

## FEBRUARY MEETING

### A Recipe for Heart Health

**Presenter:** Viterbo University  
Dietetic Students

**When:** THURSDAY, FEB 8 , 2018

**Where:** Viterbo University  
School of Nursing  
2nd floor Food Science Lab

**Cost:** \$10 for a light meal.  
Please note: "Program only"  
option is not available for this  
event.

For late reservations or  
cancellations, please call Robert  
Richardson at 788-0595 by NOON  
on February 5th.

**Registration**..... 4:45pm-5:15pm  
**Program** ..... 5:15pm-7:00pm

Learn how to lower your risk  
for heart disease. Viterbo  
University dietetic students will  
present an interactive session  
on lifestyle changes that  
protect heart health. They will  
involve us in preparation of a  
light "heart healthy" meal.

Join us for an evening of a  
"hands on" activity that could  
make a positive difference  
in your life! Although heart  
disease may often be thought  
of as a problem for men, heart  
disease is the most common  
cause of death for both women  
and men in the United States.

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# The Current

a publication of the La Crosse, WI AAUW Branch

VOLUME 57, ISSUE 6

FEBRUARY 2018



## PRESIDENT'S PERSPECTIVE:

### MOVING ALONG INTO 2018

*by Michele Strange, AAUW-La Crosse Branch President*

When I think about one year ago,  
I remember that our branch was  
coming down from the high of  
a successful involvement with  
hosting the delegation from  
Kosovo. Now, Betty Kruck wants  
to do an encore.

She has applied for  
another sponsorship  
of a delegation from  
Serbia in October  
2018 on almost the  
exact same topic  
as Kosovo: Judicial Rule of Law/  
Combating Domestic Violence.

Our board had approved the  
application if Betty could find a  
co-chair. Carlene Roberts has  
agreed to act in this capacity.  
so we will be gearing up again  
for a whirlwind of activity in  
mid-October. Please see Betty's  
article in this issue for more  
information.

I am looking forward to our  
next two programs. We are  
doing something different this  
month, with an evening meeting  
including a nutritious heart

healthy meal. In March our meeting  
will be a joint one with our friends  
from the Winona Branch. They will  
be joining us for a panel of local  
artists and an optional visit to The  
Pump House.



We have had two  
candidates apply  
for the AAUW-WI  
Scholarship to  
NCCWSL. We can  
only recommend

one applicant per branch, but we  
feel that both women are very  
deserving of our assistance, so the  
board will be awarding each one at  
least \$500.

*Continued on Page 2 »*

## NEXT BOARD MEETING

**Monday, February 5, 2018  
6:30pm**

Viterbo University Nursing Building,  
Room 103. Meetings are open to any  
member who is interested in attending.

**Contact Michele at:** 781-6962 or  
[mstrange@eagle.uwlax.edu](mailto:mstrange@eagle.uwlax.edu)  
to place items on the agenda.

## MOVING ALONG INTO 2018... (continued from page 1)

March will bring us Women's History Month with daily bios in the La Crosse Tribune, as well as our very popular International Women's Day panel. Lois Gilbert has worked hard to get us four panelists. Her committee is made up of representatives from 11 local organizations, who help plan and sponsor the event. Kudos to Lois for all her hard work on these projects.

This year rather than Legislative Day in Madison AAUW-Wisconsin is focusing on Title IX at a Public Policy Day in Neenah. The purpose is to learn more about Title IX and move forward with advocacy. While they urge members across the state to attend, webinars could be hosted by branches with the public invited to attend. The event is from 10:00 am – 2:00 pm on Feb. 24. The cost which includes lunch is \$20 per person. For further information contact Stephanie Malaney, State President (smalaney5@aol.com) or see the separate attachment with this email.

And thanks to everyone for all you do!

