

# Adelante



AAUW Poway Penasquitos Affiliate

## IN THIS ISSUE

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

- September 14: General Meeting
- September 20: Visit Koi Zen Cellars with Grape Expectations
- September 27: Walk Cabrillo National Monument with Happy Healthy Hikers
- September 28: Enjoy Café Athena with the Travel Group

## President's Message by Harriet Gerza

### Welcome Back!

I hope you all had a great summer and kept reasonably cool. Our new board and committee chairs have been working on bringing new programs, new ideas, and renewed energy for the coming year. I want to thank the past board for handing over a financially sound starting point for us. They worked hard to bring our branch back to full financial stability after COVID reduced our membership numbers and limited our programs and activities. But now we are back, baby, and ready to continue where we left off before that dark time.

### Programs

Our Program committee has developed a full slate of amazing speakers. Cathy, our C2C guru, has already secured May 17, 2025 at the Heights, and Tech Trek is buzzing with activity for the new trekkers as well as our alumni trekkers. Membership has already received three new member applications and we've secured at least three new ads for our directory, so things are already humming along.

Our Saturday, September 14 general meeting will feature our Tech Trek girls and Scholarship recipients, and it is always very gratifying to hear from them. I hope you will mark your calendars for joining us to reunite and catch up with friends and welcome new members. We'll be offering a

light brunch as a welcome back.

### Presidential Elections

This year is especially momentous as it is our presidential election year and likely with many more propositions on the ballot. We are partnering with the League of Women Voters for our meeting on Wednesday, October 9 to help sort out and explain what is on the ballot. Be sure to mark it on your calendars and invite your friends and neighbors. We'll also have register to vote apps for those of you who have moved and need to make sure you are registered at your new address.

Our new board is brimming with excitement for the coming year and we hope you are ready to join in the fun too! See you all soon.

## September 14 General Meeting by Karen McGurk

Save the date for our first General Meeting on Saturday, September 14. We will kick off the 2024-2025 Year by hearing from our Tech Trek girls and Scholarship recipients. It is always inspirational to hear about their experiences and learn how your support has impacted their lives.

Please plan to join us for brunch at 10 a.m. followed by the program at 11 a.m. The meeting will be held at the Eastview RB Community Center, 17520 Drayton Hall Way, San Diego, CA 92128. This is an open meeting. If you plan to attend, please RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com).

## Program Committee Survey Results by Karen McGurk

The survey was completed by members who attended the June program, as well as members who responded to the on-line survey, for a total of 45 participants. Below are the results:

**Time of Programs:** The vote was evenly distributed between the four options offered: 9-11 a.m., 11 a.m.-1 p.m., 4-6 p.m., 6-8 p.m.

**Hospitality at Programs:** 40 out of 45 respondents voted to continue with the Special Interest Groups providing food and beverages for the meetings.

**Program Suggestions:** Many, many excellent suggestions were submitted and were used to help plan the 24-25 Program Calendar.

## Finance Report by Kathy Moore

At the August Board meeting the 2024-2025 budget was proposed for a vote at September's meeting.

### Operating Account

Income	\$3000
Expenses	\$3500
<b>Deficit</b>	<b>\$500</b>

While there is still a small projected deficit, the account balance is more than sufficient to cover it. The Board's ongoing efforts to streamline and cut costs will ensure we meet this year's budget.

**Operating Bank Balance June 30, 2024, was \$4,930.14.**

### Fundraising Account

Income	\$22,500
Expenses	\$17,000
<b>Surplus</b>	<b>\$5,500</b>

The Scholarship and Speech Trek awards for 2024-2025 are covered, thanks to the combined efforts of the entire branch. Special thanks go to the Cover-to-Cover planners and all who contributed to our fall campaign. We start the 2024-25 year in a strong financial position. Your continued support will mean we can continue in our mission to fund scholarships and provide programs to create community leaders.

**Fundraising Bank Balance June 30, 2024, was \$19,031.51.**

## Welcome to Our New Board of Directors for 2024-2025 by Marie Dye

Pictured left to right: Karen McGurk (Programs), Harriet Gerza (President), Joie Nolasco (Programs), Pam Ames (Membership), Kathy Moore (Treasurer), and Debbie Boyd (Programs). Missing is Debby Dutilly (Secretary).



