



# Vantage

## Post-Covid Mental Health

Sharifa Batts, Program Vice President

Are we really still talking about the COVID pandemic? It is hard to imagine that it has been over 3 years since the worldwide COVID pandemic started in 2020. A new normalcy started and most of us have resumed our lives in one way or another. We have lost loved ones and more during this journey. Approximately two-thirds of women stated that their stress and/or anxiety increased during the pandemic according to the *U.S. News & World Report* (April 2022). Thinking about how you and yours got through the pandemic, let us come together and share coping strategies to maintain or improve your wellbeing. One thing we learned is how resilient we can be, as a community, particularly the wonderful women that make up this organization. See you at the November meeting!



Here's a brief bio of our leader for this discussion: Dr. Amy La is a licensed psychologist with over 15 years of clinical experience in mental health. Besides a Ph.D. in Counseling Psychology, she also has an MBA in Healthcare Management. Her clinical experiences in the field includes working with college students and adults across the lifespan in the community. She previously worked in a group practice and at various colleges. She is currently in

private practice with an office in Cerritos, CA. Outside of work, Dr. La enjoys spending time with her family and traveling.

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

As we begin to move into autumn, it is important to be thankful for what we have and how committed we should be to helping others. The world can be scary these days, with so much happening in our country and others. And as we age, we learn of the passing of more and more of our colleagues. But we are doing important work for women and girls, and we need to take comfort from those efforts.

Our AAUW branch is deeply saddened by the attacks in Israel and the Gaza Strip. So many innocent lives have been lost and continue to be lost. As a non-partisan organization, we try to welcome people from all nationalities, religion, and cultures. Our deepest sympathies with those affected by the violence, with hopes that the conflict will be resolved soon.

We hope that you had an opportunity to see the program from last month, with our very own Alyce Violette, LMFT. She talked about perpetrators of violence in intimate relationships, and shared powerful stories about how perpetrators present and the people they hurt. This engaging event helped us understand how we continue to “blame the victim” and how we need to understand the dynamics of this difficult issue.

In September, the branch meeting hosted Afghani refugees who are making places for themselves in the United States. They both faced staggering challenges to leading normal lives as professional women, all the while struggling with leaving loved ones in their home country. This is particularly relevant because of the refugee crisis happening in several middle eastern countries just now.

We are really excited to be able to highlight our own Amy La, co-president, in the upcoming branch program. Dr. La will discuss mental health issues exacerbated by the Covid pandemic. The lock down made life difficult for many people, and Amy will help us work through some of it. Can't wait!

We are proud to have such a strong AAUW branch in the Long Beach area. The commitment of our members is incredible. We know that volunteering is difficult; we all have busy lives. And we understand that committing to a monthly activity can be more than is possible. So, we encourage you to consider taking on an AAUW activity that is seasonal (working with the STEM Conference on February 23<sup>rd</sup>), or sporadic (agreeing to review branch minutes a couple of times.). Many members do important, limited work quietly and competently. This is the strength of our branch. Please do consider taking on a small job. It is rewarding. We also ask that you attend a fun activity—a cultural adventure, joining a book club, or other item. It feeds us.

We feel honored to serve as co-presidents for such an exemplary group!

### Calendar Dates to Note

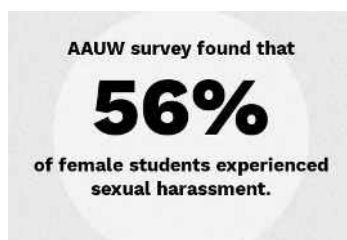
Nov. 4	Branch Meeting
Nov. 7	Election Day
Nov. 20	Exec Board Meeting
Nov. 23	Thanksgiving
Dec. 2	Holiday Party / meeting

### Contact Us

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

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

**November 25th is the  
international day for the  
elimination of violence  
against women.**



# STEM Career Conference 2024

by Darlene Daclan, STEM Coord.

## Calling ALL Volunteers!!

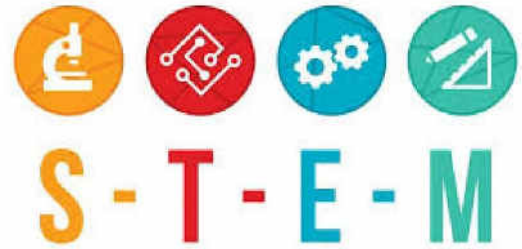
It's that time of year again.