## Membership News

by Marilyn Hempstead, Chair

### NEW MEMBER

Sandy Sechrest  
120 N 21st St La Crosse, WI 54601  
608 784 3614  
U of Ill-Urbana MLS  
sechrest.sand@eagle.uwlax.edu



With Sandy we are happy to add another retired librarian to our membership. Welcome Sandy!  
She is also the first this year to benefit by half price dues after January 1st.



### CONDOLENCES

Our condolences go to Patricia Boge who lost her lively 102 year old mother on Christmas day.

## Name Grant Nominations

by Jan Eriksen, Chair

Nominations are open for the 2018 Name Grant. All AAUW La Crosse Branch members are eligible for the award, as long as they have not previously received a Name Grant. The list of past honorees is listed in the back of the branch membership directory. Your nominee should have contributed to the work of the branch. The 2018 Name Grant awardee will be announced at the April 14 meeting. The deadline for nominations is April 9, 2018.

Please E-mail or call Jan Eriksen with names of nominees, along with information about why you feel the individual is deserving of the honor. Jan's E-mail address is jperiksen@viterbo.edu and phone is (608) 787-5946.

## FEBRUARY MEETING

(continued from Page 1)

Women of all ages should take heart disease seriously. Lifestyle changes to reduce the risk of heart disease can often be difficult, including eating a diet of whole grains, a variety of fruits and vegetables, lowfat or fat-free dairy products, and lean meats.

The dietetics students will share ways to incorporate these changes into one's daily diet.



**Viterbo Dietetic Students in the Food Lab**



## Study Group News

### AAUW IN ACTION (AIA)

See below for meeting info

Contact: Erica Koonmen, 366-1509

### HEARTH & HOME

See below for meeting info

Contact: Sharon DeCicco, 788-5356

### CONTEMPORARY AUTHORS

3rd Tuesday of the month at 2pm

Contact: Alice Ross, 788-4206

### SCHOLARSHIP BRIDGE/CARD GAMES

TBA

Contact: Sharon DeCicco, 788-5356

## HEARTH & HOME

### *Annual Valentine's Day Party*

Wednesday, February 14, 2018; 6pm

Patt Boge's house: 219 21st St So. , La Crosse

Bring a dish to pass, either heart-shaped or in a heart-shaped container. Champagne punch will be served. Also bring along a present to exchange (\$10 or under). Invite a friend to come along (need not be a member of AAUW--but may be interested in joining if she sees how much fun we have!)

Every one goes home with a heart themed coffee mug.  
RSVP: Call 784-3952 or email [patriciaboge@yahoo.com](mailto:patriciaboge@yahoo.com)



## AAUW IN ACTION

**Next Meeting:** Email meeting on February 12th.

If you are interested in joining us for a meeting, or just knowing what we're planning, please ask to be on our email list by sending an email to Erica at [moogs56@hotmail.com](mailto:moogs56@hotmail.com)

2018 INTERNATIONAL  
WOMEN'S DAY



**Help needed for International Women's Day Panel:** We could use a couple of volunteers on Thursday, March 8th for the Annual International Women's Day Panel. We are looking for 2 AAUW volunteers to help that night: 1 to hold up the timing cards so panelists know how much time they have left and 1 to hand out programs as people arrive.

Please let Lois Gilbert know if you can help!

UWL Centennial Hall. 5pm-7:30pm

**Watch for our branch-sponsored daily blurbs** in the La Crosse Tribune every day in March, featuring women who personify the Women's History Month theme of NEVERTHELESS SHE PERSISTED: Women Who Fight All Forms of Discrimination Against Women. Thank you to Lois Gilbert who has provided these entries to the Tribune for many years!

Please see below for information about how you can purchase a NEVERTHELESS SHE PERSISTED t-shirt!

**The WINGS Workshop, scheduled for April, has been postponed until fall.** More info with details will be in the newsletter as plans develop.

