

A Message from Cathy Trevino, Co-President

As we enter this season of “Thankfulness”, let us remember, gratitude helps people feel more positive emotions. Harvard Health even says “giving thanks can make you happier”. This particular year, family and friends surviving COVID 19 is plenty of reason to be thankful. As members of AAUW, we have so many things that help us feel gratitude. Our new AAUW CEO, Gloria Blackwell, is going to “build a new and stronger vision of AAUW”, and our Camarillo membership is strong with passionate women helping build and sustain a more equitable and inclusive Western Ventura County and beyond. Our varied programs from Speech Trek, Tech Trek, Knowledge Bowl, CSUCI Scholarships, Women in History, are all making a positive impact on women and youth who are very grateful for our presence in the community. Our upcoming Authors’ Day is a huge reason to be thankful, as our committee headed by Diana Dingler, has been hard at work for months and are about to see the culmination of their efforts this Saturday. As our major fundraiser supporting the programs we sponsor, we are truly grateful so many people will attend. Don’t forget to bring your return address labels for all those raffle ticket you will buy, and a few loose checks in your wallet might also come in handy.

Our October event held outdoors at the Pleasant Valley Historical Society was a huge success with over 40 people in attendance. Many thanks to our wonderful speaker, Susan Seats, who walked us through her arduous task of actually getting out of Wuhan, China during the outbreak of the COVID 19 pandemic. Our 2021 virtual Tech Trek girls were represented by Kylie Lan, Mei Lei Root and Sahara Bajwa, who spoke about their week-long virtual camp experience and their culminating project, a hat with moving parts, designed with their newly learned skills in circuit design and prototype construction. See the link to view these projects later in this issue.

As we continue to Embrace learning, Encourage equity and Empower those in need, let us be thankful for all we do, and remember, there is so much more that needs to be done. All the programs listed above are looking for volunteers, so reach out to the Chairwomen and offer some of your time, we all will be very grateful when you do.

Cathy Trevino, aauw.camarillo.president@gmail.com



AMERICAN ASSOCIATION OF UNIVERSITY WOMEN
AAUW - Camarillo Branch

Invites you to our annual
AUTHORS' DAY
Fundraiser

Enjoy lunch, speakers, and book signings
as we raise money for local University and Tech Trek
scholarships.

November 5, 2021
10:00 a.m. to 2:00 p.m.

Francis Hill Country Club - Camarillo
Tickets \$60 each
(tax deductible)

Featured Authors:

Sue Cameron – *Author of four books, columnist, & consultant to the stars*
From graduating from USC's Journalism School to joining Hollywood Women's Press Club

J. Ryan Stradal – *Writer of novels, foodie culture of the Midwest*
From graduating from Northwestern Univ to becoming winner of the WILLA Literary Award

Betty Hectman – *Writer of Cozy Mysteries*
From a Fine Arts major to a prolific writer of handcraft mysteries

Isla Morley – *South African Born Author*
From Johannesburg, London, Honolulu, as a magazine editor, to non-profit work, & novelist

For tickets or information call: 805-987-8013

Make checks payable to AAUW

Many thanks to those of you who signed up to attend, or who sent in a donation to support this important scholarship fundraiser. We are now fully booked and are ready to put on an enjoyable program. For further information contact Diana Dingler 805 987-8013 ddingler2028@gmail.com.

2021-2022 Snip and Save Calendar

11/6, 10am, Authors' Day
11/10, 5pm. Board Meeting. All are welcome on Zoom.*
11/12 - Bridge
11/16 – 5-7, Happy Hour, Lazy Dog, The Collection
11/30– 7pm. Diversity, Equity, and Inclusion Group*
12/4 – Bridge
12/8 – 5pm, Board Meeting. All are welcome on Zoom *
12/12, 2-4pm. Holiday Pot Luck.
1/15/22– Interbranch Council Luncheon, Los Robles Greens
March 16, 23, 30, 2022 – 58th Knowledge Bowl

*Zoom meeting ID: 434 977 1701. Passcode 631686

October Meeting Highlights

Susan Seats (upper left) recounted her experience teaching in Wuhan, China when COVID hit (center) and how she coped with two weeks of quarantine at Miramar Air Station after getting back to the US. Teck Trek campers (upper right) eloquently described their summer online camp experiences and showed project samples. Facebook friends met in person after months of virtual connection (lower left).. Co-Presidents Jan and Cathy ran a great meeting (right).



