



Camarillo (CA) Branch

BEACON

May 2020

A Message from Jan Demonsy, Co-President

Dear Members,

Hoping all of you are healthy, safe and sound in this “once in a century” difficult and tragic time caused by the COVID19 Pandemic. Each of us has been impacted in different ways. However, all of us painfully watch from our sheltered in place locations as our world becomes more divisive and dysfunctional while we mourn the mounting loss of lives around the globe.

While it’s important to recognize how dire this situation is, we also need to balance the negative focus. Nothing could possibly normalize this experience. However, a wise man once said, “If you change the way you look at things, the things you look at change” (Dr. Wayne Dyer). Sometimes “good things” arise from adversity. So, we need to applaud the extraordinary, indeed superhuman, daily efforts by “first responders” in countries everywhere. Their lives are on the line every day, yet they continue to put others ahead of themselves. Let’s not forget the compassionate efforts of seamstresses at home, budding 3-D printing companies, and large corporations cranking out millions of free face masks, medical protection garments and gloves.

Essentially, “The process of discovering who we are and what we are here to do is dependent on our ability to stay positive and to find a silver lining in all events” (James Redfield). For example, how many of us knew how to Zoom into contact with others for virtual meetings, family gatherings, and museum tours? I’ve had more contact with my extended family around the U.S. during this pandemic than ever in my life. Our branch’s virtual AAUW meetings and Happy Hour give us a great way to stay in touch. The recent AAUW California Convention which Gloria and I “attended” was also held via Zoom. Around the country, people are setting up new philanthropic organizations to help the homeless and the newly unemployed. Neighborhood restaurants are serving free food to their hungry neighbors. Musicians are offering free concerts from their homes. Animal shelters around the country have found new homes or foster homes for the animals. Even our planet’s environment has improved with more blue skies than ever. There are many more “silver lining” examples, let’s find some and share them.

Alas, news on our AAUW programs is not positive. Both Tech Trek and Creative Arts Workshop had to be canceled due to COVID-19. This created a quandary on what to do about the 2020 Tech Trek girls. The California Tech Trek teams presented the results of branch surveys to the AAUW California Board of Directors. The Board accepted the survey results and reached a decision that 2020 students would not attend the 2021 camps. However, there is also good news about Tech Trek. Since 2020 Tech Trek was cancelled, there was money left in the Tech Trek Fund. So, our board decided to offer Tech Trek Alumnae Scholarships for girls who were at Tech Trek in 2015 and are now graduating from high school and going to college (eventually). Vanessa Otto received 3 applications for these scholarships. We gave two scholarships for \$1500 and one for \$2000.

(continued on next page)

2020 Snip and Save Calendar

May 4 – 7pm General Meeting, via Zoom – Mindfulness 101
May 12 – Nonfiction Book Group 10:00a.m. via Zoom
May 14 – 5pm, Happy Hour via Zoom
May 22 – Great Decisions discussion group 3:30p.m. – via GoToMeeting
May 25 – P.M. Book Review 7:00p.m. via Zoom
May 26 – Board Meeting, 4pm, via Zoom
June 14 – 1pm, Installation of officers and “BYO” Tea, Pleasant Valley Historical Society (or virtual)
Aug. 23 – Toast to Tenacity! Celebrating 100 Years of Women’s Suffrage, Museum of Ventura County
November 7 – Authors Day

Co-President’s Message, Continued from p. 1

On April 17, Karen Allen informed the board CAW would be cancelled due to the uncertainty about schools opening, even in the fall. However, like the resourceful, creative women we are, the CAW committee is offering some activities kids can complete at home. See below for more info.

Finally, we look forward to an interesting and quite relevant program at our upcoming General Meeting on Monday, May 4, at 7:00 PM via Zoom. Our guest speaker is Holly Sacks from the UCLA Mindful Awareness Research Center. She will explain what mindfulness is, why it matters, how it works and what it means to be fully present in life. See the Mindfulness Flyer in this Beacon and note the Zoom link to register. And our next virtual Happy Hour is on Thursday, May 14th.

Keep your spirits up and stay healthy,
Jan Demonsy, pocaterraj@aol.com or aauwcamarillo.copres@gmail.com

Creative Arts Workshop Pivots for COVID-19

We have sadly had to cancel our normal Creative Arts Workshop for this year. However, there is good news! We are offering classes online, in kits, and through Facetime technology! Information about classes can be found on our CAW website (cawregistration.net) in May, and registration begins in June. We are excited to be keeping our program alive in all new ways!

