




AAUW Poway Penasquitos Affiliate

## IN THIS ISSUE

### Don't miss these September events & announcements:

- September 9: General Meeting
- September 22: Hike/walk with Happy Health Hikers at Annie's Canyon
- September 22: Grape Expectations visit Koi Zen Cellar
- September 30: Lunch at Havana Grill with the Travel Group

## President's Message by Michelle Blasberg

### Welcome Back

I hope your summer was restful and fun. A special welcome to the former Rancho Bernardo members who have joined our Affiliate. As we return to another fiscal year, I am excited to continue as the Affiliate President for the 2023-2024 year.

AAUW National has made an update and now Branches will be called Affiliates; we are now the AAUW Poway-Penasquitos Affiliate. Nothing really changes with the update, we will just refer to the branch now as an affiliate.

### Board Members for 2023-2024

#### Elected Officers:

- President – Michelle Blasberg
- Membership – Harriet Gerza and Linda Johnston
- Programs – Karen McGurk, Ellie Slade, and Joie Nolasco
- Treasurer – Sheila Walker
- Secretary – Karen Gibbs (Joan Natoli stepped down this year, we thank her for her time as secretary. Karen Gibbs, a new member, has agreed to assume the position for this fiscal year.)

#### Appointed Chairs:

- AAUW Fund – Pam Meyer
- Communications – Marie Dye
- Tech Trek Coordinators – Heidi Dalvie, Debbie Lewis, and Ellen Dillon
- Speech Trek Coordinator – Karen McGurk
- Public Policy – Janice Heather
- Scholarships – Cathy Burciaga
- **Diversity, Equity, and Inclusion (DEI) – Open** Harriet Gerza held this position last year but has stepped down, so we are looking for a member to work with AAUW-CA as our representative. If you are interested, please let me or any board member know.
  - The duties of this position are:
    - Promote inclusion and awareness for all members to create an equitable, sustainable, and inclusive membership reflective of today's world.
    - Conduct conversations with the Board to discuss most relevant DEI challenges in the affiliate and set goals to address them.
    - Work with the AAUW-CA DEI Committee to monitor affiliate programs, activities, and communications to members.
    - Educate the affiliate to be aware of opportunities to reach out to other organizations, groups, and entities to promote AAUW-CA DEI mission.

#### Board Meetings

Pursuant to the Affiliate Policies and Procedures, we hold regular board meeting which are open to all members. The meetings are held on Saturdays, below are the proposed dates for the meetings for this fiscal year:

- September 30, 2023
- November 18, 2023
- January 20, 2024

- April, 6, 2024
- June 22, 2024

I am excited about the programs being planned for this year. We will have a new meeting location that the Programs team believes will offer more parking, a pleasant environment, and be less expensive. See below for more information about that.

### **End of Year Meeting and Installation of 2023-2024 Board Members** by Marie Dye

Saturday, June 9 was the end of the year meeting with the installation of our 2023-2024 board by our Parliamentarian, Joan Thompson. Pictured left to right is Joan Thompson, Programs Co-Chair Ellie Slade, Membership Co-Chair Harriet Gerza, Membership Co-Chair Linda Johnston, Programs Co-Chair Karen McGurk, Treasurer Sheila Walker, President Michelle Blasberg, Secretary Joan Natoli, and Programs Co-Chair Joie Nolasco. Congratulations to all!

We heard from Shauna Oenning Ruyle, the State Director for Gov Trek, about this year's successful launch of the Gov Trek program, and from one of our local students who talked about completing her Gov Trek program experience. We also recognized our AAUW Funds Honorees: Karen McGurk for leading Speech Trek as well as working on our Programs; Louise McDevitt for managing the branch website; and Debbie Boyd for all the things she does for our affiliate!

Thanks to Michelle Blasberg for hosting and our Program Chairs for a wonderful brunch and program!



### **Nomination Committee Members Needed!** by Joan Thompson

We are looking for general members to serve on nominations committee as the offices of President, VP Programs, VP Membership, Secretary, and Treasurer need to be filled next year. Please be thinking about what position you (or you and other folks together) are willing to hold. Serving on the board is a great way to be involved.

Please contact Joan Thompson if you are willing to serve on the committee, [Kb6cut@cox.net](mailto:Kb6cut@cox.net) or 858-837-9078.

## Programs Update by Karen McGurk

Your Programs Team has been hard at work this summer planning and preparing for the 2023-2024 Programs. We have lots of exciting changes and news to share.

