



Santa Barbara-Goleta Valley (CA) Branch

Santa Barbara—Goleta Valley
AAUW

Coast Connections
The SB-GV AAUW Monthly Newsletter

Volume 6
Number 5

January, 2016

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



Population Health:

What Is It and Why Is It Important to You?

Featuring

Elizabeth Majestic

Vice President for Population Health, Cottage Health

Ms. Majestic earned a Master's in Public Health with a focus on Health and Safety as well as a Master's in Health Promotion, both from Indiana University. She has served as a Fellow at the Kennedy School at Harvard University, and also serves as an Adjunct Associate Professor in the School of Public Health at Georgia State University.

She brings nearly 25 years of experience to Cottage Health, having served in a variety of senior executive positions working for the U.S. Centers for Disease Control and Prevention (CDC) and as the Deputy Assistant Secretary for Health for Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services (HHS).

Her extensive experience in developing strategies to improve the health of communities includes serving as CDC's lead for domestic and international treatment control during the recent Ebola epidemic in West Africa. Presently, she serves on the National Leadership Advisory Committee for the Association of Community Health Improvement as a site evaluator for the Council on Education for Public Health which accredits graduate programs in schools of medicine and public health, and is a member of Robert Wood Johnson Foundation's Leadership Network.

Wednesday, January 27, 2016, at 7 PM

Faulkner Gallery of the Santa Barbara Central Library
40 East Anapamu, Santa Barbara

President's Message

Happy New Year to all of you, the members of the Santa Barbara – Goleta Valley AAUW branch! We hope all of you had a marvelous holiday season, whichever holidays you celebrated. As we reflect on the past year, it is clear to your two co-presidents that our AAUW branch is alive and well and undergoing a revitalization. We have gained many new members during the year, which is both gratifying and challenging. As we look forward to the coming year, we need to continue to involve our members in meaningful ways and make good use of everyone's varied talents and interests.

As we look to the new year, it is not too early to be thinking about leadership for the 2016-17 AAUW year. Our governance structure calls for three specific elected officers: President (which can be shared!), Treasurer, and Assistant Treasurer and then at least five Steering Committee members who take on other tasks necessary to keep the branch operating and vital. We hope you will consider taking on some of these leadership positions for the 2016-17 year to bring new ideas and energy to the branch.

There are also other committees such as the Tech Trek committee and the Membership Task Force, which take on specific events or programs. You don't have to wait for the next AAUW year to participate in any of these committees. Just call one of us and we will link you up with the right person! And if you have an idea for a branch Outing or a program you would like to see us put on, please let us know!

There are already many wonderful programs/events coming up in 2016. This month, as you can see on the front page, we are sponsoring a public program about Population Health at the downtown Central Library. On Saturday, February 27, we will be joining with the other branches in Santa Barbara County and San Luis Obispo County for the annual Central Coast Fellows Luncheon featuring scholars studying on AAUW grants and fellowships. On Tuesday, March 8, we are holding our second Empowered Woman Luncheon with Carlyne McDonnell, author of "The Everywoman's Guide to Equality" and a contributor to Huffington Post, CNN, and other news and opinion outlets.

We are also strengthening our ties with UCSB by working with a UCSB senior who is a member of the national AAUW Student Advisory Council (SAC). We hope to form a student affiliate group on campus this year.

For the New Year, we hope that all of you will make a resolution to try one new thing with our AAUW branch. Perhaps you will come to a meeting of the Smart Talk discussion group or the Book Ends book group. Perhaps you will treat yourself to lunch with the Lunch Bunch or come on one of our Outings. Or maybe you will help with the plans for the Empowered Woman Luncheon or volunteer to help in reading applications for our branch scholarship. Or perhaps you can just pass on information about the branch to a friend who might be interested. There is so much happening that we hope everyone can find something that they want to participate in.

But as always, thank you for being part of **your** Santa Barbara – Goleta Valley AAUW branch!

Claire VanBlaricum 967-7523

Jane Honikman 967-9757



AAUW Has Major Impact on Issues

As 2015 comes to a close, I'm reminded of something I said at a recent networking event for young women leaders. When asked about the holistic way that AAUW addresses women's issues, I explained AAUW is something like an undiscovered gem. But in retrospect, I'd rather think of AAUW as a secret weapon; a juggernaut for women and girls.

Every day of the year, AAUW and our members have a major impact on the issues our members care about. Your dedicated policy staff has worked tirelessly, connecting with politicians, policymakers and their staff to advocate for meaningful legislation, regulation and enforcement. Because of our collective efforts, we have been a key part of some important victories this year.

