

## San Diego Branch

November 2020

### MISSION STATEMENT

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

### 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.

### AAUW FUNDS MISSION STATEMENT

AAUW provides funds to advance education, research and self-development for women and to foster equity and positive societal change.

### AAUW VISION STATEMENT

By joining AAUW we belong to a community that breaks through educational and economic barriers, so all women have a fair chance.

### AAUW SAN DIEGO BRANCH

P.O. Box 262012

San Diego, CA 92196

[www.AAUWSanDiego.org](http://www.AAUWSanDiego.org)

AAUW San Diego is a tax-exempt not-for-profit 501(C)3 organization



EMPOWERING WOMEN SINCE 1881



# THE SPHERE

## President's Message

*by Jane Niemeier*

**Give a gift of membership!** On October 10<sup>th</sup>, I was the moderator of a presentation for the La Mesa-El Cajon Branch entitled "Just How Many Genders Are There?" The presenter, Tristan Higgins, was fantastic. She talked about the LGBTQ+ community and how to be inclusive and welcoming to those who are different from us. Since I learned that she had a B.A. in theater and her law degree, I knew that she would be qualified for our group. After the presentation, I offered her a membership in either the La Mesa-El Cajon Branch or our own San Diego Branch, and she chose the San Diego Branch. We want a more diverse membership, so Tristan is perfect. She is younger than many of us, and she identifies as a butch lesbian.

As you are attending Zoom meetings with other organizations, why not find some prospective new members for our branch? If you offer a membership as a gift, we can only hope that the person receiving the gift likes our mission and our work and that the person stays after the one-year complementary membership.

## New Member: Tristan Higgins

Tristan Higgins; BA in Theater, UCSD; JD California Western School of Law, is an internationally recognized leader and speaker on diversity and inclusion, workplace equity, and how to create a metaclusive environment where everyone feels they belong.



On her application, she describes herself as an avid feminist and a superhero fan!

## Officers

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President

Jane Niemeier

Finance VP / Treasurer

Cathy Burciaga

Funds VP

Donna Lilly

Membership VP

Rosemarie Mallory

Public Policy VP

Shauna Ruyle

Recording Secretary

Sherry Eberling

## Committee Chairs

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Branch Historian

Rosemarie Mallory

Communications

Shauna Ruyle

College & University

Donna Lilly

Scholarships

Lillian Payn

Tech Trek

Gillian Simcox

Technology Outreach

Lillian Payn

## International Day for the Elimination of Violence against Women November 25, 2020



### Why This International Day?

- Violence against women is a human rights violation
- Violence against women is a consequence of discrimination against women, in law and also in practice, and of persisting inequalities between men and women
- Violence against women impacts on, and impedes, progress in many areas, including poverty eradication, combating HIV/AIDS, and peace and security
- Violence against women and girls is not inevitable. Prevention is possible and essential
- Violence against women continues to be a global pandemic.

### Why we must eliminate violence against women

Violence against women and girls (VAWG) is one of the most widespread, persistent, and devastating human rights violations in our world today remains largely unreported due to the impunity, silence, stigma, and shame surrounding it.

In general terms, it manifests itself in physical, sexual, and psychological forms, encompassing:

- intimate partner violence (battering, psychological abuse, marital rape, femicide);
- sexual violence and harassment (rape, forced sexual acts, unwanted sexual advances, child sexual abuse, forced marriage, street harassment, stalking, cyber- harassment);
- human trafficking (slavery, sexual exploitation);

- female genital mutilation; and
- child marriage.

To further clarify, the Declaration on the Elimination of Violence Against Women issued by the UN General Assembly in 1993, defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.”

The adverse psychological, sexual and reproductive health consequences of VAWG affect women at all stages of their life. For example, early-set educational disadvantages not only represent the primary obstacle to universal schooling and the right to education for girls; down the line they are also to blame for restricting access to higher education and even translate into limited opportunities for women in the labour market.

