

AAUW Poway Penasquitos Branch

## IN THIS ISSUE

### Don't miss these January Events

- January 11: Human Trafficking Webinar with Santa Cruz County Branch
- January 21: Interbranch Council of San Diego County (IBC) Group Meeting
- January 30: Speech Trek Contest

### Human Trafficking by Kit Hein, AAUW California Public Policy Committee

January 11 is National Human Trafficking Awareness Day. AAUW California supports efforts to combat Human Trafficking, as noted in our Public Policy Priorities: "Freedom from violence and fear of violence, including ...human trafficking...in homes, schools, workplaces and communities..."

Human Trafficking is the third largest organized criminal activity in the world. Human Trafficking is a modern-day form of slavery, with an estimated number of victims in the millions. Whether for labor or sex, men, women, and children are manipulated through force, fraud and coercion.

Research shows that people of color, especially the Black community, are more likely to experience some form of sex trafficking. Racial and economic biases drive both social and legal presumptions of "victims" having chosen their situation.

Law enforcement efforts against human trafficking are stronger today than in 2017, but still inadequate. Globally, definitions of human trafficking vary from country to country. Even using the term "slavery" is met with opposition in cases of forced marriages and cross border smuggling.

In California, legislation in the past few years includes support for victims, updating school health curriculum, and addressing hospitality industry training. But legislation is not the key unless the public is educated as to the enormity of the issues, both locally and globally. Local branches of AAUW continue to provide community awareness events to educate the public. Please join Santa Cruz County Branch on January 11 at 1:00 p.m. for a Zoom webinar to learn more. Access the branch website <https://santacruz-ca.aauw.net/> for more information and an invitation to this event.

### Travel Group *Zoom Travel Chat* by Pam Ames

We'll have our first Zoom Travel Chat on Saturday January 23 at 7:00 p.m. Grab your favorite beverage, get comfy, put your tray table up, buckle your seatbelt, and join in the fun as we each share some travel experiences. Prior to the Zoom chat, the group will be given three specific questions to be answered. If you are not a member of this group, but would like to be included, please contact me at [pamames123@gmail.com](mailto:pamames123@gmail.com). Put this on your calendar. It should be fun!



**AMERICAN  
ASSOCIATION OF  
UNIVERSITY WOMEN  
POWAY PENASQUITOS  
BRANCH**

**Diversity Statement**

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

**Mission Statement**

AAUW advances equality for women and girls through advocacy, education, philanthropy, leadership, and research.

**AAUW's Value Promise**

By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women and girls have a fair chance.

**National AAUW**

[www.aauw.org](http://www.aauw.org)

**California AAUW**

[www.aauw-ca.org](http://www.aauw-ca.org)

**PowayPenasquitos  
AAUW**

[www.powayarea-](http://www.powayarea-)

[ca.aauw.net](http://ca.aauw.net)

[aauwboard@gmail.co](mailto:aauwboard@gmail.com)

[m](mailto:aauwboard@gmail.com)

AAUW Poway  
Penasquitos Branch is a  
501(c)3 corporation

**President:** Cathy  
Burciaga

**Programs/1<sup>st</sup> Vice**

**Presidents:** Janice  
Heather & Sheila  
Walker

**Membership:** Pam  
Ames

**Secretary:** Karen  
McGurk

**Treasurer:** Michelle  
Blasberg

**Speech Trek Update** by Marie Dye

This year's Speech Trek contest is Saturday, January 30. The topic is "Has social media helped or hindered the breaking down of barriers for women and girls?" As of this writing, we have three registered students.

Our branch has a terrific team working to make this happen: Joan Thompson is our timer; Miriam Lauff is our student contact; Michelle Blasberg is our judge contact; and Honorine Nocon is our host and technical manager. I want to thank them and Harriet Gerza, Karen McGurk, Sheila Walker and Cathy Burciaga for helping the team practice over Zoom.

It is time for me to hand the baton to someone else so if anyone is interested in being a coordinator for this event, let me know! [mdye@san.rr.com](mailto:mdye@san.rr.com)

**Interbranch Council of San Diego County (IBC) Meeting on  
January 23** by Harriet Gerza

We have finalized our speakers for the Joint IBC Meeting on January 23 at 10 a.m. Thanks to Del Mar/Leucadia for securing our speakers and hosting the Zoom meeting.

We are excited to have two amazing women to guide us through the topics of "Aging Well during COVID" led by Pamela Smith, and "Mental Health and Wellness During COVID-19," with Dr. Lissa Lim. Ms. Smith is the Director of the San Diego Health and Human Services (HHS) School Wellness Program and the former Director of the San Diego HHS Aging Well Program. Her presentation will address what research tells us about what it takes to age well and what changes are required during COVID-19. Dr. Lim is a counselor, private therapist and professor at CSU San Marcos. She will discuss normal reactions to the current state of the world, strategies for improving or maintaining wellness, coping skills for supporting mental health, and mental health resources.