Fondly,

Karen Allen, CAW Director

General Meeting, Monday, May 4, 7pm



MINDFULNESS

**YOU CAN'T CONTROL THE WAVES,
BUT YOU CAN LEARN TO SURF**

ATTEND via ZOOM on May 4th at 7:00 pm
USE THIS LINK TO REGISTER:

<https://uclahs.zoom.us/meeting/register/tJUvdOqtqz8qE9bInIPatn-blzV8DV3RSSwG>

The **COVID-19** pandemic has turned our lives upside down, and it's easy to feel stressed and out of control. It seems we are **surrounded by a world in chaos**, our country facing **urgent public health** and economic challenges, and communities having to come together in ways we're just beginning to understand. Cultivating **mindful awareness** is about **adapting ancient practices** to navigate the **dynamic challenges** and **uncertainties** of our world with **clarity, calm, and compassion**. This general meeting offers an opportunity to **learn what mindfulness is, why it matters, how it works, and what it means to be fully present in life moment by moment, just as it is.**

Our guest presenter will be **Holly Sacks**. Holly is a **UCLA Mindful Awareness Research Center** certified **mindfulness facilitator**, co-founder of **NOW House Mindful Awareness Center**, and adjunct instructor at **California State University at Channel Islands Osher Lifelong Learning Institute (OLLI)**. She has conducted **corporate workshops** on **emotional intelligence, stress resilience, and positive psychology**. Holly currently teaches **mindfulness classes** and facilitates **study groups** on various **contemplative traditions**. She graduated from **UC Berkeley** in **Anthropology**, attended **Harvard Business School** executive education programs, and completed the **EFM program** of theological education from the **School of Theology at the University of the South**. She is also an **active AAUW T.O. branch member**.

The general meeting is open to members and non-members.



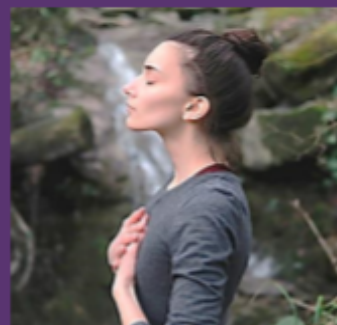
**AAUW
CAMARILLO
BRANCH**

**GENERAL MEETING
MAY 4TH
7:00 - 8:30 PM**

**ONLINE
VIA ZOOM**

**STAY CONNECTED
WHILE PHYSICAL
DISTANCING**

**NON-MEMBERS
WELCOME TO
ATTEND**



AAUW California Annual Meeting Highlights

On Saturday, April 18th, more than 300 AAUW California members attended the virtual 2020 AAUW California State Annual Meeting. Camarillo Branch Co-Presidents, Gloria Miele and Jan Demonsy, “attended” via Zoom. Donna Lilly received the 2019 State Named Gift Honoree recognition. You may remember Donna, who was a speaker at our IBC Luncheon on Pay Equity two years ago.

AAUW California also congratulated this year’s winners of the Speech Trek awards. Their topic was about whether men and women are truly equal in 2020. Next year’s topic is “Has social media helped or hindered the breaking down of barriers for women and girls?”

The Project Oversight Committee selected two branches’ projects for Project Grant Awards. This year the committee awarded \$500 to **Carlsbad-Oceanside-Vista’s “GovTrek”** – a 6-month immersion course in “How Politics Really Works,” designed to introduce high school women to careers in public service. A second \$500 grant went to **Mariposa’s “Tech Connect: Multi-Media Messages”** – a technology-based version of the Speech Trek competition.

The Program Committee recognized three branches for outstanding mission-based programs: Carlsbad-Oceanside-Vista, Long Beach and Santa Cruz County. Our IBC Luncheon highlighting women’s suffrage received an honorable mention.

Finally, Kim Churches, CEO of AAUW, joined from her home in Washington, D.C. She emphasized the 2020 Gender Policy Agenda, touching on the main pillars of Economic Security, Education, and Foundational Rights. She ended by reminding branches of National’s 5-Star Program which allows branches to be recognized for the hard work that they are doing. A few photos below.



Virtual Meet-Ups – Happy Hour and Breakfast!

Bring Your Own Beverage or Breakfast

Online gathering opportunities

Thursday, May 14, 5pm

Saturday, May 30, 9am

By phone/tablet/computer

<https://uclahs.zoom.us/j/2177801950>

By phone

+1 669 900 6833 US (San Jose)

Meeting ID: 217 780 1950

Waiting room feature in effect to prevent “Zoombombers.”
Don’t know what that means? Then you should join us!

