

## HERstory Matters!



Mary Lamo and Valerie Little  
Program Co-Vice-Presidents

Saturday, February 6, 2016

Founder of Sylvia Global Media Network and Founder & CEO of Girls Fly! **G. Sylvia Pul-len** is an entrepreneur, author, talk show host, producer and publisher, all while striving to be a fun grandmother, devoted wife and an available friend and ballroom dancer.



As the Founder of Sylvia Global Media, a global digital production company distributing 'Positive Media for World Thinkers, Doers, & Donors,' it is her hope that people can connect and expand their circle of inspiration and resources by meeting at Sylvia Global. Her goal is to empower and inspire all to see the good that is around us.

As the Founder and CEO of Girls Fly! Sylvia brings her experience connecting people with what we have in common. Girls Fly! is an empowerment program that encourages women and girls from all age groups and all walks of life to pursue a wide range of personal and professional aspirations through presentations, mentoring, and interactive experiences. Partnering with community based organizations teams produce 1-3 day live interactive experiences connecting knowledgeable mentors with women and girls. Girls Fly! mission is "Personal impact, at local levels to advance women and girls globally."

As a pioneering businesswoman, prolific speaker, and ardent philanthropist Sylvia delivers her message of encouragement to dream big. A message she received as a child growing up in Pomona, California, as a high school student in Switzerland, as a college student at the prestigious Waseda University in Tokyo and Peace Corp Volunteer in the Solomon Islands in the Peace Corp – to dream big and to share her dreams. She is passionate about financial literacy, health literacy and economic empowerment, especially for women and girls.

Connect with her on [Sylviaglobal.com](http://Sylviaglobal.com).



**AAUW's Mission Statement:** *AAUW advances equity for women and girls through advocacy, education, philanthropy and research.*

**AAUW's Value Promise:** *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.*

## Courtesy

### Best wishes to FEBRUARY birthdays!



Condolences to Joyce Blasnek, on the passing of husband Cecil. "I have been overwhelmed by the consideration and loving kindness shown my family and me at this time. It's good to remember that we are not just fellow members, we are caring friends."

*Congratulations to Mina Naghavi who successfully defended her thesis in December and was awarded her Master's degree in electrical engineering. Please keep Mina in mind for a position that will allow her to remain in the U.S. and preferably close to Long Beach. We want to keep her here!*

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.

~ Franklin Delano Roosevelt

## CALENDAR EVENTS

All meetings are the first Saturdays, except in January and May (changed to avoid holidays). All speaker-with-business meetings will be held Saturday mornings at the Old Ranch Country Club in Seal Beach – 9am to noon.

February 6 – March 5 – April 2—May 14 \* – June 4

\* The May Garden Party, held in the afternoon, will be at a private home

AAUW-LONG BEACH website:

<http://longbeach-ca.aauw.net/>

AAUW email address:

[AAUWLongBeach@gmail.com](mailto:AAUWLongBeach@gmail.com)



We're on Facebook!

<https://www.facebook.com/aauwlongbeachca>

Follow AAUW on ... and now on Linked In!

twitter

The Long Beach Human Trafficking Task Force, to which AAUW Long Beach has representatives, is looking for volunteers for the Youth Exploitation and Safety Symposium (YESS). The event is hosted by the Task Force and will take place on **Saturday, February 20, 2016** from 10:00am to 3:00pm. The theme of the event is "Healthy Relationships."

If anyone is interested, please contact one of our Co-Membership Vice Presidents, Alex Bellenger, at [AlexBellenger22@yahoo.com](mailto:AlexBellenger22@yahoo.com), or Mina Naghavi, at [Mina\\_Naghavi@yahoo.com](mailto:Mina_Naghavi@yahoo.com).

**EXECUTIVE COMMITTEE MEETINGS**—All meetings will be held on the third Monday of the month, social time at 6:30pm with meeting at 7:00pm. All meetings will be at the Unitarian Universalist Church at Atherton and Bellflower Blvd. Room 2. Dates: **February 15**— April 18. (\*second Monday)

**FULL BOARD OF DIRECTORS MEETINGS**—All meetings will be held on the third Monday of the month, social time 6:30pm with meeting at 7:00pm. Meetings will be at the Unitarian Universalist church, Room 2. Dates: **January 18**—March 21 – May 16



Has any of your contact information changed? Phone? Email? Address? Help us to keep you informed in a timely manner. Send your changes to Database Coordinator George Jackson, at [georgeljackson@gmail.com](mailto:georgeljackson@gmail.com) or call 562-377-1670.

