

AAUW Poway Penasquitos Affiliate

IN THIS ISSUE

Don't miss these April events & announcements:

- April 10: April General Meeting: Cybersecurity
- April 13: Hike Ramona Grasslands with Happy Healthy Hikers
- April 19: Visit Mia Maria Winery with Grape Expectations
- April 26: Travel Group hosts Civil Rights Tour Highlights and Potluck

President's Message by Michelle Blasberg

Welcome to April

Asian American and Pacific Islander Heritage Month (as of 2009, officially changed from Asian/Pacific American Heritage Month)^[1] is observed in the United States during the month of May, and recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. (Wikipedia)

The AAUW fiscal year is fast approaching, running from July 1 through June 30. The leadership team will be new for the next term. We will be electing a new leadership team at the April meeting, so we encourage you to attend and make your voice heard. We have a great slate of nominees and I'm confident that their leadership will continue to guide our affiliate. Please think about the groups you enjoy and consider volunteering to lead or co-lead the group. I know that the Healthy Happy Hikers will be in need of a new leader for next year. More information will be provided as we move into the new fiscal year.

Renewals – Reminder

The renewal process, for most of our members continues. For members who joined prior to 2022, the renewal period is July 1 through June 30.

For new members who joined after March 2022, your renewal date is 12

months after your initial membership date. Dues will not change for this next membership period. The dues amount includes membership to AAUW National, AAUW-CA, and Affiliate dues. This year the total amount will be \$115.00: AAUW National dues \$72.00; AAUW-CA dues \$20.00; and Poway Penasquitos Affiliate dues \$23.00.

Future meetings:

- **May Affiliate Meeting** – Cover to Cover 2024 will be held on Saturday May 11, 2024 at Bernardo Heights Golf Club. Please mark your calendar and join us for a great luncheon and author presentation to support our affiliate fundraising account to fund Scholarships and Speech Trek. Don't forget to bring a bottle of wine (\$20.00 value) or gift cards to the April meeting.
- **June Affiliate Meeting** – End of Year Brunch.

Proposed Slate of Officers for 2024-2025 (FY25) by Nominating Committee members Cathy Burciaga, Debby Dutilly, Harriet Gerza, Karen McGurk, and Joan Thompson

The below group of members have been nominated to be the next members of the AAUW - Poway Penasquitos Board of Directors. Please review the slate below and come to the April General Meeting prepared to cast your vote. Thank you to all who have agreed to run for office.

- | | |
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| <ul style="list-style-type: none"> • President
Harriet Gerza (she is looking for someone to mentor) • Programs – 1st Vice President
Karen McGurk
Joie Nolasco
Deborah Boyd | <ul style="list-style-type: none"> • Membership- 2nd Vice President
Pam Ames
Karen Gibbs • Secretary
Deborah Dutilly • Treasurer
Kathy Moore |
|--|--|

April 10 General Meeting by Ellie Slade

Learn all about Cybersecurity from a local FBI special agent at our April meeting. The FBI plays a leading role in strengthening cybersecurity affecting its citizens, elections, and national security. According to the 2023 Internet Crime Report produced by the FBI's Internet Crime Complaint Center (IC3), IC3 received a record number of complaints from the American public: 880,418 complaints were registered, with potential losses exceeding \$12.5 billion. Data shows persons age 60+ have the highest complainant report rate, and California had the highest number of total complaints and highest number of losses.

https://www.ic3.gov/Media/PDF/AnnualReport/2023_IC3Report.pdf

Our affiliate has invited a local FBI Special Agent to assist us in how to identify - and repair - the damage caused by cybercrimes that may involve malicious viruses, phishing attacks, identity theft, hacking, election break-ins, misinformation, and AI generated false representations. Another popular phishing-type attack is when a criminal invades a person's accounts and contacts a person alleging that money is immediately needed to rescue, or replenish, cash to a friend's account. Then the criminal steals the money and moves on to the next victim.