We are looking for volunteers to assist at the branch's 20th annual AAUW Long Beach Science, Technology, Engineering, and Mathematics (STEM) Career Conference. The Conference is scheduled for Friday afternoon,

**February 23, 2024**, at the Sato Academy of Mathematics and Science.

At this yearly Conference, women in STEM careers present interactive workshops to 7th and 8th grade girls from Long Beach schools, encouraging them to attend college and energizing them about careers in STEM fields. We are excited to have 10 schools participate and are in the process of lining up the 10 speakers to lead the workshops.

Volunteers for this event are needed to take on tasks like assisting speakers, greeting the buses and girls as they arrive, assisting the school champions with distributing goodie bags, preparing goodie bags, and photographing the event. If you are interested in being a volunteer or if you have any questions about assisting at the STEM Conference, please email Darlene Daclan at [darlene\\_daclan@yahoo.com](mailto:darlene_daclan@yahoo.com) or call at 562/673-6909.



Women make up only 34% of the workforce in science, technology, engineering and math (STEM), and men vastly outnumber women majoring in most STEM fields in college. The gender gaps are particularly high in some of the fastest-growing and highest-paid [jobs of the future](#), like computer science and engineering.

## 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

The Public Policy Team meets on the 1<sup>st</sup> Monday of each month. Our next meeting will be held on November 6<sup>th</sup>, 2023. The Zoom link will be emailed out the Friday before the meeting. If you have any questions please contact Arnedra Jordan at [ajordan6@my.keller.edu](mailto:ajordan6@my.keller.edu)

### **News from the State of California**

We have some great news on the legislative front. AB 1078, an important bill supported by AAUW California and closely aligned with our School Board Project, was signed by Governor Gavin Newsom on September 25, 2023. AB 1078 "Instructional materials and curriculum: diversity," authored by Assembly member Dr. Corey Jackson, bans "book bans" in schools, prohibits censorship of instructional materials, and strengthens California law requiring schools to provide all students access to textbooks that teach about California's diverse communities. If you missed the School Board Project webinar, you can click below to find the presentation and the recording. Be sure to check out the School Board Project toolkit: [School Board Project Toolkit - AAUW California \(aauw-ca.org\)](#)

### **Gov Trek California is now accepting applications for High School.**

Gov Trek is a dynamic virtual program for high school junior and senior girls aimed at fostering careers in public service and elected office. Over six sessions, participants will delve into hands-on activities, connect with women legislators, and learn the intricacies of political campaigns.

Participants form teams to simulate a campaign: from running for office, managing a campaign, crafting speeches and ads, to designing voter outreach. At the end, teams present their campaigns for a chance to win internships, shadow opportunities, and more.

A vital part of the program is addressing core policy issues and building a unique campaign message. Why does this matter? Gov Trek addresses the stark gender gap in leadership roles and is aligned with AAUW's mission to empower girls in traditionally male-dominated sectors. And the best part? It's free.



Join the Gov Trek network with peers across California, boost your college applications, and champion women's roles in leadership. Only 140 seats available – register now!

For more information, go to: <https://www.aauw-ca.org/introducing-gov-trek/>

**There will also be an informational session for those who want more information about GOV TREK.**

**Sunday Nov. 12, 7 PM: Gov Trek 2024 Information Session: (For Students & Branch Leaders)**

Registration Required: <https://us02web.zoom.us/meeting/register/tZApcOGqDMjH922wW2cgFYVQ7KapII6qAxb>

All are welcome to attend.

## AAUW Fund

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



We can take satisfaction in the many ways members of this branch in concert with others have supported and promoted equity for women and girls through the various AAUW Funds. But we cannot rest on our laurels. As long as there continues to be pay gaps for women at all levels of the workforce, girls who are denied an education, glass ceilings that prevent professional women from advancing into board rooms, female athletes who receive inadequate equipment and facilities, and other inequities, AAUW is prepared to continue to advocate to rectify these unequal conditions.

To further this work, we will hold our annual *Envelope Drive* at the November Branch meeting. Envelopes will be provided. Members can donate by check to the Fund of their choice and give them directly to me. Or the envelopes can be mailed to me as they will be addressed and stamped for your convenience. Of course, there is no need to wait or write a check. Donations can still be made on the AAUW website.

