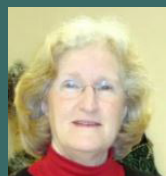


NOVEMBER MEETING

When: Saturday, Nov. 14, 10 am

Where: The comfort of your home!



Aging in Place: Live Safely at Home

by Carlene Roberts

We are all aging - some of us are just further down the path than others. Some of us are caregivers for family, friends or neighbors dealing with aging issues.

Whether for ourselves or loved ones, we wish for a long, safe, fulfilling life. We don't have to do it alone. Advice, adaptations, technology and health care can help us on the journey.

Carlene Roberts, a retired Occupational Therapist, will share ideas from her work with those who face physical, mental and emotional challenges of aging.

Accupressure for Self Care

by Silvana
Richardson



You have no doubt heard of the benefits of acupuncture to relieve muscle tension and pain. Acupuncture requires treatment by a licensed provider with extensive training and can be expensive. Manual pressure can be applied to the same points on the body to gain similar results—for free and in the comfort of your home.

Join us to learn how to relieve common health concerns such as headaches, migraines, sinus congestion and backaches as well as increase memory and concentration.



The Current

a publication of the La Crosse, WI AAUW Branch

VOLUME 60, ISSUE 3

NOVEMBER 2020



PRESIDENT'S PERSPECTIVE:

Branch Updates

by Ann Brice, AAUW—La Crosse Branch President

Hello La Crosse Branch Members!

As I write this, the wind is howling and though it is 49 degrees, it feels much colder. I hope that you are all staying healthy and safe. It was wonderful to see so many of you at our October meeting! Though we are only able to meet virtually, it is great that we continue to gather to support the mission of AAUW. Thank you to our Oktoberfest presenters Katie Webster and her husband Stephan, Carol Taebel and her granddaughter Carly, and Silvana and Robert Richardson. Also thank you to Megan Preston and Cristina Kovacs for coordinating our programs this year.



The AAUW District 4 Fall District Meeting is Tuesday, November 17th from 6:30 p.m. to 8:30 p.m. via Zoom. If you'd like to attend, click this link to register: <https://forms.gle/XunLjagrot1iSG8TA> Joan Schneider, State President, as well as Maggie Winz, State Leadership VP, will be joining us. Looking ahead, the AAUW annual convention is scheduled for Friday & Saturday, April 23 & 24, 2021. Right now, it's expected that

the convention will be virtual. The Convention Planning Committee sent out a 2 question survey to get members' thoughts about the convention, so please take a moment to give them your feedback by clicking this link: <https://www.surveymonkey.com/r/FZ6JZ37>

I continue to learn about AAUW through my position as President, and appreciate your support and encouragement. I'm excited to report that I am a member of this year's Nominating Committee for AAUW State Board positions. On November 17th, I met with a dynamic group of women who are looking for potential candidates. If you're interested in finding out more

Continued on Page 2 »

NEXT BOARD MEETING

Virtual Meeting
Monday, November 9
6:00 p.m

Meetings are open to any member who is interested in attending.

Contact Ann at: 780-5026 or
bricea@westerntc.edu

to place items on the agenda and for the Zoom link to the meeting.

Branch Updates... (continued from page 1)

about State Board positions, please email me (bricea@westernnc.edu) or take a look at the position descriptions on the State website: <https://aauw-wi.aauw.net/files/2013/07/AAUW-Wisconsin-State-Board-Positions-2015.pdf>

I am looking forward to seeing you at the November meeting. Please remember to vote if you haven't done so already.

Scholarships & Grants Committee

by Robert Richardson, Co-Chair

The Scholarships & Grants Committee continues our work.

By November 1, AAUW scholarship applications will be posted on our website and will be sent to all area schools and colleges.



The application due dates are in early February.

Membership News

by Marilyn Hempstead, Chair

Celebration



Long time AAUW member Joan Koonmen and her husband Ned celebrated their 68th wedding anniversary in September! Erica, our editor, is fortunate to have them as parents. We congratulate the wonderful couple.

Congratulations

Member Roz Schnick was appointed in September 2020 by Governor Tony Evers to be the La Crosse County representative on the Wisconsin Mississippi River Parkway Commission. Her creativity and big ideas will help make our area of the Great River Road the eco-tourism capital of the river.



Best Wishes



On November 10th Ellie Hundt will be undergoing hip replacement surgery in Viroqua. We wish her success in the procedure and in her recovery period.

Email Update

Make sure that you have changed Carol Robertson's email in your contacts. The one in the directory is current: cfr Robertson16@gmail.com.



November 2020 Virtual Global Initiatives Week information coming soon!

Save the date: November 13-20, 2020

ELECTRONIC RSVP

by Robert Richardson

Please reply whether you plan to attend or not to attend.

Starting with the November announcement/invitation, Robert will include the ZOOM link for the meeting. You may save the link in your calendar or save the message from Robert to reopen on meeting day and click the link.