**Tech Trek Update** by Heidi Dalvie, Ellen Dillon, Debbie Lewis, Linda Groeling, Pat Armstrong, AAUW Poway-Penasquitos Affiliate Tech Trek Co-Coordinators

The Tech Trek camp at UCSD this year (June 23-28) was a HUGE success. We sent 11 girls from seven middle schools. We received excellent feedback from the families. One of the camper's moms was so inspired by the program that she joined our branch and wants to be active in the TT program. Thank you to Karen McGurk for volunteering during camp registration and Sapna Mehta who was an instructor for Engineering and Robotics.



We also sponsored one girl for the *virtual* Tech Trek camp this year (July 21 – 26). The virtual camp continues to be a popular option, so it will likely continue to be offered as an alternative to in-person camp. We believe, however, the in-person camp has greater overall benefits for the girls and we strongly encourage them to attend in person.

We have invited this year's campers to our September 14 brunch meeting, when they will each give us a short description of their camp experience. Be sure to put this date on your calendar so you can attend! Please make an effort to chat with the girls and their families and help them feel welcome during social time.

We are very pleased to have received grants of \$5,000 from Hologic and \$4,000 from the Rotary Club of Rancho Bernardo to support the Tech Trek program. A special shout-out to Benita Page and Shirley Napierela, who both generously donated funds and their time and were integral in securing the Rotary sponsorship. We are very grateful for their support! And thank you to Aresa Toukdarian for her grant-writing and fundraising efforts! As our club grows, we will send as many girls to camp as we can financially support and can administratively manage. We hope to send 12 girls to camp next year. One of our members, Sapna Mehta, will be on the State Committee for Tech Trek.



Each middle school we work with has a Tech Trek school liaison 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 an AAUW Tech Trek metal stemless wine goblet.





## Speech Trek Returns Winter 2025 by Karen McGurk

Local high school students are invited to compete in Speech Trek, a speech competition sponsored by AAUW California. Contestants will create 5–6-minute speech on the following public policy topic: *Climate Change is Happening. The effects are widespread and touch upon almost all aspects of our life on this planet. Select one area of impact and explore the effect climate change is having on women in the USA, and around the world.*

Look for additional information in upcoming editions of the Adelante. Questions? Contact Karen McGurk at [aauwboard@gmail.com](mailto:aauwboard@gmail.com), and please add Speech Trek to the subject line.

## Membership Matters by Pam Ames

As we kick off the new year, I want to extend a warm welcome to all the new members who have recently joined our affiliate. We are thrilled to have you with us and look forward to the exciting times ahead!

I encourage each of you to attend an upcoming General Meeting—bring a friend along, too! Our interest groups are a fantastic way to connect with fellow members and start building lasting friendships. Whether you're passionate about a particular topic or just looking to meet new people, there's something for everyone.

A heartfelt thank you to all our renewing members as well. Your continued support and enthusiasm are what make our community so special. When you meet our new members, please take a moment to introduce yourselves and make them feel at home.

Here's to a wonderful and inspiring year together!

## Meet Our 2024 Re-entry Women's Scholarship Winners by Cathy Burciaga, Scholarship Chair

Introducing our re-entry scholarship awardees! You can meet them in person at our September 14 General Meeting and brunch at the Eastview RB Community Center.

A native of Tecate, Baja California, **Elena Alcaraz** has been an honor student in the San Diego County Community College system, completing her studies there in the behavioral sciences. She will be entering **Pt. Loma Nazarene University** in the fall. Elena's success has been hard won. After overcoming the trauma of human trafficking and a near fatal brush with COVID in 2020, she devoted herself to raising her daughter, her volunteer work with survivors of human trafficking, and to her studies. Today she counsels others at the National Alliance on Mental Illness' Next Steps Program and plans to earn an advanced degree as a Clinical Psychologist.

**Olivia Fentress** is on the path to her ultimate goal which is to earn her BA in Psychology with an emphasis on music therapy from **CSU San Marcos**, where she has been accepted for this fall. Olivia has an extensive background in volunteerism with homeless and at-risk youth and victims of spousal abuse, has taught the fundamentals of music composition, production and recording, and she organizes events and activities for the elderly.

