



Santa Barbara—Goleta Valley
AAUW

Volume 5
Number 7

Coast Connections

March 2015

Santa Barbara-Goleta Valley (CA) Branch

The SB-GV AAUW Monthly Newsletter

Celebrating 100 years of empowering women in the Santa Barbara area.

In Honor of Women's History Month:

Gender and Mathematics in 19th-Century America

Pat Cohen, Ph.D.

Research Professor Emeritus, History Department, UCSB
Author of *A Calculating People: The Spread of Numeracy in Early America*

University Club, 1332 Santa Barbara St.

Thursday, March 5, 2015 at 7 pm

Parking is available in the University Club lot or on the street. Enter from the lot.

In the early decades of the New Republic, political and economic change placed intensified value on arithmetic and mathematics as important practical skills needed by boys and young men. But what of their sisters, also increasingly attending schools and academies? Patricia Cohen examines the 19th-century origins of the stereotype that girls can't do (or struggle more with) math, a stereotype ironically at odds with the trend to feminize the teaching force as public schooling expanded. Bring friends and colleagues!

A Visit to Carpinteria Harbor Seal Sanctuary

This is our March Outing! Please join us on Thursday, March 12 at 11 am for a tour of the Carpinteria Harbor Seal Sanctuary. This preserve is home to over 100 adult seals who give birth to their cubs on the Carpinteria shoreline from January to May each year. It is one of four harbor seal rookeries remaining along the southern California coast. AAUW member Janice Rorick will explain facts about the rookery and the seals.



Directions to the Sanctuary: South on Hwy 101 to Carpinteria; exit at the Casitas Pass offramp and head toward the ocean. Turn left on Carpinteria Ave. and proceed about 1/2 mile to Dump road (on the right) Drive all the way to the Venoco parking lots (across the railroad tracks) Turn left and proceed to the far end of the upper parking lot. Janice will meet you there and guide you to the rookery area.

Let's plan to eat lunch together afterwards at a restaurant in Carpinteria!

Photo by Janice Rorick.

President's Message

As we celebrate Women's History Month, there is a lot going on for our Santa Barbara - Goleta Valley AAUW Branch. We have several wonderful programs and activities this month, all of which you can read about elsewhere in the newsletter.

I especially want to thank Barbara Levi, our Tech Trek Selection Chair, for arranging our March 5 program on Gender and Mathematics in 19th Century America at the University Club. It is all too easy to forget just how much discrimination and discouragement our foremothers had to face in trying to learn and work in traditionally male endeavors.

I also want to thank Jane Honiikman, branch Secretary, for spearheading the visit of Dr. Asuncion Lara in conjunction with Antioch University, PEP, and the KIDS Network. It is a real coup to have an internationally recognized researcher like Dr. Lara come and present a seminar here, and we are fortunate to have the opportunity to meet her "up close and personal" at Jane's on Friday, March 20.

Thanks also to Janice Rorick for being willing to share her knowledge with us as a docent at the Carpinteria Harbor Seal Sanctuary for our March Branch Outing. This is another local treasure that few of us have experienced.

The Branch Nominating Committee has completed its work, and their report is shown below. I want to give a huge "Thank you" to the members of the Nominating Committee and especially to those branch members who have agreed to serve on our leadership team! Our official Annual Meeting will be our April meeting (date to be determined), and at that time the official election of Officers and Steering Committee members will be held.

Also at that meeting, we will be ratifying a dues increase for 2015-2016 that has been triggered by a \$4.00 increase in AAUW CA annual dues. We will be going from \$80 to \$90 for the year, which also includes a \$6.00 increase in our local branch dues. We have not had a dues increase in well over five years. In order to keep up with rising costs of venues and other

expenses, and in order for the branch to continue to provide the quality of programs that we deserve this increase is sorely needed.

Our membership renewal period begins officially April 1, but any dues paid after March 15 for new members counts for the entire 2015-2016 membership year. You will be receiving a dues invoice from our Treasurer, Carol Thompson near the end of March (either by email or snail mail for those without email along with instructions how to pay on line through the Membership Payment Program, which means that you can use your credit card and save Carol a ton of paperwork!

As always, thank you for being a part of the Santa Barbara - Goleta Valley AAUW branch.

Claire VanBlaricum
967-7523

Report of the 2015 Branch Nominating Committee

The Santa Barbara - Goleta Valley AAUW Branch Nominating Committee is pleased to present the following slate of candidates for our 2015-2016 leadership team. Our Steering Committee structure only has two specifically defined officers (President and Treasurer), but we have included the areas of responsibility that various candidates for the Steering Committee have agreed to cover. We look forward to a great 2015-2016 AAUW year!

