



# GREATER WHITTIER AREA BRANCH AAUW NEWSLETTER

<http://whittier-ca.aauw.net>



## APRIL



**BRANCH MEETING  
SATURDAY, APRIL 8, 2017  
11:30 AM  
ELK'S CLUB, WHITTIER**

For the AAUW meeting on April 8 the program will be Women's Issues. The speaker is clinical psychologist, author and media personality Dr. Ana Nogales. Dr. Nogales has spoken throughout the country to many businesses, corporations and organizations. Ana is a long-time friend of our President, Dolores Gonzalez-Hayes; Dolores arranged for and is delighted that Ana is available to speak to our organization.

Lunch will be Yankee Pot Roast with mashed potatoes, french green beans, mixed green salad, dessert, coffee, tea, and water. You may also choose one of the following four alternatives if ordered before the reservation deadline (below) or by pre-arranged standing order: Vegetable Pasta Florentine, Fettuccine Alfredo, Chef's Salad with Grilled Chicken Breast, or a Grilled Portobello Mushroom Sandwich with potato salad. The New Phoenix Section will decorate our tables this month

Reservations for the Branch Meeting are due by noon on Wednesday, April 5. Cost is \$20. Please send an email to DeDe Shatzen at [aauwsvp@gmail.com](mailto:aauwsvp@gmail.com) (alternate email: [Lsecret@earthlink.net](mailto:Lsecret@earthlink.net). If you're without email, call DeDe at (310) 617-7768. Your reservation will be confirmed.

The meeting and luncheon will be in the Elks **Clubroom**. The entrance to the **Clubroom** is on the west (Quad) side of the building. Enter the back parking lot, drive past the Ballroom entrance, and turn right at the end of the building. Look for the AAUW signs. The Elks Lodge address is 13620 Whittier Blvd., Whittier.

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Don't forget to use our  
Branch Website!  
<http://whittier-ca.aauw.net>

*For comments or questions  
Please contact Sharon Heck,  
Website Manager  
[heck37@verizon.net](mailto:heck37@verizon.net)  
562-698-0476*

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## PRESIDENT'S MESSAGE



Today, I received inspiration from listening to Maria Shriver's interview with Caitlin Crosby, a young musician who founded a "pay it forward" non-profit. Caitlin may have lacked experience in starting and running a non-profit, but she made up for it with a healthy dose of "caring" for others. Like most musicians, Caitlin sold her music CDs at her performances to promote her music. And, it was during one of her music tours that she stayed at a hotel that issued traditional room keys. Caitlin put the key on a chain and took it to a locksmith to have the word "love" engraved on it as a reminder to love herself and accept her flaws. And, while waiting for her key, she noticed a bin of old keys at the shop. She bought all the keys and had them engraved with inspirational words ("empower"; "courage"; "strength"; "acceptance") and sold the keys at her performances. She began receiving messages from people who had purchased a key telling her that the key had served them as a positive reminder during difficult times and that they had passed on their key to a friend going through a similar situation.

Around the same time, on a rainy day in Los Angeles, Caitlin saw a young homeless couple holding a sign that read, "ugly, homeless and hungry", and she stopped to talk to them. She took the couple to dinner, heard their story, asked about their interests and had an "aha moment" when the homeless young woman shared about her interest in making jewelry. Caitlin not only hired the couple to make keys but also made them partners in a new business, The Giving Keys, a non-profit that gives jobs to homeless people making a simple words-of-hope product. Today, a number of transitional housing agencies refer homeless men and women to The Giving Keys project, people who are ready to make a change from transitional housing, to being fully housed and employed.

Caitlin's pay it forward project reminds me of our own giving project, AAUW. Ours, too, pays it forward helping to develop the interest of young girls in math and science, and offering scholarships to women pursuing careers that will make a powerful and impactful difference in the world.

*Dolores Gonzalez-Hayes*

## A MESSAGE FROM YOUR WEBSITE MANAGER



Everyone enjoys seeing photos on the Branch website. Unfortunately, several of the photos have been included with the articles for a long time. If your section has some recent photos taken at your meetings, please send them to me online and I will add them to the website. My email address is: [heck37@verizon.net](mailto:heck37@verizon.net). If you can't get them online, give the photos to me and I will try to scan them. My children and grandchildren are a great help with the scanning and fixing of the photos. Please check out the website and give me your comments - both good, and needs improvement.

Sharon Heck

## AAUW FUND

You can...

Create change,  
Advance equity,  
Empower women and girls

Our March 4<sup>th</sup> Fund Luncheon with Christine Morrison was a huge success. Christine captivated the audience with her engaging style and love of inorganic chemistry. Her PowerPoint presentation helped us to better understand her research on producing human made fertilizers. She shared with us her appreciation to AAUW for allowing her to pursue her Doctorate.

