



## Fallbrook (CA) Branch

Advancing Equity For Women And Girls Through Advocacy, Education,  
Philanthropy, And Research.

*Women with Vision*  
*Vol.40, Issue 11 May 2024*  
*Celebrating Our 77th year!*

Directory of Officers and  
Chairs



**Not a Member?**  
**Join us for Year 78, coming in**  
**August, 2024**

Join Now



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Welcome to Fallbrook AAUW's new newsletter! We are hoping it is more readable and easier to navigate. All of the blue buttons and text within the articles are clickable and linked to either websites, email addresses, or documents. Don't miss the link at the bottom of your email that says "View entire message." That will open up the complete newsletter. We would love to know what you think.

[Click Here to Provide Additional Feedback](#)

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## President's Message



April's meeting featured a fascinating conversation with author Patricia Watts, who was interviewed by member Nancy Heins-Glaser about celebrating the voices of older women. Kudos to Nancy for all the ways she adds to our experiences! She will be co-chairing Programs next year, so we can look forward to another year of full and enriching presentations.

I'm so proud and appreciative of our planning group's programs at our general meetings! If you haven't attended any, you're missing some of the benefits of your membership. We always look forward to meeting your guests who might be inspired to join. And, of course, if you are a mentor, do what you can to invite your mentee to attend whenever possible for an introduction to all we do as members of AAUW beyond the mentorship program.

On May 11th, we will hold a very short annual business meeting to elect new officers, followed by a delicious lunch and fashion show. Please send payment via check or Venmo to reserve a seat; and tell Patty Carlson or Diane Summers if you have anything to contribute to our silent auction, which will be held after that.

We especially look forward to our final meeting in June when we will have a chance to meet all of our college and Tech Trek scholarship winners.

*Karen Langer Baker*

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## Birthdays



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## Programs

**Saturday May 11, 2024 will be our final fundraising event for the year!**

Please bring a friend to our **Pre-Mother's Day Luncheon, Fundraiser, and Fashion Show**

**Location: La Cucina, Main Dining Room and Patio. Fallbrook**

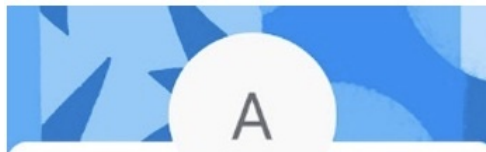
**Fashion Show** – Thanks to our member, Sharon Robinson of Sharon's on Main and MiMi's Boutique. Thanks also to our member models. Please invite your family and friends. We still have some seats available and we want a sell-out for this fun event!

**Silent Auction:** Do you have items for the silent auction? It can be regifting, a treasure, a service, vacation/timeshare, or a restaurant gift certificate. If you have ideas or something to donate, email [Diane Summers](#). Time is running out so please let us know what you have.

Tickets for this event are part of the fundraising. There will be a very short annual business meeting at the beginning, including an election. You should have received an email showing the slate of candidates for next year's executive board. The event begins with a patio reception and silent auction, 50/50 raffle, delicious lunch, and fun fashion show. The ticket price is \$35 in advance or \$45 at the door. Many of you paid and reserved at the April meeting. The Evite was sent out and you can forward it to anyone you want to invite. For those who haven't paid yet, your options are:

- **Write a check payable to AAUW – Fallbrook, P.O.Box 1061 Fallbrook CA 92088-1061;**
- **Pay by Venmo using the username or QR code are below.**





AAUW

@AAUWFALLBROOK



### **June General Meeting**

**Saturday June 8**

**Location: Fallbrook Public Utilities. 990 E. Mission, Fallbrook.**

The awarding of scholarships and installation of new board members.

**JULY - no general meeting, there will be a new/old board meeting.**

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## **Celebrating the Voices of Older Women**

"In Conversation With ..." was the format of author Patricia Watts's talk as she shared the underlying message of her latest book, *Paper Targets*, at AAUW's monthly meeting on April 13.

Guests and visitors were treated to Ms. Watts's openness as AAUW member Nancy Heins-Glaser asked questions related to the author's backstory of an impressive and evolving writing career.

As a college graduate in journalism, she moved on to newspaper editor, paralegal, investigator for the Alaska Commission for Human Rights, to present-day contemporary novelist.

Her journey is especially impressive when one also considers her education and career paths were sandwiched between sudden and frequent moves as a military spouse and mom of two kids.

"Recognizing the Voices of Older Women " was Watts's theme as she

presented the unique story about a lifelong friendship of two older women, the protagonists of her novel, *Paper Targets*.

Watts's self-described writing style is noted as "fiction on the edge." Her honest wording and historical accuracy, told with humor and pathos, provide the reader with just enough social commentary about the indignities that many women endure as they navigate from girlhood and into and through adult life.

