

Isle City Business and Professional Women BPW

Isle City Energizer

Seasons Greetings



Special points of interest:

- Our Emblem
- Domestic Violence
- Put Down Roots
- Raising Minimum SS Benefits
- BPW/USA Legislative Hotline
- Save Those Calendars!



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Presidents Message

We stand on the threshold of a New Year. We shed the old and go bravely toward the unknown. We take with us that which is the best of our past and carry a new vision to keep us in step with the future.

As BPW leaders and members, we realize that many of the problems faced by our predecessors are still with us and many others that they faced are no longer a challenge to us.

While women are training in educational institutions throughout the United States, those women are often counseled to enter 'women's jobs' and not to enter the sciences or physically challenging work. While women start out with equal pay after graduation

from college, after the first five years the pay scale between women and men widens increasingly.

While many more women are graduating with a college education, a white male with a high school education statistically makes more than these women, especially if she is a woman of color.

While many women are in middle management, the policy making board rooms remain out of most of their grasps.

While we thought we had established the principle of choice and funding for education to prevent unwanted pregnancies, we find hard-fought gains slipping away. As we live and work this fast-paced, technological world,

we need to reevaluate how we can be effective to combat the more subtle discrimination that keeps a woman from full equality in the workplace. These subtleties include the psychological programming built into our society and into us as women that automatically discounts the achievements and opinions of women as not as valuable as those of men.

We should use the new technologies to spread of the word of equality and empowerment. Those with a knowledge of the past must train the young women and men of tomorrow towards a path of equal opportunity for all.

JoAnn Ainsworth



Winter alert...

A Walk Every Day Can Help Snuff Out the Sniffles

Exercise advocates have another reason to trumpet the benefits of working out: Regular physical activity can lower your chances of getting a cold.

Even moderate exercise—

such as 30 minutes of brisk walking on most days—seems to hold off upper respiratory infections, researcher Charles E. Matthews of the University of South Carolina School of Public Health reported in the August Medicine & Science in Sports & Exercise.

Among the 547 healthy men

and women ages 20 to 70 Matthews and his colleagues studied for a year, the more active people were 20 percent less likely to get a cold over the course of the year and 32 percent less likely during the fall cold season.

(submitted by Margaret Seaman)

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Aesop No act of kindness, no matter how small, is ever wasted

Domestic Violence...

Profile of a Domestic Batterer

National Coalition Against Domestic Violence (NCADV)

A batterer employs abuse basically to gain and maintain control over the victim, and because the batterer usually suffers no punishment as a result (they know that they can "get away with it").

Although batterers come from all social groups and backgrounds, as well as a wide range of personality types, the NCADVA has put together a profile of a "typical" batterer:

- A batterer objectifies women, does not view women as people, and does not respect womanhood. Women are seen as property or sexual objects.
- A batterer has low self-esteem, and feels powerless and ineffective in the world at large. Outwardly, the batterer may appear

successful, but inside feels inadequate.

- A batterer externalizes the causes of the abuse, blaming the violence on circumstances such as stress, your behavior, a "bad day", alcohol, drugs, or some other factor — they tend not to take personal responsibility for their actions.
- A batterer may be pleasant and charming between bouts of violence, and outsiders will often think this is a "nice person".
- Behavioral warning signs of the potential batterer include extreme jealousy, possessiveness, a bad temper, unpredictability, cruelty to animals, and verbal abusiveness.

Domestic Violence

What is it?

Domestic Violence is a **pattern of power and control** used by one person over another within an **intimate relationship**.

Who Does It Affect?

Domestic Violence affects all of us.

It happens in all races, all nationalities, all classes, all education levels.

It happens in all kinds of intimate relationships — heterosexual, same-sex.

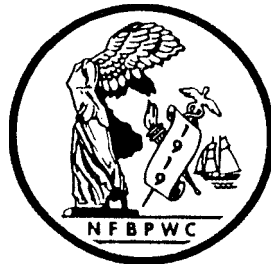
It can happen to anyone.

(continued on page 4)



Our Emblem...

OUR EMBLEM....