While gender-based violence can happen to anyone, anywhere, some women and girls are particularly vulnerable - for instance, young girls and older women, women who identify as lesbian, bisexual, transgender or intersex, migrants and refugees, indigenous women and ethnic minorities, or women and girls living with HIV and disabilities, and those living through humanitarian crises.

Violence against women continues to be an obstacle to achieving equality, development, peace as well as to the fulfillment of women and girls' human rights. All in all, the promise of the Sustainable Development Goals (SDGs) - to leave no one behind - cannot be fulfilled without putting an end to violence against women and girls.

Source: United Nations;

<https://www.un.org/en/events/endviolenceday/index.shtml>



## Alarming Figures

- 1 in 3 women and girls experience physical or sexual violence in their lifetime, most frequently by an intimate partner
- Only 52% of women married or in a union freely make their own decisions about sexual relations, contraceptive use, and health care
- Worldwide, almost 750 million women and girls alive today were married before their 18th birthday, while 200 million women and girls have undergone female genital mutilation (FGM)
- 1 in 2 women killed worldwide were killed by their partners or family in 2017; while only 1 out of 20 men were killed under similar circumstances
- 71% of all human trafficking victims worldwide are women and girls, and 3 out of 4 of these women and girls are sexually exploited
- Violence against women is as serious a cause of death and incapacity among women of reproductive age as cancer, and a greater cause of ill health than traffic accidents and malaria combined.

**STOP  
VIOLENCE  
AGAINST  
WOMEN**



## A conversation with Ellen Arcadi, RN, MPH

**Saturday, November 14, 2:00pm**



For many years, Ellen has been active on local and state commissions on Ageing and Independence, the Independent Citizens Bond Oversight Committee and many others, and is currently a non-elected California Senior Assembly Member whose job it is to keep track of legislation affecting seniors. Among other things, Ellen will brief us on the November 3 election outcomes that could affect us.

*Hosted by the San Diego Branch of AAUW.*

*Mark your Calendars now, and watch your emails for the Zoom link – week of November 9.*

The  
**EQUITY**   
Network

An inclusive learning community with a single goal: Equity for all.

Are you interested in building your network, enhancing your professional development, and working alongside others to advocate for change? The Equity Network is advancing the conversation and leading the charge to achieve equity for all. Connect with individuals who share your commitment to inclusion on our campuses, in our workplaces and in our communities — and who want to do something about it.

Being part of the Equity Network community provides access to:

**Equity Express newsletter**

**Priority registration for AAUW events**

**Learning sessions** on topics such as: Advocating for Policy Change, Work Smart Salary Negotiation Skills, Diversity and Inclusion, and Empower: A Path to Leadership

**Leadership forums** about issues including: Intentional Networking, Having Difficult Workplace Conversations, Refining Your Personal Brand, Allyship for All Genders, and Embracing Intersectionality

**And more!** Click [here](#) for more information.



## Thank You San Diego Branch from Caroline Soderstjerna



Caroline received a \$2000 scholarship from the San Diego branch this fall to financially help her continue her studies at UCSD. She is currently a junior focusing on her career goal as a conservation biologist. All classes since March 2020 have been presented digitally and virtually, including her spring final exams in May. Fall classes are online with small discussion groups through Zoom. Pre-recorded pod casts of some of her classes create a difficult learning environment, but because she can re-run and review the pod casts, she experiences a new way to learn information. However, Caroline misses the in-person small group class discussions.

Time management is a very important skill that Caroline is encountering due to her full load of studies and her part-time work as a data analyst at the Scripps Institute of Oceanography Whale Acoustics Lab. She is having fun learning remotely and enjoys an extra hour of morning sleep-in time because she avoids traveling to and parking challenges at UCSD. She is grateful to the San Diego branch members for her scholarship.

