



MAY 2020

Serving members in Aliso Viejo, Dana Point, Irvine, Laguna Beach, Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, San Clemente, San Juan Capistrano



CHANGED OUR LIVES

The 2020 AAUW California Convention in San Francisco, National Conference for College Women Student Leaders (NCCWSL), and Tech Trek have all been canceled because of the pandemic. AAUW CA held a video conference instead of the scheduled annual face-to-face spring meeting. AAUW CA offered online sessions to learn how to use Zoom in order to participate.

Watch for updates on the next steps for all of these AAUW events and branch activities on the AAUW Laguna Beach website, eblasts, Facebook, the new AAUW Laguna Beach Social Group Facebook page, and the Waves newsletter. Some book discussion groups are now meeting via Zoom. Great news is that scholarships will be awarded this year as usual, but the actual ceremonies have not been scheduled yet.

Congratulations to the 2020-2021 Board of Directors!

The slate has been overwhelmingly approved though voting officially ends on May 5.

2020-2021 AAUW-LB Slate of Officers

Co-Presidents: Lesley Danziger, Farie Momayez
Co-Vice-Presidents: Audrey Locke, Nancy Miller, Madeleine Peterson
Membership Coordinator: Jean Brotherton
Programs Co-Chairs: Audrey Seymour, Joan Stratton
Treasurer: Roberta Kanter
Secretary: Alison King

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Quick Peek Dates

Stay in touch by joining the
AAUW Laguna Beach
Social Group on Facebook

See Calendar on page 8 for more
complete information.

CO-PRESIDENT'S MESSAGE

Dear Members,

Farie and I send our best wishes to everyone. We hope that you are all staying healthy and finding moments of joy in our enforced quarantine. Despite the incredible darkness of losing people to this virus, I am feeling very grateful for the many moments of joy and appreciation that I am encountering, and I hope the same is true for you. I am so appreciative for my wonderful neighbors who bring additional food back from the supermarket for Jim and me. I am delighted with my friends Don and Grace, who make me smile with weekly at-home date-night photos of themselves, toasting each other in wonderful outfits and bare feet. I am awed by the dedication and self-sacrifice of my friends who are health care workers and educators. I find myself reconnecting with friends and relatives around the world and deep in my personal history as we are all reminded of the shared experience of our humanity beneath more superficial layers of geography and language.

Our own AAUW-LB organization continues to make me proud. We have been reaching out to support each other, with phone calls especially to members who live alone. I would like to give a special shout out to Venita de Souza for making facemasks and Alice Apkarian and Gail Brooks who are donating masks – all to our members as well as front line workers. If you still need a mask, please email Gail (gail8441@cox.net).

Of course, we are continuing with our AAUW service. This is scholarship season, and our scholarship committees are hard at work online at the very difficult task of selecting high school and college students to receive our financial need scholarships. Because of your generosity, particularly in supporting the Fashion Show and donating Literary Luncheon tickets, we have been able to award approximately \$25,000 in college scholarships this year as well as \$5,000 in high school scholarships. This is truly remarkable, given the size of our branch. So please know that you are a wonderful group of women, and we will emerge from this period with even greater bonds of friendship and love.

Lesley Danziger
danziger.lesley@gmail.com



Lesley Danziger & Farie Momayez

Donna Lilly: 2019 CA Named Gift Honoree

Each year the AAUW CA Fund Committee chooses one honoree from submissions by members and branches who has made a significant contribution to the AAUW mission and AAUW Fund. Donna Lilly, past AAUW California President, is an active member of the San Diego and Del Mar-Leucadia branches. Donna is the current Chair of the AAUW California College/University Relations Committee and a former California Membership Vice President. She is a promoter and facilitator for both Start Smart and Work Smart. In addition, Donna has supported our Laguna Beach branch by speaking at our 50th anniversary of founding, installing our officers, and providing leadership training throughout the years. Donna leads by example, and this is an outstanding recognition of her dedication to AAUW and AAUW Fund.

Working From Home

Shared by Farie Momayez

Here are a few points that I think will be useful to read now that some of us have to work from home. A few of the tips are useful even if you are retired, but volunteer a few hours a day on line!

