













January 2024 Advocate

Online at https://daw-ca.aauw.net/newsletter/

Third Thursday Member Meeting – January



The Impact of Social Media on Girls: **Challenges, Opportunities, and Support**

Thursday, January 18, 2024 - 6:00 pm **Danville Congregational Church** Danville, CA

Social media and tech use are at the center of our kids' lives. From Tik Tok to Instagram, our kids are distracted by their devices. Where do kids go to connect and what draws them there? What risk do these platforms pose for our kids-specifically girls? It's a fact that

social media misuses have had a tremendous impact on mental health. We will learn about:

- The latest research on social media's impact on girls
- Ways in which social media are used and abused
- How social media tools are and can be used for good

Enjoy an engaging presentation and group discussion on the challenges, opportunities, and possible ways to support girls affected by social media misuse. And find out why lawmakers have begun considering whether younger teens should be on social media at all. Jamie Nuñez, Western Regional Manager at Common Sense Media, will lead the presentation and discussion.

We have planned a very full program that we expect to last until about 7:45. We hope you'll join us!

To RSVP click here

The meeting is free to all AAUW members; non-member tickets are \$10

About Common Sense Media -

Most technology wasn't built with kids in mind. We're on a mission to change that.

We believe in media that inspire and entertain families of all kinds. In technology that protects privacy and supports communities. In learning tools that prepare students and teachers for success in a connected world. Discover how we're working to make the digital world better for kids and families.

To learn more about Common Sense Media, its mission, research, and programs - click here.

About Jamie Nuñez - Western Regional Manager at Common Sense Media

Jamie serves as the Western Regional Manager at Common Sense Media and supports school administrators, educators, students, and parents in addressing digital literacy skills. As a former high school teacher, school administrator, and an education center director, Jamie has supported thousands of people in addressing tech misuse. From TED Talks on student identity in online spaces to statewide initiatives addressing digital literacy policies in schools, Jamie has over 20 years of empowering others to create healthy digital habits. When not working, Jamie can be found in the ocean teaching his 8-year-old daughter how to surf and swim.

Co-Presidents' Messages

Monika

By Ogie Strogatz and Monika Witte, Co-Presidents

From Monika - I am wishing you all peace, joy, and the warmth of friends and family in 2024. And, here is one extra reason to celebrate - the IRS has determined that we can officially operate as a 501(c)(3)!

You will hear more about how this will simplify DAW branch operations in a future newsletter, but for now I want to express heartfelt thanks to Chris Ritter for the many hours and great care she put into our application. We are so fortunate to have Chris on our leadership team!

I look forward to the year ahead - let's work together to make a difference,







Ogie Strogatz

From Ogie - Reflecting on the new year, I came across

a quote from Alexandria Ocasio-Cortez: "Hope is not something that you have. Hope is something that you create with your actions."

What a perfect thought as we step into this month of hope-full opportunities for learning and engagement. Some of the opportunities offered through AAUW that I recommend this month are:

Gov Trek - CA AAUW's standout initiative to inspire high school junior and senior girls to pursue careers in public service and elected office launches this year's program on February 3. There's an information session about the program on January 8; registration for girls to participate closes on January 20.

The ask: Help spread the word! Please share the following with high school faculty, staff, and students in your networks:

- the registration link for the 1/8 info session for students and branch leaders is
 (https://us02web.zoom.us/meeting/register/tZApcOGrqDMjH922wW2cgFYVQ7KapII6qAxb#/registration);
- the Gov Trek program flier at (https://www.aauw-ca.org/documents/2022/11/gov-trek-flier-english.pdf/) You can even print the flyer and post it for girls to see!

Branch DEI Committee – meets online on January 9 with a robust agenda under the leadership of DEI Officer Teresa Cheung. The meeting is outlined in her article in this edition, and all members are welcome to attend.

The ask: Join us! The discussion will be that much richer for your participation. Please contact Teresa at aauwteresa@gmail.com for more info.

Third Thursday member meeting – on January 18, will feature a timely presentation, "The Impact of Social Media on Girls: Challenges, Opportunities, and Support", by Jamie Nuñez, Western Regional Manager for Common Sense Media. Shout out to Linda Jimerson and Isabel Lau for their terrific work preparing this program.

The ask: Join us! If you've not yet done so, please RSVP - click here

San Ramon Valley Unified School District (SRVUSD) Board meeting – this month's meeting is on January 30. We'll continue our branch presence at these meetings to stand up and speak out for honest, inclusive public education. We hope to debut our new branch t-shirts to amp up our solidarity and presence. And we'll have the opportunity to offer public comments in support of the parcel tax measures on which the Board is scheduled to vote that evening.

