

## President's Message

As a quick follow up to Internet and social media use from our January meeting, the following suggestions might alert us to internet and social media fraud — and so are the privacy risks. Facebook may have started on a college campus, but today, users in one of the fastest-growing demographics are more likely to be found enjoying retirement. A Pew Research survey found that as of 2021, 75 percent of Americans over 65 are Internet users, and nearly half of seniors use social networking sites — a 4x increase over the past decade. Sites like Facebook are great for keeping up with friends and family, and research also shows that seniors who spend time online experience improved brain function and lower risks of developing depression and dementia. However, social media also presents some extra risks for older people, so it's important for seniors to get savvy about social media dangers and focus on fraud protection." For more hints on keeping you safe on the internet see **page 6 & 7** Source IDX digital privacy protection

Jean Burns Slater

## March Events

- 2 11:30 am: Lunch Bunch: Ventana Grill, Pismo Beach
- 3 11:30 pm Daytime Page Turners: Susan Brazil's home
- 6 6:30 pm Board Meeting: Zoom
- 11 10:00 am General Meeting: Nipomo Library
- 14 6:30 pm Night Readers: Joan Knowlton's home
- 15 12:30 pm Finessing Femmes Bridge: Norma Stewart's home
- 15 6:30 pm Scholarship Meeting
- 20 Newsletter Deadline
- 27 7:00 pm Great Decisions: Patti Melsheimer's home

## April Events Preview

- 3 6:30 pm Board Meeting
- 6 11:30 am Lunch Bunch
- 7 11:30 am Daytime Page Turners
- 20 Newsletter Deadline
- 24 6:30 pm General Meeting: Arroyo Grande Woman's Club

## March Birthdays

- 1 Pat Muhlethaler
- 14 Susan Opava
- 23 Maureen Kelly

## March General Meeting

Women in History -  
**Saturday, March 11 at 10AM**  
**Nipomo Library, 918 W Tefft St.,**  
**Nipomo**  
Come hear the stories about Frances Judkins, Ruth Paulding, and other local women. See page \_\_\_\_ for details

## Upcoming March Board Meeting

The March Board meeting will be held on **March 6 at 6:30 PM**, via Zoom. If you or your committee have an action item to place on the agenda for this meeting, please forward it to Jean Burns Slater, [jbslater2006@gmail.com](mailto:jbslater2006@gmail.com) by **March 2** for it to be considered at the meeting. Thank you!

## February Board Meeting Report

The February board meeting was held on **Monday, February 6 at 6:30 PM**, via ZOOM. This meeting met the quorum requirements. The Treasurer reported that our fund-raising efforts through Adopt a Poll and our Bingo/Silent Auction brought in a total of \$8,653.02 after paying sales tax on Bingo silent auction items. The following Branch members were selected to serve on the Nominating Committee for Branch officers for the 2023-2024 year: Rose Ann Steiner, Susan Brazil, Liz Wineman, with Rose Ann serving as Committee Chairperson. Future program topics were discussed: **March** Women in History and nominations for elected officer positions to be presented Saturday March 11 at 10 am at the Nipomo Library. **April** Scholarship and Tech Trek Awardees and Election of Officers April 24, Monday at 6:30 pm at the Women’s Club **May...** Annual Meeting, Installation of Officers, May 20, Saturday, 10 am at a local restaurant or member’s home. Other newsy topics are presented in this newsletter.

### AAUW Five Cities Pismo Beach Treasurer's Report for January

Operating Expenses	Proposed Budgeted	Month	YTD
Community Center Rent	\$396.00		\$396.00
Membership Directory	\$90.00		\$86.13
Program Expenses	\$0.00		
Hospitality	\$221.00		\$91.25
Insurance	\$202.00		\$202.00
Post Office Box Rental	\$166.00		\$166.00
President's Expenses	\$0.00		
Treasurer's Expenses	\$0.00		
Publicity	\$0.00		
Newsletter Expenses	\$10.00		
Out-going President's Pin	\$0.00		
Raffle/Bingo permit	\$30.00		\$30.00
Annual State Renewal Fee	\$25.00		\$25.00
Membership adjustment			\$87.00
Unencumbered funds	\$0.00		
EXPENSES	\$1,140.00	\$0.00	\$1,083.38