Attached is the flyer. Feel free to invite any guests to attend. The Zoom link will be sent to you closer to the meeting date.

## AAUW POWAY PENASQUITOS CALENDAR OF EVENTS



<p>January Thursday 6.30 pm</p> <p>Great Decisions will not meet in January.</p>	<p><b>Great Decisions</b> Marie Dye 858-538-1689 <a href="mailto:mdye@san.rr.com">mdye@san.rr.com</a></p>	<p><b>Great Decisions</b> is America's largest discussion program on world affairs. The program model involves reading the <i>Great Decisions Briefing Book</i> and meeting in a Discussion Group to discuss the most critical global issues facing America today. Each year, eight topics are chosen by a panel of experts.</p>	<p><b>RSVP: Marie Dye</b> if you are interested in joining the group. She will send you a <b>ZOOM</b> invitation. All are welcome to join the discussion.</p> <p>Great Decisions will not meet in December and January.</p> <p>For more info: <a href="http://www.fpa.org/great_decisions">www.fpa.org/great_decisions</a></p>
<p>January 19<sup>th</sup> Tuesday 1:30 p.m.</p>	<p><b>3rd Tuesday with Books</b> Pam Ames 858-578-4283 619-889-6229 (cell) <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a></p>	<p><b>Little Paris Bookshop</b> by Nina George <i>Monsieur Perdu</i> calls himself a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts and souls. The only person he cannot seem to heal through literature is himself; he is still haunted by heartbreak after his great love disappeared. She left him with only a letter, which he has never opened.</p> <p><b>Discussion Leader: Jan Rightmer</b></p>	<p><b>Pam Ames</b> will send the <b>ZOOM</b> invitation.</p> <p>You want to read the book and join the group?</p> <p>Email <b>Pam Ames</b> by January 17<sup>th</sup></p>
<p>January 23<sup>rd</sup> Saturday <b>GENERAL MEETING</b> with the other branches of AAUW in SD county 10 a.m.</p>	<p><b>General Meeting</b> <b>Program Co-chairs</b> Janice Heather janiceheather@hotmail.com Sheila Walker sekww@san.rr.com ~~~~~ ~~~~~ Or Contact Harriet Gerza, SD IBC director for more information</p>	<p style="text-align: center;"><b>ANNUAL INTERBRANCH COUNCIL EVENT</b></p> <p>All AAUW branch members in San Diego county are invited. We are excited to have two amazing women to guide us through the topics of “Aging Well during COVID” led by Pamela Smith, and “Mental Health and Wellness During COVID-19,” with Dr. Lissa Lim.</p> <p>Don't miss this interesting meeting.</p>	<p><b>The ZOOM link invitation will be sent to the whole membership a few days before the meeting. Look for it!</b></p> <p>For more information email: <a href="mailto:aauwboard@gmail.com">aauwboard@gmail.com</a></p>

