



Vantage

Women's Health & Lifestyle Tips

Sharifa Batts, Program Vice President

AAUW will be hosting Seema Shah and the title of her presentation is "Optimizing women's health and well-being through nutritional and lifestyle interventions." She will discuss key nutrient and lifestyle interventions that are important for women's health and well-being. There will be important take-aways and take-home messages, and about 10 minutes or so for some discussion and Q&A.

About Seema Shah:

I am a Dietitian Health Coach based in Long Beach, CA. I have extensive training and education, including continuing education through two different prestigious functional and integrative nutrition/medicine programs. I also have formal health coach training and experience working as a health coach. I have learned a lot about health and healing over the course of my own health journey, and this direct experience with many of the conditions my clients have gives me valuable insight and first-hand knowledge on how to treat them. I am an expert in helping my clients reach their health goals through making and sustaining diet and behavior changes. When I'm not working, I enjoy spending time with my husband, and my family and friends, cooking, reading a good book, catching up on my favorite shows, watching movies, doing Tai Chi Chuan and Qi Gong, practicing mindfulness, and volunteering at my local bunny rescue.



Guests are welcome to attend this program that starts at 11:00 AM. Please send in your RSVP to attend the Branch meeting by October 30. See you on Saturday, November 2 at the LBCC Foundation room 208 for the meeting OR on Zoom. See back page for address.

RSVP at: aauwlongbeach.reservations@gmail.com

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

Well, it is hard to believe but it is November, with the start of the holiday season! We know there will be a lot of things to do for the holidays, but we hope you might be willing to help with some of the AAUW jobs. We are still missing chairs of several important committees. We are hoping you may consider stepping up for one of them. We can promise you there will be lots of help; as we have received lots ourselves!

The open positions are:

- Communications Chair
- Audit Chair
- Public Policy
- President Elect

Please consider taking one of these, with a Co-chair, or not.

As we stand on the hope of our first woman president, please remember the contributions of Shirley Chisholm, the first Black woman to make a serious attempt at the presidency in 1972. Although criticized by many, she had been a legitimate option for the presidency—even though panned by her own party as she was a female, not male, candidate. As the first Black woman member of Congress, she broke a number of barriers. Her slogan hits today just as poignantly, “Unbought and Unbossed.” We can all learn from her today.

American Indian month gives us the opportunity to honor one of our own. Here we highlight the work of Wilma Mankiller, given AAUW’s highest honor from AAUW, the Achievement Award, in 1993. She had also been named an AAUW Woman of Distinction in 1990. Ms. Mankiller was the Principal Chief of the Bureau of Indian Affairs, the first woman to hold that position. In 1998 she was awarded the Presidential Metal of Freedom. She worked particularly to assist in efforts for young women; with social programs, job development centers, and medical clinics. How many of us remember her work today??? Let’s try and remember our history, especially when it is so fabulous!



It is an honor to work with all of you in this vibrant branch. Please help us make it even stronger with your contributions!

Thank you to the October panel members from the League of Women Voters

Calendar Dates to Note

Oct. 21	Board Meeting
Oct. 31	Halloween
Nov. 3	Daylight Saving Ends
Nov. 11	Veterans Day
Nov. 28	Thanksgiving Day
Dec. 7	Holiday Event

Contact Us

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For Vantage Editor: Rebecca Low
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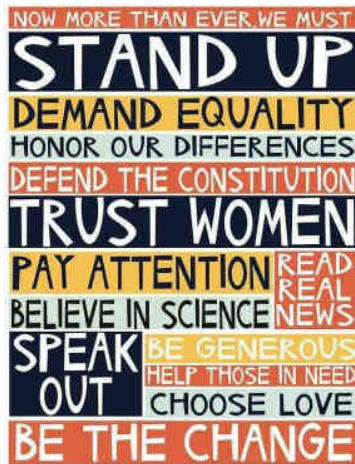
Have you visited the AAUW Long Beach website lately!? Take a look and find information about membership, policies, programs and the mission of AAUW.

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

Public Policy

from the AAUW—CA Newsletter

The highest rate of voter turnout in a national election since 1900 was in 2020. [This rate was 66%](#), or about two-thirds of the voting-eligible population. In every election cycle, it is important to make sure that we all know the mechanics of voting, as well as the issues that are at stake in the election--to exercise our own right to weigh the facts and cast our vote and to ensure that others are able to seamlessly do the same.



AAUW's voter engagement campaign, It's My Vote !, exists to empower you to lead voter education and registration efforts on the ground, in your community. Explore our [Voter Issue Guide](#), tune into AAUW's social media channels for election-related content every Tuesday. Your engagement this election season is vital in shaping a future of equality.

The good news? When women vote, we change the conversation. Check your registration status [here](#).