Account Balance 2.6.2023	\$46,226.10
Reserves (Tech Trek, Op. Exp.)	-35,013.62
Monthly reserve draws	
Unencumbered funds*	-\$100.00
Monthly expenses	-\$409.00
Monthly income	
Remaining operating funds	\$10,603.48

\*Donation in unencumbered funds until a need is established

Operating Income	Proposed Budgeted	Month	YTD
31 Memberships @ \$18	\$540.00		\$558.00
Advertising (12 Sponsors)	\$600.00		\$700.00
Operating Income	\$1,140.00	\$0.00	\$1,258.00

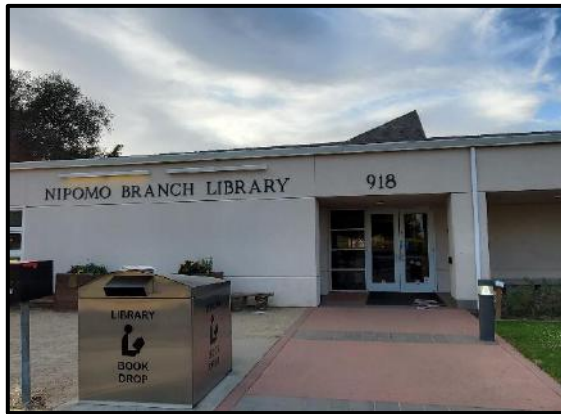
Fundraising Income			
	Gross	Exp./Tax	Net
Fall Bingo and Silent Auction	\$7,657.93	\$516.91	\$7,141.02
Adopt-a-Poll	\$1,512.00	\$0.00	\$1,512.00
Total Fundraising Income	\$9,169.93	\$516.91	\$8,653.02

Reserve 2022-2023	Carry Over	Distribution	Balance
Scholarship (10%)	\$0.00	\$865.30	\$865.30
Tech Trek (32.5%)	\$9,274.13	\$2,812.23	\$12,086.36
Eager Reader(22.5%)	\$4,748.76	\$1,946.93	\$6,695.69
AAUW Funds (15%)	\$0.00	\$1,297.95	\$1,297.95
General Reserve (20%)	\$12,337.71	\$1,730.60	\$14,068.31
Total Reserves on Hand	\$26,360.60	\$8,653.02	\$35,013.62

Anticipated Fundraising Distribution 2023-2024 of \$8,653.02		
Scholarship (10%)	\$865.30	This amount is added to the Carry over from 2022-2023
Tech Trek (32.5%)	\$2,812.23	
Eager Reader (22.5%)	\$1,946.93	
AAUW Funds (15%)	\$1,297.95	
General Reserves (20%)	\$1,730.60	
Fundraising Totals	\$8,653.02	

2022-2023 Dues collected to date, 31 members: \$3255.00
2022-2023 Dues paid to State/National: \$2697.00
Branch portion of dues: \$558.00 (\$18/member)

## March General meeting: Women In History Program



**Saturday, March 11, 10 AM at the Nipomo Library Community Room, 918 W Tefft Street.**

At this meeting you can participate in a Readers' Theater to share the stories of notable South County women. **Do you recognize these women? Harloe, Paulding, Judkins? Yes. Lopez, Grell, Newsom?** Bring your reading glasses, your read-aloud voice, a friend, and your "we're-glad-to-be-back-together-again" SMILE.

Please consider taking a home-covid test before coming to the library. Masks are A-OK. Additional parking is available on the road going into the Regional Park, on the west side of the Library.

An important component of our Women In History Outreach are Portrayals of Women in History in 4th - 6th grade classrooms in the Lucia Mar Unified School District. Contact Kathy Cohon NOW if you are interested in presenting a woman in history in the LMUSD classrooms. Scripts and parts of costumes are available for you to use. Thanks



### AAUW REFRESHMENT SIGNUPS For March & April General Meetings

**March Meeting: SAT MAR 11<sup>th</sup> 10-12 at Nipomo Library**

Women in Herstory...Vignettes about Local Notable South County Women

Refreshments Needed: 1 Cheese & Crackers tray 1 Fruit Plate 1 Veggie Plate 2 Cookie/Bar trays

**April Meeting: MON APRIL 24<sup>th</sup> 6:30 pm at AG Women's Center**

Presentation of High School Scholarship awardees and Tech Trek awardees

Refreshments Needed: 2 Cheese & Cracker trays 2 Fruit plates 2 Veggie plates  
3 Cookie or Bar trays

