



Happy Holidays

*Join us on zoom for our virtual end-of-year party
Saturday, 12th December, 4.00 p.m.*

*There'll be nothing virtual about the entertainment!
AAUW rockin' group Delayed Reaction has a new song
Cellist Sharon Taylor playing a mini-concert
Lucky number drawings for gifts*

Meet new members and old friends.

*This promises to be one of our best holiday get-togethers, featuring
exactly the food and libations you most prefer, so mark the date,
get out your snuggly throws and socks, and cozy up with your
family for a fun celebration of our resilience!*

*Help us say goodbye to a tough
year with "Auld Lang Syne!"*



Spouses, Partners and Friends are welcome

Interbranch Program - January 23rd, 2021

Norelynn Pion-Goureau

Self-Care during COVID-19

At the request of our IBC partners, we have changed the theme of our joint meeting on January 23 and have chosen “**Self-Care during COVID-19**”. We are excited to have two amazing women to guide us through the topics of “Aging Well during COVID” led by Pamela Smith, and “Mental Health and Wellness During COVID-19,” with Dr. Lissa Lim.

Pamela Smith: Aging Well During COVID-19

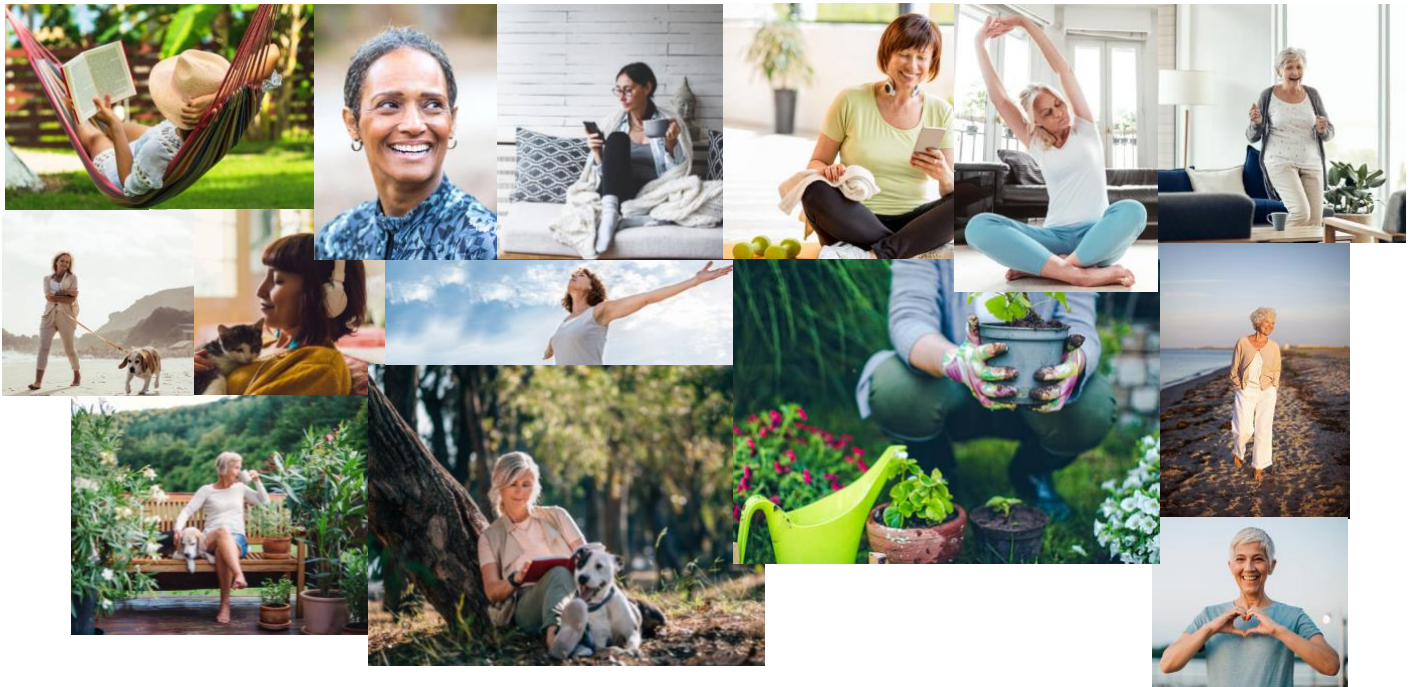
Ms. Smith is the Director of the San Diego Health and Human Services (HHSA) School Wellness Program and the former Director of the San Diego HHSA Aging Well Program. Her presentation will address what research tells us about what it takes to age well, how are we personally doing and what should we do, and what changes during COVID-19.

