



Vantage

An Inspiring Start to 2023

Mary Ann Takemoto and Ginny Baxter, Co-Program Vice Presidents

What is Technology? What do we do with it? Join us for the January AAUW, LB Branch meeting to learn some of the ways Technology can affect our future! The January meeting will take place at the Long Beach City College Planetarium and LBCC Assistant Professor, Jorge Ramirez, will give an astronomy presentation using the College's state of the art projector. This talk will include viewing stars and constellations.



Professor Ramirez enjoys sharing astronomy concepts with people of all ages and this meeting will have a special audience. You are welcome to invite a friend, but RSVPs are required.

In addition, AAUW, LB Tech Trek chair, Valerie Armstrong will introduce several young women from Long

Beach schools who participated in Tech Trek. They spent a week on the college campuses of Whittier College, UCI and UCSB learning about STEM careers and engaging in scientific experiments. We will use this meeting to raise funds for the Tech Trek program to send even more young girls to "college" this year. We look forward to meeting the grads of years past.



Reservations are required as there is limited seating. There will be no Zoom option this month. Guests not attending the business meeting are requested to arrive by 10:30am for check-in. Reservations may be made at aauwlongbeach.reservations@gmail.com

Visit our Website for more info: <https://longbeach-ca.aauw.net/>

AAUW Mission :

To advance gender equity for women and girls through research, education, and advocacy.

AAUW Vision:

Equity for all.

AAUW Values:

Nonpartisan.
Fact-based.
Integrity.
Inclusion and Intersectionality.

AAUW Diversity Statement:

In principle and in practice, AAUW values and seeks an inclusive membership, workforce, leadership team and board of directors. There shall be no barriers to full participation on the basis of age, disability, gender, location, national origin, race, religion, sexual orientation, or socioeconomic status.

Tech Trek was a life-changing experience for me. It sparked my passion for science and math and gave me the confidence to pursue advanced classes and research opportunities. I honestly don't think I would be where I am today without Tech Trek.

—Former attendee



From the Co-Presidents

by Denise Montoya and Sunny Zia

"This is a new year. A new beginning. And things will change." (Taylor Swift)

Setting goals for your 2023 contributions of "Time, Talent, and Treasure" to AAUW Long Beach is a terrific way to plan for the New Year! Goals can keep you motivated, inspire others, and improve your experience with the Branch.

Time: Maybe there's a public policy issue you'd like to address and share your concerns with your political representatives. There are many policies to choose from, so stay on top of current news with the Two Minute Activist at the AAUW National site: [Two-Minute Activist – AAUW : Empowering Women Since 1881](#) Write a letter to the editor supporting the Long Beach Commission for Women and Girls. Share what you know with friends and family. Get AAUW's name out in the community.

Talent: Make a commitment (or two, or three!) to volunteer with Branch projects.

Contact Arnedra Jordan about Gov Trek and help to get high school girls fired up about politics.

Contact Valerie Armstrong about Tech Trek to get middle school girls excited about science, technology, math, and engineering while they stay in college dorms for a week away in the summer.

Contact Frances Rozner about STEM Conference, a one - day experience at our local Sato Academy of Math and Science.

Contact Ginny Baxter about the annual Author Event, where we raise money for scholarships for women attending CSULB and LBCC. These Branch leaders are exuberant about these projects, and there are multiple opportunities to share your skills and inspiration!

Treasure: We always appreciate financial gifts in support of the Branch's projects. Consider using the increase in your Social Security payment this year to donate to AAUW's Mission. Donate from your IRA as a tax deduction. Think about how you can direct your financial gifts to support our projects, the Fund, and the AAUW Legacy Circle by setting up a bequest at the national level.

We are all aware that times are tough for many. Your gift of yourself to this Branch brings abundance to everything we do. So do what you can, enjoy the fruits of your labor, and know that we truly appreciate every effort. Things WILL change with your contributions of Time, Talent, and Treasure!

Calendar Dates to Note

Jan. 7	Branch Meeting
Jan. 16	MLK Holiday
Feb. 4	Branch Meeting
Feb. 24	STEM conf at SATO

Contact Us

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longbeach-ca.aauw.net/

www.facebook.com/aauwlongbeachca
For Vantage Editor: Rebecca Low
r1ow1@hotmail.com

Correction to Holiday Party comments:

Kansas gets a candy cane, not a lump of coal! AAUW – LB Branch Communications Director, Jane Hansen provided the following comment from the "Kansas Reflector" a non-profit online news source.

"Kansas voters in a landslide Tuesday defeated a constitutional amendment that would have stripped residents of abortion rights, defying polling and political observers who expected a close result.