Please email or text\* Maureen Kelly (hospitality) if you can bring one of the needed refreshment plates! (text to: 805 710 6035) Include your name, what you want to bring AND for which Meeting

(March or April) Hope to hear from some members ASAP! I will respond to you, so you know that I got your message & am expecting your goodies on that date! Thanks So Much! Maureen

## Friendship Outreach

Friendship outreach: Priscilla Alquist mentioned several of our members and friends who might appreciate a kind word from us. They are: Susan Opava, Nancy Sperling, Pat Muhlethaler, Wendy Robinson

## Lunch Bunch

Ventana Grill  
March 2 11:30  
Joan Knowlton

2575 Price St., Pismo Beach  
Reservations required by Feb. 28  
[iknow98@gmail.com](mailto:iknow98@gmail.com) or 805-773-2845

The Five Cities Pismo Beach Tech Trek team has received five nominations for potential Tech Trek campers from Lucia Mar Middle Schools science and math teachers. We had hoped to have several more nominations but the teachers that we have received nominations from in the past felt that they did not have candidates that would fit well with the residential camp program. It is possible that three years of covid home-based instruction has had an impact on interest in science and math. The Tech Trek team will be interviewing the five nominees on Sunday, March 26th, and decisions about which campers will attend the camps this coming summer will be made after interviews. The chosen campers will be presented at our April 24th general meeting along with this year's scholarship recipients. An Ice Cream Social is planned for early June so that our Tech Trek campers can meet campers from San Luis Obispo, Atascadero, Morro Bay, and Paso Robles. Campers and parents from all five branches gather to ask questions of former Tech Trek campers and their parents and learn more about this once-in-a-lifetime program at the Ice Cream Social.



Linda Lidberg Tech Trek Coordinator



**What is Gov Trek?** This virtual program for high school junior and senior girls is designed to elevate the next generation to pursue careers in public service and elected office. Gov Trek is conducted online in five two-hour Saturday sessions, each with a different focus related to careers in politics, public service, and the inner workings of a political campaign. Students learn from speakers and panelists, including current and former legislators, staffers, and consultants, and then work in groups with an adult facilitator to complete activities such as writing speeches or designing political messages. The final project to create a campaign simulation is a team competition judged by VIP

industry judges with awards in several categories.

### Want to see what it is all about?

Go to the California AAUW website, [www.aauw-ca.org](http://www.aauw-ca.org), and in the second row of tabs you will see the word **Projects**. Hover your mouse over the word Projects and a drop-down menu will appear. Click on **Gov Trek**. Once you are on the Gov Trek site scroll down until you see **Student Program Materials**. Click on that and you can peruse the program syllabus, judging rubric, project description, and campaign simulation competition. Next click on Session 1. A video link entitled "Exploring Political Careers" will pop up. Click the white triangle in the red rectangle and listen to Sandy Gabe, State AAUW President, introduce the speakers, including Dianne Feinstein. You can do the same with Session 2 and Session 3.



The 91 young ladies participating in Gov Trek will be presenting their 5-6 minute "campaign" videos at the Gov Trek finale and a link to register to see the final presentations live will be on the State website soon. Check it out! Our future leaders could very well be in this group of budding public powerhouses.

## **Equal Pay Day is Tuesday, March 14, 2023.**

This date symbolizes how far into the year women must work to earn what men earned in the previous year. Over half a century after pay discrimination became illegal in the United States, a persistent pay gap between men and women continues to hurt our nation's workers and our national economy.

Women working full time in the U.S. are still paid just 83 cents to every dollar earned by men — and the consequences of this gap affect women throughout their lives. The pay gap even follows women into retirement: As a result of lower lifetime earnings, they receive [less in Social Security and pensions](#). In terms of overall retirement income, women have only 70% of what men have as income.

**Pay equity will remain an AAUW priority until the gap is fully eliminated.**

## **Systemic Racism and The Gender Pay Gap**

The history of the gender and racial wage gaps is inextricably linked to the history of labor in America. From depriving

Black women of wages under slavery and its aftermath, to creating lasting disparities in health, education and opportunity for Native women through land theft, to the legal and cultural limitations on women's ability to earn money, our nation's story is replete with discrimination and its consequences.