To learn more about how to protect yourself from these crimes please join us on Wednesday April 10 from 11 a.m. – 1 p.m. at the Eastview Community Center at 17520 Drayton Hill Way, San Diego, CA 92128. Social time will be from 11 – 11:30 a.m., followed by refreshments from 11:30 a.m. – 12 p.m., and then the presentation at 12 – 1 p.m.

RSVP to aauwboard@gmail.com. Friends and family are invited, and the event is open to the public.

Finance Report by Sheila Walker

OPERATING ACCOUNT, February 29, 2024: \$4,407.38

We made payments for operating expenses.

FUNDRAISING ACCOUNT, February 29, 2024: \$7,662.56

We were delighted to write checks in February totaling \$1750 for the Speech Trek competition. This included the checks to the winners and thank you gifts to the judges who gave of their time on a Saturday morning to adjudicate the competition. We can do this as the result of your contributions to our fundraising campaign.

Membership by Harriet Gerza and Linda Johnston

We've done it again and added two more new members! Welcome Cynthia Sistik-Chandler and Betty Waznis to our branch. We have only received limited information so I hope to provide more background soon. Thank you again to all of you who carry our message to your family, friends, and colleagues about our group. Our total membership is up to 130 strong!



Please continue to invite guests to our meetings and interest groups to showcase our great organization and service we provide to our community.

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

We received 23 applications for the in-person camp, and we'll be choosing 12 girls to attend this year.

- In-person camp at UCSD: June 23 – 28, 2024
- Virtual camp: July 21 – 27, 2024



Volunteering – What can you do?

The directors and camp administrators are looking for some volunteers to help before the camp. How can you help?

- Help box up myriad resources for the virtual camp (if you live in San Diego County). Heidi Dalvie is not hosting this activity this year, and we don't know where it will take place yet. Let us know if you'd like to help and we'll find out.
- Make copies of the Flash Drive for the Virtual Campers.
- Be a CampDoc administrator. CampDoc is the organizational software for TT, and this task can be done from home.

- Volunteer to be the Custodian of Record for Live Scan with the state if you have a couple of hours a week for two months or so. You'll also need a clean record with the FBI, even though it's just paperwork, done from home! Live Scan is the digital fingerprinting process required of each person who works at a Tech Trek in-person camp (except for casual visitors).

We are waiting to see if they need us for registration and to sit in on the classes to give the teachers a break at UCSD. Stay tuned.

Roles Available at Camps – applications due April 15

Camp Directors typically start recruiting and contacting prior years' staff early, focusing on teachers, dorm monitors (dorm moms), and medical staff, followed by counselors, workshop presenters, coaches, and others. See a summary at <https://www.aauw-ca.org/documents/2024/01/tech-trek-volunteer-roles-no.pdf/> for more information about available roles. All roles are not necessarily available at all camps.

Contact us if you'd like to learn more! powaypqtechtrek@gmail.com

Planning Well Under Way for Cover to Cover Authors Luncheon on May 11! by

Cathy Burciaga

Committee members have been busily at work planning our 24th Annual Authors Luncheon "Cover to Cover" which will look a little different this year. Our theme is "Whodunnit Under the Sun?" which is a nod to our authors, one a mystery writer and one a true crime writer, both based in sunny Southern California and both highly acclaimed for their work. The event will be a fun way to spend a few hours with friends, enjoy a gourmet lunch and hear two great speakers, with time to look for bargains at the gift card and wine surprise tables, browse and buy books, and bid on unique auction items. All, of course, for the sole benefit of our re-entry scholarship winners to be named this summer.

You will meet Tammy Leitner before lunch. Tammy is a Peabody Award and multiple Emmy Award winning investigative journalist who has just completed "Don't Say a Thing," a riveting account of her eight-year investigation into a serial criminal and his many victims. Then, meet T. Jefferson Parker, a very well-known mystery writer living right here in San Diego County. Jeff is a three-time Edgar Award winner, a recipient of the Los Angeles Times Book Prize, and New York Times bestselling author of 28 suspense and mystery novels. His latest, "The Rescue", was inspired by his own rescue dog, Jasper. Both of our authors will make time to sign their books and chat with you.