AAUW Cultural Adventures Outing



We will visit the new **Cheech Marin Center** at the Riverside Art Museum planned for **Wednesday December 4, 2024**.

The address is: [3581 Mission Inn Ave. Riverside, CA 92501](#).

The museum opens at 10 am.

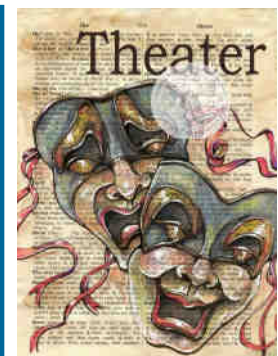
Admission is \$15.95 for adults and \$10.95 for seniors. We are planning on leaving between 8:30 and 9:00 and be carpooling to the museum. Metered and lot parking is available along Mission Inn Ave. Enjoy lunch on your own afterwards (walking distance) at the Mission Inn. Please make reservations

with Elaine Heber at: 619-609-8266 or elainebethheber@yahoo.com

Theater Event

We have purchased a group of tickets to see "The Spirit of Harriet Tubman: Featuring Leslie McCurdy" at the Cerritos Performing Arts Center on Tuesday, **January 28, 2025** at 6:30 PM. Tickets are \$10.00. Tubman was the historic Underground Railroad "conductor" who risked her own life leading slaves to freedom.

If you are interested in attending, please contact Mary Ann at martakemoto@gmail.com.



Membership Counts

by Mary Ann Takemoto, Faye Alperin, Membership Co-VPs.

We celebrate the addition of New Members to our Branch. Of course the best way is with good food and fellowship!



L-R: Amy La, JoAnn Kuroda, Mary Ann Takemoto, Valerie Armstrong, Faye Alperin, Denice Hernandez, Lamis Hashem, Celia Mejia, Lynne Katz, Sandy Cajiga and Tobi Balma

Board Business

by Linda Westman & Cacelia Kim

Motions passed at the EC meeting on September 16, 2024

Motion – Denise Montoya on behalf of Frances Rozner for Reimbursement of Women’s Fair Expenses

“I move that the Executive Committee approve payment by the Treasurer from the Reserve Fund to Frances Rozner for \$155.50 to cover the cost of candy and 150 promotional pens for the tabling kit.”

Seconded by Tobi Balma Passed by unanimous vote

Motion – Mary Ann Takemoto on behalf of the Scholarship Committee

“I move that the Branch continues the gift agreement for the AAUW LB Frances Magarian Scholarship at CSULB for a period of five years (beginning Dec. 2024 through Dec. 2028) in the amount of \$5000 per year.”

Background: In 2022, Branch voted to extend CSULB scholarships indefinitely; we have a contract with CSULB

Development Office to assist us with implementing scholarships, including disbursing and collecting applications & setting up interviews; have just finished 3-year contract and CSULB would like another contract for 5 years. Motion passed by unanimous vote

Motions passed during the October 21, 2024 Board Meeting:

Motion – Frances Rozner, Outgoing STEM Conference Co-Chair

“I move that the \$2,395.15 currently in the AAUW CA Special Projects Fund STEM Account be transferred to the AAUW CA SPF Whittier Camp Tech Trek Account.”

Seconded by Linda Westman Passed by unanimous vote

Motion – Frances Rozner, Outgoing STEM Conference Co-Chair

“I move that the \$29,272.78 currently in the STEM Fund be transferred to the branch Reserve Fund.”

Seconded by Linda Westman Passed by unanimous vote

Shape the Future Awards

from the Executive Committee

National AAUW launched a *Shape the Future* campaign to encourage new members to join our branch. Please think about potential new members to invite to any of our outings and events, including the Holiday party and the Spring Fling. Based on our success in recruitment last year, the branch was awarded three free national memberships. The Executive Committee approved awarding these memberships to three outstanding branch members:

Becky Low has served as our Vantage editor for a number of years. She does a superb job with the newsletter which helps to keep members informed and aware of current issues. Her background of teaching and running computer classes and labs for American schools overseas shows in her dedicated work on the newsletter. Becky was fortunate to live and work abroad for more than 20 years in Spain, Chile, Abu Dhabi and Canada. It is our vibrant group of women and the opportunity to learn so much that keeps her connected with us.

Linda Westman is in her second term as Secretary for the branch and has served as Fund VP multiple years. Additionally, she has volunteered for the STEM conference and is a great team member who is always willing to help. Linda's background is in education and she has a passion for reading mystery novels and gardening. Linda says the friendships she has made, her belief in the AAUW mission, and the feeling that she is making a contribution in our community, are very important aspects of being a part of our organization.