The ask: Join us! Please contact Monika Witte at aauwmonikawitte@gmail.com for more info.

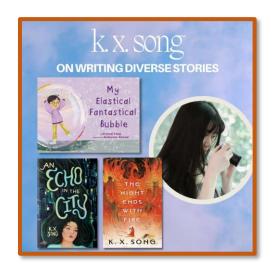
Grateful to partner with you in all that DAW does to fortify hope, Ogie

January Checklist

- January 9, 6:00pm DEI Committee Meeting via Zoom
 RSVP to Teresa Cheung at aauwTeresa@gmail.com
- January 18, 6:00 pm DAW Third Thursday Member Meeting The Impact of Social Media on Girls: Challenges, Opportunities, and Support
 For details and to RSVP, <u>click here</u>
- January 30, 5:30 pm San Ramon Unified School District Meeting
 Click here for more information
- February 15, 6:00 pm DAW Third Thursday Member Meeting Writing Diverse Stories
 Save the date!
- February 20, 5:30 pm San Ramon Unified School District Meeting
 Click here for more information
- April 2 and 3 AAUW California Lobby Days
 Save the dates and plan to participate!
- **Donate here** to support DAW branch programs



Third Thursday Member Meeting – February



Writing Diverse Stories

Thursday, February 15, 2024, 6:00 pm Danville Congregational Church

Join us in February for our Third Thursday Member Meeting! In addition to our usual social time, we are fortunate to have as our guest speaker one of the AAUW Fund Scholarship recipients, K. X. Song. An accomplished author, she will touch on the creative process behind her stories, the nonlinear trajectory of her publishing journey in the US, and the importance of diversity and representation in storytelling and media at large. She will also discuss the state of the US publishing industry today, and some of the challenges

particular to women of color in the industry.

Save the date!

Diversity Equity and Inclusion (DEI) In Our Branch

DEI Committee on Zoom: January 9, 2024, 6:00 – 7:30 pm

By Teresa Cheung, DEI Officer

Please attend our Diversity Equity Inclusion (DEI) committee's monthly meeting that will be on Zoom in January. *All DAW members are welcome*! We will discuss activities planned by the committee for the upcoming months. We'll also get an update from DEI committee members Ogie Strogatz and Rebecca Radulovich about recent meetings of the Boards of Education for the San Ramon Valley Unified School District (SRVUSD) and the Sunol Glen Unified School District. Ogie will report about book banning requests directed to the SRVUSD Board. Rebecca, a 30-year veteran educator from Sunol, will brief us on the controversy prompted by the Sunol Glen Unified Board decision last September to ban LGBTQ+ Pride flags at Sunol Glen School.

Hope to see many of you via Zoom on January 9th! Please RSVP Teresa Cheung at aauwTeresa@gmail.com and the meeting link will be emailed to you.

DEI Around the Table: December 12, 2023, Meeting Highlights

By Joanne Quijano, DAW Branch DEI Team Member

Ten branch members interested in advancing Diversity, Equity, and Inclusion (DEI) met at Teresa Cheung's wonderfully decorated house for the team's December meeting. We started by viewing National AAUW's DEI meeting on Zoom, where the topic was about changing AAUW rules to eliminate the degree requirement for members. The presenters made a strong case that our organization should be inclusive of all who share our mission of supporting equity for women and girls. With this inspiration, our DEI team agreed to carry forward a recommendation for members to vote "yes" in the spring when eliminating the requirement will be on the AAUW ballot.

As we shared a delicious dinner, complete with tasty pasta created by Teresa's chef husband and other dishes brought by attendees, we turned to the topic of the April branch member meeting. We've been asked to develop a DEI related program for that evening. Kathie Hixon provided the direction given her association with PFLAG, a national organization that advocates for LGBTQ+ people and their supporters. We are excited to be able to provide a forum for two local speakers from this worthy group in April!

Finally, we decided that DEI meetings will be held monthly on the 2nd Tuesday of the month. They will alternate between in-person "around the table" meetings and virtual Zoom meetings.

<u>Click here</u> for more information about our branch's DEI work.



Teresa Cheung, DEI Officer, at the Dec DEI meeting

AAUW California Public Policy Update

Lobby Days 2024 - Save the Date!

By Amy Hom, Co-Chair AAUW California Public Policy Committee

Mark your calendars! AAUW California will hold our 2024 Lobby Days event on April 2 and 3, 2024. An interest survey including a registration form will arrive in your inbox mid-January. Please be sure to complete and return the form to be added to the communications list for the event.