*We welcome new members and suggestions for events and programs.*

## T-shirts For a Cause

These iconic "Nevertheless She Persisted" shirts are a perfect choice to wear during Women's History Month-or any time! There are a lot of designs, styles and colors of this slogan online but each of these support a cause!



50% of proceeds from this shirt go to Planned Parenthood.  
Sizes S-5XL. \$21 +shipping & tax.

Purchase online at:

<https://teespring.com/she-persisted>



For each of this shirt purchased, \$10.00 will be donated to the National Women's Political Caucus. Sizes Small-3XL. \$20 + shipping & tax.

Purchase online at:

<http://www.vichcraft.com/shop/she-persisted-shirt>



## Branch to Sponsor Delegation

By Betty Kruck, Co- Chair

AAUW La Crosse was selected by the Open World Leadership Center to host a delegation of judges from Serbia on October 20-27, 2018! Deb Lutjen of the La Crosse World Services Office provided a list of the delegations and the visit themes planned for 2018. The Serbian delegation was the only one coming to the U.S. on the theme of domestic violence. We are excited to learn that our application was chosen to host the group from Serbia. FHI 360 will work with us in making arrangements for the visit.

The young judicial Serbian delegation will be coming to the U.S. seeking information on combating domestic violence, which is a crisis in their country, and ideas and procedures to enhance their efforts to deal with domestic violence. Domestic violence has been recognized as a criminal act in Serbia since 2002. The Serbian government has identified domestic violence as a top concern and has committed itself to resolving the issue. The government passed a law on the prevention of domestic violence which took effect June 1, 2017.

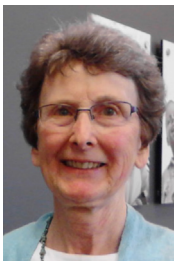
Our branch will form a planning committee to make arrangements for the visit. If you are interested in getting involved in planning for this exciting group, or interested in hosting a delegate, contact Michele Strange or me.



## La Crosse Branch Cameos

1. How did you find & join AAUW?
2. What significant changes/ improvements have you seen in AAUW over the years? OR What would you like to contribute to the branch?
3. What do you think is the most important issue facing women today?
4. What's on your bucket list?
5. What's something we don't know about you?

### Betty Kruck



1. I was invited by a friend to attend branch meetings in Racine. I went away from the meetings feeling inspired and enlightened, and decided to join.
2. I think the national programs, public policy advocacy, research, national scholarships and grants and international influence for women's advancement have

always been strong. I'm just becoming more aware of the reach of their work.

3. Sexual harassment and pay equity.
4. Getting the native shrubs, trees, grasses and forbs I plant to provide shelter and food for pollinators and birds before the deer get to them first.
5. I was in 2nd grade before the bootheel of Missouri where I lived got electricity.

## Public Policy

By Pat Markos, Public Policy Chair

### Finding Positives

I've been thinking a lot about the status of our state and nation. Every day the news is filled with the latest actions, many shocking, from Washington, D.C. I realize that I need to find my balance and remember all of the great things we are doing.

A recent survey found that more women were involved in political activities than men (AAUW's In the Statehouse). This trend is especially true for Millennials. Women and men all over the country, and in other countries as well, marched this past weekend and the numbers show we will not go away and we will be heard.



### Paid Leave Laws and Minimum Wage Hikes Go into Effect on January 1st

There are new paid family leave protections in New York and expanded in California. In Rhode Island, Vermont, and Washington

people now earn paid sick days. Pregnant workers in Massachusetts will have greater access to on-the-job accommodations starting April 1st. In addition, 18 states saw hikes in their minimum wage.

### Courts Weigh-in on Redistricting Cases – The Good News and Not So Good News

A federal court ruled last week that North Carolina's congressional districts had been unconstitutionally drawn to give Republicans a political advantage. The state legislature has until January 24th to redraw the districts. Then the next day, federal judges in Pennsylvania upheld their state's congressional districts, finding that the challenge to partisan gerrymandering was not for the courts to decide. This decision can be appealed to the U.S. Supreme Court. The highest court heard arguments in a case out of Wisconsin dealing with similar issues last October. A decision is expected by June.



