



Women with Vision

Fallbrook CA Branch

volume 36, issue 6, January 2021

P.O. Box 1061, Fallbrook CA 92088-1016

Website: fallbrook-ca.aauw.net

Young women with dreams become women with vision

Our Mission: Advancing equity for women and girls through advocacy, education, philanthropy, and research. The American Association of University Women is the nation's leading voice promoting equity and education for women and girls.

2020-2021

BOARD OF DIRECTORS

President Young Milton
 President Elect Margie Mosavi
 1st Vice President (*Programs*)..... Susan Duling
 2nd Vice President (*Membership*)..... Jeanie Curtright
 3rd Vice Presidents (*AAUW Funds*) ... Sharon Robinson
 Finance Officer (Treasurer)..... Elizabeth Leader
 Recording Secretary..... Pamela Nevills
 Corresponding Secretary. Bobbie Miller

APPOINTED CHAIRS

AVID Mentorship Program..... Karen Langer Baker
 Public Relations/ Publicity..... Young Milton
 Public Policy Joy Frew
 High School Scholarships..... Margie Mosavi
 Website Manager..... Anna Quigley
 Women with Vision Newsletter..... Joy Frew
 Directory Charlotte Seidman
 TechTrek..... Larissa Anderson
 Diversity..... Diane Summers
 Historian..... Nancy Heins-Glaser
 Hospitality..... Kathy Bierbrauer

SPECIAL INTEREST CHAIRS

Mah Jong Group..... Kathy Bierbrauer
 Mah Jong Tournament. Araxy Moosa/Kathy Bierbrauer
 Movie Critique Potluck..... Margot Dokken

Message from President

Hello friends,

Happy New Year! May 2021 bring you and your loved ones good luck, good health and much happiness. I am looking forward to another year of great speakers and interesting topics. I would like to take this opportunity to thank our amazing Board for keeping us going during this uncertainty time. I appreciate our Chairs for remaining active and keeping our members engaged. I am thankful for members looking to start new interest groups such as the writing group by Lana Smith and the walking/hiking group by Carolyn Thom.

Until we meet in person again, please join us via our monthly Zoom general meetings, and don't forget to mark your calendar for our annual Interbranch Council (IBC) meeting on 1/23/2021.

With warmest regards,

Young Milton



2021 General Meeting Programs

Greetings to our Dear Fallbrook AAUW Members,

Thank you for joining our monthly ZOOM meetings and for inviting your guests. We have had good attendance and appreciate your flexibility in adapting to our new ZOOM meetings.

PROGRAMS JANUARY, FEBRUARY AND MARCH 2021

Celebrating 75 Years of Fallbrook AAUW Branch

Formed September 30, 1946

Saturday, January 9, 2021, 10:00 AM ZOOM Branch Meeting

Program: "Science of Climate Change and Climate Equity"

Speakers: Joy Frew and Cynthia Young, Fallbrook AAUW Members

Bio of Joy Frew:

Joy is a co-founder, with Tom Frew, of the Fallbrook Climate Action Team. She is a naturalized citizen who moved to the U.S. from the Netherlands with her parents, as a baby. She received a B.A. in Human Services from Western Washington University in 1999. She retired in 2014 from a career at the Internal Revenue Service. In 1980, she worked for the election of Barry Commoner, a scientist who promoted changing the economy to run on renewable energy.

She worked as an Energy Specialist during the 1980's for a Community Action Agency in Island County, Washington. She was also Secretary of the Whidbey Island Solar Energy Association.

The Fallbrook Climate Action Team began in 2015. It holds monthly educational ZOOM meetings about climate change and also works with other regional groups to advocate for policies to mitigate climate change. The website is fallbrookclimateactionteam.org.