In addition to her presentation Christine shared with us some of her interests, which include participating in triathlons, cycling, and Scuba diving. We were so impressed to find out that she was a Rhodes Scholar and is currently teaching a chemistry class at Occidental College. Christine aims to improve chemistry education in order to increase retention levels in STEM fields, especially among women. This summer she will begin a Post Doctorate at the University of California San Diego.

As we all listened to Christine we were so proud of her and the work that AAUW does to support the American Fellows.

Rozanne Child, AAUW  
Fund Vice-President



## PUBLIC POLICY

This report is from AAUW's Washington Update:

### New Report Highlights Threat of Vouchers and Tax Credits to Public Education

With President Trump and Secretary of Education Betsy DeVos pushing for \$20 billion in federal funds to be used for block grants supporting school choice initiatives like vouchers, [The Century Foundation](#) released a report that identified school vouchers and tax credits as a real threat to public education. In addition to redirecting funding away from public schools, TCF argues that vouchers also increase student segregation by race and socioeconomic status. Additionally, vouchers, which siphon taxpayer money to private schools, have shown to have a potentially **negative impact** on student achievement. The report supports socioeconomic integration programs in public school districts and the expansion of magnet programs that have shown to expand student educational opportunities. With the [House Oversight Committee](#) voting to approve the continuation of the D.C. Opportunity Scholarship Program, the only federally-funded voucher program in the nation, AAUW reaffirms that when federal funds are re-directed to private and religious schools through school voucher programs, it puts the education and civil rights of women and girls at risk. **Tell your senators and representative** to protect funding for public schools, and to oppose any school voucher schemes that may come before the 115th Congress.

Dolores Seidman, Public Policy  
Chair



## MEMBERSHIP

April is here and we want to remind everyone to renew her membership dues. This month we will be giving citations for the 50<sup>th</sup> anniversary of membership for Katherine Nighswonger and Barbara Pickard. We are looking forward to that. All our members are the eyes and ears of recruiting. Thank you to all members who have brought members into our branch.

Membership Chairs: Maura Greeley & Karen Van Der Baan

## TECH TREK



During March, the committee held interviews at Dexter, Katherine Edwards and Andrews schools in the Whittier City School District. Of the 19 applicants interviewed, the committee selected twelve girls who will receive scholarships to attend camp at Whittier College the week of June 25<sup>th</sup>.

Tech Trek is asking all branches sending girls to the Whittier camp to support the Rube Goldberg Machine Project by collecting miscellaneous items -- anything-really! A possible list of items includes: dominos; balls of all different sizes and masses; pvc piping; rubber bands; plastic containers; balloons; marbles; springs. Several other items we collected last year that proved to be useful included egg cartons; miscellaneous Tupperware containers and lids; rulers; string; golf balls; wire baskets; paper towel and toilet paper rolls; wrapping paper rolls. (We overdid it last year in collecting these last items!)

The director has asked that items be brought directly to the college on the day the staff arrives, June 24<sup>th</sup>. Drop off times and the location will be provided in the June newsletter. If you cannot bring items to the college on that day future newsletters will inform you of committee members who will gather items prior to the 24<sup>th</sup>. We certainly appreciate your willingness to help and contribute. Last year, the task of sorting all the donations became monumental. Please keep like items separated in individual bags or baggies or banded together. That will make a huge difference to the staff and volunteers.

Ann Chambers and Pat Dudley

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# READING IS GOOD FOR YOU

Reprinted with permission of the Aurora Colorado AAUW Branch. Thanks to Dolores Seidman and Jill Smith for sending it our way. Sorry it is a bit crooked; it is a photo from their newsletter.

Aurora CO Branch Newsletter  
February 2017

## BOOKWORMS LIVE LONGER

*Book readers' lives were two years longer than nonreaders'.*

By Rhea Hirshman | Yale Alumni Magazine | Nov/Dec 2016



The next time you talk to a clinician about how you're taking care of your health, you might want to include a discussion of your reading habits.

Although sedentary activities are not usually regarded as promoting health, a recent study by Yale researchers showed a significant link between book reading and longevity. (The work was published in the journal *Social Science and Medicine*.) Researchers examined data from 3,635 individuals who have been involved over several years in a nationwide health study of people over age 50.

Based on their answers to the question "How many hours did you spend last week reading books?" respondents were divided into three groups: those who read no books, those who read books for up to three and a half hours, and those who read books for more than three and a half hours.

The study showed a marked advantage for book readers. Over 12 years of follow-up, those who read books for up to three and a half hours per week were 17 percent less likely to die than those who did not read books, while those who read most were 23 percent less likely. Book readers averaged a two-year longer life span than those who did not read at all.