### **Cultural Stereotypes and Biases**

For hundreds of years, American society has undervalued work done by women. In the mid-19th century, as today, women's unpaid domestic labor fueled America's economic growth. As men left to take new jobs spurred by industrialization, many women kept doing the same work they had always done. But because women's work in the home did not bring in wages—the new measure of a job's worth—society denied that labor done by women had economic value. When women entered the industrial workforce, this precedent resulted in chronically low pay. U.S. Supreme Court decisions from this time period further demonstrate the legal and cultural beliefs that women must be protected and that their labor was somehow different. A concurring opinion from the 1873 case *Bradwell v. Illinois*,

which upheld the decision to deny a married woman's application to join the Illinois bar, stated, "The paramount destiny and mission of women are to fulfill the noble and benign offices of wife and mother." In the 1908 case *Muller v. Oregon*, the Supreme Court upheld a law limiting women to ten hours of work per day in factories and laundries, arguing that the state's interest in protecting women's health overrode women's freedom to work. While these cases are no longer good law, they exemplify the galaxy of stereotypes and biases that, even today, perpetuate and recreate the gender wage gap. Inextricably linked, is the notion that a woman's primary purpose is to be a mother. This was not the case prior to the advent of industrialization in the 19th century, which brought about the availability of work away from homes and farms. The notion that motherhood was women's primary role remained powerful, despite the fact that many middle- and working-class women worked outside the home out of economic necessity. One way this sexist legacy lives on is in the expectation that women will be the primary caregivers in their families—a perception that persists despite the fact that women now make up 47% of

the labor force. The assumption that women will be the first port of call for child care duties, or that they don't need support, wears women thin. Mothers of young children spend more time on their paid jobs, child care and household labor than do fathers. It also hurts their wages: One study examining train and bus operators found that women are less likely than men to accept overtime and weekend shifts, likely due to family care responsibilities. Some families circumvent this issue by paying for child care—but at an average cost of 10% of a dual-earning household's income, or an astronomical 36% of a single parent's income, that option is increasingly out of reach. Only affordable, accessible child care and national paid family leave can level the playing field and ensure that anyone who wants to work, can. Women's role as primary caregivers and the unaffordability of child care have collided to disastrous effects during the pandemic. Between February and August 2020, mothers of young children lost jobs at three times the rate of fathers. And a survey in October 2020 found that 34% of mothers (compared to 26% of fathers) reported needing to reduce their work hours to balance parenting responsibilities. The lack of affordable child care has especially affected Black, Latino and indigenous

families. More than half of Latino and indigenous families live in an area with an inadequate supply of licensed child care. And a median income Black family with two children would have to spend 56% of its income on child care—a larger share than any other group. Even before the pandemic, this resulted in Black and multiracial parents enduring child care-related job disruptions at almost twice the rate of white parents. The data indicates that women feel they have no option other than to reduce work hours, put off advancement opportunities or quit their jobs altogether. The pandemic has thus exacerbated longstanding inequalities between mothers and fathers. Women of color also contend with a number of long-standing and offensive race- and gender-based stereotypes that continue to depress their wages.<sup>35</sup> Some of these stereotypes have changed over time— especially for Asian women, who, despite the diversity of Asian American experiences, are now subjected to the model minority myth. But many persist in our culture in the form of explicit racism or implicit bias that, along with occupational segregation mean it will take women of color much longer to reach full equality. These historically-rooted forms of gender and racial discrimination bias work in

tandem to reduce women's pay—even after researchers control for other variables (which are, themselves, also the product of structural inequities). For instance, after accounting for college major, occupation, economic sector, hours worked, months unemployed since graduation, grade point average, type of undergraduate institution, institution selectivity, age, geographical region and marital status, there remains a 7% difference between the earnings of male and female college graduates one year after graduation. That gap jumps to 12% ten years after college graduation.

## **Internet Safety: Online scammers see seniors as targets**

Ninety-two percent of senior adults believe they are at risk on social media — and their fears are founded. According to a True Link Financial study, seniors lose almost \$13 billion each year due to financial scams, many of them online. The problem is so severe that almost a million seniors each year are left in financial hardship.

Seniors are at greater social media risk because they are targeted by identity thieves, scammers, and potential abusers. Criminals know that older people tend to be more polite and trusting, so they're

more likely to be swindled by an urgent-sounding message or a seemingly friendly contact.