What worked for me?

Routine

Warm water in the morning.
Exercise (3 mile hike on the small base parameters).
Relaxed with breath and stretching.
Texted, (especially to friends in Wuhan.)
Called family and friends .
Watched movies and some news.
Mostly talked with people who shared the Wuhan and quarantine experience.
Journaled and worked on the computer.



PM Book Group

We will be dark the month of November due to the Thanksgiving Holiday. However, we will be meeting early the next month--Dec. 6, 2021 where we'll review and discuss *The Queen of Paris* by Pamela Binings Ewen about Coco Chanel during WWII, when she was a spy. Those wishing to read ahead, the book for January is *The Last Flight*, a riveting book of changing identities. Diana Dingler, 805 987-8013

Bridge News

November 12, we will be playing at Donna Herleikson's and December 10 at Janet Lindquist's. We do not play on the 4th Fridays of November and December because of the holidays. If anyone is interested in being a substitute in this group, please let me know. Nancy Jaeger (805) 484-3778

November Happy Hour, Tuesday, 11/16 5-7 pm

Lazy DOG
EAT. DRINK.



Lazy Dog Restaurant and Bar

598 Town Center Drive, The Collection
Oxnard, CA 93036

Let's mix and mingle before the holidays at a spot convenient for members throughout our Western Ventura County region at this "no host" gathering. We will reserve a table outside under the heaters. [Click here to RSVP on Eventbrite](#) by Friday, 11/12. Contact Gloria (Gloria@strongerleader.com or 805-216-8403 [text or call]) for more info. Ride sharing encouraged.

Meet and Greet Breakfast Will Return in January 2022

Agave Maria's Mexican Restaurant

710 Arneill Rd, Camarillo (across from 715)

Join us for great food AND live entertainment in the last Saturday of the month on the patio. Call Judi Gill with questions. 805-482-7608

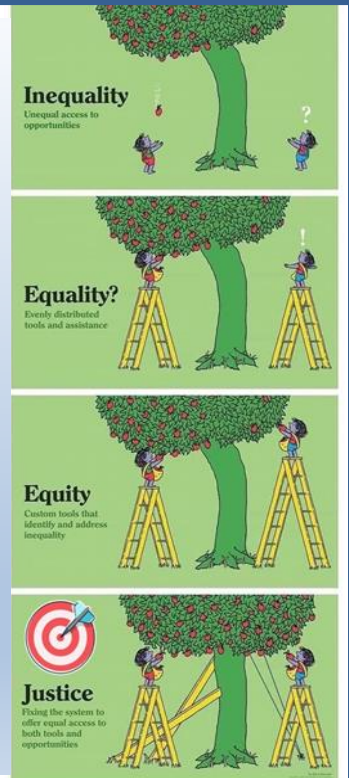
SEE YOU NEXT YEAR



Diversity, Equity, and Inclusion (DEI) Committee 11/30 at 7pm

The DEI Committee's October meeting focused on our inspiration, purpose, and desired outcomes for the group. Members discussed wanting to build empathy, be better to do better, challenge implicit bias, and learn how to talk to others about race and work toward change in our community. Some potential actions include participating in Oxnard's MLK Day event in January, hosting a facilitated branch program on racial equity, and support each other to practice having potentially uncomfortable conversations about race.