Send any Branch news or Courtesy items to Editor: Rebecca Low rlow1@hotmail.com

# President's Message

Frances Rozner – President



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We're halfway through our branch's fiscal year and JoAnn Kuroda and her 2016-2017 Nomination Committee are seeking elected officers for next year. So for those of you seriously considering a position and others of you interested in branch operations, I'd like to share with you how active your board has been in strengthening the operations of the branch both to ensure our members' engagement in advancing equity for women and girls and to simplify as much as possible the responsibilities of future officers.

First though, I'd like to acknowledge and congratulate Cacilia Kim and Sharon Westafer as our Presidents—Elect for 2015-2016 and to thank them for joining our Board.

Leah Sakacs, Parliamentarian, shared with you last month that we are updating our bylaws and aligning them with the AAUW California model. This will make it much easier for the branch to update its bylaws as it usually must do every two years when National requests changes. At the same time, the Policies and Procedures are being reviewed for duplications therein. The result will be a more coherent set of rules for our branch that can be more easily updated as necessary.

Mary Lamo and Valerie Little, Program Co-VPs, in addition to providing an amazing line-up of mission-focused speakers, have created a 10-question Survey about our branch meetings. Your prompt and thoughtful response this month will enable next year's Program VP(s) to develop the programs that most meet the needs of our members. So that we can actually visualize who is doing what, Mary Lamo has created a PowerPoint organizational chart for our branch and its multitude of committees. Plus, she created an Excel spreadsheet specifying each branch meeting's financials and attendance so that we can accurately assess outcomes.

Raquel Sanchez and Cacilia Kim, AAUW Fund Co-VPs, very ably took on the re-imagining and re-organization of the AAUW Fund, this year educating our members about how the different funds provide for the many programs of AAUW.

Deloris Mayuga, Investment VP, has ensured the ability to pay our facility costs in this low-interest market, by moving funds from an Endowment CD into a second Building CD and then simplifying the process by combining the subsequent two Building CDs into one. She and Linda Patten, Treasurer, are investigating the feasibility of using an online bank for the late January rollover of this now larger CD. Plus Deloris is the liaison with the Trustee of the Frances Magarian Trust, from which the branch will be receiving funds, and it's her role to bring together options for use and investment of this generous bequest.

Linda Patten, with help from Pat Ferrer, Webmaster, will be adding Paypal to pay for branch meetings. We realize that for our younger members, writing a check each month is old-school and this will allow for payment up to the deadline. The goal is a button to be available on our website to pay for attendance at the March branch meeting and beyond. The user will pay approximately \$1 extra for the privilege.

Our branch's operational costs are covered by the branch portion of memberships (\$26 regular/\$13 grad student). Our budget this year was based on 132 members. Alex Bellenger and Mina Naghavi, Membership Co-VPs, along with their team, and our members' efforts, have already exceeded that number by 3 members. We expect to hear from LBCC very shortly that they have become a College/University partner, which will increase awareness about AAUW and will eventually lead to more members. Plus the local Younger Women's Task Force, initiated by Leah, Alex, and Mina, will bring in members who wish to be more involved; as will the new LinkedIn site they established for AAUW Long Beach.

Jeane Caveness, Co-Secretary, has been flexible about handling a truly unusual arrangement. She agreed to be the scribe for the branch meetings, to maintain the records required by our incorporated status and is the signature as Secretary on our documents. She has been supported by a wonderful group of our members acting as Secretaries Pro-Tem at the board meetings who pass along the necessary documents to her. All have been following a new Minutes format that enables easier review.

In deference to the Nominations Committee, the message this month focused on the elected officers' unique contributions this year, but there are many appointed officers and administrative chairs who are also contributing greatly to the welfare of this branch. Many thanks to all our involved members!