Registration runs from April 1 to May 3. As always, you are encouraged to bring friends, especially those who might be interested in joining our wonderful affiliate. Doors open at 10 a.m. on Saturday, May 11 for check-in at the beautiful Bernardo Heights Golf Club in Rancho Bernardo. See the flyer and RSVP form at the end of this newsletter for more details.

Who was Rosie? Notable Women in History by Joie Nolasco

The term "Rosie the Riveter" served as shorthand for the women workers flooding the industrial workplace during WW II. The first Rosie popped up in a popular tune released in early 1943. As the song put it, "She's a part of the assembly line. She's making history, working for victory, Rosie the Riveter!" The song along with Norman Rockwell's cover depicting a woman riveter on lunch break on the Saturday Evening Post magazine made her a lasting icon.

"We Can Do It!" is an American World War II wartime poster produced by J. Howard Miller in 1943 for Westinghouse Electric as an inspirational image to boost female worker morale. It was rediscovered in the early 1980s and widely reproduced in many forms to promote feminism and other political issues.

https://en.wikipedia.org/wiki/We_Can_Do_It!



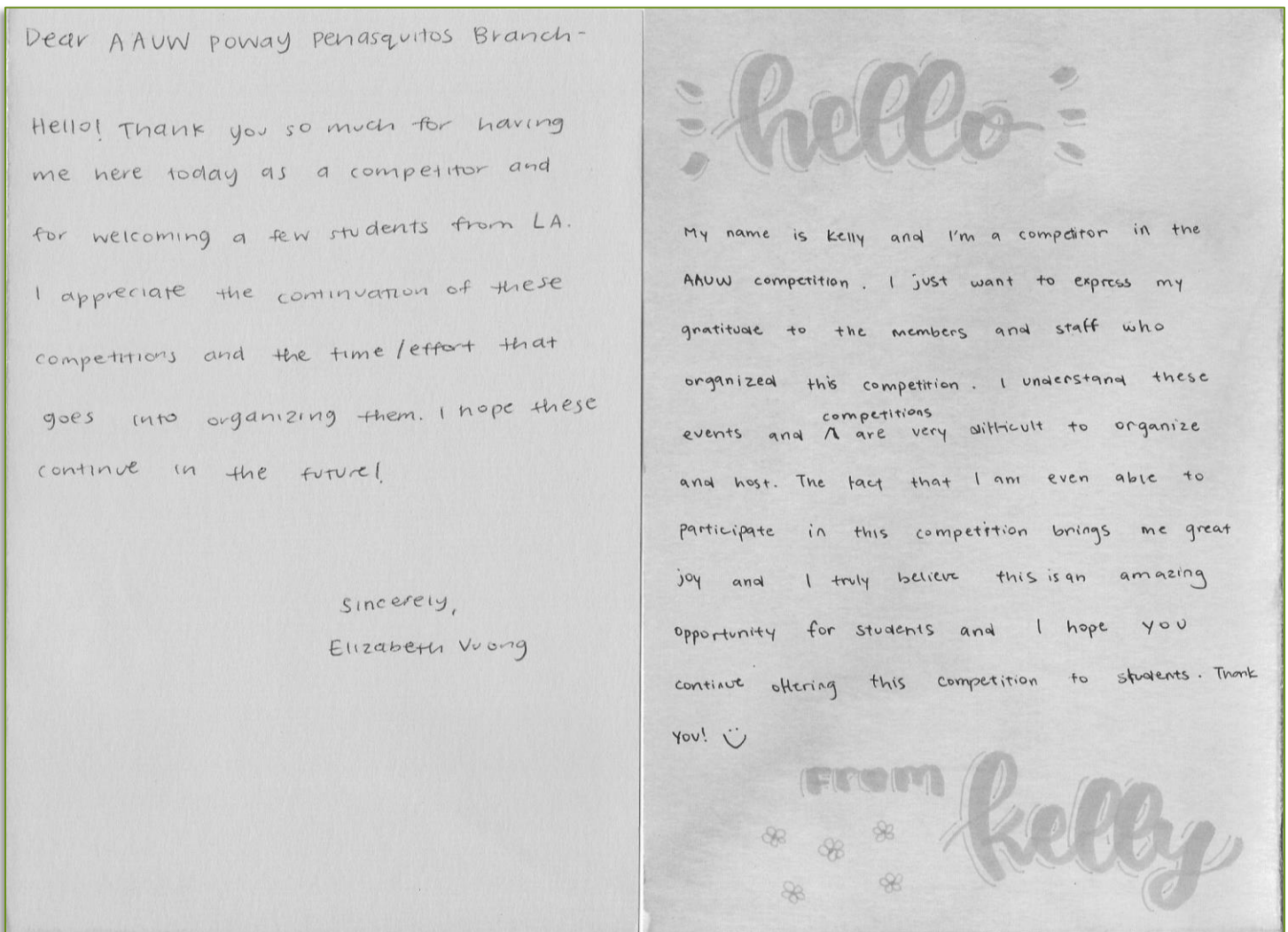
Speech Trek Update by Karen McGurk

Our Speech Trek Competition winner, Shree Patel, will compete in the AAUW State Semi-final virtual competition. The top three videos will be showcased at the Saturday, April 27, 2024, California Annual Event starting at 9:00 a.m. You can register for this event at www.aauw-ca.org.



We received lovely thank you cards from Elizabeth Vuong and Kelly Wu who competed in our branch competition. It is apparent from their words that your support makes quite a difference for them.

The Speech Trek Committee is grateful for your donations that help provide this opportunity for our high school students. This year we had freshmen through senior year participants from multiple high schools. With your help, we continue to reach more students and encourage their ability to be effective communicators.



AMERICAN ASSOCIATION OF UNIVERSITY WOMEN POWAY PENASQUITOS AFFILIATE

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