If you have no work obligations, pass this on to those who do. ***Remember to exercise, eat right, sleep well, read, write and watch funnies. We shall meet again.***

1. Have a separate workspace. Don't create an office in your bedroom, because that will look bad on video calls. Don't set up a space in the kitchen, because that's for eating. You need to create a dedicated, separate place of business. I've been lucky enough to live in a large house, so I always had a room dedicated to my office. Maybe a closet that potentially can be converted? Or at least a part of your apartment that can be designated as work only

2. Bathe! Take a shower. Every day. Same time. It really does have a psychological impact.

3. Do not keep files. If you want to pave a quick road toward divorce, then be sure to have lots of papers, files, and folder, or dirty clothes lying around. Have a no clutter policy, no paper policy and you'll be more productive.

4. Invest in lighting. Sounds strange, all the cloud-based-remote-connectivity-collaboration-communication tools are essential. But it is the lighting that has the biggest effect on you. Set the mood with lighting depending on the time of day, the weather... even the season. And it works.

5. Never, ever turn on the TV. If you've ever made the mistake of just "checking in" on The View, or even that channel that replays old episodes of M*A*S*H, you'll know what I mean. It's a killer. And, like a car wreck, you just can't look away. It's just not worth it.

6. Do your work in blocks. This productivity tip applies whether you're in an office or at home. Think chunks. Carve out an hour and say to yourself, "I don't care if we've been invaded by aliens, this is my time to respond to emails." Block out certain times of the day when you follow up on activities, write proposals, talk to customers, or work on that new project. Don't let anything interfere. One of the greatest advantages of working from home is that you can be very selfish with your time.

7. Nap. Go ahead. Nap. You earned it. No one's going to know. And how many more studies do you need telling you that 20-30 minutes of shut-eye is great for your health and productivity?

8. Keep a professional set of clothing nearby. One thing's for sure: You can't show up for a video call looking like... Sometimes these calls come with short notice, so it helps to have a decent top set of professional clothes nearby to throw on. And no, no makeup advice, sorry.

9. Finally: Never, ever complain. You're at HOME all day. You've got your dog nearby. You can work totally odd hours, nap, work out, cook yourself a gourmet meal and take a bath! You don't have to worry about the commute or that guy eating a tuna sandwich at your shared, open workspace desk. Enjoy!

May your troubles be less...

May your blessings be more...

May nothing but happiness come through your door...

**And if it does come,
make sure it's wearing a mask!**



MEMBERSHIP MATTERS

Jean Brotherton, Membership Coordinator

jeanlagunabeach@cox.net

Renew Your
Membership

DUES ARE DUE!

AAUW's power and impact depends on you

Branch treasurer, Roberta Kanter, initiates the MPP (Membership Payment Program) so that you can pay your AAUW dues by credit card – the hassle-free way to pay! Please look for the AAUW message (sample shown in next column)* in your e-mail Inbox. If it didn't appear, perhaps it landed in your 'Junk' Inbox so look for it there. If you have questions, please contact Roberta Kanter at rkanter512@gmail.com, 584-1216. Even in these troubled times, we need to join together to keep our branch membership strong in support of AAUW's mission of advancing gender equity for women and girls through research, education and advocacy. So be sure to renew your membership TODAY!

Dues for FY 2020-2021 are:

- Regular Member \$109 (national, state, branch) -- \$59 is tax-deductible
- Dual \$30 (branch only) -- national, state, branch dues are paid through member's primary branch

If you prefer to use snail mail, send your check, payable AAUW-LB, to:

Roberta Kanter
22405 Wood Grove Road
Lake Forest, CA 92630

*(Sample) AAUW AUTO RENEWAL INVOICE TO MEMBERS • 2020

“PLEASE DO NOT FORWARD OR SHARE THIS E MAIL, WHICH CONTAINS YOUR UNIQUE MEMBERSHIP RENEWAL LINK

Dear,

AAUW branch members exemplify teamwork, leadership and excellence in our local communities, and we're honored that you continue to be an integral part of this team, making a difference in the lives of the women and girls right where you live. Your membership does that, regardless of your level of participation.

It's time to renew your AAUW membership. As an AAUW member whose state and branch has opted to participate in the Membership Payment Program (MPP), you will be paying all of your dues - branch, state, and national - at once.

There are two ways to renew your membership.

- 1) To renew online, click here to renew with your credit card!
- 2) To renew by check: Make your check payable to your AAUW branch, and mail it to your branch finance officer listed below....”

WELCOME NEW MEMBER

REDDING, Karen 715-7005
545 Poplar St. kredding@mac.com
Laguna Beach 92651
Boston University; University of Arizona
MS Psychology; MSW; PhD

DIRECTORY CORRECTIONS

Anita Halton 415-640-5486
Anne Wiese 949-397-0123
Vivian Clecak 949-422-0118

National AAUW Has Redesigned Its Web Site

The redesigned website is still named aauw.org. During this time of staying at home, take some time to read about the many resources on women's issues that national AAUW has to offer.

