



Santa Barbara—Goleta Valley  
AAUW

Volume 5  
Number 9

Coast Connections

The SB-GV AAUW Monthly Newsletter

May/June 2015

Santa Barbara-Goleta Valley (CA) Branch

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

## Mindful Meditation:

Everything You Always Wanted to Know

But Were Afraid to Ask!



With Danielle Levi Alvares



Danielle Levi Alvares has worked over the years with Jon Kabat-Zinn, first as his director of the Mindfulness Based Stress Reduction (MBSR) Inner City Clinic at the University Of Massachusetts Medical Center and later in Europe, as they brought MBSR teachings to France to both professionals and the general public. She founded and directed the Yoga Experience in Cambridge where she initiated hundreds of students to yoga and meditation. Senior student of Zen master Thich Nhat Hanh, she was instrumental in having him published in France after she translated one of his books. In 2003, her spiritual memoir *La Reparation* was published in Paris to critical acclaim. She has studied and practiced yoga and meditation for over 25 years with teachers such as Patricia Walden, Joseph Goldstein, and Pema Chodron.

Thursday, May 21, 2015

10:30 AM

Goleta Valley Public Library Community Room

500 North Fairview, Goleta

Wear comfortable clothes and come to learn techniques for managing stress, truly relaxing, and raising your awareness and appreciation of the world around you.

Please feel free to bring friends and colleagues.

---

# President's Message

I find it hard to believe that this is the final President's Message I will write for the 2014-15 AAUW year! The year has gone by so quickly that I feel like I should just be getting ready for Thanksgiving or sending you New Years greetings.

Despite seeming to go so fast, the year has brought many good memories and accomplishments for our branch. From our Empowered Woman Luncheon in September to our co-sponsorship of the full day seminar on Strengthening the Postpartum Bond in Latino Families to our selection and funding of 28 local girls for Tech Trek this summer, we have had a decidedly positive impact on our community. And we as members have learned a lot and had fun doing it through our Outings, educational programs, and other interest groups.

If you have not yet renewed your membership for the 2015-16

AAUW year, now would be a great time to do it! There are lots of good things coming up, starting this summer and continuing throughout the year. You don't want to miss any of it! You can renew on line through the email all members were sent from national AAUW or by going to our branch website and clicking the "Join" tab. Or you can do it the old-fashioned way with a check for \$90.

You also have time to vote in the AAUW national elections. (The AAUW CA elections closed Friday, May 8.) You should have received an email from AAUW National with information on how to vote online, and a simple click-through to your ballot. Please take the time to look over the Voter's Guide that is available on the AAUW national website (and is available to you when you click through to your ballot) since it contains information on the candidates for the various national offices, and information on sev-

eral proposals. Most of the proposals are fairly straightforward "housekeeping" sorts of things for the bylaws, but there is also a proposal that came from an AAUW member (rather than a committee) to completely eliminate the degree requirement for membership.

As our year winds down, I want to thank all those who have served the Branch on the Steering Committee this year. You have been a great group to work with and we have accomplished a lot. I also want to thank those who have decided to take the plunge and join the Steering Committee for 2015-16. Your fresh perspective will be invaluable.

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

*Claire VanBlaricum*  
967-7523

---

## Tech Trek Campers to "Meet and Greet" One Another in May

### Volunteers Needed

We have selected a record number of 28 girls from among a large pool of highly outstanding candidates to attend Tech Trek Camp this summer. We are sponsoring a "Meet and Greet" for them to get to know the girls from other schools before they arrive at camp. We could use a few branch members to help set up and register the girls. What a great chance to meet these young ladies!

The Meet and Greet will be 2-4 pm on Sunday, May 31, at the Goleta Valley Library. Volunteers should report by 1:30 pm and will be needed until 4:30 pm at the latest. Interested? Contact Barbara Levi at [bglevi@msn.com](mailto:bglevi@msn.com) or 805 962 8900.

tech  
trek

## SB - GV AAUW 2015 Scholarship Selection Begins!

The Santa Barbara-Goleta Valley branch of the American Association of University Women (AAUW) has announced a fellowship opportunity for graduate students in the Teacher Education Program at UCSB who are completing their M.Ed. degrees this summer (Summer 2015). The Lynne Cavazos Scholarship is named for the former Acting Director of the Teacher Education Program at UCSB and former co-chair of the SB-AAUW. Applicants must address how their M.Ed. research and work in classrooms address the mission of the AAUW – advancing equity for women and girls. They are also encouraged to write about how the mission of AAUW has impacted their life – both in and outside the classroom. Award(s) will be announced in early June.



