

AAUW Poway-Penasquitos Branch

## IN THIS ISSUE

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

- November 8: Happy Healthy Hikers Walk Lake Poway
- November 13: General Meeting
- November 15: Visit Carruth Cellars in Solana Beach with Grape Expectations
- November 23: Enjoy Chef Zhu with the Travel Group

## President's Message by Harriet Gerza

### Happy Fall!

Happy Fall! It's so nice to enjoy pleasant weather and normal temperatures again. We had a great turnout for the October meeting. Election time is close, and we must get out our votes and encourage everyone you know to submit their ballots too in this all-important election.

The Interbranch Council (IBC) comprises the seven AAUW branches in San Diego County who get together to share information and support each other's events. I'll be sending out email blasts about events from other branches so if you are inclined, please join any in support of their efforts too. LaMesa-El Cajon hosts their author's lunch on April 5, and Del Mar/Leucadia hosts their "Music, the Brain & Spycraft" event on March 15 and a Victorian Tea at the Del Coronado on December 18. Our annual joint meeting will be held on January 25, 2025 at the Lomas Santa Fe Country Club and will feature a speaker from the North County Family Justice Center. More information to come.

We are starting our annual Fall Campaign soon, which is one of the two major fundraising events to support our Tech Trek, Reentry Scholarships and Speech Trek projects. The second is our Cover to Cover author event held in the spring. In the past, our branch has been extremely

generous in support of both events and we are once again asking for your donations. We have set our goals based on your past contributions and we are also pursuing corporate donations to sustain our projects. Look for the letter that will be coming your way soon. Thank you for your continued support!

Membership is remaining strong and we've recently added two new members since the directory was published. Keep those friends and family guests coming! Make it a point to invite someone new to one of our general meetings or interest groups. Remember, we remain strong when we keep our branch growing. Thanks for your efforts!

November is Native American Heritage Month and a time to call attention to the culture, traditions, and achievements of the nation's original inhabitants and their descendants. Learn more about America's indigenous peoples at the National Museum of the American Indian <https://americanindian.si.edu/>.

See you all at the November 13 meeting!

## November 13 General Meeting - Domestic Violence/Rape Prevention by Debbie Boyd and Karen McGurk

Domestic violence and rape are NOT pleasant topics to discuss and yet one in four women experience domestic violence in her lifetime. Crystal Lopez, currently the Volunteer Coordinator at the Women's Resource Center (WRC), will discuss safety planning and violence prevention as well as inform us about the services provided by the WRC at the General Meeting on Wednesday, November 13 from 1-3 p.m. The meeting will be held at the RB Eastview Community Center; 17520 Drayton Hall Way, San Diego 92128.

The Women's Resource Center of Oceanside has been sheltering survivors of domestic violence since 1974. They provide counseling services to women and their children, as well as transitional living housing for survivors of domestic violence. The WRC also operates a Thrift Store to generate revenue for the Center. (3385 Mission Ave. Oceanside, CA 92054, 760-757-3500 x8823)

Below is a Wish List of items needed by the residents of the Women's Resource Center. We will collect these items at the November and December meetings, so please bring what you can contribute! You can find additional items needed at <https://www.wrcsd.org/wrc-wishlist>.

• Dry Pasta and Pasta Sauce • Cereal or Instant Oatmeal • Peanut Butter • Jelly Canned Soup • Canned Vegetables • Canned Fruit • Rice • Dried or Canned Beans • Canned Tuna or Chicken • Tuna Helper • Crackers • Granola Bars • Boxed Juices Other Non-perishable Items appealing to young kids • Shampoo • Conditioner • Soap or Bath Gel • Toothpaste • Toothbrush • Deodorant • Shaving Cream • Razors • Tampons or Pads • Hair Brush • Washcloth or Wipes •

Please invite your daughters and granddaughters to attend as many victims suffer in silence. They may learn strategies that could save their life or help them escape a violent relationship. Don't forget to wear your superhero capes, t-shirts, and bring your shields (if you have one).

Be sure to RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com) if you plan to attend.



### Tech Trek by Heidi Dalvie, Ellen Dillon, and Debbie Lewis

We invited the 2024 Tech Trek campers to our September 14 brunch meeting and were pleased that eight girls could attend. They all wore their Tech Trek t-shirts and were eager to see each other and share stories. Each of them gave a short presentation of their camp experience.

Our Tech Trek school liaisons are all wonderfully supportive of the camp and passed along a note about a camper who "keeps raving about how much she LOVED it (Tech Trek) and how great of an experience it was." We love to hear that kind of feedback!