[Download Zoom](#) and find helpful video tutorials and other resources to get started. Text Gloria at 805-216-8403 if you have trouble entering the meeting.



The “before” times



Now

Virtual Vision 2020 Celebrates Suffrage on Facebook!



We may be home, but we can still celebrate 100 years of women’s suffrage and the passage of the 19th amendment. We are still hoping to hold the Toast to Tenacity on August 23rd. In the meantime, Vision 2020 Ventura County is releasing a series of videos from the suffrage play! Follow their Facebook page for more info, as well as performances from AAUW members.

<https://www.facebook.com/Vision2020VC/>

And while you’re at it, make sure you are following our page on FB.

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

Nonfiction Book Group

Only a few people responded to our group survey regarding May's book choice. Based on the replies received and my decision, for our next meeting on May 12th we are going to read The Mosquito: A Human History of Our Deadliest Predator by Timothy Weingard. A NY Times bestselling book, it has been reviewed by the NY Times, NPR, PBS, LA Times, and many others.

It is costly at \$14.99 for Kindle and \$18.99 for the hardback, but it is available in hardcover at the library, should that reopen soon. During our meeting on the 12th, perhaps we can discuss requesting desired titles through the library, as they have free Kindle books to download (just sadly not this upcoming book).

I will send out the information for the Zoom meeting scheduled for 10:00 am to members of the group before May 12. If you are interested in joining our group, please contact me.

Barbara Hilburn hilburndesigns@gmail.com

Author's Day Update

This event is scheduled for Saturday, November 7, 2020 at the Spanish Hills Country Club. We have secured the location, selected the menu, and acquired four fine authors. Work began on collecting items for our themed tables, but that effort has had to be sidelined during the Stay at Home quarantine period. While this event is on the books, only time will tell whether we will be able to move forward with it, and whether that number of people will be allowed to congregate in one area. Stay tuned and read your Beacon each month for updates.

Nominating Committee Working to Recruit VP of Programs and VP of Membership

Do you have a little more time to get involved? We are shifting to more online events, which are convenient for many. We are recruiting for two board positions: VP of Programs and VP of Membership. You will have LOTS of support from continuing, experienced board members. It's a great time to dedicate a few hours a month to our terrific organization. Contact Gloria for more info. Aauw.camarillo.president@gmail.com

Get Out the Vote!

On April 22, 2020, the [Equity Network](#) and [AAUW Action Fund](#) offered a Get Out the Vote webinar to help ensure that every American has the opportunity to cast their ballot in an informed way. Host Robin Lucas, AAUW Grassroots Advocacy Manager, focused on three issues: Voter Access; Getting Out the Vote; and Voter Education. She also gave information on how each AAUW Branch could help in the effort. The links and much of the text in this article were provided by Ms. Lucas.

Voter Access

Certain jurisdictions in the U.S. attempt to restrict voting under the guise of preventing “voter fraud.” Instead, we need to prioritize *expanding* options for casting a ballot, particularly as the pandemic threatens to hinder some voters’ ability to turn out. No “one-method-fits-all” approach to voter access exists: early voting, voting by mail and no-excuse absentee voting should all be offered as options, in addition to in-person voting on November 3rd, with appropriate public health safety precautions.

What you can do: Start by verifying that you are [registered to vote](#). If you wish to vote by mail in California, go [here](#). Contact that state’s governor, secretary of state, and state board of elections, and ask questions! Contact your Senator to let them know you support the [Voting Rights Advancement Act](#) of 2019. As Covid-19 threatens to curtail voter access, we need to urge the federal government to ensure that any changes in election rules and processes provide *all* Americans with a safe and easy way to vote. ([This Two-Minute Activist](#) calls for support of the Voting Rights Advancement Act.)

Getting out the Vote

Increasing voter turnout is a top priority for the 2020 election. You can help get out the vote (GOTV) by making sure that all eligible voters are registered (and that their registration is current) and that they know how and where to cast their ballot.

What you can do: Personal connections are most effective to inspire voters; however, traditional efforts like door-to-door canvassing are not advised at this time. Instead, use targeted phone calls and social media outreach. Find local efforts for phone banking, postcard writing, etc.

Voter Education

This is the time to start direct conversations about specific voter issues and help people understand what’s at stake. Use resources such as the AAUW’s 2020 [Voter Issue Guide](#), which provides information on key issues like the gender pay gap, family leave and paid sick days, college affordability, campus sexual violence, voting rights, and health care and reproductive rights. You can also download head-to-head [voter guide templates](#) to assess candidates’ positions on such issues as economic security, education, and civil rights and more.