Lamis Hashem is well-known for her gracious hosting of many AAUW new member orientation dinners at her home featuring authentic Middle Eastern cuisine. Lamis was born in Damascus, Syria and still has family there. She has just returned from an extended trip visiting relatives in Jordan. Lamis taught French Literature at CSU-LA and is a big proponent of our Book Chat group.

We are fortunate to have such outstanding members and are delighted to recognize them with this award.



ANNUAL NOVEMBER AAUW FUND DRIVE

This is the month of Thanksgiving, and our opportunity to be thankful for being a member of AAUW. Once a year we ask members to donate to the AAUW Fund, The AAUW Fund is that part of AAUW which supports the mission of AAUW, lets us stand strong for gender equity, and keeps our voices loud on critical issues affecting women. In essence, the Fund supports all of the work of AAUW, like Fellowships and Grants, Projects, coalitions, the [Website](#), webinars, staff, operational needs to keep the doors open, and much more. Without the National Organization, there is no AAUW.

Please bring your checkbooks to this meeting and consider donating generously! If you have an IRA and receive RMD's, please consider donating directly from your IRA to lower your taxable net income. Checks should be made out to AAUW, with the Fund name and number on the notation line. If the check comes from your brokerage, make sure your name and AAUW Long Beach are also on the notation line. Ginny Baxter will bring self-addressed envelopes to the meeting. For those unable to attend the meeting, please mail your check to Ginny Baxter, whose information is our Directory and in the Members Only Section of our Website. (Questions? Contact Tobi Balma.)

AAUW prefers donations to the Greatest Needs Funds (#9110). This way your donations are unrestricted and can be directed flexibly to current needs/issues that come up (like Voter Education, Reproductive Choice and other Mission related issues that need immediate attention and action). You can donate to the Greatest Needs Fund online [HERE](#) or by check.

In addition to the Greatest Needs Fund, here is a listing of frequently used funds and their codes:

- 9170-Eleanor Roosevelt Fund
- 4452-Leadership Fund
- 4451-Governance & Sustainability Fund
- 4450-Education & Training Fund
- 4449-Economic Security Fund
- 3999-Legal Advocacy Fund



You may also donate to these two California endowments that are not yet completed. Fellowships and Grants are paid out of the interest of completed endowments, never from the endowment itself. These endowments need help to be completed.

- 4376-Dr. R. David & Jessica Miller Fund
- 4387-Walter & Emily Hackler Research & Projects Grant

International Cuisine

International Cuisine diners gathered at Marino's Restaurant for an evening of traditional Italian fare.



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 & 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. We also plan 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

Contact for International Cuisine: **Faye Alperin** at 562-659-0051/ 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.

This group is currently meeting with Cultural Adventures and the IC groups.



Great Decisions Groups are self-moderated groups that meet to discuss issues of world importance, guided by the Great Decisions book published by the Foreign Policy Association. The Great Decisions book highlights nine thought-provoking foreign policy challenges facing America. The program provides materials that help people reach informed decisions on the issues and participate on the foreign policy process and world affairs. One group meets Friday afternoons and another meets Wednesday evenings at 6:30pm. Each person pays for their own copy of the book. Contact your group leader or **Rita Powell** to join a group or for more information.



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 *Pale Morning Light with Violet Swan* by Reed. We share this information so even if you aren't able to join us, you have reading suggestions. At this time, we have room for more! 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. This group currently on hiatus.



The Residential Rentals group started in 2009 with 3rd Wednesday 10 am gatherings. It continues as a discussion group on topics relating to residential rentals – things of interest/importance/concerns. We keep each other informed. The group has averaged 10 members over the years. It continues the 3rd Wednesdays in odd months; most often meeting at the dining room table in our homes or ZOOM.

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



Under the Umbrella Book Group - meets the 3rd Saturday of the month at 2:00 PM . We will read a variety of genres. We have room for more members! Contact **Carol Llewellyn** 562-430-4380

International Cuisine discovers the heart of Peru with chef Jorge Chan.

Monday, **November 4, 2024**, 11:00 am

El Rocoto, 11433 South Street, Cerritos
RSVP Faye Alperin 562.659-0051

Website: elrocoto.com
Fayealperin@gmail.com



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

aaulongbeach.reservations@gmail.com

Deadline to RSVP is October 30

You will receive an email reminder and details before the event. Zoom link will be sent prior to the meeting date.

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, Nov. 2, 2024

9:30 am Social Time
10:00-11:00 Business Meeting
11:00-12:00 Program

Place: Long Beach City College Building O2, Room 208
4900 E. Conant St. LB 90808

Building O2 is on Clark, on the southwest corner of Conant, behind and to the west of Rosie the Riveter Park. Enter Conant from Clark, turn left into the 1st driveway. Bldg O2 is the 2nd building on the right .

Guests / Potential Members are Welcome



AAUW Long Beach Branch

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

PLEASE PLACE STAMP HERE

