

ywca SAN GABRIEL VALLEY

our voice



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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

February 2010

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

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



COMING EVENTS

Nominations due for Women of Achievement Awards March 1, 2010

The 26th Annual Women of Achievement Awards Luncheon will be Thursday, June 17, 2010 at the Cal Poly Pomona, Bronco Student Center. It will be held in combination with a full-day conference, "Life and Leadership in a Diverse and Changing World."

Please go to our website (www.ywcasgv.org) for nomination forms.

Empowering Women Who Want Financial Health & Wealth March 2010

This course presented by UCLA Extension teaches women how to take control of their financial future. For more information, contact Kenia Davalos (626) 421-4438.

Stand Against Racism and YWCA SGV Open House April 30, 2010 See article on page 2.



EXECUTIVE DIRECTOR LISA BRABO SUPPORT FOR YWCA HAITI

Established in 2008, the YWCA of Haiti's main priorities are young women's leadership development, health, and HIV/AIDS.

The World YWCA has heard from the YWCA of Haiti's president, executive director and two board members who are safe. The World YWCA office in Geneva is fortunate to have on staff Marie-Claude Julsaint, Programme Director for the Americas and Caribbean, who is Haitian and receives on-the-ground reports from relatives and YWCA people.

For more information go to the World YWCA Action Alert on Haiti at www.worldywca.org.

Please consider supporting the YWCA in Haiti by giving online today at www.worldywca.org or mailing your check to World YWCA, 16 Ancienne Route, CH-1218 Grand Saconnex, Geneva, Switzerland. Designate your donation to 'Haiti response'.



BOARD MEMBER PROFILE:

ANITA RON CARRIES ON FATHER'S LEGACY, SERVES IN SISTER'S MEMORY

Anita Ron's sister was a 28-year old graduate student when she died at the hands of her long-time boyfriend. Now, more than 20 years later, Anita says she believes her sister would still be alive today, had she and her family been better educated about the signs of intimate partner abuse.

"We didn't know what to look for; we didn't think it could happen to one of us," she recalls. As vice president of the YWCA SGV Board of Directors, Anita says she is committed to working on behalf of victims of domestic violence and wholeheartedly supports the mission of the YWCA to empower women. "We've got to recognize the signs, help women understand that abuse is not normal, and give them tools to survive," she says.

Anita says her dedication to community service is also a way to carry on her late father's legacy. A native of Mexico, he died a year ago, after having served his Los Angeles community for decades while working as a machinist and sending all 12 of his children through Catholic private schools. "He was dedicated to helping others, and he inspired all his children to do the same."

His legacy of valuing family is also alive today; his grown children now take turns doing overnight shifts caring for their aging mother, who is frail and unable to walk. The dayshift is handled by a home health aide, but each night, Anita and her siblings make sure one of them is at their mother's side.

"The services that the YWCA provides for the elderly – like home repairs and daily hot meals – are so important to enable seniors to stay in their homes," says Anita. "I really appreciate how important this is, now that my mother is in this situation."

Anita, has owned and operated Briteworks, a commercial cleaning service for 14 years. She, husband Ramon Ron, and their three children live in West Covina.

May is Older Americans Month

37th Annual Tennis Classic Fundraiser May 7, 2010

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

Please go to our website (www.ywcasgv.org) for sponsor information.

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

June 17, 2010

To be held at Cal Poly Pomona, Bronco Student Center. Please go to our website (www.ywcasgv.org) for conference overview and sponsorship information.



**Conference to feature
Latina Empowerment
Keynote Speaker:
Ana Nogales, Ph.D.**

How can today's woman better balance work, family and care of self? What are the key issues facing women in the next decade and beyond? Where should one start to chart professional and personal growth in an increasingly diverse and changing world?

These and other questions will be addressed at the Life and Leadership Conference and Women of Achievement Awards Luncheon June 17th at Cal Poly Pomona. The full day's program begins at 8 a.m. with a buffet breakfast, and continues with a series of workshops and lectures, plus a vendor expo and food and wine reception. The opening session's keynote speaker is Ana Nogales, Ph.D., an authority on domestic violence and abuse, who will speak on Latina empowerment.