The updated design shows what the national office of AAUW is doing to advance gender equity for women and girls. Much of the information is available to anyone, regardless of membership, so you can refer others to this site. Read about major issues addressed by AAUW's strategic plan: education, workplace and economic equity, and leadership. There are resources, such as Work Smart and Start Smart, fellowships and grants, and the Legal Advocacy Fund (LAF).

Here is how to find the Member Services Database (MSD) to correct your information or to pay your dues using a credit card if you didn't receive a renewal notice through your email. Go to the aauw.org website. In the upper right corner, just above the big red "Donate" button, you will see "Membership". Click on that. On the next screen on the right is a list of 6 places you can go. The next to last item is "Membership Services Database." Click on that. On the next screen, log in with your membership ID number and create a password (write down your password which you need whenever you log in to the MSD). Your member ID is next to your name in your AAUW-LB Membership Directory.

2019-20 AAUW Laguna Beach Board of Directors

Co-Presidents:	Lesley Danziger, Farie Momayez
Vice Presidents:	Jennifer Yelland, Madeleine Peterson
Programs CoChairs:	Amy Jackson, Deana Pink
Membership Coordinator:	Jean Brotherton
Treasurer:	Roberta Kanter
Secretary:	Alison King
AAUW-LBF Director:	Jean Vivrette

Communications Coordinator: Karen Dennis

Laguna Waves Newsletter

Editor: Karen Dennis

Calendar: Margot Norris

Layout: Marie Tippetts

Proofreading: Jean Brotherton, Peggie Thomas

Social Media/Facebook/Website: Janice Hayden

STANDING STRONG THROUGH CRISIS



During this challenging time, AAUW stands together as a caring and connected community. For nearly 140 years, we have been there for one another and fought for the economic security of American women and families. We invite you to access our COVID-19 Connected Community Initiative on the aauw.org website.

- Read CEO Kim Churches' full commentary on the COVID-19 crisis.
- Watch a video from board chair Julia Brown and our webinar on how we're addressing the pandemic.
- Learn how your fellow branch and state leaders are staying connected.
- Take our short survey to share your own stories.

Our work together to achieve equity has never been more important. Women are particularly vulnerable to financial shocks, since they're paid less than men, shoulder a greater proportion of student debt, and have less saved for retirement. They also hold 54% of low-wage jobs, many of which have been eliminated or lack basic benefits. We'll soon roll out a special match from AAUW's board of directors, national leaders, CEO Kim Churches and several AAUW staff to raise funds that will drive much-needed changes.

POETRY CORNER



Poetry Appreciation and Poetry Writers Interest Groups will have a Zoom video conferencing meeting on May 14 at 1:00pm. See details in the Calendar. Co-chairs of Poetry Appreciation are Jean Paris and Karen Dennis, and co-chairs of Poetry Writers are Kas Sartori and Grace Songolo. New members are welcome at any time to one or both interest groups. Poetry Appreciation focuses on the poems of others, such as Edna St. Vincent Millay or Maya Angelou. Poems can be found on websites, such as poetry.org or google Writer's Almanac. The members of the Poetry Writers Interest Group create and discuss their poems, many of which are featured in the Waves.

from Kas Sartori on her poetry writing. "Emotional moments often elicit in me the need to write a poem. I created these two poems on a cruise to Norway, Iceland and Greenland that my husband planned as a surprise, and I am forever grateful. Travel can be both exhilarating and as unexpected as meeting a hurricane on our ocean journey or discovering an island took millions of years to move from the South Pole to its opposite in the north. My poems speak of the profound truths nature's dangerous beauty and immense mystery can teach us.

Hurricane Moon

by Kas Sartori



Haloed white moon
piercing hurricane clouds
that whisk and wail over
waves swooping up and
rocking ships at sea.
Despite the fright of warnings
and the bobbing havoc
tormenting lives,
the white moon glimmers
midst shifting mists and roiling waves.
Gleaming intermittently, like the
mysterious and relentless force
that moves us all,
inside and underneath the vagaries
and unexpected weather
of our days.

Greenland's Lesson

by Kas Sartori



Oldest island in the world,
what can you teach me?
Is your ancient movement up the globe
through centuries of time
a lesson? . . .
that I must not count on
fixed stars
or familiar loves?

