



AAUW Poway-Penasquitos Branch

## IN THIS ISSUE

Don't miss these  
**October events & announcements:**

- October 8: General Meeting: *AI (artificial intelligence) for All*
- October 5: Walk for ALS with Happy Healthy Hikers
- October 17: The Travel Group visits Mom's Pho & Grill
- October 24: Experience Mia Marie Vineyards & Tasting Room with Grape Expectations

## President's Message by Karen McGurk and Honorine Nocon

We had a hugely successful first General Meeting featuring the Tech Trek participants and Scholarship recipients. Thank you all for your generous donations that support these vital opportunities for local girls and women.

Your Communications Team has been hard at work streamlining and re-designing all of our communication methods including the website, Adelante, Facebook, and more. Watch for updates and let us know how you like the changes.

Mark your calendars for the Annual IBC luncheon on Saturday, January 24, 2026 starting at 10:30 a.m. Special guest speaker Dr Ellen Neufeldt, President of California State University San Marcos, will discuss how CSUSM has become a national model for student success. -Karen & Honorine

## October 8 General Meeting by Kathy Moore and Ellen Dillon, Programs Co-chairs

Are you curious about Artificial Intelligence (AI) but not sure where to start? Please join us on Wednesday, October 8 for a friendly, engaging introduction to the world of artificial intelligence with **AI for All:**

**Understanding Artificial Intelligence in Everyday Life**, presented by Eamen Hameed, a professional in software engineering, tech leadership,

and consulting. Mr. Hameed focuses on teaching practical, ethical uses of AI to everyday users.

The meeting is open to the community, so please feel free to invite friends and family. We will meet at RB Eastview Community Center, 17520 Drayton Hall Way, San Diego, CA 92128. Social time begins at 1 p.m., with the presentation starting at 1:30 p.m. Light refreshments will be provided by members of our Great Decisions interest group.

If you plan to attend, please RSVP by Monday, October 6 to [aauwboard@gmail.com](mailto:aauwboard@gmail.com).

## Tech Trek 2025! by Heidi Dalvie and Debbie Lewis

We completed another wonderful year of sending 12 girls to Tech Trek at the University of San Diego. That is such a beautiful place for these girls to:

- Experience life on a college campus for a week.
- Study subjects like engineering, physics, anatomy, forensics, and robotics.
- Take a field trip to General Atomics.
- Complete The Bite of Reality program (budgeting and financial responsibility).
- Engage in hands-on STEM activities all week.
- Meet girls from all over the southern California area and make lasting friendships.
- Be inspired by women teachers and professionals in a variety of STEM fields.

**DID YOU KNOW?** Tech Trek started in 1998 and has moved more than 15,000 young women through the camp. There are 22 camps nationwide, with several in California.

The girls attended the September branch meeting to meet and show their gratitude to all the branch members. **THANK YOU** for all your donations and volunteer hours down at the camp.

They certainly are an impressive bunch of young women. If you didn't make it to this meeting, be sure to come next year!

The photo below shows six of the 12 local girls who attended the 2025 camp, with branch coordinators Debbie Lewis and Heidi Dalvie. Pictured (left to right): Arianna, Kalliopi, Habibah, Erin, Shannon, and Elysse.



### Speech Trek 2026 by Marie Dye

Our branch is hosting a speech contest for all California high school students on Saturday, February 28, 2026, at Pacific Highlands Ranch Library. The contest will start at 10 a.m. <https://www.sandiego.gov/public-library/locations/pacific-highlands-ranch-library>

The topic is **Artificial Intelligence – What does the Future look like?** Cash prizes will be awarded to the top three contestants. The contest is open to the first 10 contestants.

Do you know a high schooler who may be interested? Contact us at [aauwboard@gmail.com](mailto:aauwboard@gmail.com) for more information.



## Tech Trek Alumni Group (TTAG) Leadership Group written by the Tech Trek Alumni Group

We are so happy to embark on new adventures this year with our newest members, the campers who attended Tech Trek camp 2025! We are thrilled to welcome so many brilliant minds.

To kick off our first meeting together, we started with vision boards! A great opportunity to share our passions, interests, talents, and big goals for the future, it was inspiring to see the faces light up with laughter, encouragement, and friendship.

