

# the BREEZE



## President's Message

*April, 2022*

*~ Joan Coté*

The month of May is MENTAL HEALTH MONTH. Some thoughts from ComWell 2022.

Your mental health is more important than:

1. What others think of you.
2. The meetings on your calendar.
3. Your family and friends' expectations of you.
4. Your qualifications.
5. Saying "yes" to people who don't appreciate you.
6. Your appearance.
7. Money.
8. Your body size.
9. Your social status.
10. Your followers or friends on social media.
11. Being "strong" for others.
12. The size of your house.
13. Making everyone else happy.
13. Societal expectations.

**Enjoy the spring weather and take care of yourself.**

### POSITIVE QUOTES

"Folks are usually about as happy as they make up their minds to be" ~ attributed to Abraham Lincoln

Three things in human life are important: The first is to be kind; the second is to be kind; and the third is to be kind.  
~ Henry James

AAUW, founded in 1881, is open to all graduates who hold an associate, a baccalaureate, or a higher degree from a regionally accredited college or university. 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, disability or class.

Friends of AAUW share their skills and abilities with our branch. These local women and men, without associate, baccalaureate, or advanced degree from an accredited institution, assist in achieving the Tehachapi Mountain Branch AAUW goals of life-long education and scholarship support for local students.

### The Short List:

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## Lunch Bunch

- Jan Combs

On Tuesday, May 10, we will be having lunch at The Great Wall at 12:00. Apparently their very delicious buffet is now open again and we are going to check it out. Please plan to join us. Let Jan Combs at 823-9303 or Connie Nixon at 972-0423 know that you will be there. Or you can email either of us.

In April 7 of us enjoyed a delightful Thai meal at The King of Siam. Helen M. gave each of us a chart explaining interesting facts about very early times when Tehachapi was a lagoon. A very new member, Mary Horton, and a very long-time member, Janice Tietz, each joined us for the first time. All there talked about things they have been doing. On our VERY ACCURATE rating scale we gave the Food and Service each a 4.5 and the Ambience a 5.

The **Tehachapi Mountain Breeze** is published monthly, September through June by the Tehachapi Mountain Branch of the AAUW.

Please submit articles to the editor by the 15th of the month preceding the date of the publication.

Breeze Editor:  
Suzanne Bennett

### Tehachapi Mountain Branch Officers 2021-2022

**President**

Joan Coté

**Program Vice President**

Jane Hanley

**Membership VP**

Laura Amstead

**AAUW Funds VP**

Jeanette Crouse

**Secretary**

Cindy Marble

**Finance Officer/Treasurer**

Laura Hollen



## TEHACHAPI-MOUNTAIN AAUW BRANCH MEETINGS:

### BOARD MEETINGS

– First Wednesday of the month; MAY 4th, 4:00 PM – on ZOOM

### ANNUAL MEETING - Agenda below

SATURDAY, MAY 14TH -- 10:00 AM – 12:00 PM

Tehachapi Community Church – Friendship Hall

### PLANNING MEETING

-- SATURDAY, JUNE 18TH -- 10:00 AM – 1:00 PM

Tehachapi Community Church - Friendship Hall  
100 East E Street

### NOMINEES for EXECUTIVE BOARD POSITIONS ~ for 2022-2023

President: Connie Brehm

Programs VP: Jane Hanley

AAUW Funds VP: Joni Pogon-Cord

Membership VP: Dr. Laura Amstead

Secretary: Cindy Marble

Finance Officer/Treasurer: Lauren Hollen

**Elections and installation** will be held at the **Annual Branch Meeting on Saturday, May 14th.**

**BREEZE EDITOR:** Janice Tietz has offered to help with the Breeze Newsletter and would like to have a CO-EDITOR who will alternate monthly responsibilities for publishing the Breeze.

The BREEZE is published for 10 months of the year (September through June).

Contact Janice Tietz (661-822-7796) or Suzanne Bennett (661-428-6675) for more information.