## **5 strategies you can use to protect privacy on social media:**

### **1) Use strong privacy settings**

Apps and phone manufacturers are finally giving users more control over their privacy. Take time to review your app and device settings and configure the privacy controls. Use strong privacy settings to keep your information from being seen by strangers. Here are a few tutorials that will help:

- [How to manage your privacy on Instagram](#)
- [Keeping your privacy on Facebook](#)
- [Use a strong password](#)

### **2) Choose your friends carefully.**

Only accept friend requests from people you know in real life. It's not impolite to decline or ignore a friend request on social media.

(Also, don't be hurt if a teenage grandchild doesn't want to friend you online. You didn't want your grandma listening in on your phone calls when you were their age.)

### **3) Don't overshare.**

Be protective of your own privacy and that of your friends and family. Never share personal information like your address and birth date. Post vacation photos after the vacation, so you don't advertise that your house is empty. And don't post photos or facts that could be embarrassing to your relatives or friends, either.

Social media posts live forever, and your grandson's future employer doesn't need to see a cute baby picture of him in the buff.

### **4) Think before you click.**

Scams against seniors abound. We've all heard about romance scams preying on the lonely, so-called "[grandparent scams](#)" where someone

claims to be a family member in trouble, health product scams for miracle cures, and more. If an unusual message or unexpected ad pops up on your social media account, think before you click on it. If in doubt, get it checked from a trusted friend or family member

### **5) Report abuse**

Cyber-bullying happens against elders as well as kids. If someone is harassing or threatening you online, block that person on social media and report it to a friend or family member as well as law enforcement.

No matter your generation, we all grew up with the warning "Don't talk to strangers." It's harder to tell who's a stranger on social media, but the same rule applies. Social media safety is mostly common sense, and with all their life experience, most seniors can claim a wealth of that!

Article source IDX

## **Five Cities Pismo Beach AAUW Scholarship Corporation**

The Five Cities Pismo Beach AAUW Scholarship Corporation met on February 22 at the home of Scholarship Corporation President Pricilla Alquist. Applications for scholarships were distributed to all high schools in Lucia Mar Unified School District in December with a deadline of March 3. The Directors discussed evaluating scholarship application techniques, time lines and preparing to determine how many scholarships to award. \$700 was received in recent donations, with \$300 in memory of Marilyn Corey. Current account balances are: \$134,653 in the Endowment, \$2,338 in local checking account. Last year the Scholarship Directors awarded \$20,000 to high school women!.

## Vote! National and State AAUW Elections

National and state AAUW elections are around the corner. Members are encouraged to confirm that their email address is correct in the Community Hub so that they receive their online ballot.

National Election Details	California State Election Details
<ul style="list-style-type: none"><li>• April 5   voting opens (online voting is encouraged)</li><li>• May 15   Online voting ends at 5:00 pm ET</li><li>• May 17   Vote results announced online</li></ul>	<ul style="list-style-type: none"><li>• April 22   voting opens (online voting is encouraged)</li><li>• May 13   Online voting ends at midnight PT</li><li>• May 17   Vote results announced online</li></ul>

### AAUW NATIONAL BOARD NEWS

The National Board of AAUW is proposing some significant changes in the National Bylaws, which will be posted as a proposal for a vote in the spring. These revisions include:

- Revising the wording describing AAUW's charitable purpose.
- Eliminating the requirement for 60 days' notice before board approval of a dues change.
- Having board officers elected by the board, not the membership.
- Eliminating any reference to conventions when discussing meetings of the membership.

### GET READY FOR THE *ACADEMY AAUWARDS!*

AAUW California will be hosting our Annual Event on April 22, 2023, from 9-4 on Zoom. This year's theme is the *Academy AAUwards!* Come join us for red carpet interviews, listen to inspiring keynote speakers, and watch the Speech Trek and Gov Trek finalists. Cheer on your fellow members and branches for all sorts of AAUW awards, get a public policy update, and meet the board candidates. And, every awards event worth its swag bag has after-parties! Join our Zoom-style parties to hang out with your friends!

Look in next month's B2B and on the website for more information soon!

Celebrating AAUW California, its branches, and its members will be the most fun event of the spring! Don't miss out on the *Academy AAUwards* on April 22nd! Get ready to mingle!



