



# Contra Costa County COMMISSION FOR WOMEN

P.O. Box 6695 ❖ Concord, CA 94520

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**Carlyn Obringer**  
Chair

**Sean Duckworth**  
Vice Chair

**Nati Flores**  
Treasurer

**Kerri Ryer**  
Secretary

**Joan Conley**  
Historian

**Commissioners**

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*District I*

**Judy Carney**  
*District II*

**Dana Wellington**  
*District III*

**Carlyn Obringer**  
*District IV*

**Argentina Davila-Luevano**  
*District V*

**AT-LARGE MEMBERS**

**Joan Conley**

**Sean Duckworth**

**Phyllis Gordon**

**Julianna Hynes**

**Marie McDonald**

***The Contra Costa  
Commission for Women's  
mission is to improve the  
economic status, social  
welfare and overall quality  
of life of women in  
Contra Costa County.***

**Meeting Time:** Third Tuesday of the month at 6:30 p.m.

**Meeting Place:** 1331 Concord Avenue, Concord, CA 94520

**Chair:** Carlyn Obringer

**Staff Person:**

**Reporting Period:** 1/3/2012 – 1/15/2013

The activities for the Commission over the past year include:

### **1. *Girl-on-Girl Violence***

After the Commission's successful 2011 Forum on Bullying, a number of schools asked if parts of the Forum materials might be available for their use. The Commission had recorded the entire Forum, so our first step was to review the four-hour-long DVD and develop a timeline to identify the various segments of the Forum material. The Commission is working with Superintendent Owick's office to establish a committee of school administrators, teachers, and parents who can determine exactly which Forum segments can best serve Contra Costa schools.

### **2. *Bone Health***

The Commission hosted two Bone Health events in November. The first was held at the Pittsburg Senior Center, in Pittsburg. 50 seniors attended and materials were provided by medical professionals in both English and Spanish. Self-assessment sheets were distributed to the attendees to complete and bring to their doctor to encourage dialogue about bone health.

The other Bone Health event was held at the Michael Chavez Center for Economic Development and Opportunity, in Concord. 19 people attended a presentation about osteoporosis, by Susan Houchen, RN, from Kaiser, which included a risk assessment. Attendees learned about the difference between osteoarthritis and osteoporosis, the injuries that can result from osteoporosis, and actions to take right now to prevent osteoporosis.

These events are a joint venture with the National Association of Commissions on Women, and the National Osteoporosis Foundation, with the goal of spreading the word to women of all ages about the importance of bone health.

### **3. *NACW***

Commissioner Gordon represented the Commission at the Conference of the National Association of Commissions for Women (NACW) in Charleston, WV in July 2012. Commissioner Gordon attended at her own expense. Commissioner Gordon represents the Commission at the National level by serving on the NACW Board.

#### **4. ACCW**

The Commission hosted the quarterly meeting of the Conference of the Association of California Commissions for Women (ACCW) in Pittsburg, in June 2012. The Commissioners attended at their own expense. Commissioner Gordon represents the Commission at the State level by serving on the ACCW Board.

#### **5. Proclamations**

The Commission drafted one proclamation which was presented by the BOS:

- a. March 2012 was proclaimed "Women's History Month."

#### **6. Web site/Newsletter Update**

The Commission's continues to add new content to its Web site and began publishing an electronic newsletter in January 2012. The website and newsletter have made it easier for the Commission to keep the public well-informed about the Commission's work throughout the County.

#### **7. Denim Day**

Promoted countywide participation in this annual April event to help change people's perceptions about sexual violence against women by:

- a. wearing denim on Denim Day
- b. co-sponsoring Denim Day events with Community Violence Solutions and cities throughout the County
- c. sharing information about the Italian Supreme Court case that sparked Denim Day, and other harmful myths that exist about sexual assault

#### **8. Get Real Academy**

Co-sponsored this life skills day for senior girls held in February 2012. Workshops on budgeting and money, health and nutrition, dating and teen violence were offered. Every girl also had the opportunity to experience a mock job interview. Several Commissioners served as mock interviewers.

