

# 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

## May 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.

See article at right for more information.

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



### EXECUTIVE DIRECTOR LISA BRABO

### Age Strong! Live Long!

May is Older Americans Month. This year's theme – **Age Strong! Live Long!** – recognizes the diversity and vitality of today's older Americans (65+) who span three generations.

United by historical experiences, strengthened by diversity, and interpreting events through varied perspectives and backgrounds, older Americans bring wisdom and insight into our society.

Please, age strong, live well, and live long. We need you.



### Support the YWCA and YOU Could Win a Nissan Altima

Friends of the YWCA have a chance to win a new Nissan Altima, while also supporting the organization's community programs. Valued at more than \$30,000, the 2010 luxury sedan features 175 horse power, 32 miles a gallon highway, touch screen navigation, leather interior, BOSE premium audio, and heated front seats.

To enter to win, visit or call the YWCA SGV administrative office or go to [www.ywcasgv.org](http://www.ywcasgv.org) before 8am June 17, 2010. One raffle ticket is \$35 and three tickets cost \$75. Second and third prizes of \$1,000 each will also be awarded.

The winners' names will be drawn at 1pm, June 17th, at Cal Poly Pomona's Bronco Student Union. Ticket holders need not be present to win. You must be 18 years or older to purchase tickets. The drawing is part of a day-long women's conference, "Life and Leadership in a Diverse and Changing World," sponsored by the YWCA SGV. For full raffle rules, please go to [www.ywcasgv.org](http://www.ywcasgv.org). ■



### Former Journalist Writes About YWCA's Good Works

Vivien Hao was news editor of her high school newspaper in Montebello when two *Washington Post* reporters broke the story that brought down the most powerful person in the world. The infamous Watergate case, which resulted in President Richard Nixon's resignation in 1974, made an indelible impression on the immigrant teen, who went on to study journalism at USC and become a television news reporter in California's Central Coast.

*Continued on next page*

## 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).



### 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.

### Register Online

Online registration is now available at [www.ywcasgv.org](http://www.ywcasgv.org) for the YWCA's Life and Leadership Conference for women, set for June 17 at Cal Poly Pomona's Bronco Student Union. \$75 registration includes a buffet breakfast, the Women of Achievement Luncheon, and afternoon reception.

Morning and afternoon workshops will feature panel speakers on topics such as leadership, dealing with stress, and new beginnings. More than 500 participants are expected, so register today to be part of this exciting conference. ■

Now, nearly three decades later, Vivien says she's still trying to change the world with words – but instead of bringing down politicians, her goal is to raise up the good works of people who are making a difference in our communities. The veteran corporate communications manager and public relations consultant has served as volunteer newsletter editor/writer of the YWCA SGV e-newsletter since its inception last fall.

"I believe so strongly in the YWCA's missions of eliminating racism and empowering women that I feel privileged to be able to tell the stories of the staff, volunteers, and clients of this great organization," Vivien says. "The folks I have met through the newsletter have inspired me in ways that I never could have imagined."

Journalism and public relations may be her vocations, but Vivien says her passion is really in her avocation – the study of race relations, and specifically Asian American identity. As a serious scholar of race issues and an anti-racism trainer for the Unitarian Universalist Association, Vivien has written on related subjects for *Asian Week* and other publications. She is active in Asian Pacific Americans for Progress, a national organization that supports progressive Asian Americans as political and community leaders. During her ten years in Rochester, Vivien founded the first Asian American history project and film festival in Western New York.

As a mother of a bi-racial adult son, Vivien says she is working to create a world where people are not colorblind, but color-conscious. "Like the alcoholic who must first admit the power drinking has over her, we who live in an historically racist society need to first recognize our complicit role in perpetuating the status quo simply by participating in everyday life," she notes. "Only by actively fighting against the status quo and working to be anti-racist can we ever hope to eliminate racism in America."

During May, Asian Pacific American Heritage Month, Vivien invites everyone to visit the Chinese American Museum of Los Angeles, in the El Pueblo complex of downtown Los Angeles. "My work as a volunteer docent at this hidden gem of a museum has shown me how important it is for us to learn the untold history of our immigrant neighbors. By visiting museums such as this, we can discover the commonality and shared humanity in the diverse communities that make up Greater Los Angeles. Only when we can see each and every person as fully human can we be fully human ourselves." ■



### Retired Police Officers Lead Campaign to Protect Victims

In 30 years in law enforcement, Kim Plater had encountered hundreds of crimes, but none that incensed her as much as the case of Monica Thomas Harris, a 37-year old mother of two who was kidnapped and shot to death by her estranged husband, a twice-convicted felon. Kim, a retired police chief, scrutinized the 66-page investigative report, which clearly showed that both the district attorney's office and the judge had mishandled the case.

"We had been trying to advise Monica on how to stay safe after her husband kidnapped and beat her the first time, so we were aware of how dangerous he was," says Kim, who, with her friend and former police colleague, Alice Slaughter, had been advising Monica through Alice's daughter Tamara, Monica's boss at Nutro Products. "But the DA who knew the case was absent, and a substitute DA convinced the judge to release the estranged husband from custody, pending his returning to jail to serve a 16 month sentence for assaulting his wife," Kim says.

Monica's senseless death galvanized Kim and Alice, who in 2007 founded the Covina Woman's Club Domestic Violence Action Coalition to advocate for tougher laws to protect domestic violence victims. They organized a widely publicized vigil to raise awareness of Monica's murder and the organization's cause. The pair also rallied members of more

## 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

than 30 groups in the area, including the YWCA SGV's WINGS Domestic Violence program, House of Ruth, Cal Poly Pomona's Stop Violence Project, the National Organization for Women, Delta Kappa Gamma teachers' sorority, and Republican Women Federated.

