



# Vantage

## It Could Happen to Anyone!

*Sharifa Batts, Program Vice President*

The October AAUW program will focus on the perpetrators of violence in intimate relationships. We will explore the reasons for violent behavior and the reasons to hope it can change.



Guest speaker (and AAUW member) Alyce LaViolette will tell stories of the people she works with. Although most of the perpetrators of domestic violence are male, she has also worked with females who are abusive. She will talk about her own experiences doing this work and the rationale for the way she does her program.

She loves discussion and welcomes questions and comments.

Ms. LaViolette has worked with victims of intimate partner violence since 1978. In 1979, she founded one of the first programs in the country to work with abusive partners as a program of WomenShelter of Long Beach. In 1984 she went into private practice with a specialty in domestic violence and with high-conflict couples and gender issues. She has a broad-based private practice. Alyce speaks nationally and internationally and has served on the Speaker's Bureau for the U.S. Department of State. She has developed programs for the Probation Dept. in Los Angeles County and for the Department of Children and Family Services for LA and Orange Counties. Alyce has served as an expert witness in criminal, family and civil court since 1984. She appears on local and national television and radio and has co-authored one of Sage Publication's best-selling books "It Could Happen to Anyone: Why Battered Women Stay".

Guests are welcome to attend this Saturday program that starts at 11:00 AM. The Meeting venue is Long Beach City College, 4900 E. Conant St (Clark & Conant). Follow signs to Building O2, Room 208.

To attend please RSVP at: [aauwlongbeach.reservations@gmail.com](mailto: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.



## From the Co-Presidents by Carolyn Eggleston and Amy La, Co-Presidents

We still have vacancies! Please let Carol Clanton know if you are interested in the Presidents-Elect/Vice Presidents or Audit Chair(s) positions.

Moving to this month, October is Domestic Violence Awareness Month (DVAM). Please check out this month's great program from our very own Alyce LaViolette, LMFT. DVAM was passed by Congress in 1989. It originally evolved from the "Day of Unity" in October 1981.

Did you know that besides DVAM, October is significant for other awareness days? While there are many notable causes, here are some highlighted ones:

- October 1<sup>st</sup> is International Day of Older Persons.  
Let us honor and appreciate the elders around us and in our communities.
- October 5<sup>th</sup> is National Depression Screening Day.
- October 10<sup>th</sup> is World Mental Health Day.

Let us be more aware of our own wellbeing and those around us.

Take a moment to check in with yourself.

How are you doing emotionally and physically?

Check in with those around you and suggest help if applicable. Here are some free screening tools you can share:

<https://screening.mhanational.org/screening-tools/>



How is your self-care? Here are just a few ideas for self-care that you can do in 10 minutes or less:

- Take a walk outside.
- Call a friend (who does not drain you).
- Watch something funny or uplifting.
- Do a guided meditation.
- Eat a healthy snack.
- Dance like no one is watching!

Take care and be well!

### Calendar Dates to Note

Oct. 7	Branch Meeting
Oct 16	Board Meeting
Oct. 31	Halloween
Nov. 4	Branch Meeting
Nov. 20	Exec. Board Meeting

### Contact Us

aauwlongbeach@gmail.com  
[longbeach-ca.aauw.net/](http://longbeach-ca.aauw.net/)

www.facebook.com/aauwlongbeachca  
**For Vantage Editor: Rebecca Low**  
**rlow1@hotmail.com**

## SAVE THE DATE!

### Cultural Adventures Visiting the Los Angeles Central Library Friday, October 13, 2023

Join us as we travel to the Los Angeles Central Library on Friday, October 13. We will be going by train on the A Line and/or by car. Please advise your choice of transportation when making your reservation.

There will be a guided tour followed by lunch, on your own, at the Biltmore Hotel, in the Rendezvous Café. After lunch we will return back to Long Beach. There will be more information about times later.

RSVP: Deadline to make reservation is **October 4**.  
Call Anita Hrishikesan at 323-363-2675 or email at [ahrishikesan@gmail.com](mailto:ahrishikesan@gmail.com)

# Tech Trek Update

by Valerie Armstrong, Tech Trek Coordinator

The Tech Trek Committee is gearing up for a new season, selecting 15 Title I middle schools to participate this year. Our goals this year are to increase the number of schools participating and to send 12 campers. We currently have \$12,830.00 in the Tech Trek Special Projects Fund and \$3,474.74 branch Tech Trek fund. It costs \$1,100 per camper to at Whittier College and UC Santa Barbara.

At our meeting on August 29<sup>th</sup>, the Tech Trek committee established the 2023-2024 timeline. We will contact schools and promote the program in early October and teachers will nominate students in November/December. The nominated students will complete their online applications in January/February. The Tech Trek committee will review the applications in early March and conduct interviews by the end of March. The final selections are due by April 15, 2024.