This month, we will read Chapters 4 and 5 of "So You Want to Talk About Race" by Ijeoma Oluo to stimulate discussion. Our next meeting is Tuesday, November 30 at 7pm. [Join the Facebook group](#). Email (Gloria@strongerleader.com) for info.



Great Decisions Returns in 2022

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 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. Nancy Walters will be communicating with you via email with information about the video disc for viewing at home. 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 Nancy Walters at Nancy Walters nejwalters285@gmail.com or 719-395-6531 if you would like to join us. You will receive an explanatory email about GoToMeeting along with the group sign-in number. The sign-in information is emailed to each group member every 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: fpa.org/great_decisions/.

Public Policy by Kathy Long, Public Policy Chair

Frustration, Agreement and Mission.

Frustrating---per AAUW.org, ERA update: The only thing standing in the way of an adoption of the ERA, is an arbitrary time limit. If this time limit didn't exist, the ERA would officially become effective on January 27, 2022 – two years after Virginia became the 38th state to ratify it. The next step is focused on the U.S. Senate, to urge Senators to support a resolution to remove the arbitrary time limit. The roots of sexism, misogyny, and racism can be traced back to the glaring omission of women in our Constitution. Our country has needed to right this wrong ever since.

It's time for the Senate to vote, remove the time limit, and repair what has been left out of the Constitution. Until that happens, reproductive rights, an end to gender-based violence, pay equity, and so much more are hanging in the balance.

UPDATE on Ventura County redistricting process has rapidly moved forward to the Board of Supervisors, where they narrowed their focus to 2-Map proposals. With the mandate to redraw Supervisorial District lines to reflect the 2020 census numbers, equal population, keeping each District contiguous and respecting city boundaries and have minority representation reflecting communities of interest. The Board may still review community-created maps, all available for viewing at ventura.org/redistricting/draft-maps. The Board will convene Nov. 9th for review and must adopt maps by December 15, 2021.

FRUSTRATING, the complexity or lack of public policy on oil drilling! Our member Merrill Berge submitted a letter to Editor following the disastrous oil spill in Huntington Beach: "Before the Orange County oil spill disaster is out-of-sight and mind, what is the likelihood of an oil leak here? According to state records, there are hundreds of miles of oil pipelines and over 3000 active and idle oil wells throughout Ventura County. These oil wells, and 4500 more plugged or buried wells, have been drilled through soil, rock and layers of groundwater to reach deep oil deposits. Most of these wells are 50 - 100 years old.

"Multiple industry studies show that about 5 percent of all oil and gas wells leak immediately because of integrity issues, with increasing rates of leakage over time. ... According to a review of industry's own data, 60 percent of oil and gas wells failed within 28 years." per Cornell Professor of Engineering, Anthony Ingraffea. In addition to the risk of aging oil infrastructure, our local water supplies are being depleted by a severe drought. Groundwater provides 85% of the water used to irrigate VC farms (Farm Bureau Fact Sheet). It is critical we protect our water and agriculture from the risk of oil and gas seepage underground and on farm fields...our \$2 billion agricultural economy depends on it.

Public Policy by Kathy Long, Public Policy Chair (cont'd)

And yet, an extreme extraction process called cyclic-steam is proposed for oil wells on the Oxnard Plain to reach tar sands below the Fox Canyon Aquifer. Steam, heat and additives would be forced down wells drilled through the Oxnard Plain and Pleasant Valley water basins (already listed as critically over drafted) to loosen the "peanut butter" thick tar sands below. The resulting toxic sludge would be pumped back up through wells perforating layers of freshwater aquifers. The same aquifers Camarillo and Oxnard tap for drinking water. Heads up Ventura County, oil leaks put us at risk right here and right now!

MISSION points for AAUW is to support women as they face the many challenges of life. This next piece speaks to an important non-profit that supports young mothers.

Ventura Coast Milk Bank Provides Life-Saving Breast Milk to Medically Fragile Infants.