This year, we look forward to creating unforgettable memories, sparking curiosity, and exploring snapshots of what the STEM world has to offer. From discovering new career paths to building lasting friendships, we are confident that this year will be filled with inspiration, excitement, and fun!

Look out, world! This is a snapshot of tomorrow: future women in STEM, ready to leave their mark with big dreams and unstoppable visions!



## Meet Our 2025 ReEntry Women Scholarship Winners by Cathy Burciaga, 2025 Scholarship Committee Chair

What a privilege it was to meet and honor our very deserving 2025 returning scholars and their families at our annual Brunch on Saturday, September 13 at the RB Eastview Community Center.

**Arwen Daniels**, the mother of two young boys, decided to return to school after an almost twenty-five-year hiatus from her education. During that time, she owned and ran a successful dance studio for eight years but then faced several serious life challenges. Happily, Arwen has returned to the academic world with a renewed sense of commitment. Today, she maintains a 4.0 GPA, earned over the course of four semesters at Palomar College, and is working toward her associate's degree in Alcohol & Other Drug Studies. Paralleling her academic work, Arwen also

works as a registered Substance Use Disorder (SUD) Counselor, currently interning at the West Coast Recovery Center in Oceanside, and she is on her way to achieving her 2,000-hour goal to become a fully certified counselor.

**Abril Hernandez** is a University of San Diego student majoring in Industrial and Systems Engineering. A first-generation college student and mother, she is passionate about sustainability, accessibility, and community-driven design. Abril previously founded a nonprofit in Tijuana to support women and infants and now leads an initiative at USD to promote book exchange and circular economy principles within the engineering community ("circular economy" involves the sharing, leasing, reusing, repairing, refurbishing, and recycling of existing materials and products for as long as possible). Her belief is that engineering can be a tool for social change, education, equity, and environmental stewardship.

**Brittany Branson**, a re-entry student at San Diego Mesa College, is pursuing a degree in Small Business Management and Entrepreneurship alongside certificates in Personal Training/Health & Wellness Coaching. After a significant gap in her education, Brittany returned to school in 2023 with a renewed sense of purpose, driven by her passion to empower others, particularly young women facing the same challenges she has overcome. And Brittany didn't scrimp on parenthood either – her two children are both thriving on full scholarships at UCSD and Point Loma Nazarene University. She is currently completing her studies and maintaining a 4.0 GPA with plans to enter the field of Physical Therapy.

**Jennifer Heffernan's** professional goal is to facilitate greater fellowship and interreligious dialog in the Middle East. Her interest in biblical studies grew into a passion during her four years spent in a Catholic women's monastery, followed by a three-year program of biblical studies in a Jewish context, while working as a nursing assistant in geriatrics and hospice care. After completing her BA at Hebrew University, she plans to eventually pursue an MA in Bible & Ancient Near East Studies there. In her future professional life, Jennifer plans to work to improve the interreligious dialog between Catholics and Jews.

Thanks go out to the work of Scholarship Committee members Donna Watson, Joan Thompson, Jan Rightmer, and Brenda Schmitthenner, and to all the members and friends of AAUW-Poway Peñasquitos who donated to the Scholarship Fund so generously this past year.

Pictured left to right: Abril Hernandez, Brittany Branson, Arwen Daniels, and Cathy Burciaga, Scholarship Chair. Not shown, Jennifer Heffernan, currently studying abroad.





**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://ca.aauw.net)

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

[m](mailto:m)

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

**Co-Presidents:** Karen  
McGurk & Honarine  
Nocon

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

**Presidents:** Kathy  
Moore, Ellen Dillon

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

**President:** Pam Ames

**Secretary:** Debby  
Dutilly

**Treasurer:** Michele  
Blasberg

## Happy Healthy Hikers Walk to Defeat ALS on October 5 by

Mary Alice Rudelich

We will participate in the Walk to Defeat ALS again this year as our October hike. It is a 5K walk at De Anza Cove in Mission Bay on Sunday, October 5. Check in begins at 8:30 a.m. and the walk starts at 10 a.m. We will meet at the Scripps Ranch Park and Ride (near Yanni's) at 8:15 a.m. to carpool.