If you, dear member, are approached by the Nominations Committee, please consider volunteering with Sharon and Cacilia next year and continuing the momentum started by this year's very active officers. It's an amazing personal growth opportunity.

Looking forward to seeing you at the February 6<sup>th</sup> branch meeting, in an interest group this coming month or volunteering at the STEM Career Conference on February 26!

As the new Co-VPs of Membership, we would like to thank everyone for your support in increasing our membership numbers this year. We look forward to informing everyone about the new members we receive from your referrals next month.

### Younger Women's Task Force, Long Beach

We have established a Younger Women's Task Force (YWTF) in Long Beach. The YWTF will reach out to younger women who may be deterred from joining the AAUW Branch for economic reasons. Additionally, the YWTF, Long Beach Chapter will bridge the gap between college students and our more mature members and include women in their 20s, 30s, and 40s in advancing equity for women and girls. Current AAUW members can join if they pay the local fees (to be determined).

A Facebook page has been created and can be found at (you may need to log into your account first):

<https://www.facebook.com/groups/ywtf1b/>.

YWTF held its second meeting on Sunday, January 10<sup>th</sup> and will hold its next meeting on Sunday, February 14<sup>th</sup> from 2:00 to 3:00pm. Let us know if you are interested in joining!



At the branch meeting on Saturday, January 9, donations to help fund 8 campers for Tech Trek at UC Irvine this summer were collected. Thank you to all who gave generously. Due to your past generosity and donations from Rossmoor Woman's Club, we need only \$1135 to fund these camper scholarships. Any donated money not spent, rolls over to the next year. All donations are tax deductible.

If you forgot your check or still would like to donate, please make your checks payable to **AAUW**. All funds for Tech Trek are now sent to National and all donations of \$10 or more will also be acknowledged by National. Thank you again for playing a part in this important AAUW mission.



Pat Ferrer    Tech Trek co-chair  
562 597 4781    [panderoh@aol.com](mailto:panderoh@aol.com)

# Long Beach Human Trafficking Task Force

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Meeting Details: The Task Force meets every 1<sup>st</sup> Thursday of the month from 11:30am to 1:00pm. All meetings are held in the basement of the Lutheran Church at 905 Atlantic Ave, Long Beach, CA. The next meeting is February 4<sup>th</sup>, 2016.

## Youth Exploitation and Safety Symposium

The Youth Exploitation and Safety Symposium (YESS) will take place February 20<sup>th</sup> on the LBCC Liberal Arts Campus from 10:00 am to 3:00 pm. AAUW will have a resource table at the event.

The event's goals are "to prevent further exploitation and trafficking of young people and adults; to provide young people with a sense of value and purpose in being a part of the effort to end human trafficking; and provide a safe environment to study, live and grow."

If you are interested in attending the event, please register at the link below:

<https://www.eventbrite.com/e/2016-youth-exploitation-safety-symposium-yess-registration-19553910272>

If anyone is interested in volunteering at the event or our resource table, please contact Alex Bellenger and/or Mina Naghavi.



We are still recruiting volunteers for the **2016 STEM Conference**. Whether you are new to the event or one of the regulars, I am hoping you would like to take part in this amazing event. Not only do the middle school attendees walk away having learned something new, we all walk away having

contributed to a special day in the girls' lives.

We are finalizing the logistics but the Conference is scheduled for

**Friday, February 26, 2016** from 4:00pm - 7:00pm. (*remember volunteers arrive earlier!*) at Long Beach City College (Liberal Arts Campus).

Please let me know if you are interested in participating and if there is a position you would like to take. We always need facilitators for our speakers. We currently have a great group of speakers confirmed to participate. Photographers are also helpful for the event. All skills and talents can be used to make this day a success.

~ Darlene D. [darlene\\_daclan@yahoo.com](mailto:darlene_daclan@yahoo.com)

## INTERNATIONAL CUISINE

## SAVE THE DATE

We will be enjoying Italian food and where better than

**Café La Strada**

4716 E. 2<sup>nd</sup> Street (near Park)

**February 17 at 6:30 p.m.**



You can still sign up at the February branch meeting.  
Contact Fay Denny, (714) 894-0416, [faydenny@yahoo.com](mailto:faydenny@yahoo.com),  
Joan Gustafson, (562) 439-3130, [jwg221@aol.com](mailto:jwg221@aol.com).