2015 -2016 SLATE

Co – Presidents: Claire VanBlaricum and Jane Honikman

Treasurer: Carol Thompson

Secretary: Diane Green

Membership: Ginny Capra

Newsletter: Susan Engles

Tech Trek: Barbara Levi

Tech Trek Fundraising: Beverly Kowalsky Ching

UCSB Liaison: Jill Dunlop

Interbranch representative: Janice Rorick

At large: Elly Rumelt

At large: Michelle La

Getting to Know Our Members

PAULINE PAULIN---NEW MEMBER

Pauline Paulin was born on March 5th in Los Angeles, Ca. She has lived in Germany and New Mexico. As a child, she wanted to be a teacher.

She attended UCSB as an English major and has a BA, MA and PhD. She also enjoyed history. She is a retired teacher and educator. She is a widow and does not have children.

She loves to travel and her favorite place is “usually the last one”. She enjoys small ship cruising and generally goes alone. In December 2014, she went to Los Cabos, Baja Sud and cruised the Sea of Cortez in an 80 passenger ship.

Her favorite type of food is “something someone else has cooked”. She does not have a favorite book or movie because she says she “enjoys so many.” Her hobbies include working with fused glass and gardening. Her favorite color is “something bright”

She did love the film “Into the Woods” which she saw performed live in Ashland last year. She enjoys opera and classical music and volunteers at the Music Academy of the West.

She joined AAUW because she supports the mission of encouraging young women to expand their horizons. She hopes to meet more like-minded women for socializing.



BEVERLY KOWALSKY CHING—TECH TREK FUNDRAISER

Beverly was born in Brooklyn, NY on June 1st. She would describe her home as a bi-cultural environment in a shtetl (a small Jewish town or village) setting.

As an adult she moved to Manhattan, NYC and later in life to Santa Barbara.

As a child, she wanted to be a nurse but her parents discouraged her from entering the profession. Instead, when she graduated from high school, she started work in an office and went to college in the evening. Her fantasy profession was to be a ballerina---“a graceful gazelle gliding across the room.”

She went to school at Bernard M. Baruch College of CUNY (City University of New York) which is located on East 23rd St. and Lexington Ave in NY. At one point, when she was between jobs, she completed her college education in the daytime and received her BA in psychology. She jokingly says that “I analyze the credits and debits to determine if they are neurotic or psychotic.” She has always liked learning and most subjects appeal to her.

She married her husband Gerry later in life. It is a first marriage for both of them. Her husband is Chinese, born and raised in Honolulu and she says, “our backgrounds are quite different”. They will be celebrating 35 years of marriage on May 4th. They do not have children and she says she misses having grandchildren.

She enjoys traveling and started to travel by herself when she was single. She was determined to travel and did not want to wait for others before making plans. Spain and Portugal were the first countries she visited. She also traveled to Viet Nam and for heritage reasons, Isreal. She has traveled solo and also with a friend on a tour but has never gone on a cruise which she has added to her bucket list. She and Gerry like to plan their own itinerary but states that both tours and self-planning have their advantages and disadvantages.

As far as her favorite foods, Beverly is always willing to try new ethnic foods and describes herself as a “very good and adventurous eater”. Her favorite food is Chinese.

[Continued on Page 4](#)

Getting to Know Our Members (Continued from Page 3)

Beverly enjoys the theater and movies and her favorite musicals are West Side Story and Porgy and Bess.

Beverly enjoys reading and likes books that have a positive message portraying women as being independent and accomplished.

She prefers classical and show music. Red is Beverly's favorite color.

As far as her hobbies, Beverly likes to knit and crochet. She and her husband like to hike, ride bikes and have explored many interesting areas.

She joined AAUW shortly after arriving in Santa Barbara because she wanted to meet other women with similar interests. One important interest is equality for women. She found the women in AAUW to be very supportive and nurturing and has given her confidence to develop her leadership qualities. She hopes to continue with these positive experiences with the women in AAUW.

Come Meet an International Scholar/Researcher

On Friday evening, March 20, from 5 to 7 pm, Jane Honikman will host a private reception for AAUW members at her home to give us all an opportunity to meet and talk with Dr. Asuncion Lara. Come enjoy wine and hors d'oeuvres while getting to know this fascinating woman researcher from Mexico City. Bring friends and prospective members, too!

