



Photo by Joe Cooke

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Waves



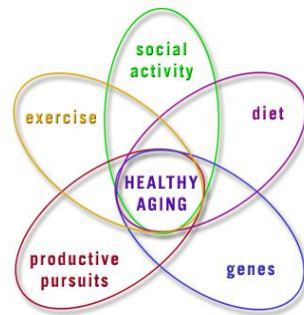
Healthy Aging

Michelle Clark is a Health Education Specialist for the Fall Prevention program with the County of SLO Public Health Department. She teaches a variety of Fall Prevention classes throughout the county designed to help minimize the risk of falls. Her emphasis is on the importance of physical activity and in keeping a safe home environment.

In this presentation, she will explore topics such as 'myths and truths' about aging, brain health, stress management, nutrition, physical activity, and social connectedness - designed to add LIFE to your years!

mzulimclark@co.slo.ca.us

805-781-1561



When: Monday, January 20

Time: 6:30 pm Social
7:00 pm Program

Where: Arroyo Grande Women's Club



Happy New Year!

Wishing everyone a safe and prosperous 2020...

I thought it might be fun to start out the new year with a completely new format for our Newsletter.

I borrowed the layout from my old AAUW Branch in Ashland, Oregon.

Please let me know your thoughts...

BOARD MEETING

If you or your committee have action items that need to be placed on the agenda for January 6, please forward them to Pat Muhlethaler by Tuesday, December 31, in order for them to be considered at the meeting.

Calendar: 2020

January 6, 2020
Monday, 6:30 pm
Board Meeting
AG Hospital Annex

January 20, 2020
Monday, 6:30-8:30 pm
Branch Meeting
AG Women's Club
Healthy Aging

February 3, 2020
Monday, 6:30 pm
Board Meeting
AG Hospital Annex

February 17, 2020
Monday, 6:30-8:30 pm
Branch Meeting
AG Women's Club
Book Exchange & Social

March 2, 2020
Monday, 6:30 pm
Board Meeting
AG Hospital Annex

March 16, 2020
Monday, 6:30-8:30 pm
Branch Meeting
AG Women's Club
General Meeting
Nominations

April 6, 2020
Monday, 6:30 pm
Board Meeting
AG Hospital Annex

April 20, 2020
Monday, 6:30-8:30 pm
Branch Meeting
AG Women's Club
Scholarships, Tech Trek, Elections

CO-PRESIDENT'S MESSAGE

Happy New Year to all the members of our Branch, with a special welcome to our newer members who have joined since July 1, 2019: Angela Brokaw, Janice Gelb, and Marjorie Ott.

On a serious note...

Just prior to Membership Renewal time this year, the Board voted to include an option for members to name a contact in the event of a health emergency. Ask yourself this question, "If I had a health emergency at an AAUW event, would someone know how and whom to contact?" This is especially important for those of us living alone.

Currently, copies of the "Emergency Contact List" of those who did enter a contact on their membership renewal are in the possession of: Co-Presidents Marilyn Corey, Rose Ann Steiner, and myself; Secretary Gayle Turner; and Membership Co-Chairs Susan Brazil and Laurie King.

All of their phone numbers are in the directory. Should there be a health emergency of a member, OTHER members on hand could call any or all of these officers to learn if there was a contact for that member in need.

If you did not enter this information at the time of membership renewal and would like to do so, please know that you can contact Susan Brazil or Laurie King to enter this information and it will be added to the "Emergency Contact List."

Cheers... Pat Muhlethaler

MEMBERSHIP

Happy New Year, everyone! We hope your Christmas brought you joy and love.

We have 55 members at present and hope to add a few more members in the new year. Remember the wonderful projects that our branch supports and how new members would appreciate sharing them with us. Hope to see you at our general meeting in January. ~ Susan Brazil

HOLIDAY POTLUCK

Our December 16th get-together sharing food and friendship was so much fun! The potluck was amazing! (Linda Lidberg's yule log was a spectacular and scrumptious masterpiece)

The ornament exchange brought lots of laughter, surprises, and opportunities to 'steal' popular gifts up to three times. Everyone had fun and went home with unique seasonal mementos.