Donna Lilly  
AAUW San Diego College & University Chair  
619-200-2720

## 2020/21 Scholarship Winner – Raya Kavos

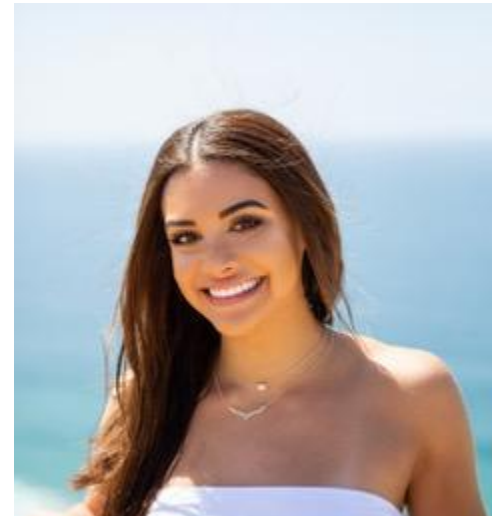
To update you on my current happenings, I have begun my fall quarter of my senior year and am continuing to work for Lifekind AI part time. This quarter I will be working with Malware and Graph Learning for my senior project, as well as taking classes on Data Visualization, Neural Signal Processing, and Artificial Intelligence algorithms.

The emphasis on self-learning this quarter coincides well with remote instruction but is a difficult transition to make and requires a lot of research and exploration.

My classmates and I make use of Zoom, Slack, Piazza and various communication platforms whenever possible to stay in touch, ask questions and work on problems together.

I look forward to being able to go back to school and work in person but using this time as an opportunity to develop important self-learning skills and to dive deep into my personal areas of interest.

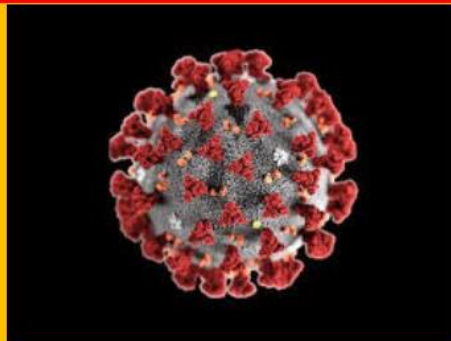
Thank you for reaching out and your continued support through the San Diego AAUW scholarship.



Raya Kavos  
AAUW San Diego Scholar 2020  
UCSD Senior  
(photo at Gliderport in La Jolla)



## Poway – Penasquitos Branch



**Dr. J.D. Malone,**

**Member of San Diego's Pandemic Response Team  
will discuss Covid 19 and answer your questions**

**Saturday, November 14th at 10 am**

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**This will be a Zoom meeting.**

**Watch for an email with the link to the meeting**

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**This is an open meeting, please invite friends to join us.**

# Mark Your Calendars

## UPCOMING EVENTS

**SATURDAY, NOVEMBER 14**

**AAUW San Diego**  
**Legislation Affecting Seniors**

**SATURDAY, DECEMBER 12, 2 PM**

**AAUW San Diego**  
**Holiday Program with Lorraine Castellanos**  
Singer/guitarist Lorraine Castellanos is equally at home with blues, jazz, soul, R&B, or Latin-influenced music. An AAUW Fund Fellow, to be announced.

**SATURDAY JANUARY 9, 2021**

**The Global Amazon Alexa Skills Challenge launches**

5 week free artificial intelligence training for beginner-level women, minority, historically underserved & first-generation college & university students. Learn more at [www.EDequity.Global](http://www.EDequity.Global)

**SATURDAY, JANUARY 23**

**IBC**  
**Diversity**

**FEBRUARY**

**AAUW San Diego**  
**Intro to artificial intelligence (AI)/machine learning (ML)**

Presenter: Maria Lupetini, an AI/ML leader and data scientist consultant, with many years of professional experience at BD and Qualcomm! More information to come.



**Happy birthday!**

Ann McDonald  
Elizabeth Nolan  
Kathleen Slayton