A bilingual clinical psychologist, and founder/clinical director of her own practice in LA and Orange Counties, Dr. Nogales is also founder and head of the non-profit Casa de la Familia, which helps victims of sexual assault, child abuse, human trafficking and domestic violence.

She is president of the Health Awareness in Orange County and a board member of Women's Association for Latino

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PLEDGE NOW TO TAKE A STAND AGAINST RACISM IN APRIL

February is Black History Month – just two months away from the day YWCAs across the country and their community partners will be “Taking a Stand Against Racism” April 30th. But this month, we celebrate the contributions of African Americans such as Martin Luther King, Jr. The famous civil rights leader spoke of the day when people would be “judged by the content of their character rather than the color of their skin.” Has that day come?

Today, more than four decades after King's assassination, we have an African American president as our nation's leader. Discrimination, based on race, color, or religion, have been outlawed and more opportunities are available to people of all backgrounds.

So why stand against racism? Although it may not be as obvious as in the past, racism and discrimination still have a profound effect on children and adults, our communities and our institutions. Today, we can look back on our history and examine the direction, development and effects of the enslavement of Africans, the dispossession of Indian and Mexican lands, the exclusion of Asians from immigration and citizenship as events that have shaped the current attitudes and actions supported by the power of law, institutional structures, and culture in this country.

“Race and the legacy of discrimination continue to affect our lives - whether we all realize it or not,” says Lisa Brabo, executive director of the YWCA SGV. “In our everyday interactions at work, school, or in our neighborhoods and communities, we may be unwittingly acting on deeply-ingrained racist beliefs.” According to experts, what we think of as racism can take many different forms.

These can include: - Discrimination - Personal attacks of any kind
- Written or verbal threats or insults - Damage to property

“But there are other, more subtle forms of racism. Even casual remarks about a certain race, or acting in a way that reinforces negative stereotypes makes us all believe that racism is normal and acceptable,” says Lisa. “We know it's not. The goal of Stand Against Racism is to bring these issues to the foreground and to get a dialogue going about both minor and major threats to racial justice in our society.

For more information on how you can get involved, contact YWCA SGV volunteer Vivien Hao at prvivien@yahoo.com or (323) 893-4743.?



BOARD MEMBER PROFILE

LIFELONG PASSION FOR EQUALITY AND JUSTICE DRIVES MIKI CARPENTER

Miki Carpenter vividly remembers how, as a 12 year-old, she was incensed to hear that some of her 6th grade classmates were against the Equal Rights Amendment. “They said their parents told them, that if we had equal rights for women, everyone would have to use the boys' restrooms,” she recalls. “Growing up, I did everything my three brothers did, and never for a moment doubted my equality.”

As she matured, so did her passion for women's rights and justice, and seven years ago, Miki says she finally found the organization that embodied all that she believed in and wanted to work for. “I was attracted to the YWCA because it is about empowering women and social justice for all,” she says. “The breadth and depth of the programs and services offered are what make this organization so important in our community.”

Having served on both the YWCA SGV board and advisory council, Miki was elected president for the 2009-2010 year. She juggles her volunteer duties with her job as a program supervisor for the Children and Families Commission of San Bernardino County. The Azusa native also runs a consulting business, Freelance Solutions for Non-Profits, which is working with YWCA SGV to present the women's empowerment conference at Cal Poly Pomona in June.

“The conference will be unique because its audience will be diverse in both age and ethnicity,” says Miki. “We want to make sure we reach teens and young adult women who will be our next generation of leaders – empowering this generation for greatness.”

Miki herself says she was empowered by her parents' vision for her. Her father, who passed away when she was a teenager, and her mother, a Japanese American who met her husband when he was stationed in Okinawa during World War II, instilled in their five children the importance of education. “For us, college was not a question, it was a given,” Miki says. “My mother only had a sixth grade education and my father only a

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Mental Health. The author of several books, her newest release is *Parents Who Cheat: How Children and Adults are Affected When Their Parents are Unfaithful*. Previous books she has authored include *Latina Power! Using the Seven Strengths You Already Have to Create the Success You Deserve* and *Dr. Ana Nogales' Book of Love, Sex and Relationships, A Guide for Latino Couples*.

