus a listing of our programs, current leaders, a zip-code directory, a list of Named Gift Honorees, and a list of Past Presidents. On occasion an “e-mail” blast may be sent with information that may have some urgency. The branch website is maintained on a regular basis.
- Our AAUW Sacramento **dues** pay for our programs, membership, directory printing, dues to other groups, insurance, and officer expenses. A budget is presented to the membership and is approved in the fall.
- For the 2023-2024 membership year, the annual dues are \$112. \$89 of that sum is tax deductible. Dues are published in the annual membership directory.

Are there other AAUW branches in this area?

Yes. There are eight: Auburn, Citrus Heights-American River (CHAR), Davis, Foothills of El Dorado County, Nevada County, Roseville-South Placer, Sacramento, and Woodland. Leaders of these branches meet quarterly in the group called Capital Counties Inter-Branch Council (IBC). Once a year the IBC sponsors a joint meeting and invites AAUW Fellows to speak.

May I join another branch as well as AAUW Sacramento?

Yes. You would become a “dual member” of that branch by paying them their local dues. The branch has several dual members. The word **(Dual)** appears to the right of the name in the directory.

There is also the option of an on-line branch through AAUW CA.

Is AAUW Sacramento active on social media?

Yes. We have [Facebook](#), [Instagram](#), and our own Members-Only page. The passwords for the Instagram and Members-only are found in the Sacramento Branch Membership Directory.

And if I still have questions?

We love questions! Feel free to reach out to any of the women in the leadership positions listed on the web page, in Capital Ideas, and/or the Sacramento Branch Membership Directory. (Take a look at the Zip Code Directory - there might be a new friend in your area!)

What does [AAUW CA](#) offer in addition to the information on page 1?

California Connection is distributed on a monthly basis. This newsletter is written in a smart and humorous style; it is always a fun read.

Lobby Days, held in the spring, give members an opportunity to meet with their state representatives and/or their staff to inform them about AAUW and to advocate for their support of priority bills. To participate, one completes a survey and enrolls in mandatory training. Meetings may be in person at the Capitol, in person with staffers, or via Zoom.

At **Annual AAUW CA Events** we listen to nationally known speakers and learn the latest at the state level. Even if you don't attend, the program is available on the web page.

Webinars are offered periodically on a variety of topics. Recent ones have addressed the new Gov Trek program, how to use Instagram, Lobby Days, and Growing AAUW Membership.

AAUW Fund Events happen in the fall. Presented virtually, the featured speakers have received fellowships or grants from AAUW Funds and share nuggets of their fascinating studies. The topics range from global migration to sustainable environments, refugee studies and more. See who and what your AAUW Fund dollars support. Sign up for one or all. Send a request for one of the speakers to join one of our Branch Programs.

AAUW's Start Smart and **Work Smart** programs are designed to empower women with the skills and confidence to successfully negotiate their salary and benefits packages.

Start Smart workshops are specifically designed for college students about to enter the job market.

The goal of this program is to learn how to research your target salary, highlight your accomplishments and find the right words - and the confidence - to negotiate for better benefits and pay. You can sign up for a free in-person workshop or online course, which takes less than two hours to complete and can be done at your own pace.

Negotiating increases your potential to earn more — and can make the difference for paying off loans, supporting your family, buying what you want and need and saving for the future.

Recently, the California State University, Sacramento (CSUS) AAUW group hosted a very successful Start Smart Workshop about salary negotiations. Branch members Lisa Howard and Gloria Yost facilitated the event that was open to all students.

Participants learn how important it is to build self-awareness of personal value and skills, and to conduct research to determine an appropriate target salary range before entering in to a job interview. Perhaps the most beneficial section involved role play negotiating for a job in mock interviews where they had opportunity to practice using the suggested steps and many sample phrases included in the materials.

Work Smart, created for working women, is an interactive workshop that teaches how to confidently evaluate, negotiate, and articulate their worth in the job market. By learning strategies and practicing effective language, participants gain valuable skills they can use throughout their lives.

Public Policy Priorities for 2021 - 2023 are shown on the web page. Three current areas of emphasis are:

- Economic security for all women
- Equal access to quality public education for all students

- Social and racial justice for all members of society.

AAUW Funds

Since 1888, AAUW has a long and distinguished history of advancing educational and professional opportunities for women in the US and around the globe by maintaining one of the world's largest sources of funding for graduate women. AAUW is providing \$6 million in funding to more than 320 fellows and grantees in the 2022-23 award year. These exceptional recipients, called AAUW Fellows, will pursue academic work and lead innovative community projects to empower women and girls.

NCCWSL

This acronym stands for National Conference of College Women Student Leaders. This event is held annually at the University of Maryland. Its goal is to bring together college women from across the country to address important leadership issues of the day.

2 Minute Activist

Make your voice heard in Congress about current issues on their agenda. Take one minute to read about the issue. Use a second one to personalize the message that you send. There is a link and more information on [AAUW Sacramento](#).

Member Benefits

On the AAUW webpage, there are many member benefits listed that offer discounts for travel, car rental, insurance and more. Check them out!!

How can I best use my membership in AAUW?

Get involved!! You'll find a community of like minded women who will welcome you.

What is the history of AAUW National?

AAUW's story begins 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.

One of the first research reports titled "Health Statistics of Women College Graduates" established that, contrary to popular belief, women's health is not adversely affected by attending college.

The history of the American Association of University Women mirrors the progress of women in the United States. As the number of women graduating from college grew, so did our membership.

We've published hundreds of research reports, from an 1885 paper disproving a prevailing myth that college impairs a woman's fertility to, most recently, a study documenting the economic impact of workplace sexual harassment. We have supported the academic achievements of many thousands of scholars, from scientist Marie Curie, the first woman to win a Nobel Prize, to astronaut Judith Resnik, the second woman in travel in space.

Our advocacy efforts have propelled countless new laws, including the Equal Pay Act, first proposed in 1945 and finally passed in 1963; the Title IX amendment in 1972; the Family and Medical Leave Act in 1993; the Lilly Ledbetter Fair Pay Act in 2009; and the Paycheck Fairness Act, which was passed by the U.S. Representatives in 2019 but is awaiting action in the Senate.

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. Join us!

Tell me about the history of AAUW Sacramento.

On February 25, 1920, 41 women met to form the Sacramento Branch of the Association of Collegiate Alumni (to become AAUW in 1921) after two newcomers to Sacramento had the idea of uniting college graduate women to support education in the local area. The majority of the women were graduates of Stanford or the University of California; others were from Mills, Vassar, Radcliffe, College of the Pacific, etc. Many of the original members were high school teachers such as Belle Cooledge, Sacramento's first woman mayor. On February 29, 2020, Sacramento Branch of AAUW celebrated its 100th birthday at North Ridge Country Club with a meal, music, and an original skit. We enjoyed hearing congratulations from Kim Churches, AAUW CEO at the time.

The author of this document thanks each person who offered suggestions for improvement.

Share additional ideas with fohedda@gmail.com

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