We encourage all AAUW California members to participate in this act of advocacy that is essential for achievement of our legislative priorities. In addition to our members, we plan to invite college students to join the event. Their participation will enable us to reach more legislative offices, and we hope that this introduction to our organization will inspire these advocacy-minded young people who share our values to join AAUW.

Starting in January, our committee will evaluate new bills introduced in the state legislature which are aligned with our Public Policy Priorities: Economic Security for All Women, Equal Access to Quality Public Education for All Students, Social and Racial Justice for All Members of Society, and Increased Representation of Women in Leadership Roles. In early March, our committee will meet to discuss our evaluations and select 30-35 bills for our 2024 Legislative Agenda that best represent our priorities. We will also choose the top 3 bills to advocate for during Lobby Days.

Lobby Days 2024 is scheduled to take place when the legislature returns to session after their Easter break, and will span two days to provide flexibility so that we can secure as many meetings as possible. We are planning a hybrid event with meetings scheduled virtually over Zoom as well as in-person at the Capitol. Members who live in and around Sacramento will have the option to participate in person. Legislative offices are equally willing to meet virtually or in person, and the virtual option makes it easier for AAUW members around the state to participate.

Our AAUW California Legislative Advocate will schedule meetings with the legislative offices. The committee will assemble teams of AAUW members and college students, matching them with Assembly and Senate districts. Training materials on the bills and the event will be posted on the state website in mid-March, and a mandatory training webinar will be held on March 25, 2024.

If you have participated in Lobby Days in the past, we would love to hear your feedback on what worked and what didn't. Please send your comments to publicpolicy@aauw-ca.org.

Lobby Days is a wonderful opportunity to meet with your legislators and advocate for legislation to promote gender equity and improve the lives of women and girls. We hope that you will join us in this important activity to advance our values.

Interested DAW members should watch their email and return the registration form and interest survey that will be sent later this month. Most legislator meetings will be virtual, with some in-person meetings in Sacramento. Contact Laurinda Ochoa, DAW Public Policy, at ochoalaurinda@gmail.com if you have any questions.

AAUW FUND UPDATE

By Roseann Krane, VP Fund

A big thank you to those of you who donated to the AAUW Fund in 2023! Whether you donated \$10 or \$1000, it is greatly appreciated. Donating to American Fellowships to further education for women or Greatest Needs to help run the organization all makes a difference. Your efforts are valued and appreciated. Please donate in 2024!

Here are the current funding opportunities helped by donations to the AAUW Fund, and you can apply when applications open on August 1:

AAUW *American Fellowships* support women scholars who are completing dissertations, planning research leave from accredited institutions, or preparing research for publication.

AAUW's *Career Development Grants* provide funding to women who hold a bachelor's degree and are preparing to advance or change careers or reenter the workforce.

AAUW's *Community Action Grants* provide funding to individuals, AAUW branches and AAUW state organizations as well as community-based nonprofits for innovative programs or non-degree research projects.

AAUW's *International Fellowships* are awarded for full-time study or research in the United States to women who are not U.S. citizens or permanent residents.

To create lasting support around the globe, AAUW awards *International Project Grants* to International Fellowship alumnae who have returned home after successfully completing the course of study for which they received funding.

AAUW's *Research Publication Grants in Engineering, Medicine and Science* help women overcome gender stereotypes and bias by funding research projects that will culminate in scholarly publications.

AAUW's **Selected Professions Fellowships** are awarded to women who intend to pursue a full-time course of study in certain fields at accredited U.S. institutions during the fellowship year.

For more information and to learn how to apply, click here.

The **9110 Greatest Need Fund** was set up to provide funds for the following:

Volunteer leader positions at national, state and branch levels.

- AAUW webinars to stay connected with communities. National staff and outside experts bring you engaging programming.
- AAUW regularly submits letters to Congress, comments to regulating bodies, gives testimony before congress, and signs on to legal briefs to help advance equity.
- Everything you need to know about how affiliates can support AAUW and gender equity through fundraising, scholarships, and smart partnerships.
- AAUW's Diversity, Equity and Inclusion Plug and Play Programming is a way to help branches
 create programming and events around the topics included in the Diversity, Equity and
 Inclusion Toolkit.

AAUW National News

It's (Almost) Art Contest Time!