(Reporters: Sherman Smith and Lily O'Shea Becker
 Published August 2, 2022)

Diversity Corner

by Dr. Amy La, Member, DEI Committee

Welcome to 2023! Whatever your new year plans are, let's keep our minds and bodies engaged. With that said, let's do an exercise: What do the following statements have in common?

"Don't you want a family?"

"Where are you from?"

"You have a mental illness, but you seem so normal."



Do some of these statements sound familiar? These are all examples of microaggressions.

What are microaggressions? They are verbal, behavioral, or environmental actions (whether intentional or not) that communicate hostility toward oppressed/targeted groups including people of color, women, LGBTQIA+ persons, persons with disabilities, and religious minorities (Nadal, 2014). In other words, people may demonstrate their biases and prejudices in more subtle ways, otherwise known as microaggressions (Sue, 2007). Microaggressions can happen even with good intent.

According to Sue, there are three types of microaggressions:

Microassaults are overt forms of discrimination in which individuals deliberately behave in discriminatory ways. They may think that their actions are unnoticed or unharmed. For example, when someone says, "That's so gay!" to suggest that something is weird, the person is aware of the words that they choose. However, they may not realize that using such language is considered offensive.

Microinsults are statements or behaviors in which individuals unconsciously communicate discriminatory messages to members of target groups. For instance, a person might tell an Asian American that they "speak good English", implying that Asian Americans do not speak English well. This phenomenon can be specially upsetting to Asian Americans who do not speak any other language besides English.

Microinvalidations are verbal statements that deny, negate, or undermine the realities of members of target groups. For example, when a person tells a BIPOC (Black, Indigenous, and people of color) individual that racism does not exist, that person is invalidating and denying the BIPOC person's racial reality.

To learn more about different microaggressions, check out these guides: <https://wie.engineering.illinois.edu/files/2018/10/Microaggressions-guide-2-2.pdf> <https://sph.umn.edu/site/docs/hewg/microaggressions.pdf>

Here is also a helpful, short video: <https://www.youtube.com/watch?v=bjzWENcW6NQ>

AAUW DEI Toolkit: <https://www.aauw.org/resources/member/governance-tools/dei-toolkit/key-terms-concepts/#microaggression>

Why does this matter? Research continues to show that microaggressions contribute to poorer health outcomes, particularly among BIPOC folk. Studies show increased rates of depression, prolonged stress and trauma, anxiety, heart disease and type 2 diabetes. In response, here are a few things we can do to decrease microaggressions: 1) Examine your beliefs, 2) Acknowledge other people's feelings, 3) Embrace empathy, and 4) Try not to get defensive. For more helpful tips, check out this handout:

<https://wie.engineering.illinois.edu/files/2018/10/responding-to-microaggressions-and-bias.pdf>

STEM Career Conference

Mary Lamo & Frances Rozner, Event Co-Chairs

The STEM Career Conference scheduled for **Friday, February 24, 2023**, is coming together: we have all ten schools now marketing the event to their students and ten workshop speakers committed to sharing what they love about their STEM Careers - plus an inspiring Keynote Speaker.

What we need more of is volunteers from 2:15pm to 7pm for a variety of interesting activities: photographing the event, assisting with school arrivals and departures, setting up signage, managing traffic flow and facilitating workshop speakers. We are also seeking volunteers to help with the pre-conference stuffing of folders and goodie bags on the prior Monday and to help prepare the Sato Academy auditorium on the Friday morning of the event.

This is our 19th Annual Conference and our second year at Sato Academy, located just east of the CSULB campus at Iroquois Ave. and Anaheim Street. Come experience the volunteer comradery and the excited energy of the 7th and 8th grade girls who attend.

Contact Darlene Daclan at Darlene_daclan@yahoo.com with your volunteer preference(s). Thank you! (If you are new to this event, please check out its effectiveness at <https://www.aauw-ca.org/energizing-potential/>)

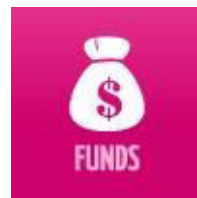


AAUW Fund

by Linda Westman and Tobi Balma, Co-AAUW Fund V.P.s

As members of the Long Beach Branch of AAUW, we believe in the mission to further equity and opportunity for women and girls. So, it is good to know what we have accomplished towards this mission by contributing to the AAUW Fund. Monies donated to the Greatest Needs Fund are applied to these strategic priorities of AAUW: Education & Training, Economic Security, Leadership, and Governance & Sustainability.