President Barack Obama's paid leave proposal, a result of years of advocacy, included many AAUW priorities, which were also spotlighted in his 2015 State of the Union address. After a 10-year collaborative effort, AAUW was also present for the signing of the new bipartisan K-12 education bill, the Every Student Succeeds Act. It was also my honor to represent AAUW when we were asked to testify at the House Education and Workforce Committee's hearing on campus sexual assault.

But the heft of these victories wouldn't be possible but for the amazing groundwork being done by AAUW members all across the nation. We are so thankful for the local AAUW Action Fund Capitol Hill Lobby Corps, celebrating 40 years of tenacious lobbying on Capitol Hill – including a congratulatory toast from Minority Leader Nancy Pelosi. We're overwhelmed by the over 250,000 emails sent by Action Network subscribers to their legislators, and proud of the more than 1,000 comments submitted to the U.S. Department of Labor by AAUW members nationwide that led to the prohibition of pay secrecy by federal contractors.

At AAUW, we are constantly sharing stories about the exploits of our amazingly dedicated members and you always inspire us to do more. So while we know that there is much more to be done in 2016 and beyond, we are confident that as a united force, AAUW is keeping true to our mission and making progress towards a better world for women and girls.

Lisa M. Maatz
Vice President of Government Relations

tech
trek

Join the Tech Trek Team

The Tech Trek Coordinating Committee is gearing up to recruit as many as 30 local girls to attend Tech Trek in the summer of 2016. New committee members are welcome. It's both fun and interesting! Just let Barbara Levi know if you are interested.

Email her at bglevi@msn.com or call her at 962-8900.

Tour Scheduled for La Casa de Maria

La Casa de Maria is a beloved sanctuary for heart, mind, and spirit, nestled between mountain and sea, in Montecito by the San Ysidro Inn. Come experience 26 acres that the *New York Times* has proclaimed as "pure splendor." We'll be enjoying a private tour of the La Casa retreat and conference center on January 17, beginning at the historic Spanish revival style house designed by Mary McLaughlin Craig. To learn more about La Casa see www.lacasademaria.org/.

To reserve your spot~Send a reservation to Katherine@immaculateheartcenter.org by January 14, 2016. The tour is limited to 25 people. Wear comfortable walking shoes.

Lunch before the tour~We'll be meeting for lunch at 11:45 a.m. at Pierre Lafond Deli, five minutes from La Casa at 516 San Ysidro Rd., Montecito, CA 93108.

Tour time~For those who won't be meeting for lunch, the tour time is 1:00 p.m.



Meet Our New Member—Dot Salogga



Dot Salogga was born at home in rural Minnesota on August 24. She lived in a farmhouse without electricity or running water for the first 13 years of her life. She says she trapped gophers for spending money. She also lived in Boise, Idaho and Seattle, Washington.

Growing up, Dot wanted to be a dental hygienist because she liked her dentist and his hygienist was pretty and kind. She did not become a hygienist but worked as a secretary when her ex-husband went to dental school and became an excellent dentist.

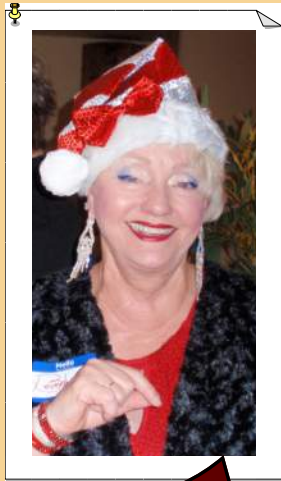
Dot is now married to Dick who is an architect and they have a total of 4 grandchildren; three girls and one boy. Dot graduated from the College of St. Scholastica with a degree in Physical Therapy. She is now a retired physical therapist as well as a Reiki Master.

Dick and Dot have travelled extensively. They have been to Europe, Asia, Africa, Australia and New Zealand. They design their own trips except the trips to Africa, China and Egypt when they took tours. They also traveled to Ethiopia with the Rotary to help with polio vaccines and to Guatemala to help build cement block fuel efficiency stoves. Dot has gone to Honduras twice with Healing the Children as a physical therapist.