Bio of Cynthia Young:

Cynthia has been in Fallbrook just over 3 years. In addition to the charms of the town, there are also two daughters, two sons-in-law and two grandchildren in the North County making the move to Fallbrook a very attractive choice. Originally from Sacramento, she moved to the San Francisco Bay Area when she married Richard, a NASA scientist who got her started on her deep dive into climate change. The next move brought them to the mountains outside King's Canyon/Sequoia National Parks, where she continued her therapy practice with MediCal clients in a little Central Valley town, and he took up climate education as a retirement project until his death. Cynthia decided to try and keep the effort going.

Cynthia is not a scientist herself, but she's a passionate "science groupie". She did her undergraduate work in pre-med and psychology at UC Davis and Cal State University, Sacramento, later picking up her masters in counseling psychology from Santa Clara University. Along the way to becoming a marriage and family therapist to help fill a then urgent need by transgendered individuals and their families, she also worked as a contract negotiator for the Interior Department's Bureau of Reclamation and a program analyst for the Housing Authority in Santa Clara County. She continues a small practice, now exclusively via telehealth.

Saturday, January 23, 2021, 9:30 AM ZOOM Joint Interbranch Council Meeting

Please check-in at 9:30 AM. Program starts 10:00 AM. (Late arrivals may not be admitted)

Program: "The COVID Quarantine"

Please join the seven AAUW branches in San Diego County for our annual joint meeting.
Please see attached flyer.

Saturday, February 6, 2021, 10:00 AM ZOOM Branch Meeting

Program: "Keep Your Brain Healthy" ZOOM Workshop

Speaker: Pamela Nevills, Ed.D. Fallbrook AAUW Member

Overview from our Speaker on workshop:

Have you ever been concerned about your brain function or that of an elderly parent? This presentation is for you. We all want to have a healthy brain. And, we may wonder just what is happening in the approximately 3-pound organ we carry in our heads. This presentation will give some basic information about how your brain works AND how to encourage it to stay healthy for your life.

Bio of Pamela Nevills, Ed. D

Pamela Nevills is first and foremost a teacher, working with learners from preschool through postgraduate programs. She began her career with teaching positions that spanned grades 1 through 8. Subsequently, she managed and supervised programs at preschool, high school, university, and postgraduate schools. Pamela's expertise as a staff developer began with a county-level position; later she managed a curriculum and instruction office. Additional activities include state-level leadership for teachers' professional development and student-to-work programs. She was a collaborator and data collection manager for a mathematics research project spanning four states. Recently Pamela supervised student teachers/interns and taught methods classes at California State Polytechnic University and the University of California, Riverside and was a Cohort Leader and Instructor for Brandman University's Doctoral Program. Dr. Nevills studies neurology, mind imaging, and research for education, organizational change, and neurology. She is the author of three books on neurology and education published by Corwin Press. By combining information about how the brain functions for child and adult learning, she provides insights for professionals and educators in various organizations.

March 2021 Joint Meeting with Temecula Branch ZOOM Meeting

Date and Time to be determined

Program: Aimee Campos, AAUW American Fellow. Aimee's discipline is History. Her work explores 19th Century Chile and land redistribution projects for economic progress. Aimee is studying at UCSD.

LOOKING FORWARD to When In-Person Meetings Resume

Fallbrook author Phyllis Austin Heaton will speak about her TWO new books: First in the series, "Murder at the Expo: Miss Sadie Brown and the Death of Dr. Wolf" and newly published second in the series, "Murder at a Séance: Miss Sadie Brown and the Death of Madam Valesky". These books are available at The Shop Around the Corner, (Hawthorne St. and North Main, Fallbrook) and at Amazon.

Thank you for your support and for your attendance at our ZOOM meetings. We really appreciate you hanging in there with us as we strive to connect during this COVID pandemic. Many thanks to our Fallbrook branch members: Larissa Anderson, Joy Frew, Cynthia Young and Pamela Nevills for volunteering as ZOOM speakers. These wonderful women serve AAUW in other positions: Larissa is Tech Trek Coordinator; Joy is Newsletter Editor and Pamela is Board Secretary. Please attend and learn more about our accomplished members.