"Whenever there is a challenge, there is also an opportunity to face it, to demonstrate and develop our will and determination." - Dalai Lama

## Women in History

**Tye Leung Schulze** (August 24, 1887 – March 10, 1972) became the first Chinese American woman to vote in the United States when she cast a ballot in San Francisco on May 19, 1912. She also became the first Chinese American woman to pass the civil service exams and to occupy a government job.

The San Francisco Call stated that she was "the first Chinese woman in the history of the world to exercise the electoral franchise." Schulze was also the first Chinese woman hired to work at Angel Island. She is a designated Women's History Month Honoree by the National Women's History Project.

"She repeatedly defied the limitations imposed on her, transcending barriers, achieving a self-created life of honor, dignity, and service. No national organization or major legislation bears her name. Her legacy is one of determined belief in human worth, in a kinship that transcends artificial borders, in the steady, dedicated assault on prejudice and bigotry." – Robin Kadison Berson

SOURCE: Wikipedia; [https://en.wikipedia.org/wiki/Tye\\_Leung\\_Schulze](https://en.wikipedia.org/wiki/Tye_Leung_Schulze)

### May Birthdays!

Linda Coverdale 5/04

Dana Askins 5/06

Phyllis Belcher 5/08

Jan Roberts 5/08

Dr. Marian Stephens 5/12

Leila Kleiman 5/14

Lauren Hollen 5/27

Catherine Sjostedt 5/27



## 2022 Tech Trek Campers Announced

by Linda Flores

To refresh your memory, 2019 was the last year that our branch sent girls to Tech Trek, the STEM camp started by AAUW, which is held on various college campuses each summer. We were just a couple of weeks away from interviews in 2020, when the camps were canceled due to COVID. Last year, Tech Trek was strictly 'virtual,' and our team opted out of participating. This is the first time in three years that we have been able to send girls, and we are thrilled!

Our selection process began a couple of months ago, with Jacobsen Middle School teachers nominating several outstanding seventh grade girls for consideration. The girls were then required to submit an application, as well as an essay on a designated subject. This year's topic was how the girls would use math and/or science to make the world a better place. Face-to-face interviews with our local Tech Trek team were held in April.

The following girls have been selected to attend Tech Trek this summer: Kennedi Clark, Aliya Meza, Gianna Moreno, and Isabella Nunez. All of the girls came highly recommended by their science teachers, and each brings with them their own unique strengths and talents. They will be attending one of two Tech Trek camps held at Santa Barbara in July.

The girls will be introduced at our annual branch meeting on Saturday, May 14th. We will also be recognizing our corporate and individual sponsors (from 2020,) whose donations have been banked until this year. They include: BHE Renewables, LLC; Scaled Composites, AST, Save Mart, the local Masons, Tehachapi Community Theater, and our own branch members who each sponsored a full campership – Tammy Engel and Laurie Betts. Thanks to the support of these generous donors, we had more than enough money to sponsor five girls for Tech Trek this year!

***A huge shout out to our amazing Tech Trek team: Jan Roberts, Laurie Betts, and Lauren Hollen!***



Print and Send

TEHACHAPI-MOUNTAIN BRANCH

AAUW Membership Form

2022-2023

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Last

First

\_\_\_ New Member

\_\_\_ Renewal

\_\_\_ Friend

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birthdate (Month/Day) \_\_\_\_\_ Spouse/Partner \_\_\_\_\_

College/University: \_\_\_\_\_ Degree: \_\_\_\_\_

College/University: \_\_\_\_\_ Degree: \_\_\_\_\_

College/University: \_\_\_\_\_ Degree: \_\_\_\_\_

College/University: \_\_\_\_\_ Degree: \_\_\_\_\_

Please enclose check and make payable to AAUW Tehachapi-Mountain Branch

AAUW Membership: \$107

Friend Membership: \$20

PLEASE MAIL FORM AND CHECK TO:

AAUW Membership

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Tehachapi, CA 93581

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