Dr. Lim: Mental Health and Wellness During COVID-19

Dr. Lim is a Counselor, private therapist and Professor at CSU San Marcos. Dr Lim will discuss “Mental Health and Wellness During COVID-19”. She will discuss normal reactions to the current state of the world, strategies for improving or maintaining wellness, coping skills for supporting mental health, and mental health resources

We are committed to supporting all of our members during this challenging period, which will require continued quarantining well into next year. The Zoom room will open at 9:45 for hospitality and the program will begin promptly at 10:00 am.

Questions for our participants may be submitted at the time of registration and/or during the presentation using the Chat function.



A Message from our Co-Presidents

Michele McNeil and Rebecca Hill

As we approach the end of 2020, we can reflect on our accomplishments. With the help of “Zoom” we are continuing to provide programs virtually, and we can keep abreast of what our friends and colleagues are doing. Social interactions are part of our fabric, enabling some special interest groups to continue to meet. New ideas are in the works for next year, so be sure to check our bi-monthly branch e-blasts with up-to-date news. All members are encouraged to voice their opinions and ideas!

Check out our Website Homepage! <https://delmarleucadia-ca.aauw.net/> Thanks to Betty Reed and her Committee for the updated results. In addition to our website, you should take a peek at AAUW National <https://www.aauw.org/> and AAUW California <https://www.aauw-ca.org/> websites. You will be amazed at what you can learn.

We are proud of our membership in AAUW Del Mar-Leucadia Branch and wish you all happy and safe holidays. Hope to see you at our Branch Holiday Celebration on December 12th!



Publicity

Bobbi Karnes

We are always looking for ways to spread the news about our work and programs at AAUW Del Mar-Leucadia. Can you help?

1. Can you post our news on Nextdoor?
2. Can you watch for our articles in local papers (San Diego Union-Tribune North County, Coast Dispatch or Encinitas Advocate)?
3. Share this Facebook event post link <https://fb.me/e/32zyUhcd3> with any local high school students you may know in our branch's area who would be interested. If you are on Facebook, please share the link with friends.

Contact our Publicity Director Bobbi Karnes to volunteer for any activity or submit an article.

The article below was published in the Rancho Santa Fe News. At our last branch meeting these speakers were an inspiration to us all.



Corinna Contreras

COURTESY PHOTOS



Tazheen Nizam



Rochelle Smarr

'Leaders for the Future' panel discussion at AAUW virtual event Nov. 14 open to public

The public is invited to attend the American Association of University Women Del Mar-Leucadia Branch virtual program "Leaders for the Future" on Saturday, Nov. 14 from 10 a.m. to noon.

A diverse panel of local women will talk about how they became leaders in their communities. Vista City Council member Corinna Contreras will discuss how a neighborhood incident propelled her into representing Area 1 in Vista. Tazheen Nizam sits on boards of organizations that work toward civil rights, immigrant rights, interfaith collaborations and quality of life issues. Rochelle Smarr will discuss how she became the director for Service Learning and Civic

Engagement at California State University San Marcos as well as faculty for a GEL course. The panelists will discuss the challenges they've faced and their vision for their futures.

Guests must send their name and email address to membership@aauwdml.org to receive a Zoom link to the meeting and for their name to be recognized when they enter the Zoom Waiting Room.

AAUW is a national organization that advances equity for women and girls through advocacy, education, philanthropy, and research. Membership is open to all college graduates with an associate or higher degree. AAUW values and seeks a diverse membership. The Del Mar-Leucadia Branch serves coastal

San Diego communities and reflects the varied interests of its members with monthly meetings which are open to the public and special interest groups such as Great Decisions, dining, book, movie, and bridge groups. Many of these groups are ongoing with virtual meetings.