Darlene Declan  
Administrative Assistant

## Branch Business and Board Briefs



Regular Board business was conducted at the November Executive Committee meeting.

**Motion presented by Flo Pickett:** I move that the Executive Committee recommend to the Board that we advance \$450 to rent the Art Theatre for Wednesday, March 23 for a speaker and showing of the film "Feminism: Stories of Women's Liberation" by Jennifer Lee. Donations of \$10 per person will be charged to attendees. Second by Linda Patten. Motion passed.



Hundreds of AAUW members have pledged to deliver new resources from the U.S. Department of Education to Title IX coordinators at schools in their area. Join us for an all-member conference call to hear the status of those efforts, including recent success stories and tips for overcoming common challenges from those who have already taken action. February 3, 2016 See the AAUW.org website

Flo Pickett & Shelley Arnold  
Co-Chairs, Public Policy

## Public Policy



**Public Policy** meets the 3rd Thurs, January 21st 5:30 - 7:00 PM at Shelly Arnold's home. We will discuss plans to show the movie *Feminism: Stories of Women's Liberation 1960-73*.

**AAUW - Public Policy** committee will promote this movie at the **Art Theatre on March 23** in the evening and we are The Committee! Talk with and invite your friends and other groups you are involved with. Details to follow. The theater holds 300 people!

Check out info and clips <http://www.feministstories.com/about-jennifer-lee/>

**Title IX.** We are gathering a contact list of Title IX coordinators in the LB Unified School District -people who have been assigned in school as local coordinators...they don't change too often. Please bring any information you can gather from anyone in the know (teachers, administrators, PSTA friends, School Board members, union members etc) Each high school and most middle schools should have at least one coordinator-often in the Physical Education program or an administrator on campus. Some are more involved in Title IX than others. Dr. Ruth Ashley is the District Coordinator. We will compile the names and contact info of local coordinators and put together a plan of action for helping out. School Board members are involved. Let's all get to know our Board Members. Schools need and want community involvement.

**Happy New Year! 2016 is a major election year!** We are all paying attention. We must all use our meditation and relaxation techniques so that we can keep calm in our political discussions this year and keep our friends of all political bents. As a friend years ago said to me, "I don't agree with you, but I think you are a good person, just misguided" and I said, "that's funny, that's exactly what I've been thinking about you" We are still friends.

**Take Action Always!** Visit the AAUW.org Two Minute Activist website. Check it out! Do your part!

# BRANCH INTEREST GROUPS

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Joining an interest group (or many) is a great way to get to know other members on a more personal level. Make friends while participating in fun, informative and educational activities. To start a new interest group, submit a description to the President and it will be passed to Ellen Mathis, Interest Group Coordinator for help with implementation.



**Antiques and Collectibles**, has gone dormant. If interested in starting up a group again, a list of interested members exists. Contact: **Judith Kaho** at 562-429-2790 or Ellen Mathis at 562-433-6509



**Book Chat Plus Group** members present the most interesting book they have recently read, film they have seen or the most exciting travel experience they have had. If time allows, all three! Light refreshments are served along with the intriguing conversation. We meet the 1st Tuesday at 10 a.m.  
Contact **Betty Thompson**, 562 - 430 - 8438 or [bettythom@aol.com](mailto:bettythom@aol.com)



**Bridge Group** plays at the Petroleum Club in Long Beach on the second Friday from 9:30 - noon.  
To inquire about a seat at the group meeting, contact **Cathy Cunningham** at 562-424-3166;  
[catherine\\_j\\_cunningham@yahoo.com](mailto:catherine_j_cunningham@yahoo.com).



**Cultural Adventures Group** plans trips to museums and other points of interest. It is usually a mid-week tour & lunch scheduled several times a year. Join a group that enjoys checking out museums and other cultural interests. Contact **JoAnn Kuroda** at 562-429-6923 or email at [sojoinlb@aol.com](mailto:sojoinlb@aol.com). Ideas welcome.



