

GREATER WHITTIER AREA BRANCH AAUW NEWSLETTER

http://whittier-ca.aauw.net

DECEMBER 2020



GWA-AAUW Branch ZOOM Meeting Saturday, December 12, 2020 11 AM (PLEASE NOTE TIME)

This month we have another, sensational, compelling speaker on how our environment affects our health. Linda Marsa is the author of "FEVERED: How a Hotter Planet Will Harm Our Health and How We Can Save Ourselves." Beyond images of emaciated polar bears and drought-cracked lakes, there remains a major part of climate change's impact that the media has neglected: how our health will suffer from higher temperatures and extreme weather. Ms. Marsa will speak for an hour with questions and answers at the end of her presentation.



Linda drinking water from Orange County, California's "toilet to tap" Groundwater

Directions on how to get into ZOOM will be sent to you on Friday, December 11, 2020.

The usual reservations, lunch and hotel ambiance will now be your comfortable chair and familiar surroundings. There are some people that will even take their computer to a landscaped garden. Take joy in no traffic or parking; just join the meeting with ZOOM.

The meeting starts at 11:00 AM, however you can log in starting at 10:30 AM. This will give you time to socialize with friends. If you don't have the internet or have an old computer, you can call in by phone and hear the whole program.

To ensure you receive an e-mail invitation to the ZOOM meeting Contact:

Cindy Birt, e-mail Coordinator cindybirt@roadrunner.com or

Sharon Heck, President <u>s.heck4peace@gmail.com</u>

PRESIDENT'S MESSAGE

What a terrific program we had for our November Branch Meeting on ZOOM. Janine Latus educated all of us concerning domestic violence. Her experiences and the death of her sister painted a very real picture of a huge, often hidden, problem in our society. She is the author of a New York Times best seller, *If I Am Missing or Dead*. AAUW is an advocate with our elected officials on this topic, and we all should be working to have fair laws concerning domestic violence. The victim is sometimes victimized by our legal system. We can also donate to programs that assist women in making dramatic changes in their lives so they can get away from their abusers. Janine speaks to student groups, and this is an important topic in their education. We really appreciated having her presentation. On the following page, you will find the Power and Control Wheel that Janine shared with us. It's very helpful in identifying abusive and controlling behavior.

In addition, our Program Co-Chairs, Barbara Gile and Claire Koehler want to remind you Janine requested that anyone who knows of a contact at a university where her message could be further distributed, to please let her know. Her URL address for contact is: https://www.janinelatus.com/contact/. Please note that our local shelter is the Women's and Children's Crisis Shelter, in Whittier. Their hotline is: (562) 945-3939. The website is: info@wccshope.org

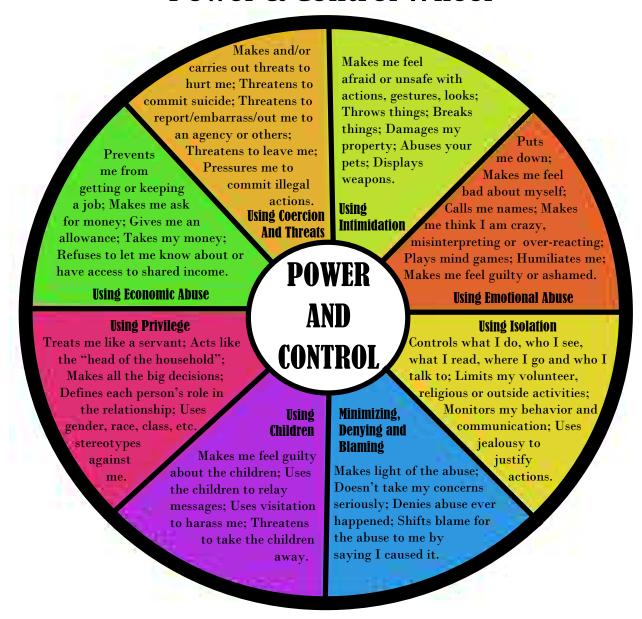
Our branch has been sending 7th grade girls to Tech Trek camps for many years. Because of the pandemic, the camp will be virtual in 2021, and our Greater Whittier Area Board recommended that we not participate. There were many reasons given for this decision. We believe a great deal of the value in the camps is the on college campus experience, and the networking with like-minded smart girls. Also, many of the girls we choose do not have the capacity and assistance at home to do the complicated activities being planned. We have paid the fees for the 2020 camp that was cancelled, but our fees will be held for us until the next camp is held on campus. The branch voted to approve the recommendation from the board.