By Betsy Metzgar and Jennie Metzgar Torti

Did you know that 1 in 10 infants in the U.S. are born prematurely? The newly launched Ventura Coast Milk Bank (VCMB) has joined the work of milk banks across the state and nation to provide breast milk that helps premature infants in need. Breast milk improves the health outcomes for premature and medically-ill infants by supporting growth, nutrition, and the prevention of infections and illnesses. When a mother's own milk is not available, donor human milk provided by a nonprofit milk bank improves an infant's chance to thrive.

Lactating mothers can donate their extra breast milk to a milk bank that pre-screens the donor mothers and pasteurizes the donated milk. Then the milk is used by Neonatal Intensive Care Units in hospitals and provided by prescription to individual mothers in need. Currently, the supply does not meet the growing demand.

The VCMB Board includes a physician, lactation specialists and public health educator who are working diligently to develop a milk bank in our county. In the meantime, the VCMB has begun to recruit local donors and refer them to the UC Health Milk Bank in San Diego who do all the screening, collection, pasteurizing and distribution. Through this service, premature and medically fragile infants are receiving critically needed breast milk. A connection between low socioeconomic status and the risk of premature birth is well established. Increasing access to donor milk for premature infants not only improves infant health outcomes, but also improves health equity for infants from low-income and underserved families.

If you know a local mother who may be interested in donating breast milk, please refer her to the VCMB Web site: <https://www.vcmilkbank.org/>. Opportunities to make a monetary donation to this developing milk bank are also very appreciated and available on the website.

Tech Trek Alumni Group (TTAG)

Our TTAG Team has reached out to more than 100 former Camarillo Branch Tech Trek campers, some of whom are now beyond college. We had our first meeting via Zoom, and the girls in attendance expressed an interest in hearing more about the field of engineering. Our next Zoom meeting will feature Gail Chesler, Civil Engineer, Treasurer of Stanford Tech Trek Camp, who will share her journey and the various characteristics of the engineering profession. Thanks to our TTAG Team, Linda Stinebaugh, Camarillo branch member and former Tech Trek State Coordinator; Vanessa Otto, UCSB TT Camp Treasurer and Camarillo Branch Coordinator; Jennie Baker, Gladys Ochangco, Juli Mohr, Gwen Dophna, and Cathy Trevino.

The TTAG group hopes the girls will mentor each other since the group ranges in age from 8th grade to beyond college. The plan is to meet women working in STEM fields either via Zoom or with in-person local field trips. Please share any contacts you might have that would prove useful to our group. Thank you to two of our Camarillo Branch engineers, Margaret Monahan and Mary Lingua, who have volunteered to help when called upon.

Please enjoy this culminating project video from our 2021 Virtual Tech Trek campers:
Malani: https://flipgrid.com/s/cvx_CuHEsBL7
Sienna: <https://flipgrid.com/+7nkf9mag/7c52275a>

Please contact Cathy Trevino if you can help us provide STEM Contacts and mentors for the alumnae.

AAUW.Camarillo.President@gmail.com



AAUW Interbranch Council (IBC) Luncheon: Save the Date

Our AAUW Interbranch Council (IBC) – Camarillo, Thousand Oaks, and Simi Valley Branches) will be hosting a special luncheon on January 15, 2022, 11:30 am to 2:00pm, at Los Robles Greens Country Club, 299 S. Moorpark Rd., in Thousand Oaks. We are featuring three women who are currently serving as elected public officials, one from each AAUW branch. We have asked them to discuss what created the desire to run for public office and how the journey of being in office has impacted their lives.