California AAUW

www.aauw-ca.org

PowayPenasquitos AAUW

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

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

aauwboard@gmail.com

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

President: Michelle Blasberg

Programs/1st Vice

Presidents: Karen McGurk, Joie Nolasco, Ellie Slade

Membership/2nd Vice

Presidents: Harriet Gerza, Linda Johnston

Secretary: Joan Natoli

Treasurer: Sheila Walker

Happy Healthy Hikers by Mary Alice Rudelich and Jo Beneke

On Saturday, April 13, we will be hiking the Ramona Grasslands at 8:30 a.m.

<https://www.sdparks.org/content/sdparks/en/park-pages/RamonaGrasslands.html>

We hope you will join us for this hike. Please RSVP to mary.rudelich@aol.com.

Ramona Grasslands County Preserve
17430 Highland Valley Road
Ramona, CA 92065 • 760-788-3326
Preserve Hours: 8 a.m. – sunset
Pedestrian access: Sunrise – sunset

Nearby County Preserves

Bassett Ranch County Preserve: Located at 1500 Deviney Lane/Sun Vicente Road, Ramona, this 728-acre preserve is home to a myriad of natural wildlife. Four miles of multi-use trails include a 2.5-mile loop for walking, running, hiking and horseback-riding. Picnic tables and rest areas add to a relaxing day in nature. The preserve is open seven days a week, from sunrise to sunset.

Lauff Pond County Preserve: Located at 3000 Duck Pond Lane, Ramona, the preserve sits on nearly 90 acres. This verdant landscape, beneath a canopy of dense coast live oaks, is a great spot to relax and enjoy a picnic. A 1.5-mile hike goes nearly to the top of the ridge for some beautiful views. For horse lovers, the adjoining Holly Oaks County Park has a 2-acre staging area that features the only public equestrian arena and round pen in Ramona. The preserve is open seven days a week sunrise to sunset.

Simon County Preserve: Located at 23500 Bassett St., Ramona, this 650-acre preserve is open to hikers, equestrians and mountain bikers. Five miles of multi-use trails include a 550-foot climb to Ramona Peak. Enjoy taking in the scenic mountain landscape: rolling hills and grassy meadows from this viewpoint, before cycling back to the staging area. The preserve is open seven days a week from sunrise to sunset.