THE FLAMING TORCH of Wisdom, Truth and Leadership



*THE WINGED WAND OF MERCURY
Symbol of Patience, Tolerance and Harmony*



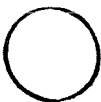
*THE SHIP OF COMMERCE symbolizing
The Progress of women toward economic
independence*



*THE SCROLL OF ACHIEVEMENT - partly
unrolled - symbolizing Knowledge
and our continuing search for self improvement*



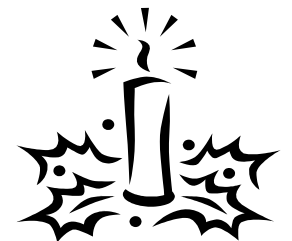
*THE NIKE - "Winged Victory of Samothrace"
Confident and Victorious*



*THE ENDLESS CIRCLE OF GOLD - symbol
of Friendship, Loyalty and Love*

*"No coward soul is mine,
No trembler in the world's
storm-troubled sphere:
I see Heaven's glories shine,
And faith shines equal, arming
me from fear."*

*Emily Brontë (1818 - 1848)
British poet and novelist.
"No Coward Soul is Mine"*



*Our Emblem,
submitted by **Marion Yeaw**,
scanning and graphic resizing
by **Debra Meadows**.*

Domestic Violence continued...



"Their investigation also revealed a candidate for district attorney in a neighboring county told partygoers the events were legal and then asked them for campaign contributions."

OTHER RELATED FORMS OF VIOLENCE INCLUDE:

Child abuse — Teen abuse — Elder abuse — Employee abuse — Roommate abuse.

WHY DO MEN/WOMEN BATTER?

- 1) Because they **learn** to
- 2) Because they have the **opportunity** to
- 3) Because they **choose** to

The following is a list of organizations that can help you if you are a victim of domestic violence.

RESOURCES FOR VICTIMS OF DOMESTIC VIOLENCE

Alameda Community Recovery Services, a program of Xanthos, Inc.
2325 Clement Ave., Alameda, CA 94501
(510) 522-8363
Services: counseling, support groups, referrals

A Safe Place
Mail: PO Box 1075
Oakland, CA 94504
(510) 536-7233
Services: counseling, legal support, support groups, shelter

Berkeley Community Health Project
Berkeley Free Clinic
2339 Durant Ave., Berkeley, CA 94704
(510) 548-2570
Services: general medical

Berkeley Women's Health Center
2908 Ellsworth Ave., Berkeley, CA 94705
(510) 843-6194
Services: general medical services, INS exams

Emergency Shelter Program, Inc. (ESP)
22634 2nd St., Room 206
Hayward, CA 94541
(510) 581-5626 (Office)
(510) 786-1246 (Hotline/TDD)
(510)782-6635 (Child Care)

Services: counseling, short term shelter, food, child care.

Family Violence Law Center
Mail: PO Box 2929, Berkeley, CA 94702
(510) 540-5370 (Office)
(510) 540-5354 (Hotline)
Services: counseling, support groups, legal assistance.

This is a short list of some of the places you can contact for help. The list was provided by Xanthos, Inc.

(With the holiday season here, emotions run high. Give yourself a gift of peace/freedom this year. Don't wait until it is to late, don't be a statistic, get help **now**. You deserve a peaceful, happy life. Editor)

Our deepest sympathy to BPW President Cindy Young. Cindy's husband, Bill, was killed in an automobile accident on Saturday, November 23rd. The national office sent flowers from all BPW members. The memorial service was held on 11/26 at 2:00 pm in Carlisle, Arkansas. The memorial was held at First United Methodist Church, 217 East Third, Carlisle, AR 72026.

BPW/USA Legislative Hotline 11/25/02

Inside This Issue of BPW/USA's Legislative Hotline

- 1 The 107th Congress adjourns after the lame duck session
- 2 New website for women entrepreneurs launched by the Department of Labor
- 3 Social Security Administration workshops for BPW members

4 Judge Michael McConnell confirmed by the Judiciary committee

5 Join us in Washington, DC at the 2003 Policy & Action Conference!

6 BPW involvement with the Chamber of Commerce

Happy Thanksgiving! On behalf of BPW/USA, we wish you a happy holiday!