**First:** We have a new location for our monthly meetings. Beginning in September, we will be meeting at the Eastview RB Community Center at 17520 Drayton Hall Way, San Diego, CA 92128. This lovely new venue will allow us to substantially lower our rental costs. An added plus is lots of parking on-site and in the surrounding neighborhood.

**Second:** We will now alternate meeting times between afternoon hours (11 a.m. – 1 p.m.) and evening hours (6:30 – 8:30 p.m.). All meetings will be held on the second Wednesday of the month except for our first and last General Meetings of the year.

**Third:** Our ever-generous Special Interest Groups will now provide the food and beverage served at each meeting (except for September and June). You can look forward to varied, delicious offerings.

So save the date for our General Meeting on Saturday, September 9, when we will kick off the Programs Year by meeting with our Tech Trek girls and Scholarship recipients. This is a chance for you to see how the funds we raise benefit women and girls in our community.

As well, our Special Interest Groups will have tables set up with information about their activities. Take some time to meet the members and learn more about what the groups have to offer. There is something of interest for everyone! The meeting will be held at the Eastview RB Community Center, 17520 Drayton Hall Way, San Diego, CA 92128.

We will be serving a light lunch at 11:00 a.m. followed by the program from 12 – 1 p.m. This is an open meeting so feel free to invite your friends and families. If you plan to attend, please RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com).

## Meet our 2023 Scholarship Winners at the General Meeting on September 9 by

Cathy Burciaga, 2023 Scholarship Chair

Thanks to your generous donations during last year's Fall Fundraising Campaign and our springtime Cover to Cover Authors Luncheon fundraiser, each of these hardworking and deserving scholars will be awarded a \$2,000 Re-Entry Women's Scholarship check and certificate to continue their studies. You can meet and hear from each of our scholarship winners at the September 9 luncheon.

**Mikael "Miki" McArthur-Meier** is the mother of two young children, a prolific artist, an empathetic and active community volunteer, and a full-time student at Palomar College, majoring in Sociology and Art and also studying Spanish and American Sign Language with plans to pursue an advanced degree in art therapy. Ultimately, Miki's goal is to create programs and community-based art projects that support the caregivers of individuals with sensory processing difficulties.

**Hannah Crabtree** is a straight-A Psychology major currently attending Mesa College with plans to transfer to a San Diego area four-year university and major in Clinical Psychology. Having learned to manage her own autism spectrum disorder and bipolar disorder, Hannah now tutors young adults with learning disabilities and uses her extensive arts background to help patients in Sharp Hospital's therapeutic arts program. Hannah says that the AAUW-PP re-entry scholarship will allow her to realize her dream of bringing relief to those who suffer from mental illness.

**Cameron Danna** is a 32-year-old sophomore at Palomar College, majoring in Alcohol and Drug Studies and Family Counseling, who also works on the front lines of the drug epidemic as an EMT and substance abuse treatment case manager at two treatment centers in San Diego and Orange Counties...all while maintaining a 3.9 GPA. This fine scholar also interns with the California Lawyers for the Arts Foundation as an artist and installation builder. Cameron's immediate goal is to transfer to San Diego State University, obtain a BA degree, and ultimately direct a facility dedicated to helping and healing those suffering from mental illness and substance addiction.

**Julie Clemmons'** educational goals were put on hold as a single mom of four children, one of whom was diagnosed with autism. Despite that enormous challenge, all four of her children are now successful adults and Julie is resuming her studies in Entrepreneurship and Sociology at Miramar College with plans to transfer to CSU San Marcos. She plans to call on her experience and rich background in the performing arts, teaching, fitness, and her work with children and adults with disabilities, along with a good formal education, to launch a successful career supporting the neurodivergent community.

**Cover to Cover 2023**, photo courtesy of Debbie Boyd



## **AAUW California Public Policy Committee Launches “School Board Project”** by

Kathi Harper, AAUW CA Public Policy Chair, [aaufund@aauw-ca.org](mailto:aaufund@aauw-ca.org)

There is a dangerous wave sweeping across our country to withhold certain historical information from students and to preclude student access to educational materials and/or campus events concerning a number of historically marginalized groups, including persons of color and people in LGBTQ+ communities. These efforts include financial and other forms of support for school board candidates who support these policies and who would be in a position to see them implemented.

