



AMERICAN  
ASSOCIATION OF  
UNIVERSITY  
WOMEN

# AAUW-LONG BEACH VANTAGE

May 2007

Long Beach Branch, Vol. 36 Issue 9

Flo Pickett, Program VP

*Christine Anderson*  
*Director of Public Works, City of Long Beach*

At our May 5, 2007, AAUW luncheon meeting at The Grand, we are fortunate to have Christine Anderson, a civil engineer and Director of Public Works for the City of Long Beach as our speaker. Her department's responsibilities include maintaining the city's infrastructure, designing and constructing public improvements, operating the Long Beach airport, managing solid waste, and providing fleet services citywide. Ms. Andersen manages six bureaus: Administration, Planning and Facilities, Airport, Engineering and Street Maintenance, Environmental Services, and Traffic and Transportation.

Ms Anderson has served as a member of the Board of Directors for the American Public Works Association and as a Peer Reviewer for the American Society of Civil Engineers. She is an active member of the National Council of Examiners for Engineers and Surveyors, serving on numerous committees.

She received her B.A. in civil engineering from the University of Illinois at Urbana-Champaign and pursued post-graduate studies in Civil Engineering at the University of Vermont.

Ms Anderson will tell us what its like to be responsible for a major department in a major city. She will also share with us her experience as a woman in the male dominated field of civil engineering.

Deloris Mayuga, Budget Chair

## **Ethel Black Fund**

The Ethel P. Black and Irene Holmes Funds were established to help fund projects that support the AAUW Mission Statement. The budget committee needs your input on allocating the interest earned from these funds. Please send your suggestions to me by May 1, 2007. All ideas will be considered and will be voted on by membership at the June meeting.

Deloris Mayuga, Budget Chair, [dmayuga@yahoo.com](mailto:dmayuga@yahoo.com) or 6571 El Roble Street, Long Beach, CA 90815

# BRANCH NEWS

Mary Orr, Courtesy Chair

## Courtesy

Note the excellent article in the Outlook on Mae Jemison, 2007 AAUW Achievement Awardee. It was well deserved for her impressive and extraordinary career and her ongoing involvement in the role of women in the fields of science, technology, engineering and mathematics.

Sadly, I just heard that George Jackson's mother passed away. A condolence card was sent on our behalf.

Birthday greetings to all May honorees and MOTHERS.

Life is not measured by the breaths we take, but by the places and moments that take our breath away. Anonymous.

## BOARD MEMBERS

FINAL Board meeting of the year:  
May 21, 2007, Youth Room, St. Luke's

## MARK YOUR CALENDAR

Planned Branch Program Meetings

May 5	9:30 AM	The Grand
Jun 9	9:30 AM	Old Ranch C.C.

## Board Brief

### American Association of University Women Long Beach Branch March 19, 2007

The Board of Directors' meeting of the Long Beach Branch of AAUW was called to order at 6:50 p.m. on March 19, 2007 by President Gail Morrison at St. Luke's Episcopal Church in the Youth Room. Regular Branch business was transacted. It was moved by Deloris Mayuga, seconded by Flo Pickett that the Branch pay \$350 to help defray expenses to attend State Convention for the President and Incoming President, and \$400 for the President to attend Association Convention. Motion passed. It was moved by Patricia Ferrer, seconded by Kee DeBoer that the \$45,000 building fund CD be rolled over at the existing financial institution (Imperial Capital Bank) for a 1-year term at 5.22% interest. Motion passed.

The meeting was adjourned at 7:59 p.m.

Respectfully submitted,  
Fay Denny, Co-Recording Secretary

## MEMBERSHIP RENEWAL

We will be starting to our 2007 – 2008 membership campaign soon. Please make sure all of your personal information is correct in our database. We need your current address, phone number, and email (if available.)

