

# ywca SAN GABRIEL VALLEY

# our voice



943 No. Grand Ave.  
Covina, CA 91724  
(626) 960-2995  
www.ywcasgv.org

SENIOR SERVICES  
YWCA Intervale  
24-Hour Message Line:  
(626) 214-9465

DOMESTIC VIOLENCE  
YWCA WINGS  
24-Hour Help Line:  
(626) 967-0658

## eliminating racism empowering women

## April 2010

**OUR MISSION** • *To eliminate racism, empower women, and promote peace, justice, freedom and dignity for all.*

### WIN A 2010 NISSAN ALTIMA VALUED AT OVER \$30,000

\$35/ticket or 3 for \$75

Order tickets online [www.ywcasgv.org](http://www.ywcasgv.org)  
or call 626 214-9442

All proceeds benefit YWCA San Gabriel Valley's programs for victims of domestic violence, senior citizens, and teens.

Visit our **facebook** page and become a fan of the YWCA SGV!



## COMING EVENTS

### YWCA SGV Open House

**April 28, 2010**

3pm to 6pm

943 North Grand Avenue  
Covina, CA 91724

### Theme: Stand Against Racism

Share in our vision of eliminating racism and celebrate the richness of diversity.



## EXECUTIVE DIRECTOR LISA BRABO 12 WOMEN TO BE HONORED AT ACHIEVEMENT LUNCHEON

Twelve outstanding women will be honored at the 26th Annual Women of Achievement Awards Luncheon, to be held June 17 at Cal Poly Pomona's Bronco Student Union. 500 people are expected to attend the event, sponsored by the YWCA SGV, which is also presenting a day-long Women's Life and Leadership Conference the same day. Tickets for the luncheon and conference are available online at [www.ywcasgv.org](http://www.ywcasgv.org).

Nominated by their peers, the honorees are among San Gabriel Valley's and Pomona Valley's leaders who have not only excelled in their field but also contributed much to their communities.

### 2010 WOMEN OF ACHIEVEMENT

Peggy Banas, *Meals on Wheels*

Kathleen Garvey, *Crestwood Corporation*

Gerri Guzman, *Consumer Rights Coalition*

Mary Sue Hammett, *Grand Graphics*

Dr. Susan Kane, *City of Hope*

Gwendolyn Lacombe, *Glendora Police Department*

Patricia McIntosh, *ROP Bridge Foundation*

Patricia Serio, *Serco Mold, Inc.*

Virginia Shull, *Retired School Teacher*

Susan Wang, *AARP*

Grace Whitcomb, *Southern California Edison*

### 2010 Celebration of Life Award

Helen Otto – *Posthumous Recognition*



## LUNCHEON SPEAKER TO SHARE POWERFUL LESSONS OF HER LIFE

Although Barbara Dickerson was raised by a poor single mother with less than a high school education, that didn't stop her from earning a doctorate degree herself. Even though Barbara, an African American, was raised in the segregated South, that didn't prevent her from working for and envisioning a world without racism or sexism.

This educator and community leader will share some of the powerful lessons of her life in a keynote address at the Women of Achievement Luncheon, part of the Women's Life and Leadership Conference at Cal Poly Pomona on June 17.

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## MORE COMING EVENTS

### 37th Annual Tennis Classic Fundraiser

**Friday, May 7, 2010**

This Fundraiser supports the Domestic Violence Program. Contact the Chair, Ann Baker, at [annbaker@cox.net](mailto:annbaker@cox.net) or (858) 481-1011 for more details.

Sponsorship information is available online at [www.ywcasgv.org](http://www.ywcasgv.org).

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### May is Older Americans Month

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### Life and Leadership in a Diverse and Changing World Conference and Women of Achievement Awards Luncheon

**Thursday, June 17, 2010**

To be held at Cal Poly Pomona,  
Bronco Student Center  
Please visit [www.ywcasgv.org](http://www.ywcasgv.org) for  
conference overview and  
sponsorship information.

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Born in Jackson, Mississippi, Barbara and her family moved to Pasadena when she was ten years old, opening a new world to the sheltered girl. "Moving to California felt to me like an oyster opening up to me – the cultural diversity and new experiences I had here were amazing," she says.

As the only black student in many of her classes at Muir High School, Barbara learned to speak up for herself and find her own voice. "This is what I want to say to young women today – you are powerful and you have a voice," she says.

Barbara notes that an empowered woman can be anyone – not just those with societal power or prestige. "One of the women I admire the most is a friend of mine who has fostered dozens of children over two generations – crossing racial and social lines," says Barbara. "This woman is changing lives and making a difference in her own quiet way."

Strongly influenced by the leadership of women and the black church experience Barbara says she comes from a family that has been led by three generations of strong women, who all affirmed and supported her throughout her life. Likewise, she has had a profound influence on her own mother, who returned to school to earn advanced college degrees after seeing her daughter beginning to achieve her educational goals.