Our Saturday, December 12 Branch Meeting on ZOOM will feature Linda Marsa as our speaker. She is a Medical Journalist and will speak on the topic, "Effects of Climate on Infectious Diseases." Please plan to attend our meeting on ZOOM which begins at 11AM. However, if you would like to socialize with many of our members, plan to attend at 10:30AM. It is fun to catch up with the happenings in our friend's lives. Hope to "see" many of you on December 12. Have a Happy Holiday Season!

Sharon Heck, President



Power & Control Wheel



The Power and Control Wheel

Developed by the *Domestic Abuse Intervention Project* in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control.

*adapted by Jen Snider to be gender neutral and with slight

modifications not included in the original

AAUW FUND

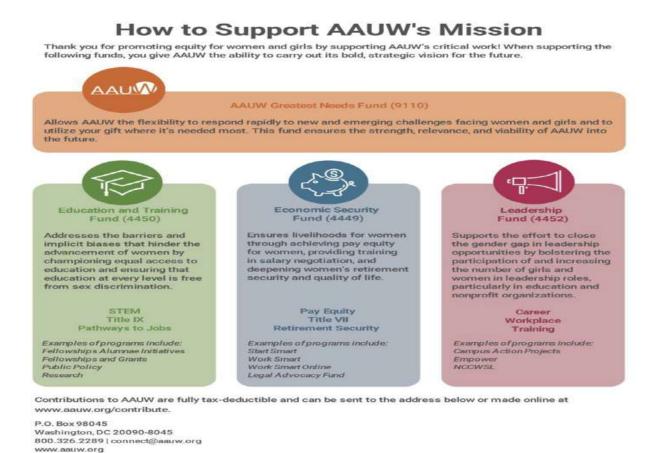
AAUW CALIFORNIA FUND

The California Fund donation goal for 2020 is \$500,000. The goal is for 100% participation from the California members to make this happen.

If you are looking for a place to direct your donations, the Greatest Need Fund is always a good choice.

There are also several unfinished endowments where your contributions will be put to good use. If you want your donation to go towards an <u>unfinished endowment</u>, you need to complete and submit the form attached to the unfinished endowments list.

As of this time, California branches have donated a total of \$278,240. We are still \$221,760 short of our goal. This will be our final push for the year. The table below describes the use of the Greatest Need Fund and where your monies will be put to good use.



Click HERE to make a donation to AAUW FUND and then click on Donate Now!

Thank you!

HOW TO ZOOM

We will be doing our meetings with ZOOM for the foreseeable future. If you need help downloading ZOOM and logging in, please get with one of the ZOOM tutors who have volunteered to help.

On your computer, go to ZOOM.us and download a free copy. On your smart phone, download the ZOOM app. When you get an invitation to a meeting, click on the link provided and it will take to you the meeting.

If you are having Internet problems or don't have a computer, you can call this phone number listed on the ZOOM invitation under:

Dial by your location +1 669 900 9128 US (San Jose)

and you will be able to attend like a conference call. You will need the meeting ID and passcode. There won't be a video, but you can hear, and you can be heard.

If you want to practice before a meeting, please contact a helper.

Kay Clark for PC user 310-890-6510 Patricia Cuocco for MAC users 562-756-9509 Paula Ocampo for smartphone users 562-447-7483

Also:

Sharon Heck - 562-858-9253 Claire Koehler - 714-473-6184



PUBLIC POLICY

As I write this, I am still reeling from the fantastic presentation by Janine Latus at our branch meeting. She inspired me to look a little more deeply into the topic of sexual harassment at the primary and secondary school levels.

The NASP (National Association of School Psychologists) provides a stunning statistic and refers to the AAUW work on the topic: "Approximately 80% of students in U.S. secondary schools report they have experienced sexual harassment, but it also occurs frequently in elementary schools (American Association of University Women, 2001). This type of behavior has become so commonplace that many accept it as something everyone puts up with. Even if it is common, sexual harassment is unacceptable, causing personal pain and embarrassment and creating a negative learning environment." Both boys and girls are victims but often in different ways, with girls more likely to experience physical violence.