Now three years later, Kim and Alice continue to lead the coalition, which has grown to 110 members, with monthly meetings that include advisors of state Assemblymember Ed Hernandez and Congressional Representative Judy Chu. The coalition has raised more than \$10,000 in cash and in-kind donations to support women in WINGS and House of Ruth domestic abuse shelters.

But the coalition has yet to achieve its major goal, which is to attach penalties to laws that require judges and district attorneys to do their jobs. "If a teacher or social worker fails to report a case of known child abuse, they can be penalized by law," says Kim. "But if a judge or DA fails to do their job to protect a battered spouse or keep a felon behind bars, there are no consequences. They don't even have to admit they did anything wrong or say they're sorry they made a mistake." While Kim admits holding judges and DA's accountable is a daunting proposition, she says she will never give up the fight. The same gumption that enabled her to become the first female police patrol officer in the cities of Covina and Baldwin Park, and to later serve as chief of the Cal Poly Pomona police department, will serve her in good stead.

According to Kim, cases like Monica's are still too commonplace, and the coalition seeks to educate judges and DAs about how to minimize risks to abuse victims and their children. Coalition members also monitor certain cases, such as one earlier this year involving a San Bernardino woman whose boyfriend kidnapped and killed her two-year old son. Domestic violence advocates helped bring public attention to the case, which was featured on an episode of "Dr. Phil" last month.

For more information on the coalition or to be added to its email list, contact Kim at [kimplater@aol.com](mailto:kimplater@aol.com). ■



## LET'S MOVE! Taking on the Challenge of Childhood Obesity

On February 9, 2010, First Lady Michele Obama launched the "Let's Move" Campaign to solve the epidemic of childhood obesity within a generation.

Let's Move will give parents support, provide healthier food in schools, help kids to be more physically active, and make healthy, affordable food available in every part of our country. Join community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity. Learn more at [www.letsmove.gov](http://www.letsmove.gov).

### Quick facts:

- Almost 1 out of 3 children are overweight; 25% of these are classified as obese
- The number of overweight/obese children has tripled in the last three decades
- One third of all children born in 2000 or later will suffer from diabetes at some point in their lives
- This epidemic leads to other serious health problems in adult life: high blood pressure, stroke, cancer and asthma
- The cost of treating these conditions is estimated at \$147 million each year
- Contributing factors are increased inactivity of children, more use of quick fast foods, high sugar/low fiber content in packaged foods, amount of time spent on television, electronic games, cell phones, and lack of fresh healthy foods in low-income area markets

- The average American child spends more than 7.5 hours a day watching TV and movies, using cell phones and computers, and playing video games
- Physical education programs in schools have dropped dramatically

### **Nationwide, partners are joining in the campaign:**

- The American Beverage Association has committed to putting clear, front-of-pack calorie labels on cans, bottles and vending machines within two years
- The American Academy of Pediatrics will call on its physician-members to regularly monitor the body mass index for children age 2 years and older
- Major suppliers of foods to school cafeterias have pledged to cut sugar, salt and fat and increase whole grains and produce
- Some 40 executives of major food producers and agribusinesses indicated in an open letter they will join the first lady in promoting healthy eating. Among the signers: Kraft Foods and the Sara Lee Corporation
- Major media companies including the Walt Disney Co., NBC, Universal and Viacom have committed to running public service announcements
- Professional athletes will join the chorus of voices urging kids to put away the video games and get active

President Obama signed a Presidential Memorandum creating the **Task Force on Childhood Obesity** directing federal agencies to develop a coordinated national action plan with benchmarks within 90 days in support of the efforts.

**The Partnership for a Healthier America** is being created by a number of leading health care foundations and childhood obesity non-profits, including the Robert Wood Johnson Foundation, The California Endowment, W.K. Kellogg Foundation, the Alliance for Healthier Generations, Kaiser Permanente, and Nemours. ■

## **Grants Manager Helps**



### **YWCA Maximize Funding**

**W**hen Mary Ludwig graduated with a bachelor of arts in English literature, she knew she wanted to pursue a career in writing – but never thought it would be grant writing. An unexpected opportunity to fill in as a development associate for a New York City non-profit serving senior citizens gave her a taste of what it would be like to use her writing skills to help organizations raise funds. Now 13 years later, she has honed her grant writing skills at several organizations, and for the past eight months, has helped YWCA SGV initiate and write more than 85 applications for funds from private and public sources.

As the organization’s grant development manager, Mary’s job is to identify and research funders, and develop a strategy to maximize grant funding for the YWCA’s three primary programs: domestic violence, senior services, and teen education. “This is a high stress job. There’s always another deadline looming,” says the New York state native. “But I am satisfied knowing the work I do can help change people’s lives.” She notes that the pressure has been especially intense for organizations like the YWCA SGV in the last year or two because the economic downturn has severely curtailed grant making by many foundations.

Finding those that are still making grants, and matching their grant making guidelines to the YWCA’s programs has been no easy task. Yet, thanks to the efforts of many, grants from local funders such as Rose Hills Foundation and Kaiser Permanente have enabled the YWCA SGV to not only continue its services, but in some cases even expand programs.

“At a time when many nonprofits are reducing services, and even shutting their doors, we are fortunate to have many supporters who help us identify new funding opportunities,” says Lisa Brabo, YWCA SGV’s executive director. “One of Mary’s strengths is that she’s a great writer. She’s also able to analyze information so that we can tie our program goals with funders’ goals,” Lisa adds. Mary herself acknowledges that grant writing is as much an art as it is a science, and she relishes the challenge of using her creative skills to help others. Aside from writing and reading, Mary unwinds with yoga and belly dancing. The Los Angeles resident is an animal lover who owns three cats. ■