Dr. Asuncion Lara, a researcher at the Ramon de la Fuente Institute of Psychiatry in Mexico City will be visiting Santa Barbara in March. Dr. Lara is the head of the Intervention Models Department of the Institute and will be conducting several seminars in the Santa Barbara area during her visit. On Thursday, March 19, Santa Barbara - Goleta Valley AAUW and PEP (Postpartum Education for Parents) will be cosponsors with Antioch University for a free day-long seminar on postpartum depression in the Latino community. Dr. Lara will present the morning session on "Strengthening the Postpartum Bond in Latino Families" and will present a short training session in Spanish at the close of the seminar in the afternoon. Mariela Marin, MA, from Antioch will speak on "Relevant Issues in Postpartum Parenting Within the Latino Community" in the afternoon, along with a student panel from Antioch discussing their applied experiences in the community. On Friday, Dr. Lara will be presenting a similar seminar and training in Spanish in the North County.

"Women's History Minute" Videos from the National Women's History Museum!

In celebration of National Women's History Month 2015, NWHM is proud to announce the launch of its new video series - Women's History Minute. Set to debut on Sunday, March 1st, the series will consist of daily 60-second videos produced to honor the ingenuity, dedication and effort that American women have invested in our nation.

Be sure to visit their YouTube channel every day during March to view the latest Women's History Minute. From Julia Morgan's architectural design of Hearst Castle to Dr. Chien Shiung Wu's groundbreaking work as a physicist during World War II, this video series champions the achievements of women in various professions, as well as their roles in social and political movements.

You can view Women's History Minute here: <http://tinyurl.com/womenshistoryminute>



Santa Barbara - Goleta Valley AAUW is a co-sponsor of this event at Antioch University here in Santa Barbara. Branch members may attend at no cost, but you must RSVP due to limited space.

MA

Clinical Psychology
Seminar

Thursday,
March 19, 2015
9:00am-4:00pm

4:00pm-4:30pm
(Spanish language
component)

LOCATION:
AUSB-Community Hall
602 Anacapa Street
Santa Barbara, CA 93101

General Admission: No Charge

CEU's Available
All Day- 6 CEUs-\$110
9:30-12:30-3 CEUs-\$55
1:30-4:00-3 CEUs-\$55

RSVP:Alisha Phillips
aphillips@antioch.edu


Space is limited.
BBS Approved Provider
#PCE BBS 0046

ANTIOCH
UNIVERSITY

SANTA BARBARA

Antioch University Santa Barbara
Presents

Strengthening the Postpartum Bond in Latino Families



Please join us for this dynamic seminar featuring expert speakers on postpartum depression within the Latino community

Postpartum depression is a real and often ignored challenge faced by new parents, extended families, and community. This Symposium is designed for anyone interested in the realities of postpartum depression and its effects within the Latino community. Participants will learn about strategies to prevent postpartum depression specifically applicable to Latino clients and support healthy infant-parent development and family connections.

9:00am - 12:00pm-**Strengthening the Postpartum Bond in Latino Families** *Ma. Asuncion Lara, PhD*

12:00pm - 1:00pm Lunch (on your own)

1:00- 3:00pm- **Relevant Issues in Postpartum Parenting Within the Latino Community** *Mariela Marin, MA*




3:00 - 4:00pm - **Applied Experiences in the Community** *Student Panel*

4:00 - 4:30pm- **Strengthening the Bond: Demonstration (in Spanish)** *Ma. Asuncion Lara, PhD*

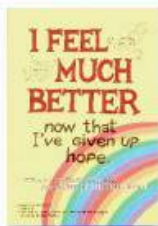
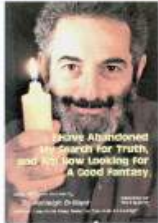
Ma. Asuncion Lara is a psychologist who holds a Ph.D. in Health Sciences from the National University in Mexico City. She has been a researcher at the Ramon de la Fuente National Institute of Psychiatry since 1982, where she is head of the Intervention Models Department.

Mariela Marin, MA is Core Faculty and Director of Clinical Training for the Master's in Clinical Psychology program at Antioch University Santa Barbara and oversees the Latino Mental Health concentration. Her expertise is in the area of multicultural competence and she has worked extensively with non-profits serving the Latino community.

With Support from:

Antioch University is a not-for-profit private institution accredited by
the Higher Learning Commission.



"Lunch With An Author" Ashleigh Brilliant

Saturday, March 21, 2015

11:00 am - 2:00 pm

Santa Maria Inn

801 S. Broadway, Santa Maria, Ca

Cost: \$35.00

Meal Choices:

Chicken Croissant, Grilled Salmon,
Vegetarian Wrap

Reservation Deadline: March 11, 2015

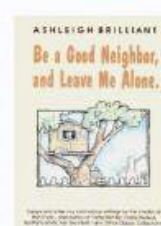
Mail your check, payable to AAUW to:

AAUW Author Event

142 Riverside Ct.

Santa Maria, Ca 93458

For more info: 805-928-2029



A Note from the Santa Maria Branch of AAUW:

Only a few days left to register for the AAUW-Santa Maria Author's Event. Ashleigh Brilliant is our special guest this year. He is an Internationally Renowned Author and Creator of PotShots (r)(c), with many writings to his credit. He is a writer, college professor, speaker, motivator, and so much more.