The AAUW branch raises money for scholarships for local college students and for local middle school girls who are chosen to attend AAUW's Tech Trek, a STEM camp held at the University of California San Diego. The branch also supports the AAUW Greatest Needs Fund.

For more information, visit delmarleucadia-ca.aauw.net or contact Karen Dorney, membership@aauwdml.org

Special Interest Groups

New Workshops, Mini-courses, and Interest Groups

Call for Topics, Presenters, and Sign-ups

Your Program Committee and branch leadership team are working on ideas for new workshops, mini-courses, and interest groups, kicking off in 2021. Here are some ways you can get involved. Have ideas or interest? Contact Linda Quinby, quinby2@att.net, 760-931-9789.

1. **Suggest or indicate your interest in topics:** Previously suggested topics include Gardening, Yoga & meditation, Crafting, Gaming, Audio book lovers, Walks in the open, Genealogy, Tutors/literacy, Bird watchers, Antiques, Quilting, Knitting/crocheting, Photography, Technology (e.g., Navigating Zoom or Kindle). Let us know if you're interested in these or others.
2. **Volunteer to be a presenter or coordinator:** Our branch is filled with talented women with wide-ranging expertise. Volunteer to give a talk, lead a discussion, or coordinate an interest group.
3. **Sign up for proposed topics:** Several members have already offered to give a talk, lead a session, or kick off a series. Dates TBD. Sign up now!
"The ABCs of AAUW" – for new members or those wanting a refresher

Sharon Corbett-Parry: "Should I Stay or Go" – Tips on aging in place or "downsizing/rightsizing," and resources to make it happen.

Michele McNeil: "Travel Stories – Living in Japan" – Stories of travelling or living abroad, starting with Michele on her 2 years in Japan.

Linda Quinby: "Finding Grandpa and Other Tales from the Graveyard" – Family history from real and virtual graveyards, with resources you can use from home.

Special Interest Groups Meeting via Zoom Now

Novel Lovers: Meets the last Monday of each month at 4 p.m. via Zoom. NOTE: November meeting is on 4th Monday. Contact Nancy L. Kohrs, nancylkohrs1@gmail.com, 858-220-1951
Nov. 23: *The Chilbury Ladies' Choir* by Jennifer Ryan (Bobbi Karnes leads)

Great Decisions: Meets first Thursday of most months at 6:30 pm. Join us for stimulating discussions on global issues, using materials from the Foreign Policy Association. Contact Kathy Adams, bri2kath@gmail.com, 281-704-1495.
Dec. 3: Artificial Intelligence – featuring special guest expert

Morning Literature: Meets the 2nd Monday of the month at 9:30 a.m. Books discussed alternate between a selection from a Great Books series and a Short Story. Contact Arlene Lighthall, alight23@gmail.com

Virtual 1st Friday Get Together

Linda Quinby

Our first Virtual First Friday was a great success! It was great seeing everyone and catching up. Thanks so much to Michele McNeil for getting this started!

Among other things, our wide-ranging discussion included attendees sharing what they have been watching and reading:

What we're watching and reading

Kelly Allan: **Schmitt's Creek** on Netflix was HILARIOUS!! (Rochelle Smarr and the Quinbys agree!). **The Queen's Gambit** (also on Netflix) was EXCELLENT!!!!!!

Rochelle Smarr: **Burn Notice**

Linda & Dave Quinby: **My Octopus Teacher** (Netflix). Beautiful underwater photography and touching story of a free diver's year-long friendship with an octopus.

Sharon & Bob Parry: AARP.org "Movies for Grownups" free screenings, including **Radium Girls** (Bob recommends the book as well)

Michele and Roger McNeill: **Just Mercy** (Amazon Prime), movie & book (several others agreed)

Nancy Kohrs: **Caste** by Isabel Wilkerson (Linda also recommends Wilkerson's previous book, **The Warmth of Other Suns**) and **Leadership in Turbulent Times** by Doris Kearns Goodwin.

Bobbi Karnes: **The Chilbury Ladies' Choir** by Jennifer Ryan (Karen Dorney and Linda agree). Life in a small English village during World War II, told through letters and journal entries of choir members. Novel Lovers book group is reviewed this on Nov. 23rd.

Get to know our new members and catch up with friends

Join us for our next Virtual 1st Friday Get Together

Friday, December 4th, 5:00 p.m.