**Jana Tran** is a resident of Rancho Penasquitos and is currently attending the **University of North Texas** online as a sophomore. After taking time out to help support her family for several years, Jana has returned to college, now studying toward her bachelor's degree in organizational design, consumer behavior, and data analytics. Her concentrations are intertwined with the industry in which she works as a full-time eCommerce conversion rate optimization specialist and project team leader.

**Brenda Nguyen's** studies at UC Riverside toward a degree in Business Economics were interrupted, as with so many women scholars, by "extenuating life circumstances." She was finally able to return in 2023 and she is an honor student at **San Diego City College**. The mother of two plans to pursue a bachelor's degree in cyber defense and analysis, combining that knowledge with her passion for child development with the aim of protecting children and their information in childcare and healthcare centers.

**Roxanne Word** is a returning student currently majoring in geography in the **San Diego Community College** system with the professional goal of geographer/GIS specialist. Roxanne calls her work in falconry an "unconventional career path" and has been featured in the L.A. Times and other media. Her unusual career has allowed her to train others in the field and pursue her passion for social and environmental issues. Ultimately, her plan is to transfer to George Mason University in Virginia for their accelerated masters program in geography.

## Public Policy Updates from AAUW California shared by Marie Dye

Although the 2024 legislative session won't end until this fall, the governor has already started to sign bills. We are excited to let you know that three bills on our agenda have already been signed: AB 1955, AB1790, and AB2608. Hooray!

**AB 1955** will prohibit school districts from requiring staff to notify parents if a student uses a different name or pronouns or identifies as a different gender than what is on their birth certificate. California is the first state in the nation to ban forced outings of transgender students.


**AB 1790** will strengthen protections against sexual assault and harassment at California State University (CSU) campuses by requiring two reports from CSU on the status of their implementation of the State Auditor recommendations.

**AB 2608** will require the California Community Colleges and the CSUs, and request the University of California, to provide educational and preventive information on sexual violence and harassment, including how to recognize if someone is at risk of drug-facilitated sexual assault.

A school board candidate questionnaire is now available, courtesy of the AAUW Fallbrook affiliate. This is an excellent vetting tool. If a candidate approaches you for an endorsement or other support, ask them to complete this questionnaire <https://www.aauw-ca.org/documents/2024/06/pp-school-board-candidate-questionnaire-responses.pdf>.

AAUW California Public Policy Priorities can be found on the AAUW California website: <https://www.aauw-ca.org/documents/2023/05/public-policy-brochure.pdf>

2023-2025



The AAUW California Public Policy Program establishes policy directives that will guide our members, inform our legislative priorities, serve our mission to advance equity for women and girls through advocacy, and are consistent with our values of achieving fair and equitable opportunities for our diverse society. Toward that end, AAUW California advocates policies that promote, enhance and ensure:

PUBLIC POLICY PRIORITIES

Economic Security for All Women, including:

- Equity in the workplace
- Enforcement of workplace anti-discrimination statutes
- Security in retirement
- Access to job training for career development
- Work-life balance, including access to quality affordable childcare and paid sick and caregiving leave

Equal Access to Quality Public Education for All Students, including:

- Vigorous enforcement of Title IX
- Adequate and equitable funding at all educational levels, including pre-school and post-secondary
- Removal of barriers for girls to access instruction in STEM fields
- Civics instruction in all CA high schools
- Access to diverse staff and curriculum that represents historically accurate information
- Funding adequate to support a strong infrastructure, and equitable access to resources, including technology
- Opposition to the use of public funds for nonpublic and charter schools that do not meet public school civil rights and accountability standards

Social and Racial Justice for All Members of Society, including:

- Self-determination in reproductive health
- Equal access to quality affordable health care, housing and a healthy environment
- Freedom from violence in all its forms and wherever it occurs, including violence against historically marginalized groups, and support for policies that reduce or prevent gun violence.
- Guarantee of civil and constitutional rights for all, including all forms of gender identity and expression, and all family structures
- Protection and expansion of voting rights
- Support for United Nations sustainable development goals which address human rights and women's and girls' concerns