## NOMINATING COMMITTEE

The nominating committee is pleased to announce the list of nominees for the following board offices:

Program Co-Vice President:	Flo Pickett and Darci Fersch
Membership Co-Vice President:	Darlene Daclan and Linda Westman
Education Foundation Vice President:	Sharon Westafer
Legal Advocacy Fund Vice President:	Carolyn Magnuson
Co-Secretary:	Linda Silver and Betty Shaw
President-Elect:	Linda Patten

AAUW-LONG BEACH WEBSITE: <http://www.aauw-longbeach.org>  
Webmaster: George Jackson – email him at [gl\\_jackson@hotmail.com](mailto:gl_jackson@hotmail.com)

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## FROM THE PRESIDENT: Gail Morrison

### Board and Branch Notes:

Carol Jones, a new member, has been added to the ad hoc committee to find ways to help AAUW become more visible in the community. Carol expressed great interest in this committee to Deloris Mayuga and I am sure that she will be a valuable addition. Thank you, Carol.

We honored 19 Past-Presidents at our March Branch meeting held at Khoury's Restaurant on March 3. Jeanne Badgley happened to sit beside me and as we became acquainted, we discovered who the other was: she didn't know that I was President and I didn't know that she was being honored! Jeanne was president from 1971-72 and shared her memories when AAUW was very involved with art. Do you remember?

On Saturday, March 17th, I represented AAUW at Soroptimist International's Annual Awards Luncheon, "Women Who Make a Difference," held at the Long Beach Marriott Hotel. In 1999, our AAUW Long Beach Branch was honored for Advancing the Status of Women. I met Pilar Pinel who was honored in the Women Helping Women Award. Pilar is the Founder and Executive Director of Embracing Latina Leadership Alliances (ELLAS). She founded ELLAS in 2003 to help young high school women develop confidence, personal skills, and leadership abilities to become important future contributors to their communities. I plan to contact Pilar to see how our mentoring programs might work together in the future. I sat at the same table with four of her lovely young ladies.

Also sitting at my table was Anne Miller, Incoming President of Long Beach Junior League. We exchanged information and discovered that both of our organizations are working with the Mary Bethune School. Junior League works primarily with youth and I will contact Anne to see how we might benefit the other.

Last, but not least, Wanda Wellerstein, new member and formerly of Stockton AAUW, sent me an e-mail with many ideas for community visibility. Some of her ideas include the following: design projects with visibility in mind; try to establish a branch identity in the community, and take advantage of opportunities for visibility and partnership within the community. Thank you Wanda, your input is invaluable.

### ANNOUNCEMENTS:

- April 24 Griffith Observatory, Target Parking Lot at 10:30 a.m., \$20
- April 27-29 CA State Convention in Ontario
- May 5 General meeting—The Grand
- June 2 LACIC Leadership Training/Installation
- JUNE 9 Branch Installation: Old Ranch Country Club**

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Sharon Westafer, EF VP

## Griffith Observatory

After nearly 67 years of heavy public use, Griffith Observatory closed its doors in 2002 for its first comprehensive renovation and expansion. This ambitious \$93-million project renewed the Observatory's world-class standing and restored and enhanced the Observatory's ability to pursue its public astronomy mission, all driven by a commitment to excellence and enabled by a successful public-private partnership. EF is sponsoring a trip of the observatory on April 24, 2007. Cost is \$20 and will include transportation to and from Long Beach and the shuttle to the observatory. Ticket price does NOT include admission to the planetarium show. Limited number of tickets still available. Contact Sharon Westafer, 562-493-4749, to sign up for this trip.

Linda Silver, Tech Trek Chair

## Tech Trek Math/Science Camp for Girls

We will be sending six lucky young ladies to the Whittier College Tech Trek Math, Science, Technology camp this August! Epson America, Inc. contacted me last month and wanted to know about our program and how our application and selection process works. After a lengthy discussion, they decided to sponsor four of our campers!

Our applicants completed their interview process on March 27<sup>th</sup> and were immediately notified of the results. The 2007 campers are Samantha Watt, Sierra Marshall, Keeah Cason, Tatyana Wilson-Lynch, Gloria Melgar, and Sophany Chan. The following is an excerpt from Sierra Marshall's essay: "Why is Math Important to the World"

*I believe that math is important to the world we live in today because it touches every aspect of our lives. There isn't a recipe we cook or a product that we buy that we don't need math to handle the process. For example, when I bake with my Granny, we use math to put in the correct amount of sugar and other ingredients to make yummy chocolate chip cookies. Another example is when I get my hair braided, Tia (my hair stylist) has to count how many braids she is going to put in each row so that my hair looks nice. Or when I go shopping, (I like to go to the Van's store) I use math to make sure I have the right amount of money and get the right change back. I can recall several times when I went to buy something and the cashier didn't give me the correct change.*