PotShots have been published in the Santa Barbara News Press since 1967. There are very special requirements for these PotShots and we find them being used every day in our conversations and in social media. You will recognize many of them. We understand that Ashleigh is a Brilliant Speaker (from those who've seen him), and we will have much more time for interacting, asking questions, learning about how our language has evolved with PotShots. This will be an enjoyable day, and we look forward to your being with us. Please share this with your membership, co-workers, fellow volunteers, and anyone you know who may be interested in coming. An open event, we would love to welcome anyone, men and women, to join us!!

March 2015 Calendar

"I do know one thing about me: I don't measure myself by others' expectations or let others define my worth."
 ~ Sonia Sotomayor



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|----------|--------------------------------|---|
| March 5 | Thursday 7 pm | Gender and Mathematics in 19th Century America - University Club, 1332 Santa Barbara Street, SB. See Page One for details. Bring your friends and colleagues! |
| March 10 | Tuesday 12 noon | Lunch Bunch - Itsuki Restaurant, 5744 Hollister Ave, Goleta. (In the Pacific Oaks Shopping Center near Pacific Sales) A wide variety of Japanese food including many lunch specials. Please call Claire VanBlaricum at 967-7523 by Monday afternoon for a reservation. |
| March 12 | Thursday 11 am | Branch Outing - To the Carpinteria Harbor Seal Sanctuary. Please see Page One for details. |
| March 17 | Tuesday 7 pm | Book Ends - <i>The Boys in the Boat</i> by Daniel James Brown. At the home of Claire VanBlaricum, 5026 Yapple Avenue, SB. For April we will read an old classic connected to Santa Barbara: <i>Two Years Before the Mast</i> by Richard Henry Dana. Both books are available in paperback. |
| March 19 | Thursday 9 am to 4:30 pm | Seminar at Antioch University - Strengthening the Postpartum Bond in Latino Families. Please see page 5 for details. |
| March 20 | Friday 5 - 7 pm | Reception for Dr. Asuncion Lara for all AAUW members and prospective members. At Jane Honikman's home, 927 North Kellogg, SB. See page for details. |
| March 21 | Saturday 11 am - 2 pm | Lunch With an Author - Ashleigh Brilliant - sponsored by the Santa Maria Branch of AAUW. Please see page 6 for details! |
| March 24 | Tuesday | Movie Night - Please watch your email the weekend before for the film, time, and place. Plan to dine together following the film! |
| April 2 | 4 pm | Steering Committee Meeting - at Jane Honikman's home, 927 North Kellogg, SB. All branch members are welcome! |

Looking Ahead - Way Ahead!

Because our Empowered Woman Luncheon last September was such a rousing success, we would like to build on that and make it an annual event to kick off the AAUW year. But we need your help! If you have any suggestions and/or contacts with women or women's groups that you think would make good honorees/speakers, please contact Claire (967-7523) or Jane (967-9757).

Santa Barbara -
Goleta Valley AAUW

P.O. Box 802
Goleta, CA 93116-0802
<http://sbgv-ca.aauw.net/>

2014-2015 OFFICERS

President:

Claire VanBlaricum

Secretary:

Jane Honikman

Treasurer:

Carol Thompson

Asst. Treasurer:

Vacant

Steering Committee:

Ginny Capra

Jill Dunlap

Diane Green

Beverly Kowalsky-Ching

Barbara Levi

Janice Rorick

Newsletter Editor:

Claire VanBlaricum

Scholarship Chair:

Ann Lippincott

Directory:

Ginny Capra

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

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

Membership in AAUW is open to people who hold an associate degree or higher. Branch membership offers friendship with like-minded people and an arena for making a positive contribution to your community. Benefits include a subscription to **California PERSPECTIVE**, our quarterly publication. You can join our e-mail lists and attend our annual convention. Membership dues at the branch level include California and National dues.

If you know of someone who you believe would appreciate the opportunity to join our branch, please send them the link to our website (<http://sbgv-ca.aauw.net/>) and give their name and contact information to Ginny Capra at ginnycapra@cox.net.

2015: See You in San Diego!

We can't wait to find new ways to empower women and girls at our 2015 AAUW national convention, June 18–21, 2015, at the Sheraton Hotel and Marina in San Diego. We're excited to build on the success of the 2013 convention and look forward to planning an even more engaging and more valuable program for you. Register today at <http://convention.aauw.org/register/>

We'll see you there!

Let's get a group together from our Santa Barbara - Goleta Valley branch and take the train!