## *Hats Off to AAUW!*



Wear your favorite hat and join us for  
Afternoon Tea at  
La Cumbre Country Club  
Sunday, June 7 from 3 to 5 pm  
as we celebrate

100 years of AAUW in Santa Barbara  
and install our 2015-2016 leadership team!

With special guest Sojourner Kincaid-Rolle,  
Poet Laureate of Santa Barbara.

Please RSVP to Carol Thompson at  
967-5291 by June 1.

\$20 per person.

Checks made out to SB-GV AAUW  
should be mailed to PO Box 802,  
Goleta, CA, 93116-0802.

Please invite your friends who might  
be interested in joining AAUW!



## Getting to Know Our Members

### Elly Rumelt—Steering Committee Member at Large

Elizabeth Rumelt (Elly) was born on September 17<sup>th</sup> in New York City. She attended college in Philadelphia, NY and Boston for graduate school. She was a history major. She has also lived in Teheran, Fontainbleu (France), Los Angeles and Santa Barbara as a “trailing spouse”.

As a child, Elly always wanted to work for social justice. She was very influenced by a book by Jacob Riis-“How the Other Half Lives” and by a girls’ book called “Mary Ware”. Both books were about the effects of slums and the fight for safe housing. In college, she was active in the civil rights movement and says she “served the necessary days in jail in Cambridge, Maryland”.

Elly is married and has one daughter who is the author of many best-selling books for young adults (also enjoyed by adults) who goes under the pen name of Cassandra Clare.

After receiving her degree, she went straight to graduate school to study social work and has worked in that field ever since. She says that since her degree is very versatile she has worked as a therapist, a teacher of behavioral science to physicians and of gender studies to an international group of women, a clinical supervisor and a director of programs.

She enjoys traveling and her favorite trip was to the Virunga Volcanoes in Uganda, the haunt of the mountain gorillas, well- known from “Gorillas in the Mist”.

Her favorite book is “A Dance to the Music of Time” which is a 12 volume novel sequence sometimes compared to Proust in its portrait of the change in society over time. She says, it repays re-reading it and watching it over and over on the mini -series made by British TV Channel Four. Bach is her favorite composer and her favorite and only hobby is reading. Her favorite color is blue.

She joined AAUW for a sense of women’s history and hopes to be able to move that history forward.



### GINNY CAPRA---MEMBERSHIP CHAIR

My name is Ginny Capra. I was born in Chicago, IL on August 12<sup>th</sup>. My mother, father and I moved to Granada Hills, CA in 1959. I have two older brothers who did not move with us because one was teaching/coaching and the other was in college, majoring in Physical Education.

I graduated from Granada Hills High and then spent 2 years at Cal State Northridge before transferring to San Jose State. I followed both of my brothers by majoring in Physical Education with a minor in Spanish and graduated in 1967 followed by my teaching credential in 1968. As a child, I always wanted to be a teacher and when I was in Jr. High, I decided I wanted to teach PE.

In August of 1968, I married my husband, Sam and in September I started my first teaching job at Castro Jr. High in San Jose. I remained there until 1973, when we moved to Goleta, where Sam accepted the position of Chief Financial Officer at Goleta Valley Hospital.

In 1975, our first son was born and our second son was born in 1977. Neither of my sons are married and I do not have any grandchildren (only 4 grandcats!!).

In 1982, I began teaching PE at St. Raphael’s School where I taught K-8. I remained there until I felt that I needed to “talk to adults more”. So in 1989, I got a job at UCSB in the Communications Services Department where I was the Residential Coordinator for the installation of telephone and TV services in the Residence Halls. I retired from UCSB in 2007.

My husband and I have traveled quite a bit since my retirement. We have been on cruises, Grand Circle Tours, a river boat cruise as well as independently. We enjoy traveling with another couple and have done so with my college roommate and her husband as well as another couple. We have been to Croatia, Italy, Spain, Portugal, Slovenia, Hungary, Czech Republic but can’t say if I have a favorite as each country has so many beautiful sites.

[Continued on Page 5](#)

---

## Getting to Know Our Members - (Continued from Page 3)

I enjoy all types of ethnic foods, Indian, Chinese, Italian, Thai etc. and do not have a favorite.

I have read many good books but the one that stands out in my mind is "Hotel on the Corner of Bitter and Sweet". I enjoy reading Historical Fiction the most. I do not have a favorite movie but my favorite play is "Mama Mia". My favorite types of music are Blues and Soft rock.

My hobbies include, exercise, reading, making food type crafts and attending plays or any live entertainment. My favorite color is red but I also like any bright color.