TREASURER

FINAL BINGO REPORT

INCOME

Ticket sales and extra bingo cards:	\$4,600.00
Money Hat	490.00
Silent Auction	<u>5,895.52</u>
TOTAL INCOME	\$10,985.52

EXPENSES

Sales Tax	\$446.00
Love Offering to Church	300.00
Silent Auction Expenses	104.10
Money Hat Gift Card	<u>100.00</u>
TOTAL EXPENSES	\$950.10

TOTAL PROFIT **\$10,035.42**

Bingo income last year: \$7,553.06

Way to go Five Cities Pismo Beach AAUW Members! ~ Linda Lidberg, Treasurer

PROGRAM

Dear Wonderful Women,

November and December have gone by and we'd like to say another "Thank You" as we read the final report from Linda Lidberg about the profit and the increased profit from the Bingo and Silent Auction event.

Wow! You all did a masterful job of soliciting, wrapping, feeding, selling, entertaining our guests-our paying guests, working, and laughing through the day.

Now, take a rest: Tentative date for Bingo in 2020 is **Saturday October 17**, high noon.

We do things well and we do good things. Yay us! We'll see you next year.

Cheers, Kathy Cohon & Pam Zirion

SCHOLARSHIP UPDATES

This abbreviated timeline for Scholarship Directors may help inform Branch members of the work involved with selecting Five Cities Pismo Beach AAUW scholarship recipients each year. This could never happen without Branch support! Thank you.

September 26	Directors review budget and scholarship materials
October 24	Directors update all materials, decide upon the number and amount of each scholarship
Week of October 21	Directors contact schools and counselors in charge of scholarships
Week of December 9	Applications are distributed to the schools
Week of January 13	Directors follow up with school counselors to remind the schools of the scholarship opportunity
Week of February 7	Directors remind schools of application deadline
February 20	Directors review timeline, duplication of materials, readers and interviewers' assignments
March 5	Deadline for applications from students
March 9	Director team reviews applications for completeness
March 12	Applications are given to duplication team
March 13-19	Applications are given to readers to be read and rated by teams
March 20-22	Applications with rating sheets turned in; a rating report is prepared and distributed to Directors
March 26	Directors select scholarship application finalists for interviews
March 27-30	Set up interview teams, dates and locations with schools. Teams notify finalists, send letter to those not to be interviewed
April 2-3	Candidate interviews at schools by Director teams: AGHS, NHS, and New Tech High / AVID
April 6-8	Interview scores are added to previous ratings, results emailed to Directors
April 9	Directors select scholarship recipients
April 10	Recipients are notified. Director teams meet scholarship recipients. Letters are sent to finalists not selected. Scholarship certificates are prepared
April 20	Five Cities Pismo Beach AAUW Branch meeting: Presentation of scholarship recipients to Branch members
April 30	Directors elect officers and present recommendations for 2020-2021
May & June	Senior Awards nights at high schools: Presented by Teams

JANUARY BIRTHDAYS

Jean Burns Slater	4
Judy Zaretska	4
Marjorie Ott	8
Mary Matakovich	14
Joan Knowlton	15
Judy Leonard	22
Liz Wineman	23

Dear Five Cities Pismo Beach AAUW,

I'm writing to thank you for providing me with this unforgettable experience. Tech Trek has been engaging, fun, tiring, and frankly, superb. It must be gratifying to rest in the knowledge that your generosity, money, and time have changed lives.

My core class was coding, which proved to be very engaging. We created games together, then got to engineer our own apps. Mine was a modification of a video game. The process of troubleshooting and creating the code was by far more interesting than the final product.

The professional women presentation was really interesting, covering jobs, ranging from medical services to operations director. My favorite was the civil engineer because not only am I looking into engineering, but the passion she had for it was very convincing.

While all of camp was spectacular, my favorite part (besides the comedy show of course) was the boar ride. The waves were rough but soothing, and we saw a huge pod of dolphins all jumping in a wave. It was absolutely breathtaking – everyone was captivated by it.

The point of this miniature essay was to express the extent of my gratitude and while I didn't nearly convey the magnitude, I hope that you are aware of my appreciation that you allowed me to attend this once-in-a-lifetime experience.

