

Spotlight on CSUS Student Challenges By Vicki Kloock

Saturday, February 28th, 10am – 1pm

**Sacramento Scottish Rite Temple, 6151 H Street, Sacramento
Harrison-Shepard Hall**



College students in 2026 face more challenges than mastering course work. They may find themselves navigating sexism and harassment in academic and social settings, and balancing the demands of college with societal expectations for caregiving and personal life, as well as other obstacles.

In February, we will be hearing from Dr. Erika Cameron about current challenges that students at CSUS face. Dr. Cameron, provost and senior vice president for academic affairs at California State University, Sacramento, will talk about special difficulties female students face on Feb. 28th. Many deal with underrepresentation in their fields, particularly STEM, and mental health struggles, often linked to these stressors. As women are more likely to take on student loans than men (71 percent vs. 64 percent) and are graduating with an average of \$7,000 more debt, this limits their future choices and creates more stresses. Disparities in earnings after graduation further compound this issue. College women report higher levels of stress and are at higher risk for mental health issues, including body image problems and eating disorders. Research also consistently shows that Black women face significantly more challenges in college compared to white women.



Cameron assumed her role in spring 2025 after serving as provost at Palo Alto University. As provost of Sacramento State, she is second in command only to CSUS President Luke Wood. She provides leadership for the Division of Academic Affairs, including faculty and staff in all colleges, the university library, and several offices that support students as well as the Sacramento region.

The Division of Academic Affairs also includes international and global engagement programs, undergraduate and graduate studies, the Office of Research, Innovation and Economic Development, and the Carlsen Center for Innovation and Entrepreneurship.

We also will hear from our 2025-26 branch scholarship recipients **and take a collection of non-perishable food for Sacramento State's student food bank.** No need to pre-register, just come and bring a friend!

See you there!

February Presidents' Message

By Cathy Locke and Karen Burley



We hope to see some of you at **the upcoming IBC Funds Luncheon**, sponsored by the Capital Counties Interbranch Council, on Saturday, Jan. 31, at North Ridge Country Club. We will hear from the California AAUW Fund Director and two current AAUW Fund recipients.

In support of the AAUW mission to support educational opportunities for women, the Sacramento Branch signed on to the AAUW CA letters to Senators Adam Schiff and Alex Padilla that were delivered on Jan. 22 urging congressional oversight and opposing the unlawful transfer of U.S. Department of Education programs and responsibilities to other agencies. Sacramento was one of 67 California AAUW Branches backing these letters.

Also, there is an AAUW CA virtual symposium on **Saturday, Jan. 31, "AAUW School Board Project: Defending the Frontline of Democracy,"** from 9-noon. Register for the event [<here>](#).

The **application for branch scholarships** for 2026-27 has now been posted to our website. The deadline for applications is April 30, 2026. You can find more information at [<here>](#). Any questions can be directed to the Scholarship Committee at aauwsacramentoscholarships@gmail.com.



Finally, **save the date:** The morning of Saturday, April 18, to participate in **the AAUW CA Annual Event** that will be held online on Zoom. If you are interested in attending a watch party, please contact **Kathleen Deaver**, whose contact information can be found in the Membership Directory, to find out more. **Remember: the host of the most interesting watch party will win a prize!**

March Program - Public Policy News

By Kathy Papst

Saturday, March 21, 2026 11a.m. to 2 p.m.
Dharma Center
3111 Wissemann Drive, Sacramento

I am excited to introduce **our next Sacramento Public Policy program featuring Kathy Van Osten**, state lobbyist for AAUW CA. The meeting will be held on Saturday, March 21, 2026 from 11 a.m. to 2 p.m. at the Dharma Center. Van Osten will discuss prominent California legislation that is backed by AAUW.