We will walk again this year to remember and honor Michelle Blasberg's husband, Phil, and others affected by this horrible disease. If you'd like to donate to the ALS Association as part of this walk, reach out to Michelle ([michblas09@gmail.com](mailto:michblas09@gmail.com)) and she will send you the link to join the Phil's Legs team. However, it is not necessary to donate to participate in the walk.

## Wine Enthusiasts to Visit Another Favorite Haunt in October by Diana Glod and Cathy Burciaga

We will be revisiting Mia Marie Vineyards & Tasting Room, 15036 Highland Valley Road, Escondido, on Friday, October 24 from 3-5 p.m. for some favorite wines and good company. Please feel free to bring snacks to share and a light sweater or wrap just in case.

We may have to reserve a space, so please RSVP via text to Cathy at (858) 449-5096, or email [cburciaga@san.rr.com](mailto:cburciaga@san.rr.com). See you in wine country!

## Travel Group to Visit Mom's Pho & Grill by Pam Ames

Our destination this month comes highly recommended by one of our members. Our lunch is on Friday, October 17 and we're going to Mom's Pho & Grill at 10645 Tierrasanta Blvd, San Diego 92124. Lunch will be at 11:30 a.m. There will be a carpool leaving at 11 a.m. from the Park & Ride at Scripps Poway Parkway next to Yanni's. Their menu is priced reasonably and includes not only Pho, but also stir-fry and sandwiches. <https://momspho-n-grill.com/> As always, everyone is welcome!

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



Travel Group visits Havana Grill in September

## AAUW POWAY-PENASQUITOS CALENDAR OF EVENTS

# October 2025

Date	Group	Topic	Group Leader	Meeting Details	Good to Know
Oct. 2	Great Decisions	AI and American National Security	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>	Meeting hosted by Lyn Johnston, 9330 Chabola Road. Please RSVP to Lyn at <a href="mailto:lynjohn@san.rr.com">lynjohn@san.rr.com</a> . Meeting starts at 6:30 p.m.	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 Marie or Sally.
Oct. 5	Happy Healthy Hikers	N/A	Mary Alice Rudelich, <a href="mailto:mary.rudelich@aol.com">mary.rudelich@aol.com</a>	We will participate in the Walk to Defeat ALS to remember and honor Phil Blasberg, husband of Michele. It is a 5k walk in De Anza Cove in Mission Bay. We will meet at the Park and Ride next to Yanni's off Scripps Poway Parkway at 8:15 a.m. to carpool. Please 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.
Oct. 8	General Meeting	AI for All: Understanding artificial intelligence in everyday life. Speaker is Eamen Hameed, professional in software engineering, tech leadership, and consulting.	Ellen Dillon, <a href="mailto:ranger92077@yahoo.com">ranger92077@yahoo.com</a> Kathy Moore, <a href="mailto:kmooresandiego@yahoo.com">kmooresandiego@yahoo.com</a>	The meeting will be held at RB Eastview Community Center, 17520 Drayton Hall Way. Social time begins and 1 p.m., and the presentation starts at 1:30 p.m. RSVP to <a href="mailto:aauwboard@gmail.com">aauwboard@gmail.com</a> .	Bring friends and family!
Oct. 14	Page Turners	Thunder Bay, by William Kent Krueger	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	Meet at 1:30 p.m. at the home of Linda Allen, 13206 Silver Saddle Lane in Poway. Please RSVP to Pam at <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a> if you are planning 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.
Oct. 15	Games Group	N/A	Harriet Gerza, <a href="mailto:harriet.gerza@gmail.com">harriet.gerza@gmail.com</a>	We will meet at 7 p.m. at the home of Desiree Louis- Maubert. Please RSVP to Harriet at <a href="mailto:harriet.gerza@gmail.com">harriet.gerza@gmail.com</a> .	Group meets once a month. Contact Harriet if you'd like to be added to the distribution list.