For as a land mass travels and transforms
over time,
So do we.
And as certain as a sunrise
promises a new day,
the breath and the beat of life
will shift into new rhythms,
even traversing to a world
beyond ours.

from Marie...I am not a writer, but my paintings are inspired by life, and things that touch my soul. These words are my humble attempt to express the emotions behind these two paintings.

POETRY CORNER



CIRCLE OF LIFE

pastel painting by Marie Tippetts

In the midst of the tragedy
that is surrounding us,
we are celebrating Passover and Easter -
holidays that commemorate spring and rebirth,
a journey from slavery to freedom,
and a belief in a promise.

In the midst of darkness, the birds are oblivious
as they build their nests, lay their eggs,
and wait in anticipation
for the birth of their offspring.

Life goes on...let us be thankful
for our many blessings.

And believe in a brighter future.



PAUSE

pastel painting by Marie Tippetts

We are sheltered
We are afraid
We are melancholy
We are craving socialization, human interaction
We are feeling hopeless
We are feeling deprived

Pause...

Time to breathe
Time to reflect
Time to dream
Time to create
Time to grow
Time to appreciate the quiet

Pause...

You've Come a Long Way Baby... But You're Not There Yet!

Ginny Hatfield, AAUW-CA Public Policy Committee

Perhaps many of you will recall the Virginia Slims advertising slogan from the late 60's, "You've come a long way, Baby." This slogan aptly fits the rise of the feminist movement in America, which most of us agree dates back to the Seneca Falls, NY, women's rights convention in July 1848.

August 26, 2020, will mark the 100th anniversary of the passage of the 19th Amendment to the U.S. Constitution, the culmination of the Women's Suffrage Movement. It took over seven decades for a woman's right to vote to be guaranteed as the law of the land.

Since then, we have seen successive waves of the Women's Rights movement. Activists in the 1960's and '70's sought equal rights and opportunities along with greater personal freedom for women, similar to the goals of the suffragists, the first wave of feminism. But this second wave of feminism also encompassed every area of women's experience -- including politics, work, the family and sexuality. Major legislative victories were accomplished during this period: Equal Pay Act, Title VII of the Civil Rights Act, legalization of birth control for married and unmarried couples, Title X Family Planning Program, Title IX, the Roe v Wade decision and passage of the ERA.

Third-wave feminists sought to question, reclaim, and redefine the ideas, words, and media that have transmitted ideas about gender, gender roles, womanhood, beauty, and sexuality, among other things; while Fourth-wave feminism refers to a "resurgence of interest in feminism that began around 2012 and is associated with the use of social media." The focus has been on justice for women and opposition to sexual harassment and violence against women. The movement is "defined by technology," according to a British feminist, and "is characterized by [social media tools] that challenge misogyny and further gender equality." Issues in the forefront include street and workplace harassment, campus sexual assault and rape culture. Scandals involving the harassment, abuse, and murder of women and girls have kickstarted movements such as the "Me Too" Movement.

Where will feminism go from here? We've still got our work cut out for us as well as some unfinished business: namely the ratification of the Equal Rights

Amendment, which has now obtained approval by the requisite 38 states, and faces court challenges or perhaps a legislative solution; and the ratification by the U.S. Senate of the Convention on the Elimination of all Forms of Discrimination Against Women (CEDAW), the international bill of rights adopted by the United Nations in 1979. AAUW has played a notable role in all these waves of feminism, and I am sure will continue to do so as we strive for social and economic justice-- because we're not there yet.

MAY 2020 CALENDAR

All Face-to-Face Meetings in May Have Been Canceled.

During this pandemic time, many AAUW-LB Interest Groups are having Zoom video conferencing meetings. Vesper Libris and Evening Books had their book discussions on Zoom in April and May, and Evening Books will start having its meetings online in May. Interested members can contact the group leaders listed in the Membership Directory to see how they can be involved.

May 14 (Thursday) POETRY APPRECIATION and POETRY WRITERS will have a combined meeting at 1:00pm. New members are always welcome. Contact Zoom host, Karen Dennis, karendennis@mac.com, for an invitation to attend the Zoom meeting. If you need help in using Zoom video conferencing for this meeting, please let Karen know. Practice sessions can be set up.

May 21 (Thursday) VESPER LIBRIS will meet via Zoom at 6:00pm for a discussion on *The Dutch House* by Ann Patchett.

May 27 (Wednesday) 7:00pm EVENING BOOKS will meet, via Zoom, to discuss *The Moor's Account* by Laila Lalami. For more information, contact Gail Brooks at gail8441@cox.net.