These policies are antithetical to AAUW California’s public policy priorities to ensure “equal access to quality public education for all students” including “access to diverse curriculum that represents historically accurate information.” This is why AAUW California is determined to do everything we can to stop this movement from taking hold in our beautiful state, and why we have entered into a collaboration with Equality California to identify, recruit, and support candidates to run for nonpartisan school board races up and down the state.

On June 25, 2023, AAUW California Public Policy Chair Kathi Harper, along with a representative from Equality California, made a presentation to the Los Angeles IBC explaining the project. <https://www.aauw-ca.org/aauw-california-public-policy-committee-launches-the-school-board-project/>

If you would like to know more about this issue or would like to be part of this effort, contact our branch public policy chair, Janice Heather at [janiceheather@hotmail.com](mailto:janiceheather@hotmail.com).

## **AAUW-PP Bylaws Updated** by Joan Thompson

Thanks to the editing, proofreading, and technical skills of Marie Dye and Karen McGurk, among other proofreaders, the AAUW-PP bylaws and policies and procedures have been updated to include the recently mandated language from National. The updates were approved at the July 2023 Board meeting. Please see the updates on the AAUW-PP website and the gdrive.

## Membership by Harriet Gerza

We added nine new members last year! This brings our total membership up to 118 but we have 6 who have not yet officially renewed again so hopefully that number will be solid by the end of August. Thanks to all of you who brought your friends, neighbors, and family to our meetings to entice them to join. You are our best recruiters so keep spreading the word and inviting everyone in your circles to come to a general meeting or interest group. We are setting our goal for the coming year to recruit 10 more to join so you'll be hearing about our outreach activities throughout the year.



In addition, we welcome eleven former Rancho Bernardo branch members to our group (so far). Many have already attended some of our meetings and are familiar with our activities, so we are very excited to have them join us officially. I will be highlighting these “new” members in the coming issues of the Adelante. Still handing out awesome prizes for enrolling new members!

Introducing our new members from Rancho Bernardo! Please introduce yourself and give them a warm welcome from our branch!

- Beverly Berkin
- Roseanne Brown
- Alice Bullard
- Irene Dunny
- Nancy Forderer: Former board member and President of RB, graduated from University of Toronto, MA with a major in English.
- Linda Kearnagan
- Shirley Napierala
- Linda Oster: Grew up in Ocean Beach in the 1940's and '50's, active in the feminist and environmental movements since the 1970's. She was a delegate to the International Women's Year conference in Houston in 1977. A world traveler, she crossed the equator for the 14th time in 2015. She crossed The Berlin Wall 3 times. She climbed Mount Whitney for the 6th time for her 60th birthday. And hiked the Annapurna circuit including an 18,000 ft pass for her 70th birthday.
- Susan Scott
- Judy Smith
- Donna Watson

## Speech Trek Returns Winter 2024 by Karen McGurk

Local high school students are invited to compete in Speech Trek, a speech competition sponsored by AAUW California. Contestants will create a 5–6-minute speech on the following public policy topic: How can we ensure a robust public school curriculum that is accessible to all and teaches historically accurate information?

Look for additional information in upcoming editions of Adelante. Questions? Contact Karen McGurk at [aauwboard@gmail.com](mailto:aauwboard@gmail.com). Please add Speech Trek to the Subject Line.

## Tech Trek by Debbie Lewis, Ellen Dillon, and Heidi Dalvie, Poway-Penasquitos Tech Trek Affiliate Co-Coordinators

We held a meet-and-greet on June 16 at Heidi's house so this year's campers could meet each other in person before camp and the girls' parents could ask questions. It's always reassuring for them to meet other girls who are going to camp and to get all their questions answered.



The in-person Tech Trek camp at UCSD was June 25 - 30. We sent seven girls from three middle schools (one camper declined at the last minute due to a scheduling conflict). They all had a fantastic time! We received lovely thank you cards from each of the girls and the cards will be posted at our September 9 meeting for you all to read.

The virtual Tech Trek camp was July 23 - 28. We had one camper attend and her mother contacted us to say that her daughter also enjoyed the camp.

Each middle school we work with has a Tech Trek liaison at the school who is a huge help to us in selecting girls for the camp. As a thank-you for their efforts, we gave each of the school liaisons a gift card to the Angelika Theater.

We have invited our eight Tech Trek girls to the September 9 meeting, where they will each give us a short description of their camp experience. They will come early so we can get a group photo of them to provide to the media. Feel free to chat with them individually and help them feel welcome during social time.