Oct. 17	Travel Group	N/A	Pam Ames, <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a>	Lunch will be at 11:30 a.m. at Mom's Pho and Grill, 10645 Tierrasanta Blvd. A carpool will meet at 11 a.m. at the Park and Ride off Scripps Poway Parkway next to Yanni's restaurant. Please RSVP to Pam Ames at <a href="mailto:pamames123@gmail.com">pamames123@gmail.com</a> .	Meets monthly at various local restaurants. Contact Pam Ames to be added to the distribution list. Everyone is welcome!
Oct. 23	Thursday Book Group (evening)	Tell Me Everything, by Elizabeth Strout	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 Ann Morgan, 9185 Oviedo St in Rancho Penasquitos. Please RSVP to Ann at <a href="mailto:annmmorgansd@yahoo.com">annmmorgansd@yahoo.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.
Oct. 24	Grape Expectations	N/A	Cathy Burciaga, <a href="mailto:cburciaga@san.rr.com">cburciaga@san.rr.com</a> Diana Glod, <a href="mailto:glod2cu@gmail.com">glod2cu@gmail.com</a>	From 3-5 p.m. we will visit Mia Marie Vineyards, 15036 Highland Valley Road in Escondido. Carpooling will be available. Please RSVP to Cathy at <a href="mailto:cburciaga@san.rr.com">cburciaga@san.rr.com</a> or text to 858-449-5096.	We meet monthly for either wine or beer tasting. Please contact Cathy or Diana to be added to the distribution list.
Oct. 27	Monday Mysteries Book Group	Nine Dragons, by Michael Connelly	Pam Meyer, <a href="mailto:pamela.me4@gmail.com">pamela.me4@gmail.com</a>	We will meet at 1:30 p.m. at the home of Ann Morgan, 9185 Oviedo St. in Rancho Penasquitos. Please RSVP to Ann at <a href="mailto:annmmorgansd@yahoo.com">annmmorgansd@yahoo.com</a> .	Meets the fourth Monday of every month. Please email Pam Meyer to be added to the distribution list.

## AAUW Poway-Penasquitos 2025-2026 Meeting Schedule

Monthly meetings are scheduled for the second week of every month, on a Wednesday or a Saturday. Please check the schedule below for details. Specific information on each meeting will be in the Adelante, along with any updates or changes to the schedule.

All meetings will be held at the RB Eastview Community Center, 17520 Drayton Hall Way, San Diego 92128, unless indicated otherwise. There is ample parking at the Center and in the surrounding neighborhood.

The following list identifies the [National Strategic Plan](#) (NSP) priority supported by each meeting:

- Pri-1 Fund Higher Education
- Pri-2 Remove Barriers to Success in Education and the Workplace
- Pri-3 Strengthen AAUW's Reach

### **Saturday, September 13, 2025, from 9:30-11 a.m.**

Topic: Highlighting Tech Trek Campers and Scholarship Awardees

Speaker: Tech Trek 2025 campers, Scholarship winners

NSP: Pri-1

Light brunch will be served.

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com) by Thursday, September 11.

### **Wednesday, October 8, 2025, from 1-3 p.m.**

Topic: Artificial Intelligence

Speaker: Eamon Hameed

NSP: Pri-2

Snacks will be provided by the Great Decisions Group

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com)

**Wednesday, November 12, 2025, from 1-3 p.m.**

Topic: League of Women Voters – “Democracy in America”

Speaker: Jeanne Weidner

NSP: Pri-2

Snacks will be provided by the Games Group

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com)

**Wednesday, December 10, 2025, from 6:30-8 p.m.**

Annual Holiday Celebration

Potluck, games

NSP: Pri-3

PP Branch Members Only Please

**Saturday, January 24, 2026, starting at 10:30 a.m.**

San Diego Interbranch Council's (IBC) Annual Luncheon & Meeting

Topic: “Partnerships in Higher Education”

Speaker: Dr. Ellen Neufeldt, President, California State University at San Marcos

Location: Lomas Santa Fe Country Club, Solana Beach

**Wednesday, February 11, 2026, from 1-3 p.m.**

Topic: Medical Health Planning: Long-term Care, Advance Directives, DNR & more

Speaker: Susan Reynolds

NSP: Pri-2

Snacks will be provided by the Grape Expectations Group

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com)

