

## San Diego Branch

December 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*

### TIME TO MARKET AAUW

Have you ever met someone and tried to tell them about AAUW and they ask if you are part of the Auto Workers of America? Well, I have. We do such wonderful work breaking through barriers for women and girls, but few people have heard of us. The good news is that AAUW California has hired a marketing firm to help us sell our organization.

One way to start marketing our organization is to talk about Tech Trek, which in normal years sends more than 1000 girls to STEM camp in California and in other states. Tech Trek was founded in California by Marie Wolbach, and Mary Isaac, a newer member of the La Mesa-El Cajon Branch, has stepped up to save our camps for 2021. As you know, we unfortunately had to cancel our in-person camps in 2020, but Mary held a virtual camp for a number of girls who attend school in southern California. She is such a rock star at organizing virtual camps that they will be taking the place of the in-person camps again in 2021. In addition, it won't be just California girls who will participate, it will be girls from all over the country. I told Mary that she joined AAUW at just the right time!

Let's go out and find some new members who are passionate about our mission. We might find another Marie or another Mary!

**AAUW**

**We are tenacious and  
trailblazing — advocating  
for women and girls since  
1881 and into the future!**

## Officers

---

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

---

Branch Historian

Rosemarie Mallory

Communications

Shauna Ruyle

College & University

Donna Lilly

Scholarships

Lillian Payn

Tech Trek

Gillian Simcox

Technology Outreach

Lillian Payn

## December 12th Zoom Program



We have a wonderful program in store for you. Our first guest is **Lorraine Theresa**. Here is her biography, in her own words: Lorraine Theresa has an intense passion for music, evident in her perceptive phrasing and tone, both as an instrumentalist and vocalist. With a weighty voice

and sensitive execution on the Classical Guitar, Lorraine Theresa derives pure pleasure when interpreting the works of great Latin American and Western European composers. Inspired by the likes of John Williams, Andres Segovia, and Berta Rojas, Lorraine Theresa has equal admiration for the great female jazz song stylists who have inspired her to sing selections from the great American Songbook, particularly Sarah Vaughan and Dinah Washington.

We will also be welcoming **Tracey Quezada** who is the recipient of an AAUW Fellowship and is studying at UC Berkeley. She is a Latina documentary filmmaker and editor with 15 years of experience. Quezada recently edited a feature produced by KQED that premiered in March 2020 titled Dear Homeland. She edited and directed documentaries that address



the school-to-prison pipeline, immigration and LGBTQ issues. She currently owns and operates a full-service media production company.

Quezada was recognized by the San Francisco International Film Festival for her achievement in media and activism. Her current film is When You Were Young, which deals with sexual abuse of children.

## Shannon Master

Shannon received a \$2000 scholarship from the San Diego branch this fall to attend UCSD as a junior. She is studying English and attending classes virtually. Her life has taken many paths which included moving 21 times before she was 17 years old because she was homeless, as well as spending time in jail and in rehab. At the age of 18 she decided to pursue an AS degree at Grossmont College. After 24 years of college classes at Grossmont College, she graduated with an AS degree in Math and Natural Sciences in 2019 and an AA degree in English in 2020. Shannon credits her media communications instructor in influencing her to write television productions. She became a producer and writer of live events, marketed projects for Comedy Central, Netflix, HBO, The History Channel, and Spike TV among others. Her career took her to 17 countries across North America, Europe, Asia and Australia. Shannon is proud of her Emmy Award for Outstanding Achievement in Documentary TV Series for *The Purple Couch* in 2007 and *Bigger Boxes: The Battle Over America's Superstores* in 2004. She is thankful to the San Diego AAUW members for her scholarship so she can continue her studies at UCSD, care for her children and husband and stay safe.



**Support the AAUW Fund** – Send in the form sent to you by Donna Lilly if you haven't already.

You can Create change, advance equity, empower women and girls with a single donation to AAUW Fund.

The [AAUW Fund](#) advances AAUW's mission by sustaining all our programs and activities. Your unrestricted gift to the AAUW Fund helps incubate and disseminate programs that above all, advance equity for women and girls

- strengthen AAUW's role in the global community
- respond to and eradicate the persistent challenges facing women and girls
- leverage new opportunities and attract new audiences to our mission.

[Thank you for your donation!](#)



*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"***

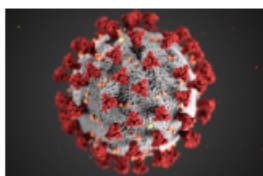
***Speakers:***



**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 settings 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!**

Shauna Ruyle recommends the following article on Amazon Alexa.

## Amazon Echo and Alexa for the Elderly



The potential of Amazon Echo & Alexa is the topic of a brainstorming session by this circle of Longevity Explorers.

The older adults in our explorer groups have recently become interested in a relatively new product: the Amazon Echo and its artificial intelligence Alexa. Here they explore AMAZON ECHO FOR THE ELDERLY.

### Amazon Echo & Alexa: What Older Adults Think

Our community of older adult Longevity Explorers has had a number of group discussions about the general suitability of Amazon Echo for the elderly, and a number of our explorers have purchased one of these products, and shared why they like it and what they think Alexa can help them with. This is a summary of our multiple explorations of this newish voice-activated platform — carried out by older adults themselves.

Here are the thoughts of our community of "seniors" on topics like:

- do we want an Amazon Echo?
- what is Alexa anyway?
- why would we want one?
- what do we use it for? and
- wouldn't it be great if it could also do ...

To read the entire article, click on the following link.

Source: [Amazon Echo and Alexa for the Elderly | Tech-enhanced Life](#)

# Mark Your Calendars

## UPCOMING EVENTS

**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. Guest speaker, An AAUW Fund Fellow, Tracey Quezada.

**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, 2021 @ 2 PM**

**IBC**

### **Mental Health and Wellness 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. Her presentation will address what research tells us about what it takes to age well and what changes are required during COVID-19. Dr. Lissa Lim will present "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.

**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  
December  
Born**

Genny Deutsch