RULES AND REGULATIONS

ACCIDENTS: The County of San Diego shall not be responsible for loss of accidents.

ALCOHOLIC BEVERAGES: Alcoholic beverages are permitted provided the alcohol content does not exceed 20%.

DOG LEASHES AND OTHER ANIMALS: No person shall remove, deface, or destroy real markers, monuments, fences, signs, camp or picnic structures, or other preserve facilities.

DRONES: Remotely piloted aircraft and drones are prohibited.

FIRE HAZARDS & SMOKING: Smoking, including the use of e-cigarettes, is not permitted. Cigarettes and cooking stoves are prohibited.

HOMES AND OTHER ANIMALS: No horse or other animal shall be hitched to any tree, shrub, or structure in a manner that may cause damage to preserve property. No person shall dig, drive, land, or log a horse, except in areas specifically designated for such use.

LITTERING: Littering is prohibited.

MOTOR VEHICLES: The unauthorized operation of motor vehicles is prohibited.

NO HUNTING: No person shall use, transport, carry, fire, or discharge any firearm, air gun, archery device, slingshot, fireworks, or explosive device of any kind in a preserve.

PETS: Dogs are allowed on a maximum six-foot leash. Please clean up after your dog.

PRESERVATION OF TRAILS: All wildlife, plants, and geologic features are protected and are not to be damaged or removed. All historical artifacts and cultural resources are to be left in place.

INFORMATION

Connect on Instagram
Department of Parks and Recreation
5000 Chula Vista Avenue, Suite 410
San Diego, CA 92123
Reservations & Information
Toll Free • (877) 365-3600
Local • (619) 565-3600

Visit us at sdparks.org

TIPS FOR HIKING AT RAMONA GRASSLANDS COUNTY PRESERVE

Dress Appropriately: Sturdy shoes, a hat, sunglasses, sunscreen and insect repellent are highly recommended. Weather conditions can change rapidly, so be prepared for extremes.

Carry Water: Ramona Grasslands can be very hot and dry. For a full day's hike in moderate weather, you should bring at least two liters of water – more is best. Do not drink from natural sources.

Bring Snacks: For longer hikes, a supply of trail snacks will help you maintain your energy level.

Bring/Tell a Friend: Inform someone about your route and what time you should return. Hike with a companion.

Carry a First Aid Kit: A first aid kit can make the difference between an enjoyable hike and a potentially serious situation.

Download the All-New Easy2Hike App for Free!

www.easy2hike.com

Grape Expectations Heads Back to Mia Marie in April by Janice Heather

Our intrepid AAUW wine tasters enjoyed the wines and views of Mia Marie winery so much last year that we're going back on Friday, April 19. Please join us!

The family-owned winery is located on 105 acres at 15036 Highland Valley Road, overlooking the nearby San Pasqual Valley. It promises to be a lovely spring afternoon with friends in a beautiful park-like setting. For more information on Mia Marie and their wines, go to <https://miamarie.com/>.

If you'd like to join us, please rsvp to janiceheather@hotmail.com so we can reserve enough seats. And, as always, please feel free to bring friends who might be interested in AAUW.

Travel Group by Pam Ames

The Travel Lunch Group will have a special meeting this month on April 26. We'll meet at the home of Joie Nolasco for a presentation by Debbie Boyd. She'll be presenting information about a Road Scholar tour she took which tracked highlights of the Civil Right movement. All members of AAUW are welcome and encouraged to join us. Details about the April 26 lunch are in the flyer below. Hope to see you there!



