



Vantage

Challenges Faced by Women

Sharifa Batts, Program VP

On February 1st, 2025, AAUW will be hosting Sydney Traxler, who will discuss **“The Intersection of Mental Health and Gender Equity: Addressing Challenges Faced by Women.”** This topic highlights the unique mental health challenges women face due to systemic inequities, societal expectations, and overlapping identities, such as being women of color, caregivers, or professionals in male-dominated fields. This discussion aligns with AAUW’s mission to advance gender equity and could foster a deeper understanding of how mental health intersects with its advocacy for women’s empowerment and equity.

Sydney Traxler was born and raised in Long Beach, attending Longfellow, Hughes Middle School, and graduating from the CIC program at Long Beach Polytechnic High School. Center for International Curriculum (CIC) is a college prep honors program at the school. She earned her Bachelor’s Degree in Psychology and Social Behavior from the University of California, Irvine (2016) and received her Masters of Social Work (MSW) degree from California State University, Long Beach (2019).



She has worked within the mental health field since 2016 and specializes in mentoring at-risk youth to help them achieve their life goals. Sydney has worked with foster youth and provided community mental health services throughout the pandemic. Professionally, she is a school counselor at Loyola High School and is an individual therapist at a private practice. Sydney has been married for over 7 years, and she and her husband have three wonderful children.

Guests are welcome to attend this program that starts at 11:00 AM. AAUW meeting order: 9:30 AM socialize, 10 AM business meeting, 11 AM program. Venue: Long Beach City College, 4900 E. Conant St (Clark & Conant). Follow signs to building O2, Room 208.

RSVP to Charlotte Joseph 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.



From the Co-Presidents

by Carolyn Eggleston and Amy La, Co-Presidents

There is still a chance to register for the Lobby Days in Sacramento! One can attend in person or virtually April 8 (in person) or via zoom April 9. You have until February 21 to register. If you have never spoken with your representatives in this way, it is a blast! If you have before, please lend your expertise! See below for registration information. Please participate!

At the upcoming Branch meeting February 1, there will be a discussion about the results of the Reimaging AAUW LB group. We hope you can attend to hear about this. We also hope you completed your survey and attended at least one of the focus groups. This helps inform our future, so learn more and see if there is a place for you contribute.

- Feb is Black History Month!!! There are things to remember and to celebrate. Long Beach has a long history of celebrations. Try to visit the exhibit at Loiter Galleries, 425 Promenade North offered Feb 17—March 23. It will celebrate women who were involved in the civil rights movement, including Rosa Parks.
- The African American Cultural Center of Long Beach will present a two-day event at the Expo Arts Center, as will the Festival at the Aquarium of the Pacific. The Aquarium Festival will be held February 24, 25.

There are also so many things we need to remember about the African American experience in the United States. One is the 1921 Tulsa Race Massacre in Oklahoma. In an area that was called "Black Wall Street," a middle-class Black enclave in the city, May 31 and June 1, 1921, whites burned down the area. Evidently a Black elevator operator stepped on the foot of a White woman, with rumors building to describe it as a rape. There were over 1,000 homes and businesses destroyed. The death toll is reported as up to 300. There remains an effort to get reparations for people involved in the massacre who were burned out. This has gone on so long, without completion, that there are two people left alive who experienced the carnage.

AAUW members are good about keeping these memories and celebrations in our minds as we go about helping girls and women have a better start.

Calendar Dates to Note

Jan. 20	MLK Day
Feb. 1	Branch Meeting
Feb. 14	Valentines Day
Mar. 1	Branch Meeting
Mar. 17	St Patrick's Day

Contact Us

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For Vantage Editor: Rebecca Low
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AAUW CA Lobby Days 2025

Frances Rozner, Branch Coordinator



Please join us for Lobby Days 2025!

We have three AAUW LB members already interested in the virtual event. The Days are April 8th and 9th and it is an opportunity to meet with state legislative offices and to advocate for AAUW California's three priority bills. Meetings will be held in person at the Capitol on Tuesday, April 8th, and virtually via Zoom on Wednesday, April 9th. A mandatory training webinar will be held on Monday, March 31st, 7-8pm, to equip you with everything you need to know for a successful meeting.