Increased Representation of Women in Leadership Roles, including:

- Proportional appointment to publicly held corporate boards
- Access to leadership skills training
- Access to programs that promote participation in public service careers

www.aauw-ca.org



**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](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)

[ca.aauw.net](http://www.powayarea-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:** Harriet Gerza  
**Programs/1<sup>st</sup> Vice**

**Presidents:** Karen McGurk, Joie Nolasco  
**Membership/2<sup>nd</sup> Vice**

**Presidents:** Pam Ames

**Secretary:** Debby Dutilly

**Treasurer:** Kathy Moore

## Happy Healthy Hikers at Cabrillo National Monument by Mary

Alice Rudelich

HHH will be hiking at the Cabrillo National Monument on Friday, September 27. We will meet at 1800 Cabrillo Memorial Drive at 9 a.m. The hike will be about 2.5 miles. The view and tide pools are amazing.

Carpools will be arranged later. If you have a National Parks Pass, please email Mary Alice. Please RSVP to [Mary.rudelich@aol.com](mailto:Mary.rudelich@aol.com).



## Happy Healthy Hikers Walk to Defeat ALS by Michelle Blasberg

Join us on Sunday, October 6 for the Happy Healthy Hikers' Walk to Defeat ALS. We are walking to support Michelle Blasberg's husband Phil as he has been diagnosed with this disease.

The walk will be at De Anza Cove and is an easy walk of 5K (3.1 miles). Check in time is 8:30 a.m. and the walk begins at 10 a.m. Michelle has started a team for all the walkers walking to support Phil and the team's name is Phil's Legs. If you'd like to join the team, reach out to Michelle ([michblas09@gmail.com](mailto:michblas09@gmail.com)) and she will send you a link to formally join the team or you can click on this link [Walk to Defeat ALS Greater San Diego - The ALS Association \(convio.net\)](http://Walk to Defeat ALS Greater San Diego - The ALS Association (convio.net)). Even if you don't want to formally join the team, but want to join us at the walk, email Michelle so we can count on you.

We look forward to seeing you there. We will arrange carpools as it gets closer to the walk date and we have a better idea of how many are participating.

## Grape Expectations Starts New Year by Visiting an Old Favorite by Janice Heather

Our intrepid oenophiles are back for another year of exploring our area's many wineries and wine bars. And in September, we're going to visit an old favorite Koi Zen Winery in Carmel Mountain Ranch. <https://koizencellars.com/>

Over the years, Koi Zen has hosted a fundraiser for our branch and our members have enjoyed meeting there for informal gatherings, classes, and events. The owners, Darius and Lisa Miller, are now moving on to a new chapter in their lives so this is an opportunity to thank them and wish them well.

We'll gather there on Friday, September 20 from 3-5 p.m. Koi Zen is located at 12225 World Trade Drive, Suite P. Please RSVP to [janiceheather@hotmail.com](mailto:janiceheather@hotmail.com) so we can get a headcount and arrange carpools. Remember, these wine meetups are great opportunities to bring a friend who'd like to learn more about AAUW!

## Julia Child Creates a Recipe for...Shark Repellent?! Notable Women in History by Joie Nolasco

Julia McWilliams (better known by her married name, Julia Child) joined the newly created Office of Strategic Services (OSS, CIA's predecessor) in 1942 in search of adventure. "I must say we had lots of fun," Child told fellow OSS Officer, Betty McIntosh, during an interview for McIntosh's book *Sisterhood of Spies*. "We designed rescue kits and other agent paraphernalia. I understand the **shark repellent** we developed is being used today for downed space equipment—strapped around it so the sharks won't attack when it lands in the ocean." Read more here:

<https://www.history.com/news/julia-child-oss-spy-wwii-shark-repellent> (Photo: [https://commons.wikimedia.org/wiki/File:Julia\\_Child\\_at\\_KUHT.jpg](https://commons.wikimedia.org/wiki/File:Julia_Child_at_KUHT.jpg))