Contact Michele at michelemcneil45@gmail.com for the Zoom link.

AAUW Fund

Sallie Piccorillo



APRIL 10TH, 2021
AAUW FUNDRAISER

Taking the COVID-19 pandemic challenge, the April 2021 Fundraiser team is diligently working to provide a fun virtual event. Set aside April 10, 2021 on your calendar and look for the details in the next issue of Coastline.

If you are interested in joining an enthusiastic group of innovative thinkers and doers, please contact Sallie Seymour Piccorillo at salpiccorillo@yahoo.com or give her a call at (714) 642-6654.

Social Media and Tech Advice

Michele McNeil

“Are you tech savvy? Our branch could use help with Tech tools, ideas to enhance our Social Media, etc.” Contact Michele McNeil, president@aauwdml.org



Speech Trek

Sharon Corbett-Parry

We are looking for contestants.

Deadline to apply is December 21, 2020.

\$2,500 in prizes

Do you know a local high school student who would like to compete in "SPEECH TREK"? Or a local teacher who could recommend students? Please let them and us know.

All local high school students are invited to compete in "SPEECH TREK": a speech competition sponsored by the American Association of University Women of California.

Contestants create a 5-6-minute speech on the following public policy topic:

"Has social media helped or hindered the breaking down of barriers for women and girls?"

Interested students contact the AAUW Del Mar-Leucadia Branch at speechtrek@aauwdml.org for more information and to apply for the contest.

The live virtual competition (via Zoom) will be on January 21, 2021 at 6:00PM.

Local Prizes: 1st Place- \$500.00 2nd Place- \$300.00 3rd Place: \$200.00

In April 2021, the 1st place winner from our branch will compete in the state competition with the winners from other California branches. At the AAUW CA State Convention/Annual Meeting the top three speakers compete for a \$1500 first prize.

Contact: Sharon Corbett-Parry- Branch Speech Trek Coordinator for 2020-2021
speechtrek@aauwdml.org (760) 696-1239



Tech Trek

Lorraine Pfahl

Our Tech Trek Program will be going full steam ahead in 2021. California will be having a virtual camp season. The design of the camp is based on a pilot camp successfully implemented in August 2020. The 2021 Virtual Camp leadership team is deep into planning for implementation of the virtual camp project, with the camper selection process kickoff scheduled for January 2021.

The Virtual Camp Model will include:

- Morning project-based robotics Core Class led by trained AAUW members.
- After-lunch Inspiration Hour featuring speakers chosen for excellence.
- Interactive afternoon hands-on or interactive Workshops chosen for excellence.
- Additional resources and nighttime events for social activities, college/financial aid information, STEM speakers, etc.

The plan is for 3 to 4 virtual camps:

- Three to four 2021 Virtual Camps scheduled between mid-June and early August.
- Robotics kits to be distributed from several California locations.
- Zoom platform with registration, passwords, and breakout rooms.

Camp Staff & Volunteer Opportunities are available and include:

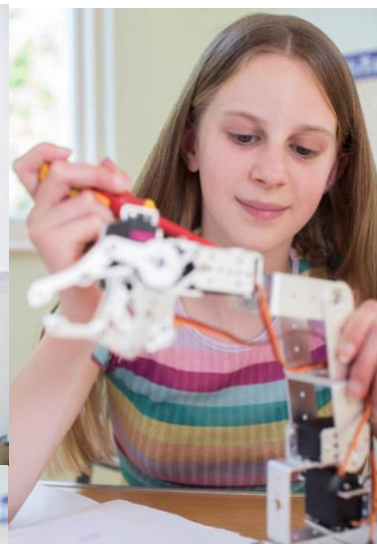
- A combination of interested branch members, camp directors and teachers, dorm moms, counselors, and other volunteers.
- High staff to camper ratio – 1:3.
- Several roles will be available – both in the virtual environment and on the ground; members can serve in one or more camps and training will be provided.

Please let me know if you would like to be part of this fun exercise.

Tech Trek, cont.

We are also moving forward with a Tech Trek Alumni Program in 2021. More details in the new year!

If you are interested in participating in with this program, please contact Lorraine Pfahl (Lorrainepfahl@gmail.com) for more information.