#### **9. Women's Health and Fitness Expo**

Co-sponsored and tabled at *Women's Health and Fitness Expo* on August 18th in Walnut Creek, to help promote ways women can lead a healthy, active, and fulfilling life.

#### **10. Presentation to the Girl Scouts**

Made a presentation to 150 Girl Scouts and their leaders in the San Ramon Valley, in early November, to share information about the Commission's role and activities

#### **Attendance/Representation**

As of January 7, 2013, the Commission has 13 out of a potential 25 member board, with 12 at-large vacancies. There is a quorum at each meeting. The Commission is currently awaiting the appointment of two new members. This past year, the Commission added three at-large members and one district representative. The Commission expects to continue strong recruiting efforts next year, and to add more members to reach the maximum of twenty-five Commissioners.

The Contra Costa Commission for Women is committed to working with the Board of Supervisors in 2013 for the betterment of women and girls in Contra Costa County.

### **Training/Certification**

All Commissioners have received the new Brown Act training, either in-person, or online. In the past, when we had a budget from the County, we attended Women's conferences sponsored by other commissions and the State.

### **Goals 2013**

#### ❖ NACW Conference

The Commission is a co-sponsor and organizer of the 2013 National Association of Commissions for Women Conference, to be held in San Jose, in July 2013.

#### ❖ Gender Equality/Pay Equity Initiative

Raise awareness in Contra Costa County around the gender and pay inequalities experienced by women socially and in the workplace by hosting regular panel/roundtable discussions designed to:

- a. encourage and empower women
- b. provide a call to action for individuals and organizations alike
- c. help close the gender pay gap

Topics such as employment, career/professional and leadership development, and the need for increased financial literacy among women will be discussed. The first panel discussion will be held in partnership with the Contra Costa Council on April 17, 2013, Pay Equity Day. Representatives from the top 30 employers in Contra Costa County will be invited to learn more about the importance of pay equity.

Continuing to raise awareness concerning the proliferation of girl-on-girl violence within Contra Costa schools by: making available to Contra Costa schools, segments of the 2011 Bullying Forum, to educate parents, teachers and students about bullying and violence among girls and ways to prevent such behavior.

#### ❖ Denim Day

Promote countywide participation in this annual event, scheduled for April 2013, to help change people's perceptions about sexual violence against women by:

- a. Wearing denim on Denim Day
- b. Co-sponsoring Denim Day events with Community Violence Solutions and cities throughout the County
- c. Sharing information about the Italian Supreme Court case that sparked Denim Day, and other harmful myths that exist about sexual assault

#### ❖ Get Real Academy

Co-sponsor this life skills day for senior girls to be held in February 2013. This will be done in conjunction with several local Soroptimist groups and

approximately 15 local schools within Contra Costa County. Workshops on budgeting and money, health and nutrition, dating and teen violence are offered. Every girl will also have the opportunity to experience a mock job interview.

❖ Continuing to draw attention to health disparities between women and men in the county by:

- a. Co-sponsoring and tabling at Women's Forums and Health Fairs throughout the County (i.e. John Muir's *Women's Health and Wellness Expo*).
- b. Contacting Legislators and monitoring legislation.

❖ Continuing to monitor and support legislation that will improve the socio and economic status of women.

❖ Strategic planning for the 2013/2014 year

❖ Bone Health Workshops

The Commission is planning another round of Bone Health events, scheduled for Spring 2013. These events are a joint venture with the National Association of Commissions on Women, and the National Osteoporosis Foundation, with the goal of spreading the word to women of all ages about the importance of bone health.

**Challenges 2013**

**No County support person** - The Commission does not have an assigned support person which means that the Commission Chair must fulfill all administrative duties, in addition to her duties as Chair. In addition, the Commission continues to have to find our own storage space for our awards, banners, etc. that belong to the Commission, at our own expense.

**Communication from the BOS to the Commission** - The Commission desires to have open dialogue through our district representatives to each member of the BOS to know when there are questions or issues. The Commission respectfully requests that all members of the BOS appoint a District Representative to the Commission. Furthermore, when a member of the BOS makes an appointment or a change to the Commission, we would like to be notified prior to it being implemented.

**Note: Despite these challenges, the Women's Commission continues to be a functioning and productive body.**