"Older individuals, regardless of gender, health status, wealth, or education, showed the survival advantage of reading books," says Becca Levy, a professor of epidemiology and psychology. The survival advantage, she adds, persisted after adjustment for baseline cognition—meaning that it was the benefits of reading, rather than the readers' previous cognitive capacity, that helped lengthen life spans. "More questions need to be answered," Levy says. "But we know that reading books involves two cognitive processes that could confer a survival advantage: the slow, deep immersion needed to connect to content; and promotion of empathy, social perception, and emotional intelligence."

Submitted by: Jane Ott/Maureen Wysocki, Douglas County Branch AAUW

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AAUW advances equity for women and girls through advocacy, education, philanthropy, and research

## Dining 4 \$\$\$\$ Save The Date

Pass these out to friends and family



Join California Grill and proudly support Whittier AAUW for the...

**DINING 4 \$\$\$\$\$**  
**Thursday, April 27, 2017**  
**7:00 am - 10:00 pm**

*California Grill will contribute 20% of the proceeds to the Whittier AAUW when you present this flyer to your server.*

Only at California Grill  
6751 Painter Ave., Whittier, CA 90601  
(562) 907-7017  
[www.californiagrill.biz](http://www.californiagrill.biz)



\*No discount will be offered with flyer use. Flyer is to be attached to receipt for credit and cannot be handed out at restaurant.



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# SECTION INFORMATION



## Memories

The April meeting of Memories will be held at the home of Gwen Woirhaye on April 26 at 1:30 PM. The topic is “My First Airplane Ride.” We invite new members who enjoy writing and sharing with a group of warmly accepting women. If you have another topic you prefer to write about, go for it! Any questions? Call Carole Restovich at 562-696-0296.

**Gwen’s home** is at 5810 Friends Ave. Park at the top of the driveway or in front – Gwen has parking permits available.



## DESIGN HOUSE

Barbara Gile and DeDe Shatzen are chairing our Design House participation this year. Shift reservations are available. Barbara and DeDe will have more information at the Branch Meeting on April 8.

## Modern Trends in Literature

Next meeting is April 27, 7 PM, at the home of Gwen Woirhaye. Trish Carlson is co-hostess. Carol Shupek will lead discussion on *Me Before You* by Jojo Moyes.

“They had nothing in common until love gave them everything to lose . . .

Louisa Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than their tiny village. She takes a badly needed job working for ex–Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life—big deals, extreme sports, worldwide travel—and now he’s pretty sure he cannot live the way he is.

Will is acerbic, moody, and bossy—but Lou refuses to treat him with kid gloves, and soon his happiness means more to her than she expected. When she learns that Will has shocking plans of his own, she sets out to show him that life is still worth living.

A love story for this generation and perfect for fans of John Green’s *The Fault in Our Stars*, *Me Before You* brings to life two people who couldn’t have less in common—a heartbreakingly romantic novel that asks, “What do you do when making the person you love happy also means breaking your own heart?”

Directions: Top of Friends Avenue, one block west of Painter, one block north of Beverly Blvd. at 5810 Friends. Parking permits will be clipped to the gate or park in the driveway and take the path from the driveway around to the front if you want to avoid stairs.

May– The *Kitchen House*, June– Everyone *Brave is Forgiven*

Chair Carol Shupek 562-641-8888

Co-chair Gwen Woirhaye [gwen@woirhaye.com](mailto:gwen@woirhaye.com)

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## Morning Book and Mystery Mavens

Neither group will be meeting this month. Modern Book's final two books for reading and discussion this year are *Secrets of a Charmed Life*, by Susan Meissner, on June 5, and *Being Mortal*, by Atul Gawande, on July 24. Information on the meetings can be found in next month's bulletin.

Mystery Mavens' next meeting is May 17. The book is *Bellfield Hall* by Anna Dean.

Ann Topjon, Chair, Modern Book 562-695-6185

Carol K. Anderson, Chair, Mystery Mavens

## First Friday

Date: Friday, April 7, 2017

Time: 6-8PM

Host: Sandy and Art Bridges, 1550 N. Walnut Dr.  
La Habra Heights  
(H) 562-697-7427 (C) 213-507-6060

Directions to the Bridges' House:

Whittier Blvd to Euclid, turning north at Claro's Italian Market on your left and the USA gas station on the right. Go north on Euclid for 7/10 of a mile. You will pass apartment buildings, homes and then start up the hill. The street name changes to Hiatt when you start up the steep grade, where the road narrows. The street ends and turns onto Walnut to your left or right at the top. **Do not go onto Walnut!** Take the driveway to your right, between the decorative rock wall and the mailboxes and pine trees. It is quite a steep decent, but it opens up as you come down. We are the second house on the left (hedge in front, salmon color with black roof and white trim). There is plenty of parking in the driveway.