Van Osten is the state lobbyist representing AAUW CA in the legislature. She has worked at the state level since 1985 and has provided advocacy services since 1998 before the Legislature, the Governor's Office and administration, and every state constitutional office. She will speak about important legislative bills that are backed by AAUW CA. Please attend to learn about major legislative bills that affect our mission.

In addition to our March program, California AAUW has scheduled several events for the coming months that branch members can participate in to show support for our mission of equity for women and girls:

*On Jan. 31, the Public Policy Committee will present a half-day symposium on **the School Board Project: Defending the Frontline of Democracy**. From 9 a.m. to 12:30 p.m.,

participants will hear a keynote address on the impact of new federal laws and policies on California's protective laws; a panel discussion on how AAUW members can support students, parents, and school board members in the face of misinformation and challenges for public schools. Register and look at the agenda on the AAUW CA website.

*We are approaching the **annual LOBBY DAYS for 2026**. This year the Public Policy Committee has changed the way that members participate in Lobby Day activities to help advance our priority legislation. On Jan. 30, team rosters, including team leaders will be published on the AAUW CA website. Instead of branches attending the event at the State Capitol, there will be in-district meetings scheduled to facilitate more contact with state legislators. In the past the legislators were frequently overbooked, which caused juggling meeting times and dates. This, in turn, caused confusion and changing schedules. Following the lead of the Redlands branch, in-district meetings allowed them to schedule eight meetings with the local legislators in their district offices. The members were able to have more time with their local state leaders.

The 2026 AAUW Lobby Day schedule is as follows:

- February 9 - Team leaders will begin scheduling in-district meetings.
- March 16 – Bill packets will be available with talking points, bill language.
- March 23 – Lobby Day training webinar.
- March 26 – April 6 – Legislature's Spring Recess.
- March 27 – April 17 – Meeting window for in-district meetings.
- April 8 – 10 – Meeting window for Zoom meetings.

The AAUW Public Policy Committee is asking for volunteers to be team leaders. Please see the schedule and what is expected of participants in the January 26 Public Policy News online [<here>](#).

If you have an interest in being on the Public Policy Committee, please call or email me for more information. I am in the branch directory.



Interest Group Happenings By PJ Missman

February- It's foggy and cold so let's all go do something fun and interesting with our AAUW friends!

-Art and Architecture: Feb. 6 at 10:30am for planning meeting. Contact: Deborah Dunn

-Great Decisions I: Feb. 16 for in-person planning meeting. For date and location contact: Cathy Locke

-Great Decisions II: Contact: Lynn Blair Wood

-Great Decisions III: Third Monday of the month at 1pm. Meets in a member's home. Contact: Joy Allender

-Great Decisions IV: First meeting: Tuesday, Feb. 3 from 1-3 to discuss the first chapter, "Debating American's Global Role." **Second meeting: Tuesday, Feb. 17,** the group will discuss Chapter 2, "Trump's Tariffs." For location and questions, contact Virginia Sturdevant at hands619@gmail.com

-Healthy Heart Lunch: Second Friday at 11:30. Contact: Marlys Huez

-Lunch Bunch: Second Wednesday at Noon. Feb. 11 at 12:00pm at Pho ABC on Greenback near Sunrise Blvd. Contact: PJ Missman

-Mahjong: February 12 and 26 at 1-3 at Edgewood Community Center, 5700 Spyglass Center, Citrus Heights. Cost is \$5/month as this is a fundraiser for AAUW Funds. Contact: Charlene Eberwine

-Reader's Theater: Meets on the second Tuesday. Contact: Diane Petersen

-Scrabble Just For Fun: Last Monday of the month at 6:00pm at Eskaton Village Carmichael game room. Contact: Vivian Counts

-Singles Dining Out: First Sunday of the month at 6:00pm. Cafe Europa, 1537 Howe Ave #116, Sacramento (Greek Mediterranean). RSVP by Saturday if plans change. Contact: Nancy McCabe

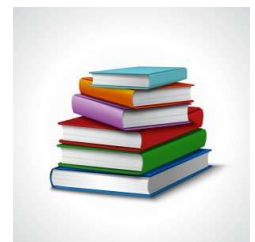
-World Country Study: February 26 at 1:30pm. Marti Southam is hosting and reporting on the status of women and Kathleen Deaver on early Greek history and the establishment of Athenian democracy. Contact: Fran Clarke



February Book Groups Update By Cherril Peabody

If you wish to see what others are reading, or get ideas for your book group or yourself, please refer to the "books" page under "Activities" on our branch website (<https://sacramento-ca.aauw.net/bookgroups/>).