We have been meeting with the previous Rancho Bernardo Branch Tech Trek Co-Coordinators, Linda Groehling, and Benita Page, to plan a course of action for combining our Tech Trek efforts in the upcoming year.

Since the Tech Trek program will be expanding, please let us know if you would like to help with the program next year. There will be more opportunities and we are happy to talk with you about your interests! Contact us at [powaypqtechtrek@gmail.com](mailto:powaypqtechtrek@gmail.com).

### **AAUW-PP Annual Retreat January 12-14, 2024** by Pam Meyer, Retreat Chair

Want a weekend away? Want time to relax and just be with other women? Join us for a restful weekend at Camp Stevens in Julian, CA. It is just an hour's drive into the mountains north of San Diego. Meet new friends, renew old friendships, and have a great time at the "Best Slumber Party in Town!" Take hikes, shop in Julian, listen to an educationally fun program, enjoy games, and just take pleasure in the tranquil and peaceful atmosphere of Volcan Mountain. The Retreat flyer is attached to this newsletter. Join us. This could be the best weekend you have had in such a long time. Contact Pam Meyer at 619-855-4071 or [pamela.me4@gmail.com](mailto:pamela.me4@gmail.com).



### **Grape Expectations Sets Fall Calendar: Bring a Friend** by Janice Heather

Grape Expectations will close out the summer on August 25 at Karl Strauss Brewery in Sorrento Mesa, enjoying a brief foray into beer tasting before starting our fall wine tasting schedule. In the fall, Grape Expectations will revisit some favorite local wineries like Koi Zen and Bernardo Winery and explore two area wineries we've not been to yet.

Returning to Koi Zen in September, we will be indoors with air conditioning since Septembers can be hot. In October and November, we'll visit two wineries we've not been to in San Pasqual Valley outside Escondido. Please note that the October and November visits will be on Saturdays to accommodate those wineries' days of operation. In December, we return to Bernardo Winery to enjoy their seasonal holiday decorations and mulled wine!

Join us to carpool or meet us at the tasting room at 3 p.m. But first, please RSVP to [janiceheather@hotmail.com](mailto:janiceheather@hotmail.com).

Mark your calendars:

Friday, Aug 25, 3-5 p.m., Karl Strauss brewery, Sorrento Mesa <https://www.karlstrauss.com/visit/sorrento-mesa/>

Friday, Sept 22, 3-5 p.m., Koi Zen winery, Carmel Mountain <https://koizencellars.com/>

Saturday, Oct 21, 3-5 p.m., Espinosa winery, Bandy Canyon Rd <https://www.espinosavineyards.com/>

Saturday, November 18, 3-5 p.m., Altapiano winery, Highland Valley Rd <https://www.altipianovineyard.com/>

Friday, December 15, 3-5 p.m., Bernardo Winery, Rancho Bernardo

To RSVP for any Grape Expectations event, email [janiceheather@hotmail.com](mailto:janiceheather@hotmail.com). You are welcome to carpool with us or meet us at the tasting room at 3 p.m., but first please RSVP.

As always, feel free to bring a friend who might be interested in learning more about AAUW!

### **Help AAUW Pass the ERA** Reprinted from AAUW California Connection and submitted by Janice Heather

Sometimes being 100 years old is good. Like for a Giant Sequoia or a fun grandma who knows how to text. It's not good for the ERA. The Equal Rights Amendment which provides a constitutional guarantee that all men and women are truly equal under the law was introduced 100 years ago. It's still waiting to be published as the 28th Amendment to the Constitution. Really? That's even longer than standing in line for a Taylor Swift concert. Take action [HERE](#) to tell your elected officials to support the resolution to affirm the ERA. A fun grandma would.

**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](http://m)

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

**President:** Michelle  
Blasberg

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

**Presidents:** Karen  
McGurk, Joie Nolasco,  
Ellie Slade

**Memberships/2<sup>nd</sup> Vice**

**Presidents:** Harriet  
Gerza, Linda Johnston

**Secretary:** Joan Natoli

**Treasurer:** Sheila Walker

**Happy Healthy Hikers** by Mary Alice Rudelich and Jo Beneke

In June, the HHH members enjoyed a wonderful walk on Mission Beach and ate breakfast at the Worlds Famous restaurant. Michelle Blasberg led the group and arranged the breakfast.