What you can do: In addition to educating yourself, you can help educate others by partnering with advocacy groups or like-minded people in your community, like you do with AAUW, the League of Women Voters, and more. Learn where your local candidates stand on the issues, prepare a list of questions to get the conversation started. Take information from AAUW resources, (virtually) gather voters in your communities, and remind everyone that our economic security, education, and reproductive and general health are essential to this democracy.

Great Decisions

Modern Slavery and Human Trafficking

Friday, May 22nd, 3:30p.m.

GoToMeeting (we are temporarily meeting online)

Almost every nation has enacted laws criminalizing human trafficking, and international organizations, governments, and NGOs sponsor a large variety of projects to curb trafficking and slavery. Billions of dollars have been allocated to these efforts. What is the international community doing to combat slavery and trafficking? What are the experiences like for those being trafficked?

Are you curious about how foreign policy takes shape? You can learn more with the AAUW Great Decisions group. Our chapter's Great Decisions meetings – **the fourth Friday of each month** -- are informal and invite discussion. First, **before the meeting, at home, we read a brief chapter in our booklet and watch a 20-minute video on the month's topic** (see this year's videos [here](#)). This month's video on YouTube is entitled *Unchained: The Scourge of Human Trafficking*.

On the meeting day and time, we sign into the GoToMeeting website and discuss the topic for about an hour. This is a safe, informative, and non-political venue to discuss important and current foreign policy matters. No experience is necessary!

Please contact Elizabeth Holder at egholder@gmail.com if you would like to join us; she is our GoToMeeting host. Elizabeth will send an explanatory email about GoToMeeting to you and subsequently will email the group sign-in number to you each month. We encourage all members and guests to join in the conversation.

You may see a complete list of topics for the year and more information at the Foreign Policy Association Great Decisions website: https://www.fpa.org/great_decisions/.

P.M Book Review

Our book selection for May 25th is Becoming by Michelle Obama. No one knows at the time of publication of the Beacon whether we will be able to meet socially as a group at Janet Jacobs' home or whether we will have to avail ourselves once again to using Zoom as our primary point of contact, so only time will tell. In the meantime, members of the group should check your email periodically for further news. Please contact Diana Dingler at ddingler2028@gmail.com if you are interested in joining the group. New members are always welcome.

Public Policy by Kathy Long

Love in the Time of Covid

It's only May, and summer has arrived, and cabin fever is a real thing! The 24-hour news cycle that swamped us with the political swamp in D.C. last fall has us tuning in to the horrifying data points of Covid-19 globally and locally. Stimulus bills rolling out of Washington bring some measured relief, and the bi-partisan cooperation out of necessity is gratifying. Although all levels of government have enacted special task force structures to enact new measures, monitor existing actions, and explore what next, it appears that the legislative focus is all lasered on the Covid-19 response.

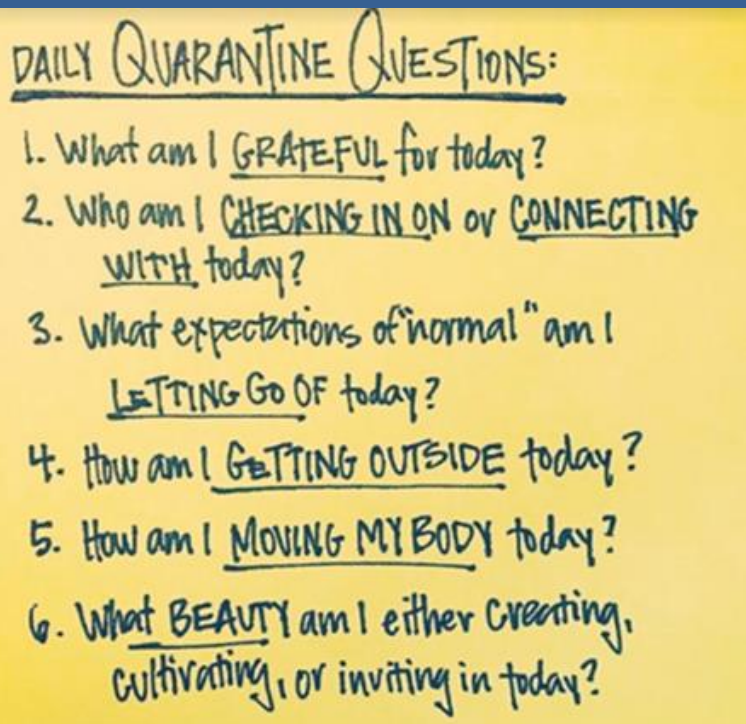
We do know that there is an impact of Covid-19 on the mission of AAUW/women, beginning with the present stalling of non-virus-related legislation and the economic stress on those who cannot work from home and/or have childcare problems, both of which especially affect women. Many studies have been done that identify the value of women in the workforce, the economic value of quality childcare, and the inequity in both arenas. One response to that, and Covid-19, came from the First 5 California Commission, providing \$4 million in emergency funding for childcare providers, to support the acquisition and distribution of county-identified essential supplies for babies and young children. The work of our First 5 Commission is helping to keep the safety net strong for our families.