The students who attended camp last summer had a wonderful experience. Here are a few excerpts from their thank you notes:

"Thank you for giving me the opportunity to go to the amazing Tech Trek. I made so many friends. I really enjoyed when we went to the different workshops and did experiments. I am very glad you chose me to come to this and have this experience."

Arrayah Wilson, Powell Academy (attended at Whittier College)

"Thank you so much for this opportunity. Personally, it's hard to explain how much fun I had. My core class was coding and robotics. Our teacher, Amber, was super patient with the group and helped us with coding apps and robots. The boat ride was absolutely stunning. I saw so many schools of fish and dolphins, and even two hump-back whales! I hope to come back in the future as a junior counselor."

Rosario Valdez, Muir Academy (attended UCSB)

"Thank you to the Long Beach AAUW for nominating me to be able to attend this summer STEM camp. Meeting my dorm mate was a little scary, but we became good friends. In my Above and Beyond classes we did a lot of fun activities that distracted me in a good way."

Alison Hernandez-Cruz, Muir Academy (attended UCSB)

"I am grateful to have come here to Tech Trek. I went on a boat trip to fish and see sea animals. Another activity I had experienced was a rocket launch. My time here will forever have my heart. I'll for sure tell the new 7<sup>th</sup> graders to sign up for this fun experience."

Aydianna Adalynn Marquez, Muir Academy (attended UCSB)



Thank you to all donors and volunteers who make this program possible.

## SAVE THE DATE! For International Cuisine

The International Cuisine committee is meeting and eating! Join us for dinner at **Nomad Asian Bistro**, Friday, November 3, at 6:30 pm. Nomad is located at 6563 E Pacific Coast Hwy, Long Beach, CA 90803 behind the UA Theatre at the Marketplace.

Nomad's Chinese menu has a large variety of appetizers, soups, hand-made noodles, vegetarian dishes, seafood and chicken. We'll be dining family style so we can try many dishes. Those joining us will help choose the next dining experience scheduled for January 2024. Bring your suggestions.

RSVP: Deadline to have your name added to the dining list is November 1. Call or text Faye Alperin at 562.669.0051 or email [fayealperin@gmail.com](mailto:fayealperin@gmail.com) if you'll be coming.



# Public Policy

by Arnedra Jordan, Public Policy Chair

I am thrilled to serve as your Public Policy Chair for the AAUW 2023-2024 term. I will update you on AAUW public policy matters as I receive them. Those interested in a comprehensive list of AAUW's public policy priorities can find them on our official website: [Public Policy - AAUW California \(aauw-ca.org\)](https://www.aauw-ca.org)

Just so you know, the Long Beach Branch Public Policy/Gov Trek committee will meet on the 1st Monday of each month, with our first meeting set for **October 2nd**. I invite you to join us on October 2, 2023, for our first Public Policy and Gov Trek meeting via Zoom from 11:00 a.m. to 1:00 p.m. Contact me for the Zoom link and it will be sent to you via email closer to the date.



Also, check out the pictures from the AAUW California Committee Meeting in San Jose. We had a really good time putting together a productive year for the state. Looking forward to a great year!

Here is an update from the State of California's Public Policy Team.

## **The Equal Rights Amendment (ERA).**

This year marks the 100th anniversary of the introduction of the ERA. AAUW's 2023-25 Public Policy Priorities state that we advocate for ratification and passage of the ERA "to guarantee equality, individual rights, and social justice for a diverse and inclusive society." We are happy to report that multiple paths are being pursued in the current session of Congress to affirm the ERA as the 28th amendment. Right now, we could use your help to finally make this a reality!

One of the paths that looks fruitful for advancing the ERA is passage of a discharge petition for House Joint Resolution 25 (H.J. Res. 25). This will allow there to be a vote to remove the current ratification deadline for the ERA. Here in California there are two members of Congress who are a focus of critical outreach because of their demonstrated bipartisanship:

CA-13 Rep. John Duarte and CA-41 Rep. Ken Calvert

If your branch is in one of these districts, please ask your members to reach out to your representative and urge them to sign the discharge petition H.J. Res. 25. When you call, make sure to note that you are a constituent. If you are not sure what to say, you are welcome to use the message below:

*We're asking for your office to sign the discharge petition on House Joint Resolution 25 (H.J. Res. 25). This would simply allow there to be a vote on the resolution to remove the ratification deadline and affirm the Equal Rights Amendment as the 28th Amendment to the Constitution.*

[More information can be found on the AAUW website.](https://www.aauw-ca.org)

## Branch Business

by Harriet McDonald, Co-Secretary

### Motions passed at the Long Beach Branch Meeting on September 9, 2023.

1) Frances Rozner moved that Standing Rule 6.b. first sentence be amended as follows: All members attending branch program meetings *conducted in a facility requiring meal guarantees* pay a fee. (currently: All members attending branch program meetings pay a fee.)

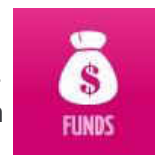
Anne Supple seconded. The motion passed.