The annual AAUW Art Contest is nearly upon us! The contest is an excellent way to showcase members' talent while also supporting AAUW's mission. The winning art has been featured on notecards that are mailed to members and supporters every spring. The next AAUW Art Contest will begin on January 8! Be sure and check out our Art Contest page and upcoming emails to stay up to date on the schedule and how you can participate. For now, feel free to peruse the gallery of previous winners and perhaps find inspiration for your entry! Click here for Art Contest information.

Notes from the DAW Branch Holiday Party

Branch members and guests, many attired in amusing holiday sweaters, converged on Teresa Cheung's home December 21st for our branch's lively holiday party. About 30 attendees were impressed by the amazing holiday decorations filling every room – did anyone count how many Santa figures there

were? Along with the fun décor, party planners Debbie Hammond and Nancy Dowell and their intrepid helpers provided a wonderful spread of festive snacks, heartier dishes, and tempting desserts for all to enjoy.

After the refreshments, we had a fun sing-along led by our talented member Alene Riley and accompanied by Chris Ritter on the keyboard. After their tunes, Debbie introduced a special guest – Johnny Orenberg – who wowed us with his renditions of holiday songs and classic tunes. It was a great surprise present to us all! Then the



evening's finale was a rousing version of the 12 Days of Christmas, sung and acted out by teams formed by the attendees.

Many thanks to all who contributed to making the holiday party a truly fun and festive evening filled with good cheer!



Nancy Dowell, Debbie Hammond, Teresa







Chris Ritter



Scenes from the holiday party

AAUW California News

AAUW Fund in California

By Karen Vanderwerken, AAUW Fund Committee chair, aauwfund@aauw-ca.org

Fund donations from California through October 31st stand at \$231,804. We hope to see more donations by the December 31st deadline.

Missing Emails??

By Dawn Johnson, Director, Communication Committee chair, communications@aauw-ca.org

We never thought we'd say this, but are you getting enough emails? We routinely hear, "But I didn't get the email!" You can take a couple of steps to be sure you don't miss a single word from AAUW California.

Check your spam folder. In addition, some email programs take matters into their own hands and preemptively file emails into folders such as "Social" or "Promotions."

- Once you find an errant email, take note of where it was put so you can check there
 periodically.
- Add the domain "@aauw-ca.org" to your email provider's "safe senders" list. Here's <u>how</u>. If your email system's "safe" list requires a full email, add "<u>siteadmin@aauw-ca.org</u>."
- Be aware of when routine communications are scheduled and watch for them. For example, the B2B is published on the 5th of the month and the *California Connection* on the 8th.
- Use your email program's Search function and poke around by subject matter or key word, such as "peer group" or "bylaws" or "reminder."

Don't be in the dark!

DEI - Moving Beyond Cultural Competency

By Charmen Goehring, Director, Diversity, Equity, and Inclusion, diversity@aauw-ca.org

For many years now, cultural competency has been cited as the ideal way to be more inclusive. And it certainly does help one on a journey towards being more equitable and inclusive. But, cultural humility is really a better aspiration. Whereas cultural competency says, "I am an expert," and leads to a feeling of knowing everything there is to know about others, cultural humility says, "You are the expert," and leads to a lifelong process of learning, self-reflection, and knowing we don't have all the answers. Both are similar in that they work to address inequities and encourage collaborative work.

As we navigate the holiday season, I am reminded of a meme I saw on social media that says, "Why do I say Happy Holidays? Between November 1st and January 15th, the world's major religions celebrate at least 29 different holidays. Mine isn't the only one that matters." I hope you might consider this in regards to your branches and the journey towards a more diverse, equitable, and inclusive membership.

AAUW CA Elections - It's Alive, It's Alive.....

By Deanna Arthur, Nominations and Election chair, nominating@aauw-ca.org

The nominations and election information is live on the website. Please click <u>HERE</u> to visit the page and nominate yourself for your dream job. I know this is the time of year when everyone wants money and gifts from all of us. What organization is more deserving of the gift of your time and expertise? Help

women and girls achieve their goals. Everything AAUW does centers on this objective. Think about it and do something about it – you don't want to think back in 10-20 years, "I should have run for state office."

Please call me at 626-818-6536 with questions, concerns, and your intention to run. You know you want to do it. Don't be shy. Sit down at the computer and start filling out the form. The deadline is March 1st, but don't delay, remember your placement on the website is based on your application date.

GOV TREK - We're Gaining Momentum...

By Shauna Oenning Ruyle, Gov Trek Program Director and Gov Trek Committee chair, govtrek@aauw-ca.org

We are pleased to announce that, to date, 40 young women leaders from across California have registered for Gov Trek 2024! Thank you to the inspiring branch leaders who rallied girls in their communities to join AAUW California's leadership program for high school girls.