What often gets reported in the media are instances of adult on child sexual abuse, and probably rightfully so. However, you should note that for every one instance of adult on child abuse, there are seven instances of child to child abuse. Another chilling statistic from the Associated Press: "From 2011 to 2015, about 17,000 sexual assaults were committed by U.S. students ... although the number is likely much higher because assaults are under-reported or mislabeled as bullying, particularly among young victims. About 5 percent of the victims AP reported on were 5- and 6-year-olds.

We as parents, grandparents and concerned relatives cannot allow any kind of normalization of this behavior. Schools must be held accountable for creating a culture that is safe for everyone and statements such as, "I was only teasing her" or "He's a sissy" or anything similar must be called out and addressed. Children who report harassing behavior should be believed and their experiences and reactions must not be downplayed by teachers or parents. They should never be told to "just ignore" the harasser and he/she will stop. That way lies a lifetime of acceptance of harassment and abuse.

This is a complicated and complex issue. I urge you to look at the resources and then check with your schools to see what their policies are. If the school is not creating a culture of caring and safety for ALL children, then they are failing in a fundamental way and parents and community need to speak up loudly and clearly.

In addition to the articles cited, here are some resources you might find interesting to further educate yourself: https://apnews.com/article/1b74feef88df4475b377dcdd6406ebb7 https://www.nea.org/advocating-for-change/new-from-nea/secret-sexual-assault-schools and, https://www.aauw.org/app/uploads/2020/03/Crossing-the-Line-Sexual-Harassment-at-School.pdf.

Patricia Cuocco Public Policy Chair.



MEMBERSHIP

MEMBERSHIP MATTERS and is everyone's job. It's so important to continue adding new members to an organization for its sustainability. Additionally, the number of members an organization retains, makes a statement about the organization. The Membership Committee is proud to announce the following members and their longevity. When you see one of the following members with 40-49 years in AAUW., please join us and congratulate her.

Tobi Balma -	48 years	Peggy Kiefer -	47 years
Rosemary Bertone -	44 years	Donna Smith -	45 years
Jane Dicus -	44 years	Shirley Stewart-	48 years
Barbara Gile -	47 years	Sue Turco -	46 years
Susan Halliday-	40 years	Myra Weiss -	42 years

Please see the revised questionnaire (attached to the newsletter). Fill it out, then email or U.S. Mail it to Susan Halliday (sbathalliday@yahoo.com). If you completed a form 6 years ago, please update. Since the questionnaire is not a PDF, so you should be able to copy and paste it to your computer, type in your responses, then save and email or print. You are welcome to hand print your responses.

If you completed a questionnaire several years ago and would like a copy that you can add to it, please email Susan Halliday. She will scan it and email it to you. Membership keeps the information to share with various committees looking to honor members for their service. It's also an excellent resource of data for our branch when answering surveys from AAUW national about membership interest and involvement.

YEAR BOOK

A special thank you to Sharon Heck, Susan Halliday, Pat Dudley, and Barbara Gile for offering to host our year book 'Porch Pick-up' this year. It has officially ended. If you would like a year book mailed to you, please send a \$2.00 check to treasurer Kay Clark and she will be sure to have Susan send one to you. Please be sure to shred the pages in your old year books with members addresses, phone numbers and emails, prior to throwing them in the trash.

It seems no matter the tremendous amount of work that is spent updating our annual year book, typos or other mistakes are found once the booklets are printed. We apologize and encourage you to make the corrections in your year book. Please remove the following:

Kathleen Hunt <u>Kathleenhut22@gmail.com</u>; Ruth Kadota <u>rukadota@yahoo.com</u>; Annette Lauritzen <u>alauritzen@roadrunner.com</u>; Shaila Mistry <u>shaila@stem-institute.org</u>; Sabrina Vajraca <u>svajraca@gmail.com</u>; Teresa Vaughn-Davis bibavaughn@hotmail.com

Please change the following emails in your 2020-2021 year book:

Jane Dicus email: jdicus@gmail.com; Linda Pomeroy's email: lcpomeroy@roadrunner.com; Sue Turco's email: sueturco.st@gmail.com & add cell (562) 266-8146; Jacqueline Brearley's address: 9736 La Serna Dr. Whittier 90605.