## Branch Business / Invitation

**PLEASE JOIN US!**  
**ANNUAL AAUW LONG BEACH**  
**HOLIDAY GATHERING**

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**SATURDAY, DECEMBER 2<sup>ND</sup>, 2023**  
**10:00 AM – 12:00 PM**  
At the home of **CHARLOTTE JOSEPH**

Join us to Celebrate with an ancient English Yuletide drinking ritual  
(Wassail), salutations, and a yummy brunch!  
(Vegan /Vegetarian Options Available)

**COST: \$15 PER MEMBER**  
(Please bring cash or check to the November meeting)

Checks payable to: **AAUW LONG BEACH**  
via Zelle: [aauwlongbeach@gmail.com](mailto:aauwlongbeach@gmail.com)  
**CASH AND CHECKS** will be accepted at the door!

**Do you know someone who would enjoy participating in AAUW?**  
Bring a Potential Member (or two) as a guest at no cost.  
Eligible, prospective new members who sign up for membership at the event  
will receive a 50% discount on national AAUW Dues.

**COUNT ME IN!**

1. **RSVP to Reservations Chair Charlotte Joseph via email at**  
[aauwlongbeach.reservations@gmail.com](mailto:aauwlongbeach.reservations@gmail.com)
2. **Contact Sharifa Batts @ 562-544-3093 to volunteer for**  
set up, clean up, or serving (past presidents)



### Do You Have Unused Prescription Glasses? Bring Them to the November Branch Meeting

Several members of our branch have recently had cataract surgery and no longer need prescription eyeglasses. I am one of them. I did some research on where I could donate my no longer needed glasses and found that the Downtown Lions Club of Long Beach collects prescription eyeglasses to be distributed to optometrists to give to those that need them.

I have made plans to drop off the glasses donated at the November Branch Meeting with a member of the Lions.

This collection was approved by the Executive Committee at our September meeting.

See you in November! ~~ Patricia (Pat) Ferrer





# Member Spotlight

by Co-Membership VPs Karen Gustafson, and Lamis Hashem

The Membership team has been hard at work and we are pleased to introduce 3 new members to you! Please find them at the next meetings and welcome them to our AAUW branch! Here is an introduction to the newest members:

## How did you get connected with AAUW Long Beach?

**Judith Nast, Psy.D:** I was introduced to Carolyn Eggleston and Frances Rozner through a mutual friend shortly after moving to Long Beach from the Boston area. A couple of weeks after that Frances asked if I would help with the STEM conference—what an impressive event and a welcoming organization!

**Susan Garcia:** Through William Feliciano and TECH Trek at Colin L. Powell Academy

**Nicole Gracie:** Through Tammy Kane

## What is your current position or former position if retired?

**Judith:** I'm a consultant who does program evaluation in higher education mostly with federal and state-funded grant programs. I have also managed grant-funded training programs. All of my projects from New England came with me and I'm actively networking to connect with local colleagues.

**Susan:** I am a 6th and 7th grade Science Teacher. I also teach 7th Grade Health and a Mathematics Engineering Science Achievement (MESA) class.

**Nicole:** I was most recently an Independent College Consultant helping students and families find and apply to great-fit colleges.

## What is something unique that you would like the branch to know about you?

**Judith:** I've been sailing for a long time, brought a beautiful 1963 wooden sailboat with me and have a captain's license. Looking forward to exploring local waters. Aquila is named for a constellation on the equator and is Latin for eagle.

**Susan:** I am on the Executive Board of the Teachers Association Long Beach (TALB) representing North Long Beach Unified School District (LBUSD). I am also working with the Union to try and bring Community Schools to Long Beach.

**Nicole:** I love to talk, but I also love to listen!

## What is your favorite \_\_\_\_ and why? (a favorite book, movie, hobby, destination, activity, etc.)

**Judith:** Interests are architecture and gardening. Lots to learn about my new home and city.

**Susan:** I enjoy swimming and try and go three times per week in the morning. Sometimes I am not successful, but I still try. I also love reading, movies, and the theater.

**Nicole:** My current obsession is Pickleball!

## Any other comments?

**Judith:** Delighted to be involved with AAUW.

**Susan:** Looking forward to the membership.

**Nicole:** Very excited to be part of this group and looking forward to meeting passionate, motivated women.



Judith Nast



Susan Garcia



Nicole Gracie



# 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 November book selection is *The Storied Life of A.J. Fikry* by Gabrielle Zevin. 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)

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 27.**

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, November 4, 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