To get a better sense of what that means, here are some powerful impact numbers to share with you.



188,000 individuals have participated in AAUW's salary negotiation programs such as "Work Smart", which has enabled the participants to increase their economic security and improve opportunities for themselves and their families. In fact, 145 colleges and universities, including 32 minority serving institutions and historically black colleges offer these programs.

Over \$6 million has been awarded to 320 women in grants and fellowships due to the fully endowed Fellowship & Grants Fund. This is a record for AAUW. Never before have we been able to assist women to this extent to achieve their educational goals which enables them to take advantage of greater opportunities.

The Fund has enabled more women to take a seat at the table in critical conversations advancing gender equity for women and girls. These include the White House Gender Policy Council, Speaker Pelosi's Women's History Month Celebrations, and the UN NGO Commission on the Status of Women, among others. More women are taking leadership and governance roles.

Now, pat yourselves on the back for supporting the AAUW mission. Together we can break barriers and make a difference!

Greta Casino is a Career Development Grant recipient funded in part from our Joyce E. Clark Research & Projects Endowment. This grant provides \$2,000-\$20,000 in funding to women who hold a bachelor's degree and are preparing to advance or change careers or re-enter the workforce in education; health and medical sciences; science, technology, engineering, and math (STEM); or social sciences. Primary consideration is given to women of color and women pursuing their first advanced degree or credentials in nontraditional fields. Funds are available for tuition, fees, books, supplies, local transportation and dependent care.

Grants support course work beyond a bachelor's degree, including a master's degree, second bachelor's degree, certification program or specialized training in technical or professional fields. Course work must be taken at a college or university in the United States or at a technical school that is licensed or accredited by the U.S. Department of Education. Funds are not available for doctorate-level work.

Career Development Grants



Name: Greta Casino
Award Year: 2022-23
Award: Career Development Grant
Institution: Loma Linda University
Location: Loma Linda, California
Discipline: Social work
Degree and Specialization: M.S.W., Clinical

In the first year of her master of social work program, Greta Recinto Casino is working with the geriatric community. She is advocating for their well-being by assisting seniors through their aging process. Her intention is to help ease their struggles by asking pertinent questions, to find the right resources and to problem-solve in order to make key decisions in their aging journey.

Sponsors:

1694 - Laguna Beach (CA) Branch/Dorothy F. Backus
1739 - Long Beach (CA) Branch/Joyce E. Clark
4145 - Palo Alto (CA) Branch

Scholarship Review

by the Scholarship Committee 2022

AAUW Long Beach Awards Five Frances Magarian Scholarships

Smiles shone all around at a recent AAUW Long Beach Branch meeting when three CSULB students attended accepting a Frances Magarian Scholarship award of \$2,500 each. This program established in 2013 fulfills the bequest intent of its namesake by giving two CSULB and two LBCC students aid in their education. This year an anonymous donor presented the branch with an additional scholarship for a third CSULB student. Long Beach City College students unable to attend, receiving \$500 awards are: LaQuandra Harris, majoring in Sociology and Psychology, and Tanya Fuentes, majoring in Administration of Justice.

A tradition of the Frances Magarian Scholarship program is to ask the scholars to speak about their background, majors, and goals for the future. Chloe Gong a Computer Science major, Alexandra Hurtado a Molecular Cell Biology major, and Diana Than a Psychology major all expressed their appreciation to AAUW Long Beach for helping them with their education goals. The scholarship committee for 2022-23 includes branch members: Mary Ann Takemoto, Chair--

JoAnn Kuroda, Judy Willis, Darlene Daclan, Linda Westman and Sharon Westafer. Photo (left to right): Co-President Denise Montoya, scholarship committee member Sharon Westafer, Co-President Sunny Zia, Committee Chair JoAnn Kuroda, student Chloe Gong, student Diana Than, committee member Mary Ann Takemoto, and student Alexandra Hurtado.



Celebrate 25 Years of Tech Trek

by Valerie Armstrong, TT Coord

AAUW Long Beach will honor former Tech Trek campers and their parents at the LBCC Planetarium on Saturday, January 7th. The Planetarium is a perfect setting for an event that celebrates young women who are interested in STEM fields.



Our branch has sent 96 young women to Tech Trek since 1998. This would not have been possible without the generous donations from our members. The January 7th meeting is our Annual Tech Trek Fundraiser, and we hope to send 12 students to camp at UCSB or Whittier College this summer. The price of attending camp is expected to go up this year. UCSB is asking for \$1150 per camper and Whittier College is requesting \$1200 per camper. This is a price increase of \$250 - \$300 per camper, so donations are very important this year.