Susan Halliday Pauline Rogers

2020-2021 GWA-AAUW Membership Questionnaire
Please print or fill in with text. Use the back of this paper if you need more space information.

Name:		Year joined AAUW	
Last College/Universities attended	First	<u>Years</u>	Degree received
Elected Offices held in AAUW		Branch_	Year (approximate is ok)
Appointed Offices held		Branch	continue on back of paper Year (approximate is ok)
			continue on back of paper
Committee / Section Chair Positions		Branch	Year (approximate ok) continue on back of paper
Committee / Section Chair Participation		Branch	Year (approximate is ok) continue on back of paper
Projects for AAUW Worked on/Completed			continue on back of pape
Community Activities (Clubs, Volunteering, etc.)	_	Organization	Year (s) (approximate is ok)
What would you like to see at branch meetings or at	sections? Wh	at areas are of interest to	continue on back of pape

THE SPOTLIGHT



This month's SPOTLIGHT is on health and staying sane. Neither is an easy task in the time of COVID.

If you joined us a little early on October 14th for our pre-Branch Meeting, you might have heard us talking about shingles. This is one nasty illness for which almost all of us are at risk. The same virus that causes chickenpox also causes shingles. If you've ever had chickenpox, even as a child, then you have the shingles virus already in your body. The shingles virus will remain dormant in nerve tissue until something causes it to reactivate. The virus is considered opportunistic in that it strikes when your immune system is weakened. BTW, it is a known fact that stress weakens your immune system. Anybody out there stressed?

Shingles must be taken seriously and while it is not considered life-threatening, it can be extremely painful. You should all ask your doctors about the Shingrex vaccine. This is not the "one-time" shot you may have had when you turned 60. This is a newer vaccine that is given in two doses a few months apart. Also please know that having had shingles once does NOT mean you cannot get it again. This particular virus never leaves your body. So, everyone call and make sure you are up to date. You do need to check with your doctor, first. There may be some reason the vaccine is contraindicated for you.

While we are talking health, you should also make sure you get your flu shot and ensure that your pneumonia vaccine is up to date. This looks to be a really bad winter for hospitals overloaded with COVID. Do what you can to stay healthy. We want to see *all* of you when we can finally get together for an in-person meeting.

As for the staying sane part, keeping your mind occupied seems like a good start. A simple internet search will reveal a plethora of free virtual activities. Two coming up that may be of interest. On December 2, 2020, the Pat Brown Institute at CSULA is hosting a post-election discussion, *Where Do We Go From Here?*, with a distinguished panel, followed by a separate webinar later that same afternoon featuring Congresswoman Karen Bass. Go to

https://calstatela.zoom.us/webinar/register/WN_sS9f6YUtQHiQm2_D-PRlaQ and https://calstatela.zoom.us/webinar/register/WN PNdeuQFxS9aTmtQv8PsWQw to register.

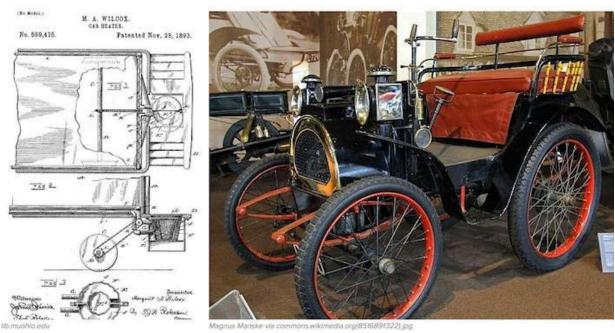
Our friends in the Palos Verdes branch Readers Theater are hosting a new, historical play about a fictional meeting between Eleanor Roosevelt and Edith Wilson discussing woman's suffrage and the 19th Amendment. It's on Sunday, December 6 at 2PM on ZOOM. It is free, but you MUST preregister at https://us02web.zoom.us/webinar/register/WN LO gXvixR3OdgWA1cnvlTw.