On September 22, we will begin hiking again. Our first hike will be at Annie's Canyon at the San Elijo Lagoon. The loop is an easy 1.6 miles with a slot canyon climb. There is an alternate route to the top of the canyon. After the hike, we will take a short walk to Claire's on Cedros for refreshments. Please plan to meet at 126 Solana Point Circle off North Rios at 8:30 a.m. Carpool information will be sent before the hike. Jo and I hope that you will join us. Please RSVP to Mary Alice Rudelich at [mary.rudelich@aol.com](mailto:mary.rudelich@aol.com).



**Travel Group** by Pam Ames

We will have a Travel Group lunch on Saturday, September 30. This will give us a chance to revisit a favorite Cuban restaurant at their new location. Hope to hear about travel adventures, travel plans and of course any travel "tips"! Everyone is welcome to join us. Below are the details:

**DATE:** Saturday, September 30

**TIME:** 11:30 a.m.

**PLACE:** Havana Grill (Mission Valley) <https://www.havanagrillrestaurants.com/>

**ADDRESS:** 1652 Camino del Rio North (Mission Valley Shopping Center)

**CARPPOOL:** 11 a.m. at Park & Ride Scripps Poway Pkwy, next to Yanni's

**RSVP:** Pam Ames at [pamames123@gmail.com](mailto:pamames123@gmail.com)

**Help Wanted** by Louise McDevitt

Looking for a computer literate AAUW member who is willing to learn and help the webmaster (me) do the monthly and annual updates. I'm happy to teach you everything I know, which is limited, but maybe two heads will help us learn more together. I had no prior website experience when I took this on, so please do not let that stop you. Good knowledge of programs such as Word, Excel, Publisher, and/or photo editing programs are a plus. Email me at [MLMCDEVITT@PACBELL.NET](mailto:MLMCDEVITT@PACBELL.NET), if you would like to give it a try.

# AAUW POWAY-PENASQUITOS CALENDAR OF EVENTS

## September 2023

Date	Group	Topic	Group Leader	Meeting Details	Good to Know
Aug. 25	Grape Expectations	N/A	Janice Heather, <a href="mailto:janiceheather@hotmail.com">janiceheather@hotmail.com</a>	Meet at Karl Strauss Brewery in Sorrento Mesa, 9675 Scranton Road, from 3-5 p.m. RSVP to Janice at <a href="mailto:janiceheather@hotmail.com">janiceheather@hotmail.com</a>	We meet monthly on a Friday afternoon for either wine or beer tasting.
Sept. 7	Great Decisions	Global Famine	Sally Jacobson, <a href="mailto:sjacobs4@san.rr.com">sjacobs4@san.rr.com</a>	Meet at the home of Jeanni Harrison, 13865 Freeport Road in Penasquitos at 6:30 p.m. RSVP to Jeanni at <a href="mailto:jeanni.harrison@yahoo.com">jeanni.harrison@yahoo.com</a>	Meets the first Thursday of every month at 6:30 p.m. No meeting in Dec., Jan., July, and Aug.
Sept. 9	General Meeting	N/A	Karen McGurk, <a href="mailto:kmcgurkrn@sbcglobal.net">kmcgurkrn@sbcglobal.net</a> Ellie Slade, <a href="mailto:elliehs10.4.1582@gmail.com">elliehs10.4.1582@gmail.com</a> and Joie Nolasco, <a href="mailto:joienolasco@gmail.com">joienolasco@gmail.com</a>	11 a.m. – 12 p.m. social time followed by the program and ending at 1 p.m. A light lunch will be served. The location is Eastview RB Community Center, 17520 Drayton Hall Way in Rancho Bernardo. RSVP to <a href="mailto:aauwboard@gmail.com">aauwboard@gmail.com</a>	Open to the public! Invite your friends and family to meet our Tech Trek student campers and Scholarship recipients.
Sept. 22	Happy Healthy Hikers	N/A	Mary Alice Rudelich, <a href="mailto:mary.rudelich@aol.com">mary.rudelich@aol.com</a>	We will walk Annie's Canyon in Solana Beach. Meet at 8:30 a.m. at 126 Solana Point Circle off North Rios Ave. Refreshments at Claire's on Cedros optional after hike.	Hikes are once a month ranging from easy to moderate levels.
Sept. 22	Grape Expectations	N/A	Janice Heather, <a href="mailto:janiceheather@hotmail.com">janiceheather@hotmail.com</a>	Meet at Koi Zen winery, 12225 World Trade Drive in Carmel Mountain Ranch, from 3-5. RSVP to Janice at <a href="mailto:janiceheather@hotmail.com">janiceheather@hotmail.com</a>	We meet monthly on a Friday afternoon for either wine or beer tasting.
Sept. 26	Mystery Book Group	"The Round House" by Louise Erdrich	Pam Meyer, <a href="mailto:Pamela.me4@gmail.com">Pamela.me4@gmail.com</a>	Meet at 1:30 p.m. at the home of Cathy Burciaga, 11689 Petenwell Road in Scripps Ranch. RSVP to Pam if you plan to attend. <a href="mailto:pamela.me4@gmail.com">pamela.me4@gmail.com</a>	Meets the fourth Monday of every month. Want to join the discussion? Email Pam Meyer
Sept. 28	Evening Book Group	"Hidden Valley Road" by Robert Kolker	Ann Morgan, <a href="mailto:annmorgansd@yahoo.com">annmorgansd@yahoo.com</a> Marilyn Scheininger, <a href="mailto:marilyn.scheininger@gmail.com">marilyn.scheininger@gmail.com</a>	Meet at 6:30 p.m. at the home of Mary Alice Rudelich, 17746 Bellechase Cir in Rancho Bernardo. RSVP to Mary Alice at <a href="mailto:mary.rudelich@aol.com">mary.rudelich@aol.com</a>	Meets the fourth Thursday of every month. If you want to join the discussion, please email Ann or Marilyn
Sept. 30	Travel Group	N/A	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	We will be dining at Havana Grill at 1652 Camino Del Rio North (Mission Valley shopping center). The carpool will meet at Scripps Poway Park and Ride next to Yanni's at 11 a.m. RSVP to Pam Ames at <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	Meets monthly at various local restaurants.