### AAUW CALIFORNIA LOBBY DAYS

AAUW California will hold our 2023 Lobby Days on **March 21, 2023** and **March 22, 2023**. This is a wonderful opportunity to meet your legislators, inform them about AAUW and what your branch is doing for their constituents, and advocate for their support of our priority bills. By completing this survey, you will let us know that you want to participate. We have scheduled Lobby Days to take place while the Legislature is in session. There are



three possible meeting scenarios, and we will do our best to match AAUW teams with their districts and their preferences:

- 1) In-person meeting at the Capitol (ideal for branches in and around Sacramento)
- 2) In-person meeting with staffers in the district office
- 3) Virtual meeting

## Eager Readers

Beth Hutton and Jean Burns Slater met on January 25 to develop plans for distributing the elementary level books that have been stored at Wendy Robinson's home as part of the former RIF program. The objective is to distribute the current inventory of books to students within the 2022-2023 school year to encourage reading now.

After careful consideration, the following elementary schools were selected for book distribution:

Grover Beach Elementary                      Dana Elementary                      Nipomo Elementary

Grades 2, 4 and 6 were selected for book distribution. These grades include beginning readers and exiting readers from the schools.

The first book distribution will be at **Grover Beach Elementary on March 17**. If you are interested in helping with this distribution, please contact Beth Hutton [cahutton5@aol.com](mailto:cahutton5@aol.com) or Jean Burns Skater [jbslater2006@gmail.com](mailto:jbslater2006@gmail.com). Your help will be greatly appreciated. Hurrah for books in the hands of children.



## Great Decisions: Prepare to Discuss the World

Great Decisions Discussion Group's next meeting will be on March 27, Monday, with the topic of China and America. Each meeting starts with a brief introduction, viewing the DVD related to the topic, followed up with a group discussion of the relevant reading materials chapter and ends with treats. Meetings are on the 4<sup>th</sup> Monday of the month at 7:00 pm in members private homes. **Consider joining in the world discussions of Great Decisions** and recognizing the importance of community conversations of global events and topics. Our world needs informed citizens and by participating in Great Decisions you are more informed in current events and can share your knowledge with a factual background. If you know of anyone who would like to join our group, please message Priscilla at [palquist@gmail.com](mailto:palquist@gmail.com). Thank you.

## 2023 BINGO & SILENT AUCTION 2023

**Check to See if You Have Marked Your Calendars**

**When: Saturday, November 18, 2023**

**Where: St. John's Lutheran Church** 959 Valley Rd, Arroyo Grande

**Soliciting Donations and Gathering Goodies** : anytime

**Wrap Party** to organize silent auction items: Monday or Tuesday, November 13 or 14th

**Set Up:** Friday, November 17 at Saint John's at 2:30 PM.

soliciting donations and gathering goodies.

Cheers, Kathy Cohon and Pam Zirion



January 23, 2023 Association of California School Administrators

## College prep courses have impact on youth

New UCLA-led research finds that a college preparatory program for youth experiencing educational inequities that operates in about 13 percent of U.S. public high schools has a positive effect on students' social networks, psycho-social outcomes, and health behaviors.

The findings, published Dec. 16 in the peer-reviewed journal *Pediatrics*, suggests that the **Advancement via Individual Determination (AVID) program**, aimed at increasing educational opportunities for under-represented and economically disadvantaged students, also significantly reduces substance use.

“Academic tracking” is a common practice in high schools through which lower-performing students are clustered with others of similar academic achievement. Although intended to tailor academic rigor to students' level of preparation, the study findings suggest that this practice may be counterproductive by reinforcing risky behaviors that students pick up from their peers.

“Untracking” these students by mixing them in with higher-performing peers may lead to better physical and psychological health, said lead author Rebecca Dudovitz, associate professor of pediatrics and director of pediatric health services research at the David Geffen School of Medicine at UCLA.

“This is the first randomized controlled trial of **AVID** in the United States, so it's really exciting to see that this program that was designed to help open up educational opportunities for kids, also improved their health,” Dudovitz said.

**AVID** works with high school students earning B or C grade averages who might not otherwise be placed in more rigorous college preparatory tracks. It operates in 5,400 secondary schools, including both middle and high school, in 46 states and exposes academically middling students to tougher courses than they would have been assigned to under normal circumstances. **AVID** helps students develop agency, relational capacity and opportunity knowledge.

**Our Five Cities Pismo Beach AAUW Branch supports AVID within the Lucia Mar Unified School District.**

# WILSON

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