To donate, checks should be made out to: AAUW – CA SPF with Tech Trek Long Beach on the memo line. By donating to the SPF fund, your donation will be tax deductible. Checks should be mailed to Tech Trek Treasurer Linda Patten at 19615 Jefferey Circle, Cerritos, CA 90703.

Tech Trek is a unique opportunity for middle school girls to experience a week of college life while participating in hands-on STEM lessons and activities. We should be proud of our branch for providing this opportunity to 96 deserving students since 1998. Thanks to Ginny for arranging the location and I look forward to seeing you at the Planetarium!

Save the Date: Saturday, June 10, 2023 Enjoy our "Afternoon with Lisa See" from 2:00—4:00 pm at a location yet to be determined. All funds raised support AAUW Long Beach Scholarships at LBCC and CSULB.

All AAUW members are invited to join the planning committee. Volunteers are needed for silent auction items and opportunity prizes. Contact Ginny Baxter for more details.

Member Spotlight

by Co-Membership V Ps Jeane Relleve Caveness, Ph.D., Cacia Kim

Welcome to 2023! With a new year comes new adventures *and* new members! We are delighted to welcome new member, Portia Lee, who joined at our annual Holiday Party hosted by Deloris Mayuga in her beautiful home last month. Portia will be traveling for the next month, so we look forward to welcoming her at a future meeting. Thanks to Frances Rozner for recruiting Portia to our branch.

At the start of this new year, we hope you are feeling well connected with the branch interest groups or special projects of your choice. If you have not yet quite found your niche, do you have suggestions for a new interest group? If "yes", please email your suggestions to us at: Cacilia767@hotmail.com or jmrcaveness@outlook.com. We would love to hear from you and help get something started.

In case tax preparation is on your mind, here is a reminder about the tax deductibility of your national membership dues:

AAUW national membership dues are \$67 of which \$64 is tax deductible as a charitable contribution.

AAUW national paid life membership dues are \$1,340 and fully tax deductible.

Student membership dues are \$18.81, of which \$16.81 is tax deductible. (This amount never changes.)

Shape the Future membership dues are \$33.50 of which \$32.00 is tax deductible.

source: [Dues Schedule - AAUW California \(aauw-ca.org\)](https://www.aauw-ca.org/dues-schedule)

And finally, 2023 is the Year of the Rabbit in the Chinese calendar and the new year will be celebrated on January 22, 2023. The Sign of the Rabbit symbolizes longevity, peace & prosperity and 2023 is predicted to be a year of hope. Women who are born in the Year of the Rabbit are known to be witty, ingenious and, in particular, noted social butterflies. So, calling all the social rabbits in our branch to take the lead as we leap into another year of friendship, camaraderie, and outreach in our effort to support the women and girls in our community. We need more branch buddies to engage and assist our newest members. And we always need help in our efforts to grow our membership! Perhaps like rabbits? Let's hop to it!



Public Policy

by Rita Powell, Public Policy Director

Title IX Celebration of Champions Event

Public Policy is sponsoring an event to celebrate the Champions of Title IX. Its purpose would be to recognize the importance of the Title IX in our community, the city, its' schools, the college and university while elevating the role of AAUW, Long Beach Branch and our role to promote gender equity for women and girls through research, education and advocacy. It is exciting to watch this project come together. The departments we are working with include the City of Long Beach, CSULB various departments, Department of Parks and Recreation, Billie Jean King Management through the tennis courts of Long Beach, Long Beach City College and various City Councilpersons.

I'm asking for volunteers to recruit more champion athletes personal stories from Title IX and also STEM champions that benefitted from Title IX. We also need volunteers to help us with requesting funding. Do you have these talents? Or can you recommend someone who does? If so, please contact me as this exciting event will be happening in March.

Rita Powell, Public Policy 562 685 2096



The Great Decisions Group

Purchase your books now so they arrive by the end of January. The groups will be discussing global issues topics including Energy Geopolitics, War Crimes, China and the U.S., Economic Warfare, Politics in Latin America, Global Famine, Iran at the Crossroads and Climate Migration. The books are \$36.00 each. Please make checks out to me, Rita Powell, but mail your checks to Deloris Mayuga's address. Please contact me at rriorita111@verizon.net with any questions or for more information.

BRANCH INTEREST GROUPS

Joining an interest group (or several) is a great way to get to know other members on a more personal level. Make new friends while participating in fun, informative and educational activities. To start a new interest group, submit a description to the Co-Presidents. The Contact persons listed below can inform you if groups are meeting virtually or are in person.