# AAUW POWAY-PENASQUITOS CALENDAR OF EVENTS

## September 2024

Date	Group	Topic	Group Leader	Meeting Details	Good to Know
Sept. 5	<b>Great Decisions</b>	Invisible Indonesia	Sally Jacobson, <a href="mailto:jacobs@san.rr.com">jacobs@san.rr.com</a> Marie Dye, <a href="mailto:mdye@san.rr.com">mdye@san.rr.com</a>	We will meet at 6:30 p.m. at the home of Sally Jacobson, 13433 Appalachian Way in Rancho Penasquitos. Please RSVP to Sally at <a href="mailto:sjacobs4@san.rr.com">sjacobs4@san.rr.com</a> .	Meets the first Thursday of every month at 6:30 p.m. No meeting in Dec., Jan., July, and Aug. Interested in joining? Please email Sally Jacobson at <a href="mailto:sjacobs4@san.rr.com">sjacobs4@san.rr.com</a> .
Sept. 10	<b>Page Turners</b>	<b>First Ladies</b> , by Marie Bennett	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	Meet at 1:30 p.m. at the home of Carol Wigent. RSVP to Pam at <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a> if you can attend.	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.
Sept. 14	<b>Affiliate Meeting</b>	Meet our Tech Trek campers and Scholarship awardees!	Joie Nolasco, <a href="mailto:joienolasco@gmail.com">joienolasco@gmail.com</a> Karen McGurk, <a href="mailto:kmcgurkrn@sbcglobal.net">kmcgurkrn@sbcglobal.net</a>	We will meet at Eastview RB Community Center, 17520 Drayton Hall Way in Rancho Bernardo. A light brunch will be served at 10 a.m. RSVP to <a href="mailto:aauwboard@gmail.com">aauwboard@gmail.com</a> .	Friends and family welcome!
Sept. 23	<b>Monday Mysteries Book Group</b>	<b>Simply Lies</b> , by David Baldacci	Pam Meyer, <a href="mailto:pamela.me4@gmail.com">pamela.me4@gmail.com</a>	Meet at 1:30 p.m. at the home of Georgia Chagala, 12857 Rockwell Ct. Please RSVP to Georgia at <a href="mailto:gchagala@cox.net">gchagala@cox.net</a> .	Meets the fourth Monday of every month. Please email Pam Meyer to be added to the distribution list.
Sept. 20	<b>Grape Expectations</b>	N/A	Janice Heather, <a href="mailto:janiceheather@gmail.com">janiceheather@gmail.com</a>	We will meet at the Koi Zen cellars, 12225 World Trade Drive, Suite P from 3-5 p.m. Please RSVP to Janice at <a href="mailto:janiceheather@gmail.com">janiceheather@gmail.com</a> .	We meet monthly for either wine or beer tasting. Please contact Janice to be added to the distribution list.
Sept. 26	<b>Thursday Book Group</b>	<b>The Covenant</b> , by Abraham Verghese	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 Michelle Blasberg, 12509 Montero Courtin, Rancho Bernardo. RSVP to Michelle at <a href="mailto:michblas09@gmail.com">michblas09@gmail.com</a> .	Meets the fourth Thursday of every month at 6:30 p.m. If you want to join the discussion, please email Ann or Marilyn.
Sept. 27	<b>Happy Healthy Hikers</b>	N/A	Mary Alice Rudelich, <a href="mailto:mary.rudelich@aol.com">mary.rudelich@aol.com</a>	We will be hiking the Cabrillo National Monument. We will meet at 1800 Cabrillo Memorial Drive at 8 a.m. The hike will be about 2.5 miles. Carpools will be arranged. RSVP to Mary Alice at <a href="mailto:mary.rudelich@aol.com">mary.rudelich@aol.com</a> .	Hikes are once a month ranging from easy to moderate levels. Contact Mary Alice to be added to the distribution list.

Sept. 28	Travel Group	N/A	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	We will meet at Cafe Athena, 1846 Garnet Avenue in Pacific Beach at 1 p.m. The carpool will leave from the Park and Ride next to Gianni's restaurant located off Scripps Highlands Drive. Please RSVP to Pam if you can attend.	Meets monthly at various local restaurants. Contact Pam Ames to be added to the distribution list.
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