Scholarship Committee

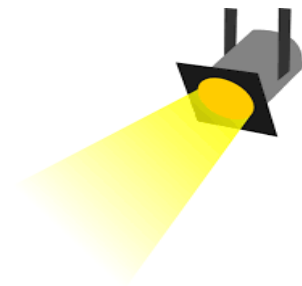
Barbara Bladen

The most recent eblast was a big help in finding members who are interested in serving on the college scholarship committee. Carolyn Dahl who has been a member for a few years has agreed to stay on the committee. Norelynn Pion-Goureau, Pari Rosen, and Joanne Fink are new to the committee but have been active members of our branch for several years. Their experience will significantly enhance our search for the appropriate candidates.

Deadline for Scholarship applications is December 20, 2020.

Focus on Membership

Karen Dorney



We are counting on you to keep AAUW's mission moving forward!

"Do you know someone who would like to join our branch? Invite her to one of our programs and take advantage of a discount on her membership fee"

Karen Dorney, Membership Director

Please address any questions to Karen Dorney at membership@aauwdml.org

Welcome to our Newest Member - Peggy Hetherington.

More details in the new year.

AAUW Public Policy - December 2020 - January 2021

Norelynn Pion-Goureau

The AAUW-supported **Federal Employee Paid Leave Act (FEPLA)** received bipartisan support, but failed because of absences in the Senate. Members of Congress can still include the FEPLA provision in the final National Defense Authorization Act (NDAA) later this year. Currently, the majority of the Senate has expressed support for FEPLA but did not pass it before the elections.

Of great interest to our members, the Senate passed the AAUW-supported **Building Blocks of STEM Act (S. 737)**, which would take important steps toward identifying systematic barriers and biases affecting young girls in STEM and computer science. Thankfully our local girls have the opportunity to explore their interest in Science, Technology, Engineering and Math through our Tech Trek Scholarships and to develop their speaking abilities to advance their careers in these fields through our Speech Trek program.

The AAUW Legal Advocacy Fund has been very active in the last few months on two cases related to pay equity. Freyd v. University of Oregon addresses pay discrimination faced by Jennifer Freyd, a professor at the university who is paid substantially less than her male colleagues who hold the same positions, are junior to her, and are no more accomplished. The disparity is due primarily to retention raises, and the case will help to establish whether such raises are considered “a factor other than sex” under the Equal Pay Act.

AAUW filed an amicus brief to the Ninth Circuit concerning the case of Aileen Rizo, who is a Legal Advocacy Fund-supported plaintiff who faced pay discrimination in her teaching role due to the use of salary history. Under A.B. 168, California employers are prohibited from “seek[ing] salary history information” from an applicant. The statute also prohibits employers from relying on an applicant's prior salary history “as a factor in determining whether to offer employment . . . or what salary to offer an applicant.”

Our Start Smart and Work Smart courses, which are available to members online, help new job seekers to avoid pitfalls in answering questions like pay history during job interviews. AAUW members should check out the new, updates Public Policy pages on the AAUW California website.

AAUW California Public Policy Priorities

What We Believe:

The work of the AAUW California State Public Policy Committee is guided by our Mission Statement and by the three pillars of our Public Policy Priorities.

- Economic Security for All Women
- A Strong System of High Quality Public Education
- Guaranteed Equality, Individual Rights and Social Justice for a Diverse and Inclusive Society



AmazonSmile customers can now support AAUW Del Mar-Leucadia California Branch in the Amazon shopping app on iOS and Android mobile phones! Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. Open the Amazon Shopping app on your device
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap 'AmazonSmile' and follow the on-screen instructions to complete the process

If you do not have the latest version of the Amazon Shopping app, update your app. Click [here](#) for instructions.

AAUW DML Facebook

Recent posts include Book Day and what members are reading; uplifting stories of awesome women, past and present; events, celebrations, and issues, including the centennial of women's voting rights and mail-in voting; as well as upcoming branch events and opportunities for action.

1. Check out our AAUW DML Facebook page.

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

2. Like AAUW DML on Facebook
3. Share our posts with your friends

And don't forget ...

Join in our Zoom meetings & events.

It's a great way to stay connected!



Stay Healthy!

Happy Holidays!