[Illustration: Roger Chouinard]

## FROM THE TREASURER

Kristin Foehner

Financial Report as of  
January 20, 2018

Checking Account..... \$11,447.38

CD's .....none at this time

Scholarship Bridge..... \$899.02

AAUW State Convention  
2018Potawatomi  
Hotel & CasinoApril 20-21,  
2018

Please watch for your upcoming Badger Brief, where you will find the Convention Agenda, Hotel Information and the Registration Form.

For the first time ever, you will have the option to use your credit card to pay for your registration dues. Remember to register EARLY to obtain the best pricing.

Call the hotel for your room reservation! We have a large number of rooms blocked but they will go fast! The convention rate of \$119 is guaranteed for 3 nights before and 3 nights after our event.

So bring your significant other along or a treasured friend, and come and enjoy the fabulous City of Milwaukee!



## La Crosse Branch Cameos

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**Pam Thiel**

1. I was introduced to AAUW through the Art Fair on the Green, but had no understanding of how to join until I discovered a stack of AAUW bookmarks at the public library. The bookmarks included a number to call for membership information and that was the start of my commitment to our wonderful and needed organization.
2. AAUW has expanded its horizons over the years by working in collaboration with other likeminded organizations, taking positions on issues that impact women, girls, and families, and being more inclusive.
3. Gender equity is the most important issue that is still facing women today. As we have done since our founding in 1881, AAUW continues to break down barriers to gender bias on many fronts.
4. I would like to float the entire Mississippi River from Lake Itasca to the Gulf of Mexico.
5. I am a certified River Rat and a Master Angler with many trophies from around the globe.

**Cathy Bulera**

1. I was introduced to AAUW by fellow teachers in the 80s. AAUW advocates for equality and supports a strong system of public education. It was a good fit for me. Inequity for women was apparent to me, even when I was young. As a teenager, I noticed that few women were being encouraged to attend college. Some jobs were closed to women. Majoring in math and technology, I was aware that these fields can be unwelcoming to women. When I was a young teacher, Title IX was just beginning to level the playing field, to increase athletic and educational opportunities for women.
2. AAUW has broadened their scope over the years. AAUW does more policy work now. The Legal Advocacy Fund has been established to provide support. There seems to be more international outreach.
3. Education is the most important issue facing women today. Getting a higher education is still a struggle, especially for the most vulnerable and at-risk women. Education is still the most effective way to empower women. That's why the scholarships our AAUW branch gives are so important ☺.
4. I don't have a bucket list! Every day, I try to live fully & to live the best life I can. If there is something I want to do, a dream to fulfill, I endeavor to do it as soon as possible. Painting has been a relatively new skill to learn and practice, a new field to investigate. My husband and I set goals and plan travel adventures each year. Our adventure this spring will be to explore Costa Rica!
5. I was the FIRST woman to work in the iron ore mine at Republic, MI. I worked summers as a general laborer to help pay my college expenses. It was the company's first try at having women in the actual mine, not in the office. I was a trail blazer and the experiment was successful! Soon after, women were hired as full-time, year-round employees.





American Association of University Women  
La Crosse Branch  
P.O. BOX 2112 • LA CROSSE, WI 54602-2112

THE CURRENT

a publication of the La Crosse, WI AAUW Branch

AAUW’s Mission

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

For 130 years, AAUW members have examined and taken positions on the fundamental issues of the day: educational, social, economic, and political. Our commitment to our mission is reflected in all aspects of our work.

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Newsletter content submission deadline:  
Please send all content for *The Current* to Erica by the 20th of the month.

Problems receiving the CURRENT? Let us know at:  
[aauwlacrosse@hotmail.com](mailto:aauwlacrosse@hotmail.com)