#### How Can You Help?

Please let us know about your/any company/organization, or someone you know personally, who may be able to support Tech Trek financially. We now represent six schools, and additional financial resources would permit more girls to attend.

Who works at a STEM company?

Who supports the idea of Women in STEM and may be able to donate?

What organization may have money available?

We will make the contacts, write up a grant request, and do the asking. Contact us with any ideas!



## Speech Trek by Karen McGurk

The Speech Trek competition returns in February 2025, and the topic is: *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.*



Check the Adelante and AAUW website in December for more specific information.

## Presidential General Election November 5 – Important Dates by Marie Dye

### SEPT. 26

Voter Information Pamphlets start being mailed to registered voters.

### OCT. 5

Ballots begin to be mailed to registered voters.

### OCT. 7

Early voting begins at the Registrar of Voter's office, Monday - Friday, 8 a.m. to 5 p.m.

### OCT. 8

Official ballot drop boxes open through Nov. 5. Visit [sdvote.com](https://sdvote.com) for locations and hours of operation.

### OCT. 21

Voter registration deadline

### OCT. 22

If you missed the voter registration deadline, you can still conditionally register and vote by visiting the Registrar of Voters or any Vote Center from Oct. 26 through Nov. 5.

### OCT. 26

Select vote centers and the Registrar of Voter's office open daily from 8 a.m. to 5 p.m. through Nov. 4.

### NOV. 2

All Vote Centers open daily from 8 a.m. to 5 p.m. through Nov 4

### NOV. 5

LAST DAY TO VOTE! All vote centers, ballot drop boxes and the Registrar's office are open from 7 a.m. to 8 p.m.

### DEC. 5

Deadline to certify the election.

## Thank You by Michelle Blasberg

I would like to extend my heartfelt thank you to everyone in the branch for your kindness and generosity at the passing of my husband. It has truly humbled me. Many of you sent condolence cards, donated to the ALS walk, and shared personal thoughts with me. As it turns out, our team, Phil's Legs, raised the third highest amount for the San Diego Walk to defeat ALS, and that was a direct result of many of you. Our AAUW branch was well represented at the Walk also, as a sizeable group of you participated. Again, thank you so much. ❤️

## IBC Luncheon – An Invitation from our Sister Branches by Cathy Burciaga

It's time once again to gather with all our sister branches in San Diego County to share a scrumptious lunch, catch up with old friendships, meet new friends, shop and bid on enticing prizes and goods to take home, and hear from an exciting speaker or two. This year, the InterBranch Council (IBC) Luncheon will be hosted by the Del Mar-Leucadia and Carlsbad-Oceanside-Vista branches at the gorgeous Lomas Santa Fe Country Club in Solana Beach, on Saturday, January 25, check-in at 10:30 a.m. The Poway-Peñasquitos Branch plans to fill at least 1-2 tables! For more details, see the flyer at the end of this newsletter.



## Fabulous Turnout for the October 9 General Meeting photos from Janice Heather and others

Our own member, Jeanne Weidner, spoke on behalf of the League of Women Voters to explain ballot propositions and measures. Our theme for the meeting was dressing patriotically or as a suffragette.



## Happy Healthy Hikers Visited Cabrillo National Monument in October by Mary Alice Rudelich

The HHH group joined together to hike at Cabrillo National Monument in Point Loma, where we visited the Lighthouse and Visitor's Center. Then we hiked the bayside trail as the tide was too high to see the tide pools. We were hoping to see a submarine, but we did see a navy ship. It was a cool misty day so I hope some folks will return in better weather.

In 1542, Juan Rodriguez Cabrillo led the first European Expedition to set foot on the west coast of the United States. The trip from Navidad, Mexico took 103 days. We only drove 39 minutes and walked for 1.5 hours. I hope more hikers will join us for the Lake Poway hike on November 8.

Happy Thanksgiving,  
Mary Alice and Jo



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:m)

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,

Miriam Lauff

**Secretary:** Debby

Dutilly

**Treasurer:** Kathy Moore

## Save the Date: Annual Holiday Party by Joie Nolasco

Save the date for our annual holiday party on Wednesday, December 11 from 6:30-8:30 p.m. The party will be held at the RB Eastview Community Center; 17520 Drayton Hall Way, San Diego 92128. This event is for members only.