Book Chat Plus normally meets the first Tuesday from 10 am-noon at Lamis' home. Members present an interesting book they've recently read, a film they've recently seen or they share about a recent travel experience. Contact **Lamis Hashem** at 562-795-6605 / theHashemFamily@gmail.com



Cultural Adventures Group plans trips to museums and other points of interest several times a year. It is usually a mid-week tour with lunch scheduled. Join a group that checks out museums and other interesting locations--maybe by Zoom or in person! Contact: **JoAnn Kuroda** at 562-432-6973 / sojoinlb@aol.com.



Diversity and Inclusion holds monthly meetings to suggest how our branch may be more welcoming and cognizant of different ethnicities and points of view. Contact: **Mary Ann Takemoto** at 562-896-6825 / martakemoto@gmail.com



GovTrek is in its inaugural year. Leaders will reach out to high school girls interested in learning more about politics, leadership and volunteering. The group will meet monthly to plan activities. Contact: **Arnedra Jordan** at 310-722-6594 / ajordan6@my.keller.edu



Great Decisions Groups meet to discuss, share opinions and ideas on critical issues global issues. One group meets Friday afternoons and another meets Wednesday evenings at 6:30pm. Planning to participate in the Spring of 2023? Contact your group leader or **Rita Powell** to order your book or email riorita111@verizon.net



International Cuisine Group meets and dines at different ethnic restaurants in the local area. It is usually a dinner within an easy drive, scheduled every few months. Carpooling is an option... when we get back to driving and dining. Come join a group who enjoys unique flavors of the world. Contact: The **Executive committee** as we are looking for **Volunteers to lead this group!**



Literary Ladies Group meets to discuss and compare thoughts on a selected book, fiction or non-fiction. The group comes together to hear thoughts and insights from others in the group. Each member takes a turn recommending and leading the group. The book selection for January is *The Paris Library* by Janet Skeslian Charles. We share this information so even if you aren't able to join us, you have reading suggestions. At this time, we are at capacity, however if you would like to be added to a waiting list, contact **Sharon Westafer**, 562-493-4749.



Public Policy committee explores, discusses and supports the active legislative issues of AAUW at the local, state, national and global levels to empower women and girls. It initiates emails and uses the 2 minute activist to promote legislation protesting civil rights, economic injustice issues and equal access to education. An authorized member of the **LA County InterBranch Council**, AAUW may collaborate with approved partner organizations to work toward common local and state goals. Contact **Rita Powell** at 562-685-2096 / riorita111@verizon.net



The **Residential Rentals group** started in 2009 with a monthly 3rd Wednesday 10 am gathering. It is a discussion group on topics relating to residential rentals – things of interest/importance/concern that keep each other informed. The group has averaged 10-13 people per meeting. It continues in odd months; most often meeting at the dining room table at one of our homes or on ZOOM.

To be on the email list contact **Joan Gustafson** jwg221@aol.com or **Ellen Mathis** epmathis@verizon.net.



Under the Umbrella Book Group - The "new" Book Club will meet the 3rd Saturday of the month at 2:00 PM. Zoom meetings pending. We will read a variety of genres. We have room for more members! Ask about the titles to be read. Contact **Carol Llewellyn** 562-430-4380

SAVE THIS DATE for CULTURAL ADVENTURES

February 10, 2023

Please join us for a fun trip on the light rail from Long Beach to Union Station on the A Line (formerly called the Blue Line). We are planning to visit the Chinese Museum and La Plaza of Culture and Arts. Lunch to follow on your own. **JoAnn Kuroda, Chair**

NEW! Please RSVP by email to Reservations Chair Charlotte Joseph to let us know if you will attend in person. NO Zoom option this month.
Use this email address from now on!
aauwlolongbeach.reservations@gmail.com

Deadline to RSVP is January 4th.
You will receive an email reminder and more details about the meeting location before the meeting.

AAUW BRANCH MEETING

Saturday, January 7, 2023

9:30 am	Meet and Mingle
10:00—10:45 am	Branch Meeting
11:00—12:00 pm	Program

Place: Long Beach City College Planetarium
4901 E. Carson Street, Build D, Room D326
on the third floor. The business meeting is across the hall in D-333 and D-334

Park in Lot H off of Clark Ave.
No Permit is needed.

Important COVID-19 Reminder

In-person meetings may be held with respect for local guidelines at this time. AAUW's guidance is in adherence with California mandates and in the best interests of all our members.



AAUW Long Beach Branch

Send address changes for AAUW Vantage
to P O Box 15023,
Long Beach, CA 90815

PLEASE
PLACE
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