For more information, see the article [HERE](#). If you are interested in participating, complete both steps below:

Step 1 - Register [HERE](#) for the Lobby Days event by February 21st.

Step 2 - Register [HERE](#) for the mandatory training which will be held on Monday, March 31st, 7-8 pm Pacific.

Thank you for representing AAUW Long Beach at our State Capitol and for informing Frances Rozner, francesrozner@gmail.com, that you'll be joining our team.

Help Us Reimagine

from Denise Montoya and the Study Group

Reimagining Study Group Status Report #3

Thank you to the members who provided feedback to the Study Group ad hoc committee, by submitting completed Surveys and attending one of the three Focus Groups! Your support of the work of this committee has contributed us having a better understanding of your interests and commitment to a new pilot program/project for 2025 – 2026.

A summary of the data collected will be presented at the February 1, 2025 Branch meeting. You won't want to miss our report.

In the meantime, committee member and Qualtrics software guru, Judith Nast, will be crunching the numbers and provide a draft summary to this committee on January 27th for review, with our comments due back to our group on January 30th. The final summary will be shared with you at the Branch meeting. (A copy will be sent out in an e-blast after the meeting, for those who wish to keep a copy and those unable to attend.)



Please contact Study Group Co-Chairs Erin Murphy (ErinMurphy@lbcc.edu) or Denise Montoya (dgmontoya44@gmail.com) with any questions. We value your participation!

IN MEMORIAM

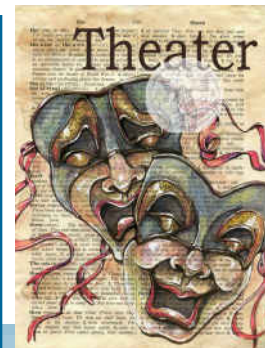
Longtime member and past president, **Lynn Shrum**, passed away after struggling with a lengthy illness. Lynn was a very active member of the Long Beach branch. She was involved in the mentoring program from 1998 to 2004. She supported mentees in volunteering for the Special Olympic events in Long Beach and taught them the benefits of financial planning and readiness for the real world. She was a past co-president from 2001 to 2002 with Linda Silver and a strong supporter of women's and girls' causes. She was involved in several local organizations including the Library Foundation, Soroptimist, Special Olympics, Long Beach Day Nursery, and Ability First to name a few. Thank you Linda Silver for sharing about Lynn. She will be missed dearly. Our condolences to Lynn's family and friends.



Theater Event

Check to see if tickets are there for "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.



AAUW D E I

submitted by Tobi Balma, courtesy of Hadar Dohn, Director of Jewish Queer of LA.

Diversity, Equity & Inclusion

28 Ways to Be an Ally & Why They Matter

JQ
Sign up for the JQ Newsletter
Knowing LGBTQ+ offerings can help your peers access them

Speak out against hateful comments and jokes
Sharing your supportive voice stops harmful discourse

Don't assume everyone is cisgender and straight
Making assumptions can be harmful

Share your pronouns and respect other's pronouns
Sharing creates a space where others can share as well

Attend LGBTQ+ events when possible
Showing your support speaks volumes to LGBTQ+ folks

Do not out anyone
Maintaining privacy builds trust and strengthens bonds

Attend a JQSA event as an ally with your LGBTQ+ friends
Showing your support speaks volumes to LGBTQ+ folks

Know when to step up and step back
Knowing when to share your voice keeps LGBTQ+ spaces queer

LISTEN
Listen to your LGBTQ+ peers when they share with you
Listening leads to deeper understanding of experiences

Invite LGBTQ+ peers to spend time with you
Including LGBTQ+ peers creates deeper opportunities to learn

Demonstrate your allyship with rainbow flags
Displaying the flag lets LGBTQ+ folks know that it is a safe space

Confront your biases and ask yourself "why?"
Understanding biases allows us to confront and remove them

Read a book about LGBTQ+ history
Knowing LGBTQ+ history supports allyship

Quickly apologize and move on when you misgender someone
Being appropriately sensitive to pronouns creates safety

Advocate for inclusivity in your community
Advocating for LGBTQ+ peers strengthens collective support