Please see Ms. Watts's message of appreciation to Nancy for the opportunity to share her history and with our group:

*"It was an uplifting experience to share my story with such a welcoming audience. My hope is that in return I have encouraged other women to stay true to their own narratives in spite of the risks of being labelled 'angry' or 'not nice' or 'overemotional.'*

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[Visit Patricia Watts's Website](#)

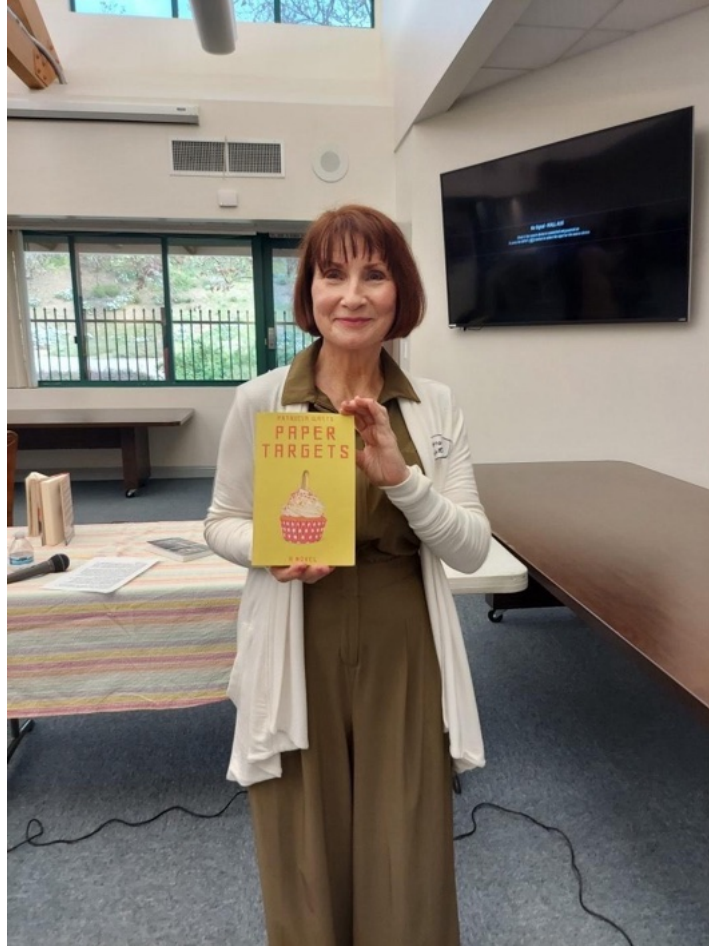
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**Nancy Heins-Glaser with Patricia Watts**

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**Patricia Watts with her book, *Paper Targets*.**

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## Membership News

Hello, I am Bobbie Jessup, a life member of AAUW. I am a second generation AAUW member. My mother had me active even before I graduated. I graduated from Fullerton Community College and San Diego State University. I worked in the family business of selling accounting forms and systems, even before computers and self-publishing were heard of. I was a member of two previous branches before starting the Temecula Valley branch and assuming various leadership roles. Upon moving to the Temecula Valley in 1991 with my husband, I helped start a business. I have also worked in several companies, serving in various capacities such as office manager, customer service, purchasing, and accounting. I have served on a couple of state committees and with the help of some wonderful women, kept the Temecula Valley Branch going for 30 years. I have always enjoyed reading and do not go anywhere without a book (standing in lines can be boring).

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# Diversity, Equity, & Inclusion

Looking for diversity in our community, the DEI group went on a field trip in April to the Barnes and Noble in Temecula. We were greeted by a staff member, Stephanie Keller, who showed us a table with the various banned books. We were shocked to see *To Kill a Mockingbird*, *Of Mice and Men*, and *Gone with the Wind*, among others that many of us had read in high school. Mostly they are banned in schools and public libraries in the states where their legislators had passed laws to prohibit them. However, they can still be purchased online and in stores, due to the Freedom of Speech federal law.

We then saw the amazing, very large young adult section of **Manga**. This is a form of anime that has been in the U.S. for 30 years, but became very popular at the start of the pandemic. For several reasons, these books from Japan took off and now they are the most popular reading material for the 12 to 20-something age group in the world. If you remember the old comic books, Manga is like that with all new characters and situations. They have been translated into English and edited for the American culture. They read from back to front and from the right corner to the left. As Stephanie explained to us, they have adventurous stories with underlying values like hope, finding your true self, and coping with the challenges of life. We were amazed at how many titles there are, with many different topics.

We hope members will go and visit all the new, exciting books and other items Barnes and Noble has to offer. The Manga section usually has a staff person there to guide you to the appropriate books for yourself or to give as gifts, so you can keep up to date on this new literature adventure.

Our next meeting will be Wednesday, May 15th at **Diane Summer's** house, from 10 to 12 for coffee and conversation. In June we are planning to have a Diversity Dine evening event, so look for the date. All members are welcome.







**AAUW members learning about Manga.**

**Pictured are Chris Assad, Margie Mosavi, Stephanie Keller of Barnes and Noble, and Norine Honea**



**Barnes and Noble Banned Books Display--Just a Sampling**

## Mentorship Group News

### Stress Reduction Workshop

Mentees and mentors met on April 24 in the AVID classroom at Fallbrook High School for a relaxing gathering. The topic was Stress Reduction. Sue Schaeffer opened the meeting by leading a discussion about what stresses us out, how stress affects us, and how we deal with stress, moving on to what research tells us about stress, wellness, and mindfulness and how yoga practice can help us address all of those topics.

Marli Shoop presented background on yoga and demonstrated how to use deep breathing during yoga. Then we set out mats and towels throughout the classroom before Carolyn Thom walked us through the many poses that make up what is called Sun Salutation, including Upward Facing Dog and Downward Facing Dog. Next, Patty Carlson showed us how to perform Warrior One and Two poses. We closed with a meditation while everyone lay down on their mats or towels with their eyes closed. Some of the mentees had tried yoga previously and everyone in attendance enjoyed trying it out.

After our meeting, we went for frozen yogurt and a relaxed time catching up with each other.

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**Sue Schaeffer Leading Discussion on Stress as Mentees Actively Listen**

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**Marli Shoop Teaching Breathing Techniques**

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