AAUW POWAY-PENASQUITOS CALENDAR OF EVENTS

April 2024

Date	Group	Topic	Group Leader	Meeting Details	Good to Know
Apr 4	Great Decisions	Risky Science Across Borders	Marie Dye, mdye@san.rr.com	We will meet at 6:30 p.m. at the home of Marilyn Scheininger, 13040 Caminito Bautizo. Please RSVP to Marilyn at marilyn.scheininger1@gmail.com .	Meets the first Thursday of every month at 6:30 p.m. No meeting in Dec., Jan., July, and Aug. Interested in joining? Marie Dye at mdye@san.rr.com .
Apr 8	Games Group	N/A	Aresa Toukdarian, atoukdar@gmail.com	Meet from 1-3 p.m. at Rancho Penasquitos Branch Library's Community Room, 13330 Salmon River Road. RSVP to Michele at mmichaels@san.rr.com	Group meets once a month to play board games. Contact Aresa if you want to be added to the distribution list.
Apr 9	Page Turners	Lessons in Chemistry, by Bonnie Gamus	Pam Ames, pamames123@gmail.com	Meet at 1:30 p.m. at the home of Barbara Fisher, 13217 Deron Avenue. RSVP to Barbara at afisherjr@aol.com .	Meets the second Tuesday of every month at a member's home at 1:30 p.m. Contact Pam Ames if you wish to be added to the distribution list.
Apr 10	General Meeting	"Cybersecurity" presented by a local special agent of the FBI	Karen McGurk, kmcgurkrn@sbcglobal.net Ellie Slade, elliehs10.4.1582@gmail.com Joie Nolasco, joienolasco@gmail.com	The meeting is from 11 a.m.-1 p.m. at the Eastview Community Center located at 17520 Drayton Hall Way. RSVP to aauwboard@gmail.com .	Bring a friend!
Apr 13	Happy Healthy Hikers	N/A	Mary Alice Rudelich, mary.rudelich@aol.com	Join us at 8:30 a.m. for a hike at Ramona Grasslands. RSVP to Mary Alice at mary.rudelich@aol.com .	Hikes are once a month ranging from easy to moderate levels. Contact Mary Alice to be added to the distribution list.
Apr 19	Grape Expectations	N/A	Janice Heather, janiceheather@gmail.com	We will meet at the Mia Marie winery https://miamarie.com in Escondido from 3-5 p.m. RSVP to Janice Heather at janiceheather@gmail.com .	We meet monthly for either wine or beer tasting. Please contact Janice to be added to the distribution list.
Apr 22	Monday Mysteries Book Group	Don't Say a Thing, by Tamara Leitner	Pam Meyer, pamela.me4@gmail.com	Meet at 1:30 p.m. at the home of Karen McGurk, 14905 Derringer Road, Poway. RSVP to Karen at kmcgurkrn@sbcglobal.net .	Meets the fourth Monday of every month. Please email Pam Meyer to be added to the distribution list.

Apr 25	Evening Book Group	Tomorrow and Tomorrow and Tomorrow, by Gabrielle Zevin	Ann Morgan, annmorgansd@yahoo.com ; Marilyn Scheininger, marilyn.scheininger@gmail.com	Meet at 6:30 p.m. at the home of Terry Humphrey, 13195 Bavarian Drive. RSVP to Terry at thumphrey@palomar.edu .	Meets the fourth Thursday of every month at 6:30 p.m. If you want to join the discussion, please email Ann or Marilyn.
Apr 26	Travel Group	Civil Rights Tour Highlights	Pam Ames, pamames123@gmail.com	Join us for a potluck at the home of Joie Nolasco, 13083 Old West Avenue from 11 a.m. – 1 p.m. RSVP to Pam Ames.	Meets monthly at various local restaurants. Contact Pam Ames to be added to the distribution list.

**APRIL 2024
MEETING**

CYBERSECURITY

**WEDNESDAY, APRIL 10
11 a.m. - 1 p.m.**

Learn about Cybersecurity from a local FBI special agent at our April meeting. The FBI plays a leading role in strengthening cybersecurity affecting citizens, elections, and national security. According to the FBI's 2023 Internet Crime Report, their Internet Crime Complaint Center (IC3) received 880,418 complaints, with potential losses exceeding \$12.5 billion.

A local FBI Special Agent will discuss how to identify - and repair - the damage caused by cybercrimes that may involve malicious viruses, phishing attacks, identity theft, hacking, election break-ins, misinformation, and AI generated false representations.

RSVP to aauwboard@gmail.com. Friends and family are invited, and the event is open to the public. Light refreshments will be served.