Stay Safe, Patricia Cuocco, Editor

FUN FACTS

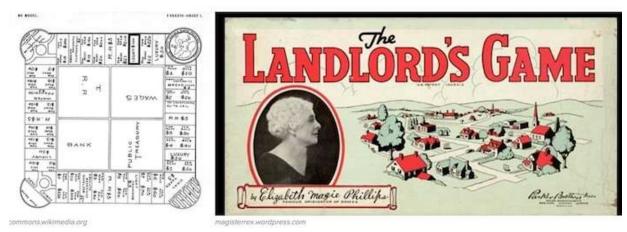
Jan Berry forwarded some interesting facts and pictures about women inventors through the ages. I'll print a few for the next few months. Thanks, Jan.

The Car Heater



Margaret A. Wilcox, born1838, was one of the first women mechanical engineers. She is noted for inventing the first automobile heater in 1893, and the first combined clothes and dishwasher machine.

Monopoly



This popular board game was designed by Elizabeth Magie in 1904, originally called the Landlord's Game. The purpose of this game was to expose the injustices of unchecked capitalism. Her game was ripped off by Charles Darrow who sold it to Parker Brothers 30 years later. However, Parker Brothers later paid Elizabeth \$500 for her game.

SECTION INFORMATION

Because of the uncertainty surrounding containment measures for COVID-19, scheduling section meetings will be difficult for the foreseeable future. We suggest that you keep in touch with your Section Chair for updated information.

MYSTERY MAVENS

Mystery Mavens does not meet in December. Our next meeting will be on Wednesday, January 20, 2021 on ZOOM at 7PM. The book will be *Still Life* by Louise Penny. Gen'nel Walters will lead the discussion. If you have any questions, please call or email Sharon Heck. 562-698-0476 S.Heck4peace@gmail.com

The books for the remainder of 2020-2021 include:

March 17, 2021 <u>Murder with Peacocks</u> by Donna Andrews

May 19, 2021 <u>Death on Demand</u> by Carolyn Hart

Sharon Heck, Chair

FIRST FRIDAY

Sadly, we don't see First Fridays happening anytime soon but as soon as it is safe, we will schedule this casual social event where guests bring foods to share and their choice of beverage and meet for two hours from 6 to 8 p.m. to chat and get to know each other. It's a great way for new members to become acquainted and prospective members and significant others are very welcome.

LA CUISINE

I expect that our first La Cuisine meeting, shared dinners with others in a home, will be our long delayed Jewish dinner. When it will happen is anyone's guess. When it is safe for us to gather and take off masks to eat, we will schedule and let you know. Meanwhile if you'd like to be added to the list of participants please email me your contact information. The hostess selects the menu and assigns recipes to the guests and then expenses are shared for a delightful evening of trying different cuisines and visiting with interesting people.

Gwen Woirhaye, chair gwen@woirhaye.com

Gwen Woirhaye, chair gwen@woirhaye.com

MODERN TRENDS IN LITERATURE

There will be no meeting in December.

The next Modern Trends will meet on January 28 at 7pm on ZOOM and the book will be T*he Night Watchman* by Louise Erdrich

Please email Kristine Yseta at surfzena@earthlink.net for the ZOOM link. Questions? Call Georgine Sweeney at 562-631-6698.

February 25 will be <u>The Water Dancer</u> by Ta-Nehisi Coates April Whittier Reads May 27 will be <u>The Mountains Sing</u> by Nguyen Phan Que Mai

DECEMBER MISCELLANY

The **month** plays host to Aids **Awareness Month**; Worldwide Food Service Safety **Month**, Safe Toys and Gifts **Month** and National Human Rights **Month**, to name a few.

"I wonder if the snow loves the trees and fields that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'Go to sleep, darlings, till the summer comes again." – Lewis Carroll

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome." [Meditations Divine and Moral]" — Anne Bradstreet





MORNING BOOK

We do not meet in December. Our next meeting will take place on Monday, January 25, 2021, at 10AM. The book for discussion is *In the Country of Women. A Memoir*, by Susan Straight. As of this writing, we will continue to meet via ZOOM. Please look for complete information in January's bulletin. In the meantime, have a safe, healthy, and happy holiday season! I look forward to seeing you all in the New Year!

Ann Topjon Chair 562-695-6185



MEMORIES

Memories will have a ZOOM meeting on Wednesday, Dec. 2 (yes, Dec. 2) at 1:30 PM. Our usual topic around Thanksgiving each year is 'What I am Grateful For." This year some might consider describing "A Covid Thanksgiving." And, of course, you may always choose a topic of your own.