*I have come to the conclusion that math is essential to all mankind and I would like to attend Tech Trek Camp to improve my math and science skills and hopefully someday because of attending Tech Trek Camp, I will be able to become a benefit to myself and others.*

Betty Ann Rauch, Public Policy

## Equal Rights Amendment Reintroduced

On Tuesday, March 27, Rep. Carolyn Maloney (D-NY) reintroduced the Equal Rights Amendment with a new title – the Women's Equality Amendment (H.J. Res. 40) --- on behalf of a long bipartisan list of original cosponsors. Sens. Ted Kennedy (D-MA) and Barbara Boxer (D-CA), along with seven other members of the House of Representatives announced the reintroduction at a press conference. The members of Congress expressed their commitment to making sure that women finally achieve official equality in America and announced plans for hearings on the bill in the House Judiciary Committee's Subcommittee on the Constitution, Civil Rights and Civil Liberties chaired by Rep. Jerrold Nadler (D-NY), a cosponsor of the bill. An amendment to guarantee equal rights to women has still never been ratified and added to the U.S. Constitution, even though it was first introduced in 1923. The ERA passed the Congress in 1972 but lapsed in 1982 when it fell three states short of ratification. This year, there are more than 194 House original cosponsors of the amendment, which states that, "Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex." The amendment has also been introduced in five state legislatures since January.

## A Celebration of Women of Many Backgrounds

W.O.M.B. (Women of Many Backgrounds) is an invisible matrix of women. Their sole purpose is to support women who are in "transition in their life." On Sunday, May 6, 2007, W.O.M.B. is planning a celebration from 10 a.m. to 2 p.m. at Heights Chiropractic & Health Centre, 4101 E. 4<sup>th</sup> St., Long Beach. The fundraiser will feature "gift sessions" at a suggested donation of \$35 per session. Offered will be professional services such as facials, massage, intuitive readings, and others. Every dollar donated is gifted to women in transition. For reservations, please call (562) 433-2665.

Helen Sebring, International Relations

## INTERNATIONAL DINNER

We have booked the Acapulco at Marina Pacifica for the International Dinner with speaker Dr. Gilbert G Gonzalez, professor of Chicano Studies, UCI, and noted author, speaking on migration on May 9 from 6 PM to 9PM.

The cost is \$30.00 per person for a tasty dinner and includes a \$10 donation to help refugees through IAUW.

**Deadline for reservations is May 5, 2007. Guests are welcome. Please order your tickets from Helen Sebring, 562 596-0180. Please make your checks payable to AAUW-Long Beach.**

Jean Aldrich, LAF VP

## LAF Update

Triumph for Dr. Janet Conney who was an LAF litigant. She was recently given \$4.07 million dollars in her suit against the Regent of the University of California. The California Supreme Court refused to hear the appeal! Dr. Conney was a speaker at a Branch meeting several months ago. LAF gave her \$17,000 towards her legal expenses. Good for us! A summary of her charges of discrimination can be found on the Internet at: [www.aauw.org/laf/cases/conney.cfm](http://www.aauw.org/laf/cases/conney.cfm)

Contributions to AAUW LAF can be made anytime during the year, not just during our annual fundraiser. We currently have \$191 in reserve in our fund.