2) Deloris Mayuga, VP, Investments moved that by direction of the Board for FY 22/23 that the Endowment Fund interest dividend and realized capital **not** be transferred into the Reserve Account as specified in Policy and Procedures.  
No second required. The motion passed.

## AAUW Fund

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

We can all take pride that AAUW is the nation's leading organization advocating for equity in higher education and women's economic empowerment. It was founded in 1881 by determined women who challenged society's norms by earning college degrees. We continue to challenge norms by working to increase women's access, opportunity, and equity in higher education through research and philanthropy of over \$140 million, which in turns benefits society.



The Current Population Survey recently compared full-time, year-round workers and found women took home only 84% of the pay that men did—a figure that is not statistically different from 2020's pay gap. When compared to the pay of white, non-Hispanic men, the inequity is even greater for specific groups of women.

- Latina women workers are paid 52 cents for every dollar.
- Black women workers are paid 66 cents for every dollar.
- White women workers, who are paid 74 cents for every dollar.
- Asian American women workers are paid 89 cents for every dollar.

The wage gap for women overall is \$11,450. This is money that could be put into the economy by spending on childcare, paying off student debt, investing in home ownership, or saving for retirement – benefiting women and the society at large.



Membership is open to anyone with an associate's degree or higher from a regionally accredited college or university; or from a professionally recognized institution (such as those that grant Registered Nurse degrees). Undergraduate and Graduate Students are eligible for special student memberships.

### Ready to join?

PLEASE fill out our online AAUW Branch Membership Application Form by using [this link](#)



# Member Spotlight

by Co-Membership VPs Karen Gustafson, and Lamis Hashem

There was a Welcome Dinner and Orientation at the home of Lamis Hashem on September 14<sup>th</sup>. Guests enjoyed getting acquainted and sampling Lamis' delicious Mediterranean food. As the guests shared their backgrounds and professional accomplishments, it was apparent that this is a very talented group of women.

New members attending were Danna Bran, Nicole Gracie, Ann Heusser, Kirsten Larsen, Judith Nast and Mary Riddick. Prospective members were Laurie Faure and Marca Weinberg.



The Welcome team included our Co-Presidents Caroyln Eggleston and Amy La, STEM Chair Frances Rozner and Co-VPs Membership Lamis Hashem and Karen Gustafson.



# 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](mailto:theHashemFamily@gmail.com)



**Cultural Adventures & International Cuisine Group** plans trips to museums and other points of interest several times a year. It is usually a mid-week tour with lunch scheduled. Plans meals at different ethnic restaurants, usually dinner with an easy drive. Join a group that checks out museums, other interesting locations, and special restaurants.



Contact for Adventures: JoAnn Kuroda at 562- 429-6973 / [sojoinlb@aol.com](mailto:sojoinlb@aol.com)  
Contact for International Cuisine: Faye Alperin at 562-659-0051/ [fayealperin@gmail.com](mailto:fayealperin@gmail.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](mailto: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](mailto: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](mailto:riorita111@verizon.net)



**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 October book selection is *This Time Tomorrow* by Emma Stroub. 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](mailto:riorita111@verizon.net)



The **Residential Rentals group** started in 2009 with a monthly 3<sup>rd</sup> 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](mailto:jwg221@aol.com) or **Ellen Mathis** [epmathis@verizon.net](mailto: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

**International Cuisine committee is announcing its first dinner.**

Friday, November 3, 6:30 pm.

**Nomad (at The Marketplace)**

[6563 E. Pacific Coast Highway, Long Beach 90803](https://www.google.com/maps/place/6563+E.+Pacific+Coast+Highway,+Long+Beach,+CA+90803/@33.77488,-118.12258,15z)

RSVP to Faye Alperin, 562.659.0051 [fayealperin@gmail.com](mailto:fayealperin@gmail.com)

See Page 3 for details



**NEW! Please RSVP** by email to Reservations Chair Charlotte Joseph to let us know if you will attend or Zoom. Use this email address !

[aauwlongbeach.reservations@gmail.com](mailto:aauwlongbeach.reservations@gmail.com)

**Deadline to RSVP is October 2.**

You will receive an email reminder and details before the meeting.

A Zoom link will be sent to those who choose the online meeting.

Need some resources to share with others that highlight the AAUW mission and goals?

<https://www.aauw.org/resources/policy/advocacy-toolkit/>

## AAUW BRANCH MEETING

**Saturday, October 7, 2023**

**9:30 am - Mingle and Social Time**

**10:00 am - Business Meeting**

**11:00 am - Program**

**Place: LBCC in Building O-2, room 208.**

**Near Conant and Clark Ave.**

**Guests / Potential Members are Welcome**

BYO refreshments as desired

*We're Stronger Together!*



### AAUW Long Beach Branch

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

PLEASE  
PLACE  
STAMP  
HERE