The 107th Congress adjourned this week after finishing its lame duck session. The major outcome of the two week session was the passage of legislation to create a new Department of Homeland Security. Although the U.S. Congress was able to come to a consensus on homeland security legislation, both chambers adjourned without undertaking the majority of backlogged appropriations bills. Those

Raising Minimum SS Benefits Would Help More Women

RESEARCH

Raising Minimum SS Benefits Would Help More Women

A new AARP study examines Social Security reform proposals Congress has been considering to help women—especially older women—who live on the economic edge.

AARP's Public Policy Institute funded a study that analyzed 11 proposals—from increased

benefits to earnings credits for surviving parents with young children—and found some reforms would have surprising consequences.

Increasing benefits to widows, for example, would help older women on their own, but the biggest increases would go to women who were in the income group with the highest lifetime family earnings.

The study, "The Impact of So-

cial Security Reform On Low-Income and Older Women," concluded that increasing minimum Social Security benefits would help the largest number of women with the greatest need.

The report (No. 2002-11) is available online at www.aarp.org/ppi.

(submitted by Margaret Seaman)

BPW on the web

www.bpwcal.org
www.bpwusa.org
www.baycapitalbpw.org

Look for our new web site, www.bpwislecity.org, early 2003.

BPW/USA Legislative Hotline 11/25/02 continued...

bills will be taken up at the beginning of the 108th Congress, which is slated to begin on January 8, 2003.

The Office of the 21st Century Workforce at the Department of Labor will be launching a new website early next year: www.women-21.com. The website will be an information portal for women entrepreneurs and will feature a calendar of events, surveys, Administration, announcements and initiatives, and federal procurement information.

Calling all small business owners! To make the website useful, the Department of Labor would like to find out which commonly used forms women entrepreneurs would like to see on the site. Please email egehl@bpwusa.org with your suggestions. BPW/USA is a partner of the Office of the 21st Century Workforce.

3* The Social Security Administration has put together two workshop presentations to highlight the importance of Social Security

to women. They would like to present these workshops to BPW members nationwide. The workshops would provide women with information on Social Security, retirement planning and health issues. The workshops are titled: "Women and Social Security: The Truth Behind Financial Security" and "Social Security: Focusing on your Health". If you are interested in having the Social Security Administration present these workshops to your BPW Local please contact (continued on page 6)



Put down roots...

Put down roots

Preserve a green future for your descendants by planting a tree. For a \$10 donation, The National Arbor Day Foundation will place

10 trees in national forests destroyed by fire, disease, or insects. Go to www.arborday.org or call **888-448-7337**. (submitted by Margaret Seaman)

Needlework items or gloves etc. are the items needed for **Project Africa**. Look for more updates in January.

Editor's Note:

Deadline for articles to be included in the January issue, **December 27, 2002**.

Calendar of Upcoming Events



December 14:
Holiday Party – Elder's Inn, pot luck, gift exchange, Holiday treats for residents

December 25:
Christmas Day

January 1:
New Years Day

January 18:
General Meeting
Topic: Young Careerist Speak-Off

Feb 5-8 2003:
Policy & Action Conference/Interim Board Meeting

Feb 28 - March 01 2003:
Disney's Coronado Springs, Orlando, FL

Academic Conference Series on Work and Family

March 2003:
Reno Bus Trip—Date to be announced

BPW/USA Legislative Hotline 11/25/02 continued...

'Never look at the doors closing behind you or you'll miss the ones opening ahead.'

*Cyril Magnin
(1899 - 1988)
U.S. businessperson.
Fortune*

Maria Artista-Cuchna via e-mail at Maria.Artista-Cuchna@ssa.gov or call (410) 966-0439.

4* Judge Michael McConnell--nominated to the United States Court of Appeals, 10th circuit, was approved by the Senate Judiciary Committee last week. He was approved by unanimous consent and like Judge Dennis Shed Democrats approved him by a

voice vote, but then asked to be recorded as having voted against him.