Featured regularly in the media and at national conferences, Ana has hosted her own Spanish talk show and for 17 years, wrote a weekly column for *La Opinion* and other publications.

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

Email us at
info@ywcasgv.org

Give us a call at
(626) 214-9440

two-year college degree, but they made it clear they expected much more from their children."

In 2005, Miki completed her Ph.D. in Educational Psychology at USC, after also having earned a BA in Social Ecology and a Master's of Public Health degree. Her career path also included 15 years as outreach director at Foothill Presbyterian Hospital in Glendora, and teaching at La Verne University, which she continues to do today.

Throughout her career, Miki says she has seen how non-profit organizations can make a huge difference in communities, and considers her life's work to be a part of making that difference.



ANA INTERIANO

TEEN PROGRAM SEEKS TO PREVENT PARTNER VIOLENCE

In a recent study of intimate partner violence among migrant, immigrants, and U.S. born Latinas, researchers found that one of three experience some form of physical violence, almost one in five experience sexual coercion, and more than eight of ten experience psychological aggression by an intimate partner.

Since more than half of the teens in the San Gabriel and Pomona Valleys are Latino/Latina, YWCA SGV's Healthy Relationships for Teens Program targets area high schools and even middle schools, with education on how to prevent and stop intimate partner violence.

This year, YWCA SGV's WINGS Domestic Violence Services will present its educational seminars at more than 35 schools and organizations across the region. Educational presentations in English and Spanish range from one to four hours, covering signs of abuse, power, control and other related issues. Sessions include a quiz, group discussions, questions and answers and a variety of handouts that link teens to services if they are involved in partner violence or grew up with violence in their home.

"Watching and experiencing violence as a child can be a terrifying and traumatic experience that affects every aspect of their lives, growth, and development," says Ana Interiano, who heads the teen program.

Domestic violence gets imprinted into the younger members of a family, both male and female, early on in their lives, according to Ana. Forty percent of girls age 14-17 report knowing someone their age that has been hit or beaten by a boyfriend. As many as one-quarter to one-third of all teens will be in abusive relationships during their adolescent years.

"We are trying to stop the cycle of intimate partner abuse before it affects the next generation," says Ana. "And the important message for youth is that they can stop it now. We can help."



LORENA BURGOS

SELF-EMPOWERMENT CLASSES HELP WOMEN END ABUSE

By the time "Alma" came to her first empowerment class at the YWCA SGV, she had already endured more than four decades of emotional and physical abuse by her first and second husbands. Now that her 11 children were already adults, she knew she had one more chance to help her youngest and 12th child, then 13 escape the nightmare at home. She desperately wanted to get out of her abusive marriage.

But it didn't happen overnight. In fact, it was more than eight months later that she was able to leave the relationship. But she finally did it, ending a life-long cycle of violence that was killing her emotionally and physically. There are dozens of "Almas" who come through the doors of the WINGS Domestic Violence Services program each month, and here, many find the strength and support they need to end the abuse.

According to Lorena Burgos, one of two case managers for the outreach program, women like "Alma" are often tied to their abuser because of cultural or religious beliefs, language barriers, or lack of education and job skills. "They think they don't have a choice, and we tell them – they do," says Lorena.

By providing a comprehensive set of services, from individual counseling to legal assistance to get a restraining order to finding emergency and longer-term housing, the WINGS program offers women a step-by-step process for ending abuse. "For our clients, it's a big deal to reach out and ask for help. But once they're here, we have all the systems in place to support them and keep them safe," says Lorena.

Self-empowerment classes are offered weekly in Spanish and English and are free to the community. For information, call (626)338-3123 ext. 114. The 24-hour domestic hotline is (626) 967-0658..