Membership Report from VP of Membership, Maria Tagliaferri

Please welcome our newest member Ritzel Ngo who found our AAUW members at the Camarillo Farmer's market table our branch hosted in September. She attended our September meeting a few weeks later with her school aged daughter (what a fantastic idea!). She was then able to join as a new member through AAUW national's Shape the Future campaign; where new members are eligible to join AAUW and receive 1/2 off the national dues. So instead of \$100, total annual dues for a new member are \$69. So many wins! We have an excited new member, she is sharing our mission with a younger generation, and we can offer new members a discount when they attend a live event. For further information: Maria D. Tagliaferri, VP Membership, 805-236-0630, riatag62@gmail.com

Attend AAUW Fund Webinars

Did you know that AAUW funds grants and fellowships for women scholars? It's not too late to learn more about some of the 37 Grant and Fellowship recipients who will showcase their personal stories and fascinating studies, from astrophysics to rural women's health. This funding helps women complete their PhD dissertations, post-Doctoral research, and local community projects.

The next live event is Sunday November 7 from 1-3pm. Register to attend and learn more about the programs and scholars at:

<https://www.aauw-ca.org/aauw-2021-fund-events/>

If you were attending in person, it would cost you at least \$45 for the lunch plus transportation; why not make a donation instead and further the impact on AAUW Fund CA? <https://ww2.aauw.org/donate-gift-new/>

Member News

Susan Seats is involved in this uplifting event, bringing together children from all over the world through music.



SING WITH AFRICA

Fundraiser to eliminate world hunger, bring basic education and good health to all

Join us for a multi-cultural fundraising event

On Saturday, 20th Nov. 2021

Time: 6.00pm - 8.30PST

Enjoying singing, dancing, featuring guest speakers & art from Indian, African and American children.



Donate for TAPAC

(Traditional African Performing Arts Center)

It is a non profit organization established in 2003. Their goal is to help children from impoverished communities through education & the cultural arts. Sponsoring organization Conejo Compassion Coalition founder Robert Bland, Coordinator Ramesh Thall

For more info Navigate www.3yF.org
Or call @805-358-7043, suzanseats@gmail.com,
Robert Bland: dr.rab2@gmail.com

Member News

Order Your Nametag Today!



The 1 ½ by 3" aluminum full color badge has a magnetic fastener. Follow these easy steps and the badge will be mailed directly to you from Aswell Trophy in Oxnard. The cost of the badge is \$16.00 (\$12.00 plus \$4.00 shipping).

1. Send an email to Aswell Trophy at aaaswell@aol.com.
2. Identify yourself as AAUW Camarillo branch member and you want to order a name badge.
3. Provide your name, home address, phone number and email contact information.
4. Aswell will send a photo of the badge in a few days via email for you to approve. They will also attach an invoice. Once approved, the badge goes into production.
5. When the badge is ready, Aswell will call you for credit/debit card payment and ship directly to you.

Save the Date--HOLIDAY PARTY, December 12th

We are back to our holiday pot luck at Jerri Newman's' home, 872-Grada Ave, Camarillo from 2-4pm. Pot luck: Those with last name beginning with A-L bring finger foods; those M-Z bring holiday sweets! Eventbrite invitation to follow.

Camarillo Branch Board of Directors and Chairs 2021-2022

Jan Demonsy
Cathy Trevino
Co-Presidents

Aauwcamarillo.copres@gmail.com
Aauw.camarillo.president@gmail.com

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VP, Programs

Maria Tagliaferri

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Gloria Miele

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Hospitality

Kay Ito

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Kathy Long

Beacon Editor

Gloria Miele

Beacon Design and Layout

Open position:

Co-President-Elect

Membership

Not a member? Join anytime!
Renew or Join Now!

New members can use the link below to join.

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

Select New Member and for Member Type choose MOB-Branch Member. Annual dues are due by June 30th of the same year.

OR Join at a live event and new members receive 50% off National dues.

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

Share with a friend!

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

Contact Membership VP Maria Tagllaferri at 805-236-0630 or riatag62@msn.com for any other membership questions or to find out how to get involved in the membership committee!

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 \$38

Student Affiliate \$ 0

(Includes local, state & national dues)

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

Camarillo AAUW
P. O Box 862
Camarillo, CA 93011

Visit our website! <https://camarillo-ca.aauw.net/>

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