**Wednesday, March 11, 2026, from 1-3 p.m.**

Topic: Women in History

Speaker: Joie Nolasco

NSP: Pri-3

Snacks will be provided by the Page Turners Group

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com)

**Saturday, April 11, 2026, from 9:30-11:30 a.m.**

Topic: Forensics: The Science of Solving Crimes

Speaker: Monica McCall, Criminalist, San Diego County Sheriff's Office

NSP: Pri-3

Snacks will be provided by the Monday Murder Mystery Group

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com)

**Saturday, May 16, 2026, from 10 a.m.-2 p.m.**

Cover to Cover Authors Annual Fundraiser

Location: Lomas Santa Fe Country Club, Solana Beach

NSP: Pri-1

Open to the public.

**Wednesday, June 10, 2026, from 1-3 p.m.**

Topic: What's Happening in Libraries Today

Speaker: Adrienne Peterson, branch manager, Pacific Highlands Ranch Library

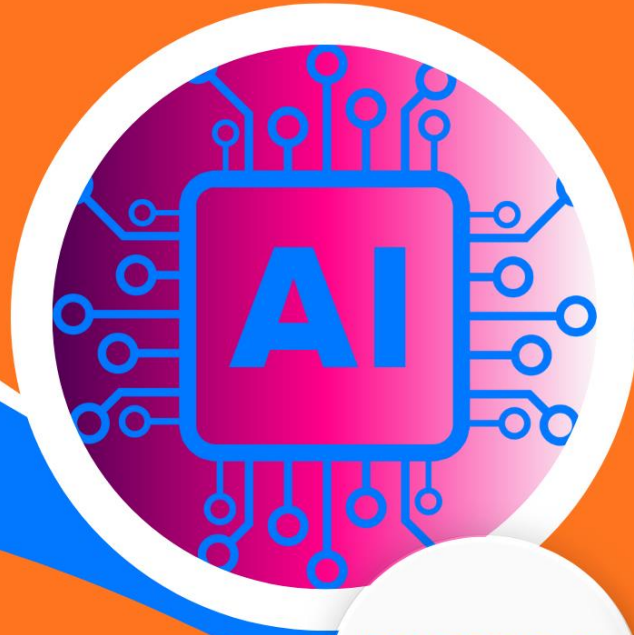
Year in Review, Installation of New Officers

NSP: Pri-3

Snacks will be provided.

Open to the public. RSVP to [aauwboard@gmail.com](mailto:aauwboard@gmail.com)





**FRIENDS &  
FAMILY  
WELCOME!**

# **October 8, 2025 MONTHLY MEETING**

## ***AI for All: Understanding Artificial Intelligence in Everyday Life***

*Presented by Eamen Hameed, a professional in software engineering, tech leadership, and consulting who focuses on teaching practical, ethical uses of AI to everyday users.*

Social time starts at 1 p.m. Presentation starts at 1:30 p.m.

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

RB Eastview Community Center, 17520 Drayton Hall Way, 92128



<https://www.facebook.com/AAUWPowayPQ>

<https://powayarea-ca.aauw.net/>

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

**Annual All-Branch Luncheon**

**Saturday, January 24, 2026, 10:30 am**



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

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

The Poway-Peñasquitos and Del Mar-Leucadia branches cordially invite you to

**Special Guest Speaker: Dr. Ellen Neufeldt**  
**President, California State University San Marcos**  
**"Partnerships in Higher Education"**



Under Dr. Neufeldt's leadership, CSUSM has become a national model for student success, social mobility, and regional impact. Hear about partnerships contributing to CSUSM's remarkable growth – with donors and community leaders, as well as the major collaborative effort of CSUSM, SDSU, the City of Chula Vista, and others to create a bi-national, multi-institutional hub for higher education and innovation in South County.

join us for lunch and a good time – renewing old friendships, meeting new friends, bidding on enticing silent auction and raffle items, and hearing what branches are up to.

See you at the Club!

**10:30 am Check-in, Social Time, & Silent Auction/Raffle**

**11:00 am Welcome Address**

**11:30 am Lunch**

**12:15 pm Speaker**

**Bring a friend!**

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 12<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: \$50. Enclosed is my check payable to "SDC-IBC".**

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