As April is designated Equal Pay Month, we still recognize in this state that as of 2016 the earnings ratio of 88/100 differential exists between men and women, with an even larger gap for women of color. Nationwide the gap still hovers around 80 cents for every dollar a male worker earns. The consequences of this disparity impacts women, families, and the long-term health of a community. Research has found that 42 percent of mothers with children under the age of 18 are their families' primary or sole breadwinners. Making ends meet and creating a future for their families is substantially impaired by this pay inequity. With the pandemic, this inequity is certainly more damaging.

There were numerous bills last session, in California, that worked to improve working conditions for all in our state. The recent AAUW CA Perspective highlighted twelve bills they supported that were adopted. There are two bills still in the two-year cycle worth noting: AB271 focuses on civil service pay equity, requiring studies and reports back on state departments advancing across the board in all categories, pay equity/gender/ethnicity; and SB135 Jackson/Limon that calls for strengthening Paid Family Leave. We will continue to track both to see if there is any movement this year.

Over these last few weeks and months, we have seen hardships, loss, and a spotlight on our nation in pain. We have also seen the great heart and love we have for one another, the bravery, and the human kindness at our core. We will get through this, stronger and kinder than ever!

Member News



Take care as you stay safely inside.

The Passing of Eunice Drell

Eunice was a longtime AAUW member who passed at the end of March after a brief battle with cancer. She was in her 90s. One of her favorite AAUW activities was womaning the polls. She will be missed.

Scholarship Committee Convening Soon!

Scholarship applications will be reviewed later in the spring. [Contact Gloria](#) if you'd like to review applications of women students from CSUCI.

Camarillo Branch Board of Directors and Chairs 2019-2020

Gloria Miele

Jan Demonsy

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Aauw.camarillo.president@gmail.com

Aauwcamarillo.copres@gmail.com

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Kay Ito

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Ann Wasson

Beacon Editor

Gloria Miele

Beacon Design and Layout

Open positions:

Co-President-Elect

VP, Membership

More on Membership

Not a member? Or know someone who would be a great addition?

Join and pay online with a credit card using the New Member Join link below. Right click on the link and then select "open hyperlink":

[AAUW Camarillo Branch New Member Join Link](#)

This is a direct link to The Camarillo (CA) AAUW Branch. You will select New Member and for Member Type choose MOB-Branch Member. If you join between January 1st and March 15th, a small discount will be applied. Annual dues will be due by June 30th of the same year. Get a 30% discount when you sign up at a meeting or event (Meet and Greet, General Meeting, etc).

Join and pay with a check by printing this page, then completing the Member Form at right. Follow the instructions on the Form.

Not sure if AAUW is a good fit for you? Try attending the monthly Meet & Greet Breakfast, held on the last Saturday of most months. Refer to the article in this Beacon for specifics. This is a pleasant social gathering for members and potential members. Hope to see you there!

Visit the Branch Website for more info: [AAUW Camarillo \(CA\) Branch website](#)

Attend the next Branch General meeting. Guests are always welcome.

For questions please contact Jan Demonsy, 805-419-4607 or email aauwcamarillo.copres@gmail.com

American Association of University Women



Member Form – Please print, complete and mail

Name _____

Address _____

City/State/Zip _____

Phone: (Home) (_____) _____

(Cell) (_____) _____

E-Mail: _____

Highest College degree: _____

University/College: _____

Student:

Student Graduation Date: _____

Student Degree Sought: _____

Dues Schedule:

Circle one:

General Member, Renew \$100

NEW General Member \$100

Life Member \$41

Student Affiliate \$ 0

(Includes local, state & national dues)

Write check payable to: "AAUW Camarillo Branch" and and mail to:

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P. O Box 862
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Visit our website! <https://camarillo-ca.aauw.net/>



Camarillo (CA) Branch

BEACON

May 2020

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