Susan Duling and your AAUW Fallbrook Board



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Good Morning Readers!

Good cloudy morning my Book Friends!

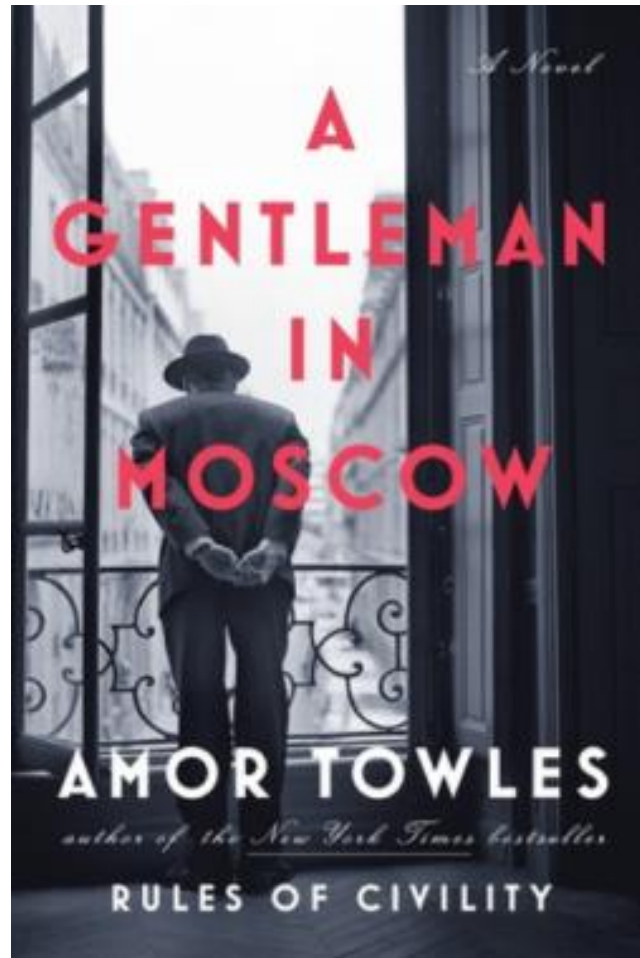
Don't forget to join us on Monday the 11th at 11:00 to dive into *A Gentleman in Moscow*, with discussion led by Marge Mosavi. And you still have time to read it if you haven't yet!

Looking ahead:

For February, be ready to dissect *The Vanishing Half* by Brit Bennett. Hopefully it will stimulate good discussion. *The Vanishing Half* is a story that asks pertinent and, at times, overwhelming questions about who we are and where we're headed as a society.

March will be 'Break It Up,' by Richard Kreitner.

For April, Pamela has 'Outline,' by Rachel Cusk*.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

See you on the 11th! Cy

* The narrator of Rachel Cusk's lethally intelligent novel, "Outline," is a cipher who inspires other people to confess. In her presence, they divulge stories about their wives and husbands and mistresses, their parents and children and careers. The narrator's bio, meanwhile, remains faintly sketched. She is a woman. She lives in London. She is the mother of more than one child. She is divorced. She is a novelist teaching a summer writing course in Greece.

A Note from Our Corresponding Secretary

If you know of a member who is ill, bereaved, celebrating a birthday or milestone event, please let me know.

I will send a card or thank you note to that member or family from our general membership.

Please call or email:

Bobbie Miller (760) 822-4911

rushx007@umn.edu

Formation of an AAUW Writers' Group Offered

- Do you love to write?
- Are you interested in forming a small writing group of like-minded women who support and encourage each other to be creative and to improve their writing skills?
- The only criteria are loving to write, attending a meeting once a month (after the holidays, via Zoom until social distancing is no longer mandated), sharing your work, and receiving and giving critiques.
- If so, please contact Lana Smith, lamarismith@gmail.com.