Barbara has spent more than 30 years as a teacher, school administrator and organizational consultant in California and Arizona. But she says her proudest achievement is successfully juggling her career while raising her now two grown children and sustaining a healthy relationship with her husband of 32 years, who now serves as general counsel of Azusa Pacific University. "As a woman, it's not easy to hold your family together while pursuing your own dreams, and I was fortunate enough to do both," she says.

Barbara serves on the Board of Education for Azusa Unified School District and was recently named Woman of the Year for the 57th Assembly District by California Assemblymember Ed Hernandez. ■



#### BOARD MEMBER PROFILE

### Sejal Patel is Driven by Passion for Health

**A**s a volunteer working at the Foothill AIDS Project in Claremont right after graduating college, Sejal Patel saw firsthand how health education could help people to avoid contracting and spreading the HIV virus. This experience sparked her interest in pursuing a master's degree in public health at UCLA and led to her employment as a program specialist at Foothill Presbyterian Hospital in Glendora.

There, she spent two years organizing conferences, lectures, health fairs and other events aimed at educating vulnerable populations, such as senior citizens. "I see increased education as the key to narrowing health disparities in our community," says the 25-year old Sejal. As one of the youngest and newest members of the YWCA SGV board of directors, she notes that the mission of the organization – eliminating racism and empowering women – is what attracted her to join the board.

"Education empowers people, and I'm especially interested in empowering young women to take charge of their health and develop healthy relationships," she adds. Using her expertise in HIV/AIDS education, Sejal helped the YWCA write a grant for HIV teen education last year.

She says she'll continue to be a voice for young women, in part, because of how much she herself has benefited from being both a mentor and being mentored by women, such as YWCA SGV Board President Miki Carpenter, who was Sejal's supervisor at Foothill Presbyterian.

Besides health education, Sejal says she is also deeply committed to her Hindu faith. The daughter of East Indian immigrants, she continues to practice and study Hinduism, as

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## YWCA SGV Programs

**Services for Domestic Violence Victims:** Shelter and support services so that adults and children can be safe, healthy, and lead violence-free lives.  
**24-Hour Helpline 626-967-0658**

**Teen Education Program:** Presentations in schools about healthy relationships to prevent teen dating violence and provide assistance to teens in need.

**Services for Seniors:** Nutritious meals and care management so that elders can live in their own homes with independence and quality of life.  
**24-Hour Message Line 626-214-9465**

**Leadership Development Opportunities** for women, girls and older adults

If you'd like to help the YWCA SGV save money and communicate more efficiently with you, please sign up (via one of the three options below) for our free email newsletter.

Sign up instantly at  
[www.ywcasgv.org](http://www.ywcasgv.org)

Email us at  
[info@ywcasgv.org](mailto:info@ywcasgv.org)

Give us a call at  
**(626) 214-9440**

she has since she was a child. She says her study of Vedic scriptures and other Hindu teachings help her find a balance in her life. "We live in such a melting pot, my faith sustains me because it incorporates both culture and religion spirituality." ■



## Meals on Wheels Volunteers Feted at Annual Breakfast

It's not easy to find a volunteer who will stick to an unpaid job for 28 years, but that's exactly what Glen Pierce has done. The Covina resident was among dozens of volunteers recognized last month for their service to Meals on Wheels, a home meal delivery service for senior citizens operated in Covina, West Covina, Glendora and Duarte by the YWCA SGV.

Among others at the quarterly Meals on Wheels Volunteer Breakfast at Intercommunity Hospital in Covina were Werdna Beale and Marv and Shirley Blair – at age 88, the three oldest Meals on Wheels volunteers. The youngest volunteer at the breakfast was 23-year old Diana Duffin.

Mayor Karen David of Glendora and Mayor Pro Tem Tzeitel Paras-Caracci of Duarte joined YWCA SGV Executive Director Lisa Brabo in thanking all the volunteers for their dedicated service to Meals on Wheels.

"The Meals on Wheels program could not exist without our dedicated volunteers who spend many thousands of hours each year transporting meals every weekday to over 70 homebound seniors in our communities," said Don Herring, director of Senior Services. "The service provided by our volunteers is truly invaluable because of the heart that they put into their work." ■



## Community Members Asked to Take Pledge Against Racism

This month, YWCAs across the country will be asking community members to "take a pledge against racism" as part of a national campaign to combat racism and promote justice.

Community partners are invited to an open house at the YWCA SGV from 4-6pm on April 28 to take the pledge and join in activities that highlight the work of the YWCA in eliminating racism and empowering women.

Here are some ways individuals can help combat racism:

- Learn about your family's ethnic background.
- Notice what ethnic groups are missing in your workplace, neighborhood, church or social groups, and become aware of what assumptions you may have about them. Then commit yourself to counteracting or unlearning these assumptions.
- Speak up when you hear someone make a racist remark.
- Read up on race and ethnicity – there is a much that history textbooks don't tell us.
- Get to know co-workers from other ethnic groups and form a lunch group to talk about race. ■