Each book group has its own tab, by book group number. (These book group numbers correlate with page 9 of the branch Membership Directory.) On each list, the meeting days, times, status and coordinator are listed.



Group 1 Title: *My Sister, the Serial Killer*

Author: Oyinkan Braithwaite

Meeting date/time: Meets in person, Thursday, Feb. 12, 1:30pm

Welcoming new members

Group 3 Title: *Hell of a Book*

Author: Jason Mott

Meeting date/time: Meets in person, Wednesday, Feb. 25, 1pm

Welcoming a new member

Group 4 Title: *Flights*

Author: Olga Tokarczuk

Meeting date/time: Meets in person, Wednesday, Feb. 11, 1pm

Welcoming new members

Group 5 Title: *Fifth Chinese Daughter*

Author: Jade Snow Wong

Meeting date/time: Meets in person Thursday, Feb. 19, 1:30pm

Welcoming new members

Group 8 Title: *The Speckled Monster: A Historical Tale of Battling Smallpox*

Author: Jennifer Lee Carrell

Meeting date/time: Meets on Zoom, Monday, Feb. 23, 7 pm

Welcoming new members

Group 10 Title: *Careless People: A Cautionary Tale of Power, Greed and Lost Idealism*

Author: Sarah Wynn-Williams

Meeting date/time: Meets in person, Thursday, Feb. 19, 10am

Welcoming a new member

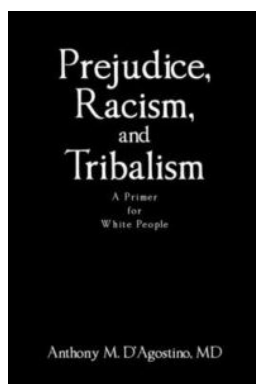
Group 12 Title: *Autocracy, Inc.*

Author: Anne Applebaum

Meeting date/time: Meets on Zoom, Thursday, Feb. 5, 7pm

Welcoming new members

Living Our Mission of Equity By Charmen Goehring



We hope you will join us in a monthly equity conversation where we look at our own biases, seek actions we can take to attract diversity to our branch and become better people in the process. Each month, we read a section of our selected book then meet to discuss what we have learned, along with exploring other issues related to race and equity. We meet the first Wednesday of each month from 7 to 8 pm on Zoom.

The Zoom meeting code is 737 420 3780 or you can join using this link:

<https://us02web.zoom.us/j/7374203780>

We will discuss our current book, **Prejudice, Racism, and Tribalism: A Primer for White People** by Anthony D'Agostino, M.D., **on February 4th at 7 p.m.** We will discuss Chapters 6-12. If you have questions and to RSVP, please email Charmen at charminme@yahoo.com.

MEMBERSHIP DOINGS

By Gloria Yost

The days are getting longer, the sun is shining “at times”, and we’re busy getting our new year goals and plans in place. Let’s all add an AAUW goal to build an increased atmosphere of welcome and connection at every AAUW event this year. Reach out to a member you don’t know well. Say hello and help someone coming alone find a seat. Share your love of AAUW. Have a short chat. We’ll have a good opportunity to work on our goal in February when we hear from **Erika Cameron**, CSUS provost and senior vice president for Academic Affairs.

Membership Ambassadors, where are you?

We’d love to post more stars!