About two months ago we learned of the passing of Chris Young, a long-time active member of our branch. She served as president, program chair AVID mentor, garden tour chair and a "yes I'll do it" type of person. Recently, Fred, her husband, died of COVID-19. Fred was a supporter of Chris' activities and an honorary member, of sorts, of our organization. We shall miss them both. There is no family member to contact at this time, but Chris' daughter lives in Dana Point. If anyone has a contact of her please let me know. ---

Marj Freda

A Note from our AAUW California President



Dianne Owens, President, AAUW California, statepresident@aauw-ca

This is the time of year when I start looking forward to the possibilities of a NEW YEAR. I am shopping, baking, and preparing for the holidays and, also, looking forward to a new beginning.

I am looking forward to working with our new marketing consultant, Dowitcher DESIGNS, and learning how all of us can make AAUW California more visible in our golden state.

I am looking forward to working with our new advocacy firm, MVM Strategies, and preparing for our virtual Lobby Day in late March. I hope you will all join us that day.

I am looking forward to our April 17, 2021 virtual Annual Meeting with exciting speakers, new awards, and our Speech Trek contest. Be sure to join us to see some new twists.

I am looking forward to seeing everyone in person again in the summer or fall of 2021. The timing is still unknown, but we will all look forward to that.

I am looking forward to saying "Goodbye 2020." It was not the greatest year, but we learned a lot about Zoom, webinars, and more techie stuff than we thought we needed to know.

Have a wonderful and safe holiday everyone! Be kind to yourself and others!

PUBLIC POLICY

Kathleen Harper, Director, and Sue Miller, Public Policy Committee Chair

AAUW CALIFORNIA PUBLIC POLICY TEAM ANNOUNCES FIRST VIRTUAL LOBBY DAY!

On March 24, 2021, AAUW California in conjunction with our new advocacy firm, MVM Strategy Group, will be conducting a virtual Lobby Day with our legislators in Sacramento. This is a terrific opportunity for branch members to get involved in the public policy process by helping the state Public Policy (PP) Committee advance our legislative goals for 2021-22. It's also a great way to meet your local legislators and let them know how you, through AAUW, are helping their constituents in your communities.

We are asking branch PP chairs (or presidents, if your branch doesn't have a PP chair) to help us recruit participants. Please have interested branch members register [HERE](#) by January 8, 2021.

Finally, all participants will be given full training in a Zoom webinar on March 22, 2021, at 7:00 p.m. Click [HERE](#) to register for "How to Talk to Your Legislators."

Important Dates:

- January 8, 2021 – Last day to register to participate in Lobby Day
- March 22, 2021 – Lobby Day training webinar
- March 24, 2021 – Lobby Day

**February Newsletter Submissions Deadline is
Sunday, Jan. 24.**

Send to joyfrew@gmail.com



San Diego Interbranch Council Presents

Saturday, January 23 @ 10:00 am

Check-in & Zoom Social Chat @ 9:45 am

"Mental Health and Wellness During COVID-19"

Speakers:

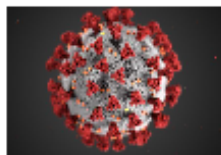


Pam Smith, San Diego County Health and Human Services (HHS) Live Well Schools Director

Coordinates with all schools in San Diego County to improve the health and wellness of students, staff and community. Former Director of Aging and Independence Services for San Diego County. She was also the former Deputy Director of Health and Human Services at the County. She is a current board member of San Diego Seniors Community Foundation.



Dr. Lissa Lim, Licensed psychologist at California State University San Marcos. She earned her BA and MA in psychology at California State University San Marcos, and her PhD in Counseling Psychology from Southern Illinois University, Carbondale. She has practiced for 11 years and worked at a variety of setting including community mental health, university counseling centers, wellness centers, career centers, and private practice.



Watch for the Zoom Link which will be sent to all branches in January!