Contact me if you have any questions: Jean Aldrich, 562 430 8688

Carolann Ford, AAUW CA, EF VP

## THE ELEANOR ROOSEVELT FUND

AAUW Educational Foundation established the Eleanor Roosevelt Fund for Women and Girls in 1988 to offer teacher fellowships, commission research, and sponsor community action projects in the areas of math and science. The groundbreaking research has changed the way scholars, policy-makers, and the public think about the experiences and needs of girls and women. This research has brought public awareness to the differences in the quality and quantity of education among girls and boys, as well as ensuring that girls are prepared in an increasingly technological world. In 1993, the Eleanor Roosevelt Fund released its first national survey, ***Hostile Hallways: The AAUW Survey on Sexual Harassment in America's Schools***. This publication showed that 81 percent of students surveyed—85 percent of girls and 76 percent of boys—experience sexual harassment in school. In 2006, the Fund released two publications: ***Drawing the Line: Sexual Harassment on Campus*** and a phone survey, ***Mom's Retirement Security***. Two more research reports are due out in 2007: ***College Choices and Your Future Paycheck*** and ***Status of Girls in K-12***. Most of the more recent reports are available for purchase at the AAUW.org website. Several of them are also available for downloading or free, if you wish to share them with local schools and colleges or for use in presentations. Established in 1989, the **Eleanor Roosevelt Fund Award** honors an individual, project, organization, or institution for outstanding contributions to equity and education for women and girls. The award is given for a broad range of activities including classroom teaching, educational and research contributions, and legal and legislative work in equity for women and girls. The award was suspended indefinitely a few years ago. Not only was Eleanor Roosevelt known for being active in politics but she also fought tirelessly for human rights. Did you know that she was the first first lady to hold her own press conferences? She also did not allow tape recorders or male reporters from the New York Times. Her news conferences were for women only, thereby forcing newspapers to hire women reporters. Our Eleanor Roosevelt Fund is a perfect way to honor this dynamic woman. Contributions of \$100 or more to the ER Fund will earn you a special collectible pin each year.

Sharon Westafer, EF VP

## Kicking Off A New Fund Raiser—An Update

In April, we kicked off our new fundraiser. Several branch members received the mandatory training on April 14 and worked their first shift on April 23 at one of the snack bars at Angel Stadium.

We can still have more participants. Participants must be at least 18 years of age and must attend one training day. Depending on how many volunteers we have per game, we can raise between \$70 and \$80 per person per event. The shift is about 6 hours and involves various jobs such as pouring beer or dishing up food. We must commit to at least 10 games but there are numerous home games scheduled from March through September so we know this won't be a problem. You may work as many times as you'd like. We'd like at least five people for each event. We can schedule more training dates in the future. We don't need to commit to a game until a week or so before the date. If you (and family or friends) are interested in working on this fundraiser, please contact Sharon Westafer 562-493-4749 for more information.

Darci Fersch, Diversity

### Self Care Equals More Tolerance? An interview with Carol Woodliff, Personal Development Specialist



**Darci:** Carol, does self-care affect how we treat others?

**Carol:** I think part of us knows that when we are tired or feel overwhelmed by the demands of our lives, we are less patient with others. I notice on the days that I take care of myself, eat well, exercise and get enough sleep, I feel good and I'm able to not take things personally when someone cuts me off in traffic or I run into a rude person. On days when I'm tired and overworked, I tend to overreact and say things like—you can't do that to me! I don't let people talk to me that way! I waste a lot of energy on something that I should just let go. I think this is most easily demonstrated in parenting. When a mom is well rested and has been taking care of herself, she is less likely to lose her temper or let her children push her buttons. When she feels overwhelmed and feels like no one is taking care of her, she may feel more on edge.

**Darci:** How does our self-esteem fit into being more tolerant?

**Carol:** Having good self-esteem means being able to cut others some slack for being human. One of the benefits of developing our own sense of self is that we take things less personally. Someone who is having a bad day and is crabby is just someone having a bad day and not a personal affront.

**Darci:** So if I'm able to do this on days when I take care of myself and not able to do it on days when I don't – does that mean that self-esteem is dependant on self-care?

**Carol:** I'm not sure which comes first but I know the two are intertwined. When we make the effort to take care of ourselves, we feel better about ourselves. When we feel better about ourselves, we take better care of ourselves. In my own life, I notice that it is hard to will myself to feel better when I am down in the dumps. But if I do something nice for myself to take care of my needs when I feel down, I start to feel better. Doing so is an affirmation to my heart and soul that I deserve care and comfort, which raises my self-esteem and helps me feel better. My favorite things to do are simple: Take a long hot bath. Play with the dog. Curl up in bed with a good book. Take time out for a manicure and pedicure. Make a really nice meal for myself and sit down at the table with the good china and a glass of nice wine. Building these things into my schedule helps me stay on an even keel and be a kinder person in the world.

I've shared this idea with my clients and speaking audiences and I find the idea resonates with a large number of people. Many people feel that taking time for self-care is selfish but when they see that a certain amount of self-care is necessary to help them be the type of person they want to be in the world, they are willing to give it a try.