I joined AAUW to make new friends and promote women and girls' equality. As the Membership Chair, I hope to make a difference by encouraging more women, especially younger women, to join our branch.



### A Mother's Day Tribute

On the eve of Mother's Day weekend, we all take a moment to celebrate the mothers in our lives. I want to reflect on my wonderful mom, the distinguished career from which she is retiring this month, and all that she has taught me about being a strong feminist woman.

On Wednesday, my mom taught her last class at Oberlin College (one of the original eight colleges affiliated with AAUW). Over the past 34 years, she amassed quite a record of scholarship, stewardship, and exceptional teaching. While doing all that, she also managed to teach me about the struggles her generation and those before her worked to overcome to create a more equal world for me. I learned the importance of paid time off, the value of a good education, the need for bodily autonomy, and how much a fair paycheck matters. I learned that while we were fortunate enough to enjoy many of those things, not everyone does. And I learned that even though we've come a long way, my generation has a lot of work left to do.

In the acknowledgements of her book, published when I was 9 years old, my mom wrote of my contributions, "I hope she knows just how much her hugs, pictures, and words of encouragement have meant." On this Mother's Day, at the conclusion of my mother's illustrious career, I hope my mom knows how much her examples, determination, and passion have meant. Together, AAUW will keep up the good fight for all the mothers and strong women and girls in our lives.

Happy Mother's Day!

*Kate Nielson*

AAUW State Policy Analyst

## Title IX Sexual Violence Complaints and Investigations Increasing

In response to an inquiry from Senators Barbara Boxer (D-CA) and Kristen Gillibrand (D-NY), Department of Education officials provided data regarding Title IX sexual violence complaints. Not only are the number of sexual violence complaints reported to the department increasing, so too is the average length of investigations. From fiscal years 2013-2014, the reported complaints rose from 64 to 123, which could be attributed to greater public awareness and federal enforcement. Also, it has become the policy of the department to do a complete Title IX review when a complaint is filed, which has increased the duration of investigations but improved their thoroughness and the school's overall compliance with Title IX.

*AAUW Santa Barbara County  
Inter-Branch Council Fundraiser*

*Join us for this wonderful  
musical under the stars  
preceded by a meal of  
substantial appetizers, desserts,  
wines and other beverages.*