Tell someone who has been bullied that you're there for them
Sharing that you care for someone can change their life

Tell a trusted adult if you hear hateful comments and jokes
Maintaining safe spaces lets folks know you care

Watch videos, shows, and movies about LGBTQ+ people
Consuming LGBTQ+ media helps you understand your peers

#LGBTQ
Educate yourself on LGBTQ+ terminology
Understanding terminology allows for greater advocacy

Be willing to make mistakes and own up to mistakes
Being kind to yourself ensures a life of continued learning

thanks go!!!
Use inclusive and gender neutral language like, "Hi everyone!"
Being aware of diverse gender identities creates a safer space

Do your research on how to be a better ally
Doing your own research relieves stress for LGBTQ+ folks

JQ HELPLINE
Contact the JQ Helpline to get involved as an ally
Reaching out as an ally shows that you care

Educate other allies about LGBTQ+ inclusivity
Sharing the burden of education relieves stress for LGBTQ+ folks

CONFIDENTIAL
Respect people's right to privacy
Respecting privacy builds trust and friendship

Celebrate LGBTQ+ pride all year
Celebrating pride allows for more expression and exploration

Honor and recognize significant LGBTQ+ events
Honoring LGBTQ+ events lets peers know that you are an ally

kindness
Be compassionate, kind, and open
Developing these traits leads to deeper connection with peers

Public Policy

from Tobi Balma and AAUW California Public Policy Committee

Why do AAUW's Public Policy Priorities matter?

They shape the actions that we take as an organization, socially and legally.

AAUW's mission is to advance equity for women and girls. Our Public Policy Priorities guide how we encourage active citizenship toward the goal of advancing our mission. There are four branches to our Public Policy Priorities: Economic Security, Equal Access to Quality Public Education, Social and Racial Justice, and Increased representation of Women in Leadership roles. Each of these priorities is further broken down into several action-oriented subcategories, such as enforcement of Title IX and passage of the ERA. Our 2023-25 priorities can be found at <https://www.aauw-ca.org/public-policy-priorities-ppp-revised/>.

As active participants in society we can help shape the laws and society that govern us, such as healthcare, environmental policies, sex education, curriculum and book banning, housing, childcare, voting rights, immigrants' rights, sexual harassment, domestic violence, racial and LGBTQ discrimination, and Title IX enforcement. We "advocate" or promote our mission through research, education and lobbying for legislation on the international, national, state, and local levels.

Why do our Public Policy Priorities matter? They make us the most effective advocates for our collective mission to protect and expand gender equity. At the branch and individual levels, we can take advantage of as many opportunities as possible to operationalize our Public Policy Priorities, and through this work to actively promote AAUW's mission. AAUW as an organization relies on the branches to stay informed and to keep track of where our Public Policy Priorities may fall short, to form coalitions with local allies who have similar missions, and to assign branch members to focus where we can have the most impact.

Prepare for Nominating

from Jane Hansen, Nominating Chair

The new year has begun and it's time to think about nominations for our branch officers for 2025-26. The nominating committee has started its work, and you have a very important role to play. *If you have been thinking about getting more involved in our branch, now is the time to reach out to the nominating committee to find out more about available leadership positions!*

Becoming an officer is a way to share your talents, develop your skills and build deeper friendships. Many of our members have served in leadership roles diligently for years. It's a great legacy and one that we want to honor, by ensuring that the health and vitality of AAUW Long Beach continues.

One-year terms:

President President Elect (for branch year 2026-2027) Program VP
Membership VP AAUW Fund VP Secretary



Two-year terms:

Investments VP Financial Secretary Membership Treasurer
Treasurer (The current Co-Treasurers will serve through June 2026)

Any of these offices can be shared by two people, such as "Co-President, Co-Membership VP."

No elected officer may serve more than three consecutive terms in the same office.

The elected officers comprise the Executive Committee, which meets monthly over Zoom.

This group, together with the wider board of appointed officers, functions as the planning entity for our branch.

The nominating committee will present the slate of candidates at the branch meeting on March 1st, with the election to follow in April. You can reach out to any of the nominating committee for more info. Members are: Jane Hansen, Chair; Faye Alperin, Jeane Caveness, Carol Clanton, Karen Gustafson, and Denise Montoya.