First Friday is a most enjoyable social time. All members are invited and we welcome singles, couples and friends. Please bring an appetizer and your choice of drink.

## Show Girls

We go to the movies the third Thursday of the month. It is not always possible to know the movie or theater at Newsletter time. I send an email to each Show Girl member with the information. We would love to have you join us. Email or phone me for the monthly gathering information. Thank you.

Gen'nel Walters  
[icugwalters@aol.com](mailto:icugwalters@aol.com)  
562-943-5333



## International Concerns

Our International Concerns section will meet on Thursday, April 20, 2017 at 10:00 AM. We will be meeting at the home of Louise Holden, 16356 Prudencia Dr., Whittier, CA 90603. If you need directions to her home, please call Louise. 562-947-6412

The topic to be discussed will be "Trade, Jobs, and Politics," Chapter 2 in the Great Decisions book, and Sheila Hartfield will lead the discussion. Everyone is welcome to attend the meeting.





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## Gardening



### REMINDER MARCH 30 EVENT

The Gardening Section will be going to beautiful Descanso Gardens on Thursday March 30th. Meet at Ralph's parking lot at the corner of Whittier Blvd. and Colima Road at 9:30 AM and we will carpool to Descanso Gardens. Put on sunscreen; bring a hat and a bottle of water. After the tour we will return to Whittier. All members and friends are invited. RSVP to Dolores Gonzales-Hayes at (562) 685-9971 or (909) 374-2771 or [gonzalezhayes@aol.com](mailto:gonzalezhayes@aol.com). Reservations are due by March 27th.

### APRIL 6t EVENT

The Gardening Section will be making springtime crafts on Thursday April 6th at the Homestead Museum in the City of Industry from 12:30 to 4 PM. We will meet for brunch at Mimi's at 10 AM then carpool to the Homestead Museum. This is a free event and all materials will be provided. All members and friends are invited. Space is limited so reservations are due by March 30. RSVP to Ellen Peck at (562) 943-4679 or [cpeck4@earthlink.net](mailto:cpeck4@earthlink.net).

### **R.I.P. Again**

**No meeting in April. Next meeting is May 30 at 10 AM at Ellen Peck's home.**

## April -- National Awareness Celebrations

In April, we highlight many issues. Two of them are of particular interest to the editor.

Check out National Donate Life Month at <https://www.donatelife.net/wp-content/uploads/2016/06/NDLM-2017-Implementation-Ideas-Public.pdf>. If you are not already registered as an organ donor, please consider doing so now. This is a classic case of “you really can take it with you.” However, you don't really need to and your eyes, tissues and organs can make a huge difference when you no longer need them.

April is also National Child Abuse Awareness month. Many of you may have seen the news in the Los Angeles Times about the decision to try the Department of Children and Family Services caseworkers and supervisors in the horrific Gabriel Fernandez case. Check out the website and familiarize yourself with the signs of child abuse. This scourge knows no socio-economic, ethnic or racial barrier. <https://www.childwelfare.gov/topics/preventing/preventionmonth/spread-the-word/widget/> Also be aware of a particularly insidious form of abuse – sex trafficking – to which abused children are often prey, especially those who end up in the foster care system

## GWA – AAUW CALENDAR

### APRIL 2017

DAY	DATE	TIME	EVENT
Tuesday	4	7 PM	<b>Board Meeting</b> , St. Matthias, Whittier
Thursday	6	10 AM	<b>Gardening Event</b> , Homestead Museum, Carpool meets at Mimi's, Whittier
Friday	7	6 PM – 8 PM	<b>First Friday</b> , Sandy & Art Bridges, La Habra Hgts.
Saturday	8	11:30 AM	<b>Branch Meeting</b> , Elk's Club, Whittier
Thursday	20	10 AM	<b>International Concerns</b> , Louise Holden's, Whittier
Thursday	20	TBD	<b>Show Girls</b>
Wednesday	26	1:30 PM	<b>Memories</b> , Gwen Woirhaye's, Whittier
Thursday	27	7 AM - 10 PM	<b>Dining for \$\$\$\$</b> , California Grill, Whittier
Thursday	27	7 PM	<b>Modern Trends</b> , Gwen Woirhaye's, Whittier

Please consult our style sheet and follow it when preparing your newsletter article. It will save us a great deal of time and work. If you do not have a style sheet, please let us know and we will send you one. Thank you for your cooperation and for sending in your articles by the 15<sup>th</sup> of the month. **All submissions must be in WORD documents as attachments to emails. Please create the document within WORD itself rather than cutting and pasting into WORD. Please DO NOT use TABS. Please, do not type the articles within the email itself.**

Please send articles by email on or before the 15<sup>th</sup> of every month to [patricia@fullerton.edu](mailto:patricia@fullerton.edu)

Newsletter Editor – Patricia Cuocco,



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