N/A	Page Turners	N/A	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	No meeting in September	Oct. 10 at 1:30 p.m. is our next meeting. We will be discussing "Remarkable Creatures"
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# FALL KICK OFF MEETING

**Meet the Tech Trek Campers  
and Scholarship Awardees**


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**Saturday, September 9, 2023; 11am – 1pm  
Eastview RB Community Center;  
17520 Drayton Hall Way, SD 92128**

**A light lunch will be served. This is an open meeting, so please  
invite family and friends.**

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**RSVP TO: [aauwboard@gmail.com](mailto:aauwboard@gmail.com)**



## Poway Penasquitos AAUW Retreat

# *A Workout for your brain: Drumming*

When: January 12, 13, and 14, 2024  
 Where: Camp Stevens in Julian – Lax-Sadler Lodge  
 Time: From 3:00 p.m. Friday, January 12<sup>th</sup>  
 Through 12:00 noon Sunday, January 14<sup>th</sup>

Reservation: \$240.00 (includes cabin lodging, five (5) meals (Program will be extra))

### Weekend Activities

Wine Tasting, Relaxing      Games, Videos, Puzzles  
 Hiking in the mountains or shopping in Julian, or taking a nap  
 Book discussions  
 Friday – Ice Breaker  
 Saturday Drumming  
 Bring a friend or your sister for a weekend away from the routines of the day...  
 Get away for the weekend, enjoy your time, no cooking, make new friends and learn new things,  
 OR just relax, relax, relax.....The only rule is that there are no rules!!  
 Please note that we are limited to 28 women, so reserve early!

QUESTIONS? Email Pam Meyer: [pamela.me4@gmail.com](mailto:pamela.me4@gmail.com) or call her at: 619-855-4071

Send form below with your check    Cut here

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(Reservation for the Retreat includes lodging and 5 meals) Drumming fees are not included.

First deposit due by **November 15, 2023**      Final deposit due by **January 1, 2024**

\_\_\_\_\_ \$150.00 first deposit  
 \_\_\_\_\_ \$ 90.00 second deposit  
 \_\_\_\_\_ \$240.00 **Full amount** (checks will be deposited right away)

**Please note, balance of \$ 90.00 is due by January 1, 2024**

All money is **non-refundable** after January 1, 2024

MAKE CHECK PAYABLE TO: PP/AAUW

SEND CHECK TO: PAM MEYER, 18755 West Bernardo Dr. Apt. 1107, San Diego, CA 92127

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Mailing address \_\_\_\_\_

E-mail address \_\_\_\_\_ **All notices will be via e-mail**