AAUW has a proud heritage of helping women pursue higher education, tracing back to a time when few women had that opportunity. AAUW Endowments will last into perpetuity because only the interest is used for the awards, not the principle. From its humble beginning of awarding \$350 in 1888 to over \$6 million in 2024, the AAUW Fund is something all members can be proud of. Now the Fund supports AAUW's Mission and Programs through the AAUW Greatest Needs Fund, rather than focusing on creating more endowments.



It started after the U.S. Civil War. With a growing middle class and more women looking to go to university, AAUW founder Marion Talbot gave the call to support a fund for women's graduate education. She and Fellowships chair Christine Ladd Franklin asked all members to contribute \$1 per year. The goal was "to enable gifted women to use their intellectual powers for the good of humanity."

In 1888, the very first fellowship went to Ida Street, a pioneer in the field of early American Indian history, in the amount of \$350. It was the beginning of AAUW's history of funding women in education."

In 1890, AAUW — which was then called the Association of Collegiate Alumnae — had awarded the first European fellowship and by 1917 the Latin American Fellowship, which eventually evolved into the International Fellowship program that has funded women from more than 150 nations.

By the late 1890s, AAUW's focus on graduate funding was designed to push more women to take on roles of professors, administrators, deans or college presidents. and other important leadership positions.

In 1920, AAUW members helped raise funds to purchase a gram of radium for Curie to use in her research at a cost of \$100,000. The Marie Curie Radium Fund was so successful that it raised an additional \$56,000 over the required amount. After Curie died in 1934, the money was passed to her daughter, Irene Joliot-Curie, who at the time was continuing her mother's research. The funds eventually went into a fellowship to support a French or American woman studying chemistry, physics or radiology.

By World War II, AAUW established a War Relief Fund to help many women in Europe either find positions or in the U.S. or Latin American Countries. When the war ended, AAUW launched another drive to raise funds to bring women from liberated countries to the United States to study. In many cases the women's home countries had been completely obliterated so the grants enabled them to further their education.

By the 1950s, AAUW had funded more than 1,100 women in over 40 countries. A lot of women who received AAUW funding in the 1950s and 1960s later became the first women college presidents.

In 1963, AAUW expanded its fellowship and grant program. In collaboration with the U.S. Department of State, it developed the African Educators' Program, which brought African teachers from newly independent African nations to America to study in U.S. colleges. AAUW members also decided to create a fund in honor of Coretta Scott King, raising \$150,000 for African-American women to study African-American culture, civil rights and peace.

In the 1970s, AAUW authored a report titled "Where Do Women Stand?" and found that women were underrepresented in all levels of academia. During that time, women were demanding their rights and demanding equality.

AAUW created research and project grants that allow women to return to school, to re-enter the workforce, and to give them the skills they need to be competitive in the workplace. It created "Selected Professions Fellowships" to bring more women into non-traditional fields such as law, business and medicine.

Later the focus for these fellowships and grants evolved to cover science, technology, engineering and math as well.

Beginning in 2000, AAUW developed International Project Grants that allow International Fellowship alumnae to return to their home countries and work in their communities on projects that impact women and girls locally.

(abstracted from AAUW National "Funding Women's History,"

<https://www.aauw.org/resources/programs/fellowships-grants/funding-history/>)



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 February book selection is *The Elephant Whisperer* by Lawrence Anthony. 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

So much has been added to the AAUW-LB Website! Take a look !

Home Page for monthly Meetings info

<https://longbeach-ca.aauw.net/> and other news <https://longbeach-ca.aauw.net/news-2/>

2024-2025 Meetings: <https://longbeach-ca.aauw.net/2024-2025-branch-meetings/>

Website Menu changed with separate menu item for Interest Groups

<https://longbeach-ca.aauw.net/interest-group-activities/>

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 January 27

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, Feb. 1, 2025

9:30 am Social Time to Mingle

10:00-11:00 Business Meeting

11:00-12:00 Program

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

Building O2 is on the southwest corner of Clark and 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 to RSVP



AAUW Long Beach Branch

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

PLEASE
PLACE
STAMP
HERE