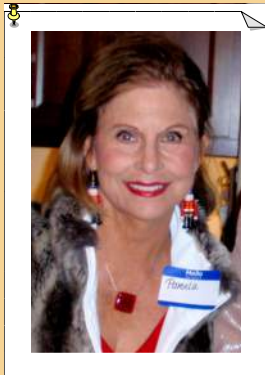
Dot's favorite type of food is seafood, especially scallops. Her favorite book is *Catching Shrimp with Bare Hands* written by her daughter and is a great memoir of her son-in-law. Dot enjoys listening to classical music and Mozart is her favorite composer. Dot lists her hobbies as tennis, hiking, walking on the beach and photography. Her favorite color is green.

When asked, "Why did you join AAUW?" and "What do you hope to get out of AAUW?", Dot replied that she wants to network with other women and become involved in helping young girls and women reach their potential. She says she gets satisfaction from helping other women reach their goals and she hopes to find a way to help women in other countries who struggle with equality.

WELCOME DOT!



Holiday Party



Naples Walk



January, 2016 Calendar



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home” ~ Edith Sitwell

- | | | |
|------------|------------------------|--|
| January 11 | Monday
7:00 pm | Smart Talk Discussion Group - Will be held at the home of Karen Bunker, 5640 Via Messina (967-0838). The topic, the <i>influence on our lives from new technology</i> , will be continued from the previous meeting and will be expanding to the changes in how society operates. |
| January 12 | Tuesday
11:45 a.m. | Lunch Bunch - Los Agaves Restaurant at the Camino Real Marketplace (Costco center) near the theater. Please note the earlier time. They do not take reservations since patrons order at the counter, so please call Claire VanBlaricum (967-7523) by Monday night so she'll know what size table to grab. |
| January 13 | Wednesday | Steering Committee Meeting - The meeting will be held at the home of Jane Honikman, 927 N. Kellogg Ave. The time may be subject to change and will be confirmed by e-mail. |
| January 17 | Sunday
11:45 a.m. | Tour of La Casa de Maria - The 1:00 p.m. tour will be preceded by lunch at Pierre Lafond Deli, 516 San Ysidro Rd., Montecito. Details on page 4. |
| January 18 | Monday
10:00-12:00 | Craft Group - The group meets the third Monday of every month at Beverly Kowalsky-Ching's home, 462 S. San Marcos Rd., Santa Barbara. Call Beverly at 964-5411 for more information. |
| January 19 | Tuesday
7:00 p.m. | Book Ends - Will meet at the home of Deborah Castorino, 546 Arbol Verde, Carpinteria. The selection is <i>All the Stars in the Heavens</i> by Adriana Trigiani. For February we have chosen <i>The Secret History of Wonder Woman</i> by Jill Lepore. |
| January 25 | Monday
7:00 p.m. | Smart Talk Discussion Group - Will be held at the home of Kathy Piasecki, 5059 Walnut Park Drive (967-1531). |
| January 26 | Tuesday | Movie Night - Please watch for an email the weekend before for information on the film, time and theater location. |
| January 27 | Wednesday
7:00 p.m. | Population Health: What Is It and Why Is It Important to You? Faulkner Gallery of the Santa Barbara Central Library. 40 E. Anapamu. See Page 1 for details. |

Save the Date

Saturday, February 27

Tuesday, March 8

Central Coast Fellows Luncheon, San Luis Obispo

Empowered Woman Luncheon

Santa Barbara -
Goleta Valley AAUW

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

2014-2015 OFFICERS

Co-presidents:

Claire VanBlaricum
Jane Honikman

Secretary:

Diane Green

Treasurer:

Carol Thompson

Asst. Treasurer:

Irene Stone

Steering Committee:

Ginny Capra
Jill Kingdon
Diane Green
Beverly Kowalsky-Ching
Barbara Levi
Janice Rorick
Michelle La
Ellie Rumelt

Newsletter Editor:

Susan Engles

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.

Smart Talk

The December meeting of Smart Talk was held at the home of Claire VanBlaricum on December 14th. Participants shared information about the influence of digital devices on relationships, including the changes in the way children develop. The expansion of our knowledge due to the immense reach of the internet underlies many of the pluses in the changes we experience, while the addictive quality and the distraction that it fosters are negatives. The topic of the influence on our lives from new technology will be continued at the first January meeting when the scope will be expanded to focus on the changes in how society operates.

The second January meeting will be on January 25th at the home of Kathy Piasecki, 5059 Walnut Park Drive (967-1531). This meeting will be held at the home of Karen Bunker, 5640 Via Messina (967-0838). The topic will be "Fear: How it affects us as individuals and how it is affecting society." Does fear serve a purpose, either to an individual or a society? What frightens us the most? What influences our perceptions of what we should fear? Participants are encouraged to bring items from newspapers, magazines and books that illustrate the topic. All are welcome.