## Travel Group Lunch by Pam Ames

The Travel Group will meet for lunch at Chef Zhu on Saturday, November 23 at 11:30 a.m. Chef Zhu serves authentic Shanghainese cuisine, as well as classic American Chinese cuisine, and is located at 7845 Highlands Village Pl, Suite C101, in Torrey Highlands. <https://www.chefzhusd.com/> Everyone is invited! Please RSVP to Pam Ames at [pamames123@gmail.com](mailto:pamames123@gmail.com).

## Happy Healthy Hikers Visit Lake Poway by Mary Alice Rudelich

Please join us in visiting Lake Poway for our walk on November 8 at 8:30 a.m. This scenic loop is 2.8 miles, and you'll feel far from the hustle and bustle of the suburban world. There is no fee to park on weekdays.

Please RSVP to Mary Alice Rudelich at [mary.rudelich@aol.com](mailto:mary.rudelich@aol.com), or text 801-440-2601.

## Grape Expectations Heads to the Beach by Janice Heather

Now that the tourists have gone, we San Diegans can enjoy some wineries in beach settings! So, on Friday, November 15, we will head to Carruth Cellars in Solana Beach, at 118 South Cedros Avenue, Suite C.

Carruth has four tasting rooms around the county in Oceanside, Carlsbad, Solana Beach, and San Diego/Liberty Station. Solana Beach is closest to us and is in the lovely Cedros Design District, which is full of fun shops. In fact, some oenophiles may want to drive over early to window shop or plan to stay later.

<https://carruthcellars.com/experiences/tasting-rooms/>

To attend, RSVP to [janiceheather@hotmail.com](mailto:janiceheather@hotmail.com) and please indicate if you'd like to carpool or drive yourself.

I hope you'll join us! You may find a wine that would be a perfect addition to your upcoming holiday festivities. 🍷

## Notable Women in History: Girls Think of Everything by Joie Nolasco

As far back to 3,000 BCE, Hsi-lung-shi developed a method of gathering and weaving silk. Many items concerning safety were invented by women, from signal flares (Martha Hunt Coston) to the fire escape (Anna Connelly). For practicality, Maria E. Allen invented the diaper, Mary Anderson came up with the windshield wiper, not to mention the uplifting brassiere designed by Mary P. Jacobs.

Our branch is still looking for volunteers to present living history programs to grades 4-8 at local schools during March, Women's History Month. How many volunteer jobs require just one month a year and at your convenience for dates? Debbie Boyd and I volunteer with AAUW La Mesa-EI Cajon, and we would love to get closer to home by building our own team. Five to six women (including us) have indicated an interest, but I am looking for a minimum of 8 before contacting schools.

Please contact me at [joienolasco@gmail.com](mailto:joienolasco@gmail.com) or (858) 829-8936 if you are even remotely interested. We performed at an AAUW March meeting back in 2022 to give an idea of what we do! Come join our group and touch the FUTURE!



# AAUW POWAY-PENASQUITOS CALENDAR OF EVENTS

## November 2024

Date	Group	Topic	Group Leader	Meeting Details	Good to Know
Nov. 7	<b>Great Decisions</b>	Pandemic Preparedness	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 Lyn Johnston, 9330 Chabola Rd. RSVP to Lyn at <a href="mailto:lynjohn@san.rr.com">lynjohn@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> .
Nov. 8	<b>Happy Healthy Hikers</b>	N/A	Mary Alice Rudelich, <a href="mailto:mary.rudelich@aol.com">mary.rudelich@aol.com</a>	Join us for a walk at Lake Poway. We will meet at 8:30 a.m. The hike is a 2.8-mile loop. 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.
Nov. 12	<b>Page Turners</b>	<b>The Secret Life of Sunflowers,</b> by Marta Molnar	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	Meet at 1:30 p.m. at the home of Gloria Piscopo, 16647 Bernardo Oaks Dr. RSVP to Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a> , if you plan to 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.
Nov. 13	<b>Branch General Meeting</b>	Crystal Lopez from the Women's Resource Center will speak on the topics of domestic violence and rape prevention	Joie Nolasco, <a href="mailto:joienolasco@gmail.com">joienolasco@gmail.com</a> Karen McGurk, <a href="mailto:kmcgurkm@sbcglobal.net">kmcgurkm@sbcglobal.net</a>	The meeting will be held from 1-3 p.m. at Eastview RB Community Center, 17520 Drayton Hall Way in Rancho Bernardo. RSVP to <a href="mailto:aauwboard@gmail.com">aauwboard@gmail.com</a> .	Friends and family welcome. Bring your daughters and granddaughters.
Nov. 15	<b>Grape Expectations</b>	N/A	Janice Heather, <a href="mailto:janiceheather@gmail.com">janiceheather@gmail.com</a>	This month we will go to Carruth Cellars, 118 S Cedros Ave in Solana Beach from 3-5 p.m. Please RSVP to Janice by Nov. 8 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.
Nov. 21	<b>Thursday Book Group</b>	<b>Heaven and Earth Grocery Store,</b> by James McBride	Ann Morgan, <a href="mailto:annmmorgansd@yahoo.com">annmmorgansd@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 Barbara Fisher, 13217 Deron Avenue. RSVP to Barbara at <a href="mailto:afisherjr@aol.com">afisherjr@aol.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.