Sincerely, Josie Hardy




BW Management
A Property Management Company

135 South Halcyon Road
 Arroyo Grande, CA 93420
 bwmanagement.net

Janet Wood
 DRE# 00889398
 (805) 489-0864



Evergreen
 LANDSCAPING

Dave Duran
 Owner

(805) 773-5395 office
 (805) 235-4791 cell
 (805) 773-9301 fax
 evergreendave@charter.net

Contractors License # 786226
 P.O. Box 2056
 Pismo Beach, CA 93448
 evergreenlandscapingca.com

Five Cities Pismo Beach The Waves

...is a monthly newsletter of the
 Five Cities Pismo Beach, CA,
 Branch of AAUW

Vol. 41, No.5 – January 2020

Co-presidents:

*Marilyn Corey, Pat Muhlethaler,
 Rose Ann Steiner*

Treasurer:

Linda Lidberg

Secretary / Newsletter Editor:

Gayle Turner

Parliamentarian:

Jean Burns Slater

AAUW Funds / Public Policy:

Mary Matakovich

Membership:

Laurie King and Susan Brazil

Fund Raising:

Priscilla Alquist and Pat Zirion

Program Committee:

Mary Matakovich/Liz Wineman

Communication / Publicity:

*Susan Opava, Chair & Ads
 Sandra Ku, Email Blast
 Linda Lidberg, Website
 Priscilla Alquist, Outreach*

IBC Representative:

Linda Lidberg

Newsletter deadline is the 20th of the month. Photos of interest group activities are welcome.

AAUW 5 Cities Website:

<https://fivecitiespismo-beach-ca.aauw.net>

In principle and in practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

MEMBER SPOTLIGHT: BARBARA COTTON



Can you imagine one of our Branch AAUW members serving in the Army Nurse Corp in Japan during the Viet Nam war with 1,200 patients, 14 doctors, and 44 Registered Nurses? Barbara Cotton moved from the quiet life of Montana, after graduating in a high school class of 80, to serving our country during one of the most contentious wars of our lifetime?

Barbara's background fills in the picture of her dedication to science and women's education. Barbara's parents offered a strict and patriotic upbringing for their 5 children.

As a middle child, Barbara was expected to live up to her older siblings' scholastic reputations and hard work on the ranch. She was designated relief ranch crew cook for two years at the age of 13, preparing three meals a day for the hard-working, hay harvesting crew. Barbara's mother did the grocery shopping and bookkeeping for the ranch, while Barbara's dad managed cattle ranches in the

mountains of Montana. Calving season grew Barbara's interest to the veterinarian aspect of ranching. She was hooked with an interest in animal science. However, she was told to limit herself to "what girls do." Fascinated with geology in grade school and after attending high school in Dillion, Montana State University was her next step. Conforming to do what girls do, she entered the nursing program, her best bet for science.

In 1966, she joined the Army Nurse Corp. She went into active duty, training at Fort Sam Houston in San Antonio. She chose to serve in Japan, where she provided medical assistance to U.S. soldiers during the TET Offensive. At the age of 21, Barbara aided soldiers 24-36 hours after they were wounded. The hospital's mission was to provide delayed primary wound closures, postoperative care and treatment with the goal of returning the soldier back to combat duty or stabilizing their condition for transport to a stateside military hospital for follow up. She was unprepared for the lack of supplies, limited staff, serious multiple traumatic wounds, twelve-hour, six-day work weeks, often serving double shifts. The high trauma with high drama was a life changing experience for Barbara.

Upon completion of her two-year assignment in Japan, she was stationed at Letterman Hospital in San Francisco – a teaching hospital for interns and resident doctors caring primarily for active duty and retired military and their families. This experience involved tight supervision and ridged protocols, a major shift from functioning independently in Japan. Barbara decided that military life was not for her, choosing to leave the army after four years of service and the rank of captain.

Barbara married a doctor she met in Yokohama in 1971 and moved to Omaha Nebraska. She taught

nursing for 4 rewarding years. While her husband served a 5-month residency at the Pine Ridge Indian reservation in South Dakota, Barbara took a leave of absence from teaching and worked relief duty at a 19-bed general hospital in Gordon, Nebraska. Upon completion of her husband's residency program they returned to California - Modesto. Her marriage ended and she moved back to the San Francisco Bay area where she worked for the California Medical Association, establishing their Jail Health Services Accreditation and consultation program. Working in the Correctional Health Services field (prisons, jails and juvenile detention facilities) was a welcome opportunity and personal and professional rewarding challenge. Barbara continued in the correctional health field for a total of thirty-eight years including her work with CMA, a founding a partnership consultative firm, and ultimately starting an independent company, *The Cotton Group*, retiring in 2016. After moving to East Bay, Barbara met Liam Bennett, where they lived for 18 years before they moved to Arroyo Grande.