Let's try Carol's hypothesis and see if it makes a difference in our day. It's a great little personal experiment that certainly can't hurt.

### AN EVENING WITH A FAMOUS AUTHOR

Most of us have been busy this spring with various activities and fundraisers. Now is the time to relax and spend an evening with the famous author of your choice. The EF committee decided that a non-event would be a great EF fundraiser for May. Just think, you don't have to decide which ball gown to wear or make the effort to get your jewels out of the vault. Simply choose your favorite author, curl up on the couch with refreshments, and read to your heart's delight. All donations are tax deductible and you're helping a great cause.



Since 1881, when the first AAUW fellowship of \$850 was awarded to Ida M. Street to attend the University of Michigan, AAUW fellowships, grants, and awards have enabled women to acquire the education and training necessary to realize their full potential. For more than a century, the AAUW Educational Foundation has been supported by the generosity of AAUW members.

Carried out with consistency and determination, the Educational Foundation has encouraged women to take on new roles, contributed to equal opportunity in education, and has helped change the face of our society. Through fellowships, grants, special awards and research, the Foundation provides a path to professional opportunities, economic security, education, and equity. EF is the only women's fellowship program for advanced study of its kind.

#### AAUW BRANCH MEETING Saturday May 5, 2007

Parlor Room at The Grand  
4101 East Willow Street Long Beach, CA 90815  
(562) 426-0555

Directions: West of Lakewood Blvd. on Willow Street at Grand Avenue

Social: 9:30 a.m. – 10:00 a.m.  
Business Meeting: 10:00 a.m. – 11:00 a.m.  
Program: 11:00 a.m. -12:00 Noon  
Luncheon 12:00 Noon - 1:00 p.m.

Menu: Asian Chicken Salad  
Served with Rustic Bread and Butter  
Coffee, Tea, Decaffeinated Coffee  
Dessert: Chocolate Pyramid Tower

Cost: \$18.00  
Questions: Sunny Meylor (562) 594-5519  
Deadline for Reservations: Friday April 27, 2007

Vegetarian available

#### RESERVATION RETURN

Send your registration and check payable to AAUW Long Beach Branch. Please mail to Judy Allen, 2845 Greenbrier Road, Long Beach, CA 90815

#### Deadline for Reservations, April 27, 2007

Member(s)

\_\_\_\_\_

Phone (Day)\_\_\_\_\_ Evening \_\_\_\_\_

Guest(s)

\_\_\_\_\_

Address(s)

\_\_\_\_\_

No. of Reservations \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Vegetarian Plate: \_\_\_\_\_

I would like to make \_\_\_\_\_ reservation(s) for the **meeting and program only.**

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## Interest Groups

**Public Policy** will meet on April 18 at 1:30 pm at the home of Betty Ann Rauch, 13040 Del Monte Drive. 45C, Seal Beach (Leisure World). Everyone is welcome but please let me know if you think you would like to attend so that I may leave your name at the gate. Betty Ann Rauch (562) 431-6679. Please contact Betty Ann for info regarding the May meeting.

**Book Chat Plus** will not meet in May. For the June meeting, call Jean Friedrichs at (562) 598-9218 for more information.

**Great Books** meets first Monday of the month at Vi Dwyer's.

**Equity Players** meet "as needed." New members always welcome. Please contact Lou Es Greene at (562) 434-6477.

**Antiques and Collectibles** will meet Thursday, May 17, at Grandma Darlings Antique Mall, near Willow and Cherry, across the street from Costco, behind Office Depot (562) 290-8285. Time to be determined when I call you. Dealers from the defunct Lakewood "Village Vault" have moved to Grandma's. Shall we meet for lunch at Costco (hot dog or pizza) or go to Rossmoor Pastries afterwards or both? Barbara Gleason, Chair (562) 421-2206

### **Bridge Groups:**

Other Wednesday Bridge 1<sup>st</sup> & 3<sup>rd</sup> Wednesday

Noon – 4:00 p.m.

Emily Elgin

(562) 498-0646

Friday Bridge 2<sup>nd</sup> Friday

9:30 a.m. – noon

Cathy Cunningham

(562) 424-3166

Both groups meet at the Petroleum Club, 3636 Linden Avenue, Long Beach, 90807

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Long Beach, CA 90813

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In principle and 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, or disability.