- **Bring in a new member - get your name on our Wall of Honor**
- **Bring in a new member - get your name added for our drawings**
- **Monthly drawing for prizes at meetings**
- **Recruit the most new members - WIN a free AAUW membership for 2026-27**

Join Ambassadors Fran Clarke, Donna Holmes, Hedda Smithson,
Pat Winkle, and Shannon Datwyler

Get your star. Monthly drawing in February.

Help us Strengthen our Branch connections and friendships!

Gloria Yost and Hedda Smithson – Our contact information can be found in the Membership Directory.

Celebrating February Birthdays!

- | | |
|----------------------|------|
| • Kathleen Deaver | 2/2 |
| • Anna Storey | 2/3 |
| • Margaret Steinberg | 2/3 |
| • Arlene Cullum | 2/4 |
| • Kathie Huff | 2/4 |
| • Ana C. Ross | 2/8 |
| • Susan Whetstone | 2/9 |
| • Laura Weaver | 2/12 |
| • Jane Cooley | 2/14 |
| • Jeane Lind | 2/14 |
| • Nancy Fox | 2/16 |



- Carol Finney 2/25
- Inger Lindholm 2/26
- Karen W. Smith 2/26
- Leslie Oberst 2/27

Membership, Friendship, Fellowship, Companionship

And

Join for the Friendships, Stay for the Mission

By Harriet the Spy

Ah – the many paths to Membership. And meaningful Friendships, Fellowship, Companionship



In an earlier issue of *Capital Ideas* we learned that our “institutes of higher learning” – our good old alma maters -- can join AAUW (our own CSUS is one of the newest members!). Through this partnership there are many opportunities to share the knowledge and skills found in AAUW webinars. CSUS students may join at no cost and take advantage of information about salary negotiations, financial literacy and so much more.

And there is STF!! Remember – you read about the Shape the Future campaign where a new member who joins at a public event can pay a discounted fee. Sweet!

Have you checked your profile and contact information lately? Harriet the Spy did – learned that “they” still had fohedda@macnexus.org listed as one of my email addresses. YIKE! Want to check yours? Log into [AAUW](http://AAUW.org). Log into your account with your email address and password. Your current profile is listed. To the left are several pages you may visit, check, and update if needed.

And what about the benefits of membership? Locally, I count lifelong friendships and lifelong learning to be at the top of my list. Knowing I am aligned with like-minded women who treasure the same things I do – priceless. And I often think of how our branch members focus on empowering women with our support of local scholarships, Tech Trek, AAUW Funds, etc. Many of us will attend the Inter Branch Council Funds Luncheon at the end of January. Our financial support funded the research and projects accomplished by the speakers.

There are other, practical benefits: discounts for travel, car rentals, insurance, office supplies and of course [ShopAAUW](http://ShopAAUW.org) where we can buy cool name badges and more. Here is the disclosure statement:

AAUW's member benefits can enhance your professional and personal life and will save you money along the way. Most important, every time you use one of your benefits, you are also supporting AAUW's vital work, which is what makes AAUW one of the nation's most powerful voices on women's issues.

With each purchase, AAUW receives a royalty that supports equal-pay advocacy, community programs, leadership development tools, the student leadership conference and so much more!

AAUW makes no representation or warranties with respect to these products and/or services. Benefits, services and programs are subject to change without notice.

Happenings Around the Branch

Social Justice By Lisa Howard



Friends,

Our May speaker will be Sage LaPena, a Native American traditional healer. I would like to solicit questions and/or topics of interest for Sage to address and add them to the program agenda. **Please send your thoughts to Lisa Howard ASAP.** Lisa's contact information can be found in the Membership Directory.

Sunshine Chair

Pat Winkle is our Sunshine Chair and **needs to hear from you** if you know members who might appreciate a get well, sympathy or “thinking of you” card. As she doesn't know everyone, she needs your help in remembering our friends. Her contact information is in the directory.