Barbara's military experience was invaluable. She was raised with the belief that "failure is not an option," and her parents exposed her to a hard work ethic, that she appreciates. She is passionate about providing girls and young women the encouragement and assistance to make their career choices based on their interests and desires rather than gender-based norms.

Barbara enjoys golf, bridge, gardening, floral arranging, word games and reading. She redesigned her home landscaping in 2008. She and Liam enjoy their "family" – two rescue dogs.

As Barbara helped organize the 2019 AAUW estate sale, she grew to know and appreciate our AAUW members. Now we know a bit more about Barbara Cotton and our appreciation is beyond measure.

INTEREST GROUPS

DAYTIME PAGE TURNERS

At the last gathering of our group, we discussed staying an affiliate of AAUW or separating ourselves, because several in our group are not current AAUW members. AAUW insurance requirements state that all groups are expected to consist of members only.

We have decided to disassociate with AAUW, but continue as a Book Group to retain our current readers. This was not an easy decision. It means that we will not be listed as an interest group in the newsletter, the directory, or on new member forms.

This will be our last newsletter article in *The AAUW Waves*. Many of our Page Turners are still active AAUW members, and will stay active as individuals.
Contact: Jean Burns Slater

LUNCH BUNCH

Meets: 1st Thursday of the month
January 2, 2020

Time: 11:30 am

Where: Villa Cantina (AG Village)

An old favorite to recover from the holidays... Villa Cantina, 106 E. Branch St., Arroyo Grande.

Please **RSVP to Joan Knowlton by December 30th.**

Contact: Joan Knowlton

GREAT DECISIONS

Meets: 4th Monday of the month
January 27, 2020

Time: 7:00 pm

Where: Priscilla Alquist's home

Host: Jean Burns Slater

Topic: *Climate Change and the Global Order*

Future topics:

- *India & Pakistan*
- *Red Sea Security*
- *Slavery & Human Trafficking*
- *Relations, the Northern Triangle*
- *China's Road to Latin America*
- *Philippines and the U.S.*
- *Artificial Intelligence & Data*

Each discussion opens with a video highlighting the discussion topics, followed by a lively discussion, based on the guide.

The cost of materials is \$32.50. We have a few sets available for additional participants. Join us!

[Future hosts will be selected at the January meeting]

Contacts: Priscilla Alquist or Jean Burns Slater

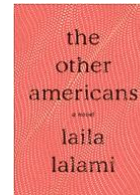
NIGHT READERS

Meets: 2nd Tuesday of the month
January 14, 2020

Time: 7:00 pm

Location: Sandra Ku's home

Book: **The Other Americans**
by Laila Lalami



This mystery and family drama is set in a Southern California desert town. The plot revolves around a Moroccan immigrant who is killed by a speeding driver, with various witnesses having different points of view on what happened, depending on their own biases.

The novel was selected by the LA Times Book Club as one of its best books of the year.

Looking ahead, the Night Reader's February selection is "*The Library Book*," by Susan Orlean.
Contact: Sandra Ku.

THEATRE GOERS

This group attends various local theatre productions throughout the year. All are welcome to join us.
Contact: Judy Zaretska

FINESSING FEMMES

AAUW Bridge group, Finessing Femmes, meets the first Wednesday of the month of each month and is looking for a new member to replace Elaine Olson who has moved out of the area. Questions?
Contact: Marilyn Corey

INDEPENDENT GROUPS

These groups have become independent of AAUW in order to be inclusive of readers who are no longer members. (see below)

Official AAUW Interest Group Contacts:

Finessing Femmes	<i>Marilyn Corey</i>
Great Decisions	<i>Priscilla Alquist or Jean Burns Slater</i>
Lunch Bunch	<i>Joan Knowlton</i>
Night Readers Book Group	<i>Sandra Ku</i>
Theatre Goers	<i>Judy Zaretska</i>

Independent AAUW Interest Group Contacts:

Daytime Page Turners	<i>Jean Burns Slater</i>
Quilters	<i>Linda Lidberg</i>
Cooking Group	<i>Lisa Walker</i>