Anyone who enjoys writing and sharing their written thoughts is welcome to join us. I will send out ZOOM hosting particulars a week before the meeting. Hope to see you then.

Carole Restovich, Chair



INTERNATIONAL CONCERNS

Our International Concerns section is reading a book printed each year by the Foreign Policy Association titled <u>Great Decisions</u>. The book contains eight articles on a variety of topics i.e., "Climate Change and the Global Order", "India and Pakistan", "The Philippines and the U.S.", and five others. We read one article each month, and we have been meeting at the home of Louise Holden until the pandemic struck. Now we meet on ZOOM.

Our meetings are on the third Thursday each month at 10AM. On December 17 we will meet by ZOOM at 10AM and I will be sending you the ZOOM invitation. I will be happy to have a practice session with anyone who needs help connecting to a ZOOM meeting. Just let me know. Sharon Heck S.Heck4peace@gmail.com 562-698-0476

Our topic for the December meeting will be "U.S. Relations with the Northern Triangle", chapter 5 in *Great Decisions*. If you do not have the book, you might be able to access some information on the Foreign Policy Association website. www.fpa.org/great_decisions

Sheryl Crockey will be leading the discussion on December 17. Everyone reads the material ahead of time, and we have a lively discussion around the topic. If you have other newspaper articles or materials, we are happy for you to share them. All are welcome to join us for International Concerns on Thursday, December 17, 10AM. If you are new to us, send me your email so you will be included on the ZOOM invitation.

The 2021 <u>Great Decisions</u> books have been ordered and will arrive in early January. The cost will be \$26.00 for each and it is payable to Sharon Heck.

Sharon Heck, co-chair Sheryl Crockey, co-chair



Trust a retired college libraria, Ann Topjon, to provide book humor.



Greater Whittier Area-American Association of University Women MEMBERSHIP APPLICATION FORM for YEAR 2020 - 2021

Please fill out completely and mail with check made payable to: Greater Whittier Area AAUW Mail/give your check to: Branch Treasurer GWA-AAUW, P.O. Box 5333, Whittier, CA 90607-5333

ANNUAL DUES Please choose Membership type:	☐ Paid Life Member \$44	☐ Student \$38.81	
	General \$103	☐ Dual \$24	
	59 + State Dues \$20 + Branch Du DER \$80 of YOUR DUES IS TAX		
To order the following iter I want the yearbook ins	ms, please include/add the follo sert mailed to me - \$2	wing to your check:	
☐ I want the AAUW binde	er at the cost of \$6 + yearbook + postage	\$ 5.00 = \$11.00	
If all your information is "INFORMATION	the same as in the yearbook, j ON SAME AS LAST YEAR" acro	ust print your name and write oss the application.	
Fill in starred items to update y	our information. New members must	complete ALL information.	
Foday's Date:			
Do you have a sponsor? If so, w	vho?		
Your Title: Mrs Ms	Miss Other		
Last Name	*First Name	*Middle Initial	
Spouse's Name	and the same of th		
Address	*City	*Zip	
Home Phone	*Cell Phone	** preferred number	
Work Phone	*Email address		
	Major		
College/University			
Degree			
College/University			
	manasa—matantatatan sababah matantata 1992, dari Manasa Reference	v. 1941. i 1940. a 45. a 4	
	Year Major		

DECEMBER 2020

GREATER WHITTIER AREA BRANCH CALENDAR

Board Meeting December 1(Tuesday) 7 PM ZOOM

Memories December 2 (Wednesday) 1:30 PM ZOOM

Branch Meeting December 12 (Saturday) 11 AM ZOOM

International Concerns December 17 (Thursday) 10 AM ZOOM

CHECK WITH YOUR SECTION LEADERS FOR UPDATES AND ZOOM INVITATIONS



Please consult our style sheet and follow it when preparing your newsletter article. It will save me a great deal of time and work. If you do not have a style sheet, please let me know and I will send you one. Thank you for your cooperation and for sending in your articles by the 15th 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 give the article a descriptive name, not merely "newsletter article," and use that name in the subject line of the email.

Please send articles by email on or before the 15th of every month, August through May to patricia@fullerton.edu

Newsletter Editor – Patricia Cuocco

Greater Whittier Area -American Association of University Women PO Box 5333 Whittier, CA 90607- 5333