5* Have You Registered for Policy & Action 2003? It's Not Too Late! Join hundreds of BPW/USA's national policy Conference. This year's theme is "Workplace

Equity & Work-Life Balance". The conference is scheduled for February 5-8 at the Washington Wyndham Hotel. Please join us for plenary sessions featuring workplace equity and work-life balance experts, workshops focused on policy issues, and Congressional Office Visits on Capitol Hill. Registration material is

Save Those Calendars!

Save Those Calendars!

This may already be happening to you:

dozens of calendars for next year are filling up your mailbox thus filling up your garbage can. But there's a solution! Save all those calendars and bring them to our up-

coming meetings so we can take them to residents of local senior and convalescence homes for their use. This is an annual community outreach effort that Isle City has done for many years and we can't continue our efforts without your donation of all those calendars.

Thanks in advance.

**(submitted by
Margaret Seaman)**

"Sometimes the dance of communication has two left feet."

By Debra Meadows

Members On the Move:

Welcome back to JoAnn Ainsworth! I had an opportunity to speak to JoAnn and it sounds like she had a marvelous trip!

Do you have a special event or news from another non-profit group that would be of interest to BPW members? Send your information to the editor either by email or snail mail (U S Post Office.)

The Energizer is every Isle City BPW member's newsletter. Let your voice be heard.

Have an announcement to share with the members about yourself? Send an email or note to the editor before the due date to have it included in the next issue. Remember to have a safe and happy holiday season.

The new year will be upon us soon. My prayer and wish for everyone is a prosperous and joyous new year. May we see an end to the injustices and hatred around the world and be able to live side by side with each other.

Editor



Birthday Wishes:

Happy Birthday this month to those we missed last month:

JoAnn S. Ainsworth
11/12

Yujia Huo
11/11



'If particular care and attention is not paid to the Ladies we are determined to foment a Rebellion, and will not hold ourselves bound by any Laws in which we have no voice, or Representation.'

*Abigail Adams (1744 - 1818)
U.S. feminist.
Letter to John Adams*

BPW/USA Legislative Hotline 11/25/02 continued...

located on BPW's homepage. Thank you and we hope to see you there! 6* Have you or your BPW Local partnered with the Chamber of Commerce recently? If so, BPW/USA would like you to share your coalition activities with the Policy staff. Please email egehl@bpwusa.org with this information.

If you would like to change

your email address please send your new email to egehl@bpwusa.org. BPW/USA's legislative hotline is a service for BPW members, and is updated on Monday of each week. If you have any questions or would like additional information about BPW/USA's other policy initiatives, please call Elisabeth at 202-293-1100 x162 or email at egehl@bpwusa.org.

'You can do anything in this world if you are prepared to take the consequences.'

*Somerset Maugham
(1874 - 1965)
British writer.
The Circle*

Isle City of Alameda
Business & Professional Women
P. O. Box 1569
Alameda, CA 94501

Membership: 510-523-7024
Email: isle_city@yahoo.com



Business and
Professional
Women/CA

**We're Changing the Workplace For Women.
Be a part of the Action and join BPW Today!**

**OUR MISSION IS TO ACHIEVE EQUITY FOR ALL WOMEN IN THE WORKPLACE THROUGH ADVOCACY,
EDUCATION AND INFORMATION.**

MEETINGS

Holiday Party

Date: Saturday,
December 14, 2002

Time:
11:30 A.M. — 1:30 P.M.

Location:

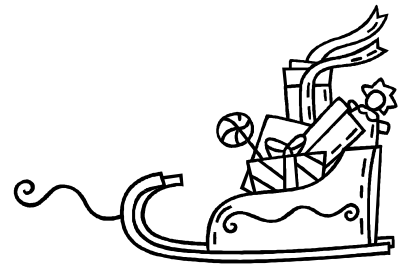
Elders Inn
1721 Webster Street
Alameda, CA

Program:

Holiday Party

Guests Welcome

Holiday Party – Elder's Inn, pot luck,
holiday treats for residents.



Isle City BPW meets the third Saturday of every month at 10:00 a.m.
(unless otherwise stated.)

BPW is an organization working at the local, state, national, and international levels to obtain political, professional and personal growth for working women. BPW is the oldest working women's organization in the world.