Eastview Community Center
17520 Drayton Hall Way 92128

<https://www.facebook.com/AAUWPowayPQ>
<https://powayarea-ca.aauw.net/>



AAUW Travel Group Invites you
to join us for a

**potluck lunch (bring a
Southern dish to share)**

and a presentation from

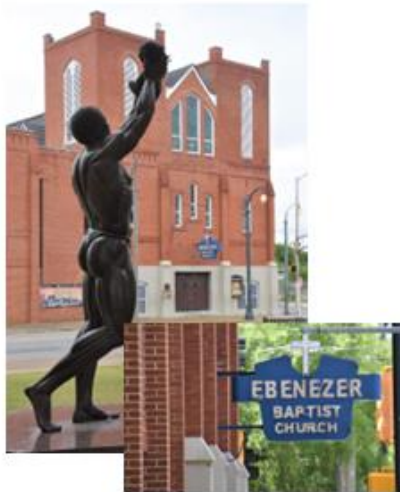
Debbie Boyd on Road Scholar's

Civil Rights Tour

Date– Friday April 26th from 11am-1pm

Address– The home of Joie Nolasco

13083 Old West AVE. SD (858) 829-8936



MLK's church in Atlanta, Georgia

Road Scholar Trip
3 nights Atlanta, Georgia
2 nights Montgomery, Alabama
2 nights Birmingham, Alabama
Walk across the Edmund Pettus Bridge,
Visit the Carter Center,
Visit the powerful Legacy Museum
Go to the Rosa Parks Museum, Civil Rights Museum and much more



President Jimmy Carter Presidential Center

**RSVP to host Joie Nolasco
joienolasco@gmail.com**

Go to the Freedom Rider Museum



**Bring a Southern
food dish to
share. Let Joie
know what dish
you're bringing
when you RSVP.**



<https://www.roadscholar.org/find-an-adventure/22657/The-Civil-Rights-Movement-Atlanta-Montgomery-Selma-Birmingham/itinerary/>

Save the Date



The Poway-Penasquitos Branch presents

COVER TO COVER AUTHORS LUNCHEON

A Fundraiser for Re-entry Women Scholarships



MAY 11



10:00AM

**Bernardo Heights
Golf Club**



Meet Tammy Leitner, Peabody Award and
Emmy Award Winning Investigative Journalist



Meet T. Jefferson Parker, Edgar Award Winner
and NY Times Best-Selling Author of 28 novels





24th Annual Cover to Cover Authors Luncheon
Saturday, May 11, 2024 10AM-2PM

The Heights Golf Club, 16066 Bernardo Heights Pkwy, San Diego 92128

Check-In: 10:00-10:45 a.m. Program: 11:00 a.m. - 2:00 p.m.

Reservation deadline is Friday, May 3. \$75 Includes Luncheon & Program

**Make checks payable to "AAUW/PP" and mail this form and check to:
 Pamela Meyer-C2C, 18755 W. Bernardo Drive, Apt. 1107, San Diego 92127**

Tables of 10 will be guaranteed seating at the same table. (One check for the whole table would be most appreciated!) Smaller groups will be combined with another group at a table.

Questions? Email aauwboard@gmail.com, or call/text Pam (619) 855-4071 or Cathy (858) 449-5096

Entree Choices

➤ *Chicken with Sun-Dried Tomato & Artichoke Sauce*

➤ *Pan Seared Salmon in Lemon Caper Sauce*

(Both Entrees are served with Salad, Roasted Potatoes and Seasonal Vegetables)

➤ *Vegetarian Option: Butternut Squash Risotto, Salad, Swiss Chard, Maple Gagliante*

Dessert: The Heights Seasonal Berry Cobbler

Name	Chicken	Salmon	Vegetarian
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

PRINT CLEARLY the contact information for table confirmation:

Name _____ Email: _____

Any special needs (wheelchair, walker)? Please explain _____

I am unable to attend but am enclosing a \$_____ donation for Re-Entry Women Scholarships

****PLEASE SEND IN THIS ENTIRE PAGE TO HELP US WITH OUR RECORD KEEPING****