

SAVE THE DATE! Women's Heart Health Event

Our Lives Are at Stake!

AAUWSD WOMEN'S HEART HEALTH EVENT

Vital Information for All Ages!

Saturday, February 13, 2016

10:00 A.M.- Noon

Your \$15 Admission Donation Goes To
\$5-Am. Heart Assoc., \$5-Women's Museum, \$5-AAUWSD

Location

Women's Museum of California
Liberty Station - 2730 Historic Decatur Road
Barracks 16, Ste.103, San Diego, CA 92106

RSVP: 619-299-0778, or Eunis@aauwsandiego.org



As you may know, heart disease is the #1 killer of men and women in the United States. Are we at risk for heart disease? February is not just the month for chocolates, flowers, candy hearts, and cute Valentine's Day cards. February is **American Heart Month**; therefore let's give ourselves and loved ones a gift of a healthy heart by learning the risks for heart disease and stroke. *Text and heart graphic adapted from <http://colpts.com/>*

Coming Soon: Three AAUWSD Events to Improve Women's Work Life—Members & Public Invited! See Back Page.

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

DIVERSITY STATEMENT
In principle and practice AAUW values and seeks 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.

AAUW FUNDS MISSION STATEMENT
AAUW Funds provides funds to advance education, research, and self-development for women and to foster equity and positive societal change.

LAF MISSION STATEMENT
AAUW Legal Advocacy Fund (LAF) works to combat sex discrimination in higher education and the workplace.

AAUW VALUE PROMISE
We break through educational and economic barriers so that all

FACEBOOK:
[AAUW San Diego Branch](#)

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[AAUW-San-Diego-Branch](#)

PINTEREST: AAUWSD


MEETUP:
[AAUW-San-Diego-Leaders](#)

American Association of University Women San Diego Branch

A California Public Benefit Non-profit Charitable Corporation, IRS 501c(3) Tax Exempt
P.O. Box 262012
San Diego, CA 92196
www.aauwsandiego.org


The AAUW San Diego Branch *Winter Cold Snap* is published once a year in January.

Other publications include our quarterly newsletter, *The Sphere*, and a *Summer Hot Sheet* issue in July.
Editor: Shauna Ruyle
Phone: 760-670-8121



Welcome Back AAUWSD President, Dr. Eileen Wibbeke, from your Fulbright project in New Zealand. We look forward to your Leadership.

AAUW San Diego Branch Members.




Eileen Wibbeke
858-405-8744

AAUW California Leadership Development Workshop For Current and Aspiring Branch Leaders.

Sunday, February 21, 2016

Registration-1:30 - 2:00 pm; Event- 2:00 - 6:15 pm
Laguna Woods Village Center, Laguna Woods, CA



Opening Session: Let's Get Disruptive: New Ways to Do Old Things

4 Workshop Choices (Choose 2)

Session 1 -

A. Uh Oh, Member Burnout? Care and Feeding of Volunteers
B. What Does Your Branch Really Want to Do? Strategic Planning Simplified

Session 2 -

A. Embracing Change – Easier Said, and Can be Done!
B. Advance Your Branch Through Technology

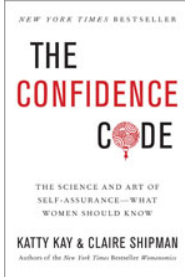
\$20/person RSVP Online at WWW.AAUW-CA.ORG - Car Pool-619-299-0778

AAUW National Adelante Book of the Month Club

January—National Mentoring Month

The Confidence Code: The Science and Art of Self-Assurance — What Women Should Know

By Katty Kay and Claire Shipman



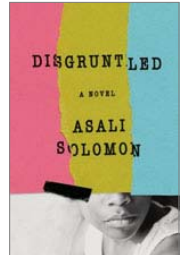
The authors of the bestselling *Womenomics* provide an informative and practical guide to understanding the importance of confidence — and learning how to achieve it — for women of all ages and at all stages of their careers. Working women today are better educated and better qualified than ever before. Yet men still predominate in the corporate world. In *The Confidence Code*, Claire Shipman and Katty Kay argue that the key factor in that gap is confidence. Combining cutting-edge research in genetics, gender, behavior, and cognition with examples from their own lives and those of other successful women in politics, media, and business, Kay and Shipman go beyond admonishing women to “lean in.” Instead, they offer the inspiration and practical advice that women need to achieve the careers they want and deserve.

February—Black History Month

Disgruntled: A Novel

By Asali Solomon, 2001–02 AAUW American Fellow

Kenya Curtis is only 8 years old, but she knows that she’s different. It’s not because she’s black — most of the other students in the fourth-grade class at her West Philadelphia elementary school are, too. Maybe it’s because she celebrates Kwanzaa, or because she’s forbidden from reciting the Pledge of Allegiance. Maybe it’s because she calls her father “Baba” instead of “Daddy.” What Kenya does know is that her difference is



AAUWSD 2016 Strategic Planning —Thank you Julie McKane for hosting at your lovely home!



Cheers to another year of advocacy for gender and financial equity for women and girls!

HIGH TECH = HIGHER PAY

Attracting & Retaining Women in STEM and High Tech Careers



Wednesday, March 2, 2016
SDSU CAREER CENTER
4:30 – 5:00 PM Pre-Event
Tour: NEW Women’s
Resource Center
6 – 8 PM Panel Discussion

Attracting & Retaining Women in STEM & High Tech Careers

SDSU CAREER CENTER (Student Services East 1200)
5500 Campanile Drive, San Diego, CA 92182.
FREE and Open to the Public! SDSU Students register: <https://goo.gl/nu420x>
Guests register: <https://goo.gl/0lq7HP>
Please specify if attending the 4:30 pm Pre-Event Tour

Visitor Parking Information Coming

Saturday, April 9—1:00 to 4:00 p.m.-Mission Valley Library



Work Reinvention for Adult Women

Wednesday, April 30
2016
HERA HUB
SORRENTO VALLEY

Red Sock Luncheon— Thank you Cathy Burciaga & Committee for an inspiring luncheon.



45 attendees. \$2,350. raised and sent to National. \$285 raised from baskets.
Contributions still may be made to AAUW.



Anne Hoiberg
With her winnings!

**Congratulations To
Gladys Beit-Ishoo
For Selection as AAUWSD
AAUW Funds
Educational Foundation
2016 Named Gift Honoree.**

Special Interest Groups!



Play Readers: 1st Tues Monthly
9:30 A.M — 12:00 P.M. 10:00 a.m. Judy Seerey
Ph: 858-270-9140 jaseerey@gmail.com

Daytime Book Club: 2nd Wednesday
10 a.m. Terry Ward Ph: 619-266-2701

Mystery Readers: 3rd Tuesday.
Beth Coleman - Ph: 619-397-1400

Coronado/Imperial Beach Lunch Bunch

February 16, Tuesday: Mei Jo
600 Palm Ave., Imperial Beach

March 16, Wednesday: Swaddee Thai Rest.
1001 “C” Ave., Coronado

**All Members and
Guests Welcome.**

**Please RSVP:
619-424-5958**

gladysbw@earthlink.net