	<a href="mailto:Harriet.gerza@gmail.com">Harriet.gerza@gmail.com</a>		
<p>January 23<sup>RD</sup> Saturday 7 p.m.</p>	<p><b>Travel Group</b> Pam Ames 619-889-6229 (cell) <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a></p>	<p><b>Travel Group</b>  <b>Zoom Travel Chat</b>  We will talk travel!</p>	<p><b>Pam Ames</b> will send the <b>ZOOM</b> invitation.  Interested in joining the group. Let <b>Pam Ames</b> know by January 21<sup>st</sup></p>
<p>January 25th Monday 1:30 p.m.</p> <p>January 25th Monday 1:30 p.m.</p>	<p><b>Mystery Book Group</b> Pamela Meyer 619-855-4071 <a href="mailto:pamela.me4@gmail.com">pamela.me4@gmail.com</a></p> <p><b>Mystery Book Group</b> Pamela Meyer 619-855-4071 <a href="mailto:pamela.me4@gmail.com">pamela.me4@gmail.com</a></p>	<p><b>American Spy</b> by Lauren Wilkinson <i>What if your sense of duty required you to betray the man you love? It is 1986, the heart of the Cold War, and Marie Mitchell is an intelligence officer with the FBI. She is brilliant, but she is also a young black woman</i></p> <p><b>CONT. FROM PREVIOUS PAGE</b>  <i>working in an old boys' club., Inspired by true events, the story knits together a gripping spy thriller, a heartbreaking family drama, and a passionate romance.</i></p> <p><b>Discussion Leader: Georgia Chagala</b></p>	<p><b>Pam Meyer</b> will send the <b>ZOOM</b> invitation.  You have read the book and want to join the group?  Email <b>Pam Meyer</b> by January 23<sup>rd</sup> so she can send you the link.</p>
<p>January 28<sup>th</sup> Thursday 7 p.m.</p>	<p><b>Thursday Evening Book</b> Ann Morgan - 858-484-5290 <a href="mailto:annmmorgansd@yahoo.com">annmmorgansd@yahoo.com</a>  <a href="mailto:Berina.Pennington">Berina Pennington</a> <b>858-722-9628</b> <a href="mailto:berina@san.rr.com">berina@san.rr.com</a></p>	<p><b>Bad Blood</b> by John Carreyrou  <i>In 2014, Theranos founder and CEO Elizabeth Holmes was widely seen as the next Steve Jobs: the program "unicorn" promised to revolutionize the medical industry with its breakthrough device, Theranos sold shares in a fundraising round that valued the company at more than \$9 billion, There was just one problem: The technology did not work.</i></p> <p><b>Discussion Leader: Carlyn Bows</b></p>	<p><b>Ann Morgan</b> will send the <b>ZOOM</b> invitation.  You have read the book and want to join the group?  Email <b>Ann</b> by January 26<sup>th</sup></p>
<p>January Different Saturdays</p>	<p><b>Hikers</b> Gayle Ziaskas 858-484-7596619-855-4071 <a href="mailto:gzia@aol.com">gzia@aol.com</a></p>	<p><b>Happy Hikers</b> <i>We hope the hikers are continuing to walk either on their own or with family members or close friends.</i></p>	<p><b>Gayle Ziaskas</b>  <i>Right now, the Happy Hikers are continuing to follow COVID-19 restrictions related to group gatherings.</i></p>

<p><b>January</b> <b>Mondays</b> <b>7 p.m.</b></p>	<p><b>Games Group</b> Lyn Johnston <u>858-831-0052</u> <a href="mailto:lynjohn@san.rr.com">lynjohn@san.rr.com</a></p>	<p><b>Games Group</b> <i>Hopefully, you are playing games with your family and friends.</i></p>	<p><b>Lyn Johnston</b> <i>Right now, the Games interest group is continuing to follow COVID-19 restrictions related to group gatherings.</i></p>
<p><b>January</b> <b>1st Friday</b> <b>(alternate months)</b> <b>9-11:30 am</b></p>	<p><b>Garden Gals</b> Jeanene Cook (Acting) 858-487-9215 <a href="mailto:Jeanenec@san.rr.com">Jeanenec@san.rr.com</a></p>	<p><b>Garden Gals</b> <i>We hope the garden group is enjoying virtual garden tours or locally when allowed to be open.</i></p>	<p><b>Jeanene Cook</b> Right now the Garden interest group is continuing to follow COVID-19 restrictions related to group gatherings.</p>

## January 30, 2021 SPEECH TREK



Local high school students are invited to compete in Speech Trek, a speech competition sponsored by the American Association of University Women of California. All contestants create 5-6-minute speeches on the following public policy topic:

**“Has social media helped or hindered the breaking down of barriers for women and girls?”**

**INTERESTED?** Contact AAUW Poway- Peñasquitos Branch at [aauwboard@gmail.com](mailto:aauwboard@gmail.com) for more information and to register for the event.

Registration deadline is January 25, 2021

### **LOCAL PRIZES**

First Place- \$\$500.00

Second Place- \$250.00

Winner of local contest participates in state semi-finals.

Top three state semi-finalists compete for more cash prizes

<https://www.aauw-ca.org/?s=Speech+Trek>

Search YouTube Speech Trek 2020 for videos of previous participants



*San Diego Interbranch Council Presents*

***Saturday, January 23 @ 10:00 am***

***Check-in & Zoom Social Chat @ 9:45 am***

***"Mental Health and Wellness During COVID-19"***

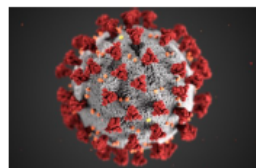
***Speakers:***



**Pam Smith**, San Diego County Health and Human Services (HHSA) Live Well Schools Director

Coordinates with all schools in San Diego County to improve the health and wellness of students, staff and community. Former Director of Aging and Independence Services for San Diego County. She was also the former Deputy Director of Health and Human Services at the County. She is a current board member of San Diego Seniors Community Foundation.

**Dr. Lissa Lim**, Licensed psychologist at California State University San Marcos. She earned her BA and MA in psychology at California State University San Marcos, and her PhD in Counseling Psychology from Southern Illinois University, Carbondale. She has practiced for 11 years and worked at a variety of setting including community mental health, university counseling centers, wellness centers, career centers, and private practice.



**Watch for the Zoom Link which will be sent to all branches in January!**