Our aim is to have 140 students in the program, and we need at least 50 to proceed. With your help, we can inspire more women to step up and take the lead! Together, let's drive the change we want to see and elevate more women to leadership roles.

Share the Gov Trek flier with your local high schools, public libraries, and nonprofit partners, and post it at Starbucks! The flier (in English and Spanish) can be found HERE.

Share the Gov Trek informational video on your Facebook account. Find the video link <u>HERE</u>. Cut and paste the video link into your post. The video will appear as the image. You can remove the video URL from the text portion and replace it with the following text:

ATTENTION: California High School Junior and Senior Girls

Are you or someone you know interested in exploring career opportunities in public service or elected positions? If so, tell them about this free virtual program presented by AAUW California.

Students can register online, on a first come, first-served basis on the AAUW California website.

The registration deadline is January 20, 2024.

There is an information webinar on January 8 for students, educators, and parents who are interested in the program. To register for the session <u>click here</u>.

For more information about the Gov Trek program visit the AAUW CA website, click here.

"Stay Home" Policy Statement

While we understand that people want to participate in person at our branch events, we also want to foster consideration for all members in creating a safe environment for everyone. Please consider this direction when you plan to attend a branch meeting.

If you are feeling ill in any way, or have been in close contact with someone known to have tested positive for COVID in the last 10 days, please do not attend any meeting!

Remember that COVID exposure remains a serious issue and that we need to be constantly vigilant. If you plan to attend a branch event, please stay home if you feel ill or if you have been exposed to COVID or any other significant communicable disease. We encourage you to be considerate of everyone attending a function, some of whom might be more susceptible than others. If you have any doubts, test, wear a mask, and err on the side of caution.

While there are inherent risks in attending an in-person event, with your help we will do our best to keep everyone safe at our meetings.

From the Editor - Joanne Quijano

Contribute to the Advocate - Send ideas, articles, and pictures by the 23rd of the month to appear in the next issue. Please use the <u>Submittal Form</u> on our website to direct your contribution to the Advocate, or other DAW social media, to our communications team.

Submissions are preferred in the following format:

- Articles in a .doc or .docx file, or in the body of an email
- Calibri font, size 12
- Pictures in .jpg format (compressed)
- Permissions set to enable editing

Find contact information about people mentioned in the Advocate on our <u>branch website</u> and in your directory. If you do not have a directory, <u>click here</u> to send us a request.

From the Treasurer – Chris Ritter

Handle money matters here - Please send expense vouchers or deposits to our AAUW mailbox at: P.O. Box 996, Alamo, CA 94507 for expedited processing. Refer to our branch website for specific forms and instructions – Click on Members Page

From the Corresponding Secretary - Julie Grisham

Know someone who needs a note? - Julie Grisham, our Corresponding Secretary, sends cards on behalf of our branch. If you know of an AAUW-DAW member in need of a get well, condolence or congratulations card, contact Julie via email here.

Our Wonderful Sponsors

We're always looking for new advertisers. Funds go toward branch expenses such as printing, creating the Membership Directory, and postage. Advertisers' names and businesses will appear in our fall Membership Directory, the monthly Advocate, and on our branch website. For more information, please visit our website at https://daw-ca.aauw.net/support/

Please thank and support our advertisers by patronizing their businesses!



Negotiate today's residential real estate market with confidence.

Marsha Anderson *

marsha888@comcast.net



Estate, trust, and probate specialist serving individuals in the Danville area.

Sarah Nix, Attorney at Law *

snix@gagenmccoy.com



Take advantage of advanced technologies to communicate more effectively.

Louis Leveriza

http://www.diabloprinting.com/





Stay curious...join us in lifelong learning.

Bette Felton *

www.scholarolli.com

^{*} DAW AAUW members are marked with an asterisk

The American Association of University Women (AAUW) is the nation's leading voice promoting equity and education for women and girls.

Mission: AAUW advances equity for women and girls through advocacy, education, and research. **Value Promise**: By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women and girls have a fair chance.

Vision: AAUW empowers all women and girls to reach their highest potential.

The Danville-Alamo-Walnut Creek branch promotes and supports our AAUW mission through local scholarships, AAUW program support, panel discussions, Tech Trek, AAUW Fund, and topical guest speakers.

Joanne Quijano, Editor AAUW Danville-Alamo-Walnut Creek Branch P.O. Box 996, Alamo, CA 94507