**Great Books Group** reads from an anthology published by the Great Books Foundation. It includes philosophy, poetry and fictional writing of prize winning and world renowned authors.  
Contact **Linda Patten** at 562-402-6831



**Great Decisions Group** meets weekly to discuss, share opinions and ideas on a critical global issue.  
*To all Great Decisions Group members:* Great Decisions books will be available at the February meeting. If you are unable to attend, you may pick them up from your Group leader. If you have NOT signed up for a discussion group but plan to participate, you may also contact a group coordinator. They are: Norma Grady-Tuesday mornings; Flo Pickett-Wednesday evenings; Deloris Mayuga-Friday afternoons.  
Contact: **Julie Taboada** at 562-856-0709 or [jutaboada@verizon.net](mailto:jutaboada@verizon.net)



**International Cuisine Group** meets and dines at restaurants of different ethnicity in the local area. It is usually scheduled every few months on a Wednesday within an easy drive of LB. Car pooling is an option. Come join a group who enjoys unique flavors of the world. Contact **Joan Gustafson** at 562-439-3130 or **Fay Denny** [faydenny@yahoo.com](mailto:faydenny@yahoo.com)



**Literary Ladies Group** meets to discuss and compare thoughts on a selected book, fiction or non-fiction. Each member takes a turn recommending and leading the group. The group comes together to hear thoughts and insights from others in the group. They meet the 2<sup>nd</sup> Monday of the month at 12:30 p.m. There is a maximum of 12, and a waiting list. Contact **Sharon Westafer**, 562-493-4749 if interested.  
The book for February is *I Am Malala* by Malal Yousafariz.



**Public Policy** meetings, explore, discuss and support the active legislative issues of AAUW, which underscore our mission of promoting equity and education for all women and girls. The group passes on knowledge and information to all branch members and encourage them to become involved with AAUW issues.  
For the next meeting - Contact **Shelley Arnold** [shelleyarnold1@aol.com](mailto:shelleyarnold1@aol.com)



**Residential Rentals Discussion Group** meets the 3<sup>rd</sup> Wednesday of odd months year round from 10:00-11:30 am. Our next meetings are in 2016: **Jan 20<sup>th</sup>, Mar 16<sup>th</sup> and May 18<sup>th</sup>**. Anyone with an interest in residential rental is welcome. We cover current landlord/tenant topics, share experiences and work to keep current in the housing industry all in an informal setting. Ellen Mathis and Joan Gustafson Co-Chair and invite you to check the group out.

## NEW!

**Book Group AND Bridge Group forming.** We (Linda Patten and Ellen Mathis) have a list of several names. If you would like to 'Kick Off' a new Group for either area, contact Ellen Mathis, 562-433-6509 or [emathis@verizon.net](mailto:emathis@verizon.net) for help setting up an "interested people meeting" to discuss details for meetings (what, where, time, etc.).

Any new ideas? Submit a plan to the President or to Ellen Mathis.

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## AAUW Long Beach Branch

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

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### RESERVATION RETURN FORM

Send this registration and check payable to AAUW L B to **Judith Kaho**, 2790 Vuelta Grande, LB, CA 90815  
562-429-2790

Member Name (s) \_\_\_\_\_

Phone \_\_\_\_\_

Guest / Note \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

\_\_\_\_\_ reservation for the meeting and program only  
(NO MEAL)

### *RSVP by January 30th*

*A meal reservation is a financial commitment and refunds shall not be made.*

*Dress code for the Old Ranch Country Club:  
no jeans, denim, or strapless tops.*

### AAUW BRANCH EVENT Saturday, February 6, 2016

9:00 to 10:00	Social Time
10:00 to 12:00	Program
11:00 to 12:00	Business Meeting

Place: Old Ranch Country Club  
3901 Lampson Avenue  
Seal Beach, CA 90740

Meal: Breakfast Fruit and Breads  
Coffee, Tea, Juice

Price: \$23.00

#### Questions about the location?

Lindsay San Miguel  
lsanmig1@hotmail.com

or Pam Rayburn at  
pam.rayburn@csulb.edu