<b>Nov. 23</b>	<b>Travel Group</b>	N/A	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	Meet at 11:30 a.m. at Chef Zhu, 7845 Highlands Village Place in Rancho Penasquitos. Please RSVP to Pam if you can attend.	Meets monthly at various local restaurants. Contact Pam Ames to be added to the distribution list.
<b>Nov. 25</b>	<b>Monday Mysteries Book Group</b>	<b>Good Bad Girl</b> , by Alice Feeney	Pam Meyer, <a href="mailto:pamela.me4@gmail.com">pamela.me4@gmail.com</a>	Meet at 1:30 p.m. at the home of Honorine Nocon, 9587 Paseo Montril. RSVP to Honorine at <a href="mailto:honorinenocn@gmail.com">honorinenocn@gmail.com</a> .	Meets the fourth Monday of every month. Please email Pam Meyer to be added to the distribution list.



**NOVEMBER  
2024  
MEETING**



**WEDNESDAY,  
November 13 at 1 - 3 p.m.**

Crystal Lopez, Volunteer Coordinator at the Women's Resource Center (WRC) in Oceanside, will discuss safety planning and violence prevention as well as inform us about the services provided by the WRC. While domestic violence and rape are NOT pleasant topics to discuss, an astounding one in four women experience domestic violence in her lifetime

If you plan to attend, please RSVP to [aauboard@gmail.com](mailto:aauboard@gmail.com). This is an open meeting, please invite your friends and family, and particularly your daughters and granddaughters.

Don't forget to wear your superhero capes, t-shirts, and bring your shields (if you have one).



RB Eastview Community Center  
17520 Drayton Hall Way, San Diego 92128



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

**San Diego County InterBranch Council (SDC-IBC)**

**Annual All-Branch Luncheon**

**Saturday, January 25, 2025, 10:30 am**



**Lomas Santa Fe Country Club**  
1505 Lomas Santa Fe Drive  
Solana Beach 92075

Cabrillo-Diego  
Carlsbad-Oceanside-Vista  
Del Mar-Leucadia  
Fallbrook  
La Mesa-El Cajon  
Poway-Peñasquitos  
San Diego

The **Del Mar-Leucadia** and **Carlsbad-Oceanside-Vista Branches** cordially invite you to

**Our Special Guest Speakers: One Safe Place Staff**



*One Safe Place - the North County Family Justice Center - provides comprehensive help in a safe and judgment-free environment that empowers people to move forward with their lives. They provide free support services all under one roof to anyone who has experienced child abuse, sexual assault, domestic violence, hate crime, elder abuse, human trafficking, violent loss, family violence, or other abuse or victimization.*

join us for lunch and a good time together renewing old friendships, meeting new friends, bidding on enticing silent auction items to take home, and hearing what the other members have been up to. See you at the Club!

- 10:30 am Check-in & Silent Auction
- 11:00 am Welcome Address
- 11:30 am Lunch
- 12:15 pm Speaker

Questions? Call or text Cathy at (858) 449-5096, or e-mail [cburciaga@san.rr.com](mailto:cburciaga@san.rr.com)

**RSVPs are a Must - by January 14<sup>th</sup> please!!**

Yes, (name) \_\_\_\_\_ (branch) \_\_\_\_\_ will be there.

And, I am bringing \_\_\_\_\_ guests: \_\_\_\_\_

**Select Your Entrée(s):**    Seared Salmon    Wine Country Salad with Chicken  
 Vegetarian Roasted Vegetable Wrap

**Cost: \$45. Enclosed is my check payable to "SDC-IBC".**

**Tear off this reply & mail to: AAUW IBC Luncheon, PO Box 262012, San Diego, CA 92196**