*WHEN: Saturday, JULY 11<sup>th</sup>, 2015*

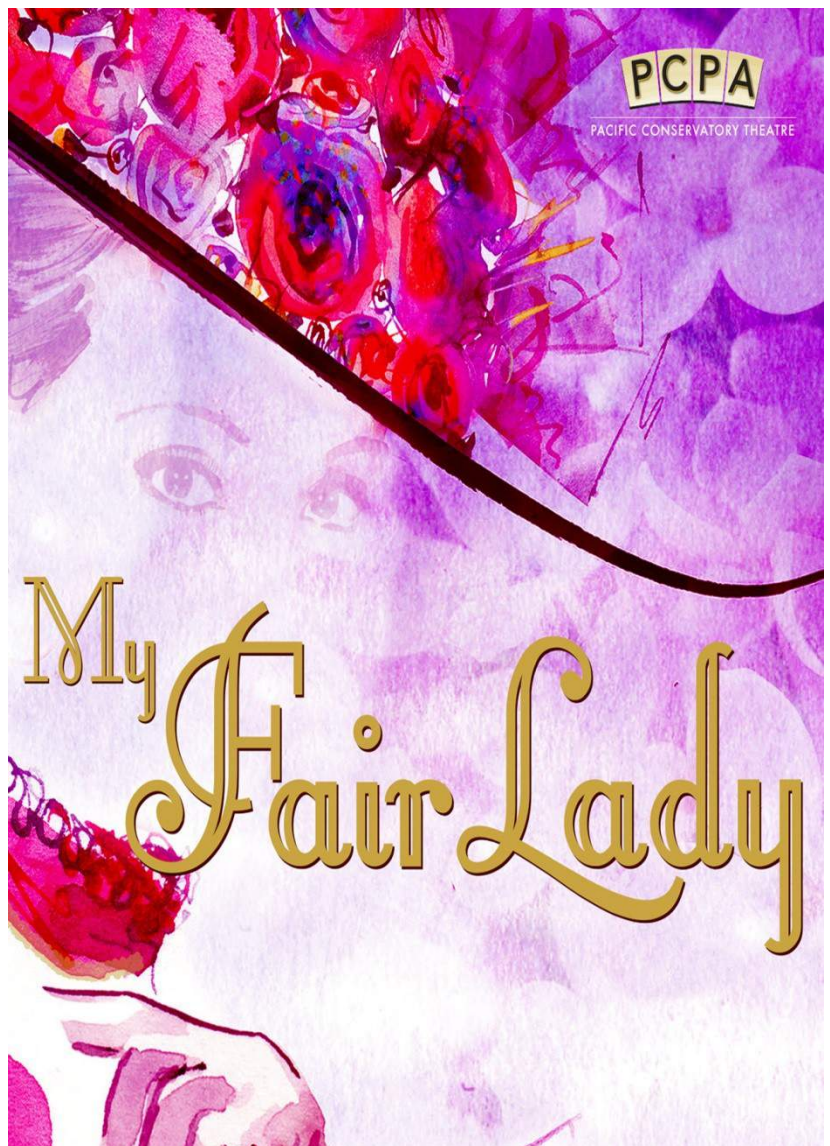
*TIME: Social Gathering 6:30p*

*WHERE: Solvang Theater  
Patrons Garden*

*SHOWTIME: 8PM*

*COST: \$45.00 per person for  
social gathering and show  
ticket; \$17.50 Social Gathering  
only for season ticket holders  
that exchange ticket dates*

*Profits divided among the  
branches to support TECH TREK.*



**For Reservations, please send checks made payable to**

**AAUW SBC-IBC and address them to:**

**AAUW EVENT, Att: Jeni**

**722 E. Main St., Suite 210**

**Santa Maria, CA 93454 by June 26<sup>th</sup>**

**Please include any special requests or needs, such as  
aisle seats for people with wheelchairs, walkers,  
crutches or canes.**

# May/June 2015 Calendar

" It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside. "

~ Maud Hart Lovelace, "Betsy-Tacy and Tib," 1941



May 12	Tuesday 12 noon	<b>Lunch Bunch</b> - Pepe's Mexican Restaurant, 245 Orange Avenue, Goleta. Please call Susan Engles at 964-4080 by Monday afternoon for a reservation.
May 19	Tuesday 7 pm	<b>Book Ends</b> - <i>Where'd You Go Bernadette</i> by Maria Semple. at the home of Kathy Crevier, 4539 Via Maria, SB. Available in paperback.
May 21	Thursday 10:30 am	<b>Mindful Meditation: Everything You Always Wanted to Know but Were Afraid to Ask!</b> With Danielle Levi Alvares. See Page one for details.
May 23	Saturday 10:00 am	<b>Outing: - Architectural Walking Tour of Historic Santa Barbara</b> Leaves from City Hall steps at de la Guerra Plaza (approx.. 2 hrs.) Those who would like to can lunch together following the tour! Call Ginny Capra at 967-5296 for car pool info.
May 26	Tuesday	<b>Movie Night</b> - Please watch for an email the weekend before for information on the film, time, and theater location.
June 7	Sunday 3 - 5 pm	<b>Hats Off to AAUW!</b> - Afternoon Tea at La Cumbre Country Club. Come help celebrate 100 Years of AAUW in Santa Barbara! See Page 3 for details.
June 9	Tuesday 12 noon	<b>Lunch Bunch</b> - Madam Lu Chinese Restaurant. 3524 State Street, SB. Lots of parking, lunch buffet, and extensive menu. Please call Claire VanBlaricum at 967-7523 by Monday afternoon for reservations.
June 16	Tuesday 7 pm	<b>Book Ends</b> - <i>Daughters of the Dragon</i> by William Andrews. At the home of Jane DeSelm, 619 Camino Campana, SB. Our book for July will be <i>Tell the Wolves I'm Home</i> by Carol Rifka Brunt. Both are available in paperback.
June 23	Tuesday	<b>Movie Night</b> - Please watch for an email the weekend before for information on the film, time, and theater location.
June 26	Friday	<b>Deadline to RSVP for July 11 Theater Party - My Fair Lady!</b> <b>See page 6 for details!</b>

## Looking Ahead

Please join us for the annual Interbranch Council Theater Party fund raiser for Tech Trek on Saturday, July 11 at the Solvang Theaterfest to see "My Fair Lady" and enjoy a pre-performance picnic. Details are on page 6. We will arrange for carpooling for those who wish to attend.

Later in July we will be gathering to celebrate the publication of a book by Branch member Michelle La, *Catching Shrimp with Bare Hands*, a memoir of her husband's experiences growing up in Viet Nam during the war. We will have a reading from the book and enjoy some Viet Nameese treats prepared by Michelle's husband. Michelle will be happy to sign any books purchased either at the event or from Amazon or local bookstores. Be on the lookout for an email with the date, location and other details!

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](mailto: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!