AAUW LA CROSSE MEETINGS AND PROGRAMS 2020-2021

Prior to each meeting this year, every member will receive an email that:

- 1) requests a reply to indicate plans to attend (see above note) and
- 2) will provide a link to enter the ZOOM meeting or a telephone number to dial into the meeting if you don't have access to a computer.

If you experience difficulty entering the ZOOM meeting, please call Ann on her cell phone: 608-780-5026.

If you would like some training or a practice session, please contact Ann at the above phone number or email her at bricea@westernnc.edu.



Here are a few tips that may help you feel comfortable at a ZOOM meeting:

- Mute your microphone. To help keep background noise to a minimum, make sure you mute your microphone when you're not speaking.
- Position your camera properly.
- Limit distractions.
- Avoid multi-tasking.

Study Group News

AAUW IN ACTION (AIA)

See this page 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

Hearth & Home study group meets monthly to explore new ideas, culinary experiences, fun activities and our area through visits to local businesses or in-home happenings.

Currently on hiatus, the group is looking for ideas and at ways to do activities. Please contact Sharon at sharon.decicco@gmail.com for more information.



The La Crosse Community Thanksgiving is held annually on Thanksgiving day at the La Crosse Center. This event celebrates our community every year and is made possible through the generosity and support of caring individuals and organizations throughout the Coulee Region.

Volunteers are continuing to plan the Community Thanksgiving. This year the event runs from 11am to 2pm and will be delivery and carry-out only for Thanksgiving 2020. Due to COVID-19, masks will be required when picking up carry-out meals.

Donations are welcomed. Volunteers are invited to participate in various capacities.

For full information: <http://laxthanksgivingdinner.com>

AAUW IN ACTION

AAUW in Action is a study group that serves as a spring-board for community service activities for our branch that promote AAUW's mission.

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

Next meeting: Email meeting, Mon. Nov 16.

Because there is little we can do in terms of events, we are concentrating on social media posts to keep the community aware of AAUW and the issues we support. You can follow, like and share our posts from:

<https://www.facebook.com/aauwlacrosse>

<https://www.instagram.com/aauw.lacrosse/>

<https://artfaironthegreen.org/>

<https://www.facebook.com/AauwArtFairOnTheGreen/>

<https://www.instagram.com/artfaironthegreen/>

Please send items that you feel are relevant to AAUW's mission for posting on any of the above to our branch email: aauwlacrosse@hotmail.com.

November Dates in US Women's History

Nov. 1, 1848 - First medical school for women, the Boston Female Medical College, opened. This school was the first in the world to formally train women in medicine.

Nov. 4, 1924 - Nellie Tayloe Ross was elected the first woman governor of Wyoming. The state hasn't elected a woman governor since.

Nov. 5, 1872 - Susan B. Anthony voted for the first time.
Nov. 5, 1968 - Shirley Chisholm became the first African-American woman elected to Congress.

Nov. 8, 1910 - Washington State passed an amendment granting women the right to vote

Nov. 8, 1984 - Dr. Anna L. Fisher, a physician on the shuttle Discovery, becomes the first American mother and third American woman to fly into space.

Nov. 11, 1993 - The Vietnam Women's Memorial is dedicated in Washington, D.C.

Nov. 14, 1946 - Emily Greene Balch, co-founder of the Women's International League for Peace and Freedom, is awarded the Nobel Peace Prize.

Nov. 28, 1881 - The first organizational meeting is held for the predecessor group to the American Association of University Women (AAUW)

by Ann Brice, Public Policy Chair

by Ann Brice, Public Policy Chair



By the time you receive this issue of The Current, it will be only a few days before Election Day. On October 1st, Forbes reported that 2 million people had voted, and on October 10th, Forbes reported that 9 million people had voted. By October 15th, more than 17

million people had already voted according to CNN. Why is turnout so high this year? The Pew Research Center uses multiple indicators to determine voters' interests in election outcomes. Here is a key finding from a study they did in August 2020:

"Prior to the 2000 election between George W. Bush and Al Gore, just 50% of the voters thought that it really mattered who won, versus 44% who thought that things would be pretty much the same, whoever won. This year, a record 83%—including 85% of Democrats, 86% of Republicans—say that it really matters."

There are many issues facing Americans this year: the catastrophic effects of the COVID-19 pandemic, the potential loss of the Affordable Care Act, record unemployment, and a federal budget deficit of \$3.13 trillion (more than triple that of 2019) just to name a few. But these issues affect women disproportionately because of economic and resource disparity. In addition, the devastating death of Justice Ruth Bader Ginsburg on September 18th, 2020 was followed by an immediate move to install a judge who will be hostile and detrimental to women's issues.



AAUW's CEO Kimberly Churches released a statement condemning the rush to confirm Amy Coney Barrett saying in part: "We need a justice who is committed to safeguarding our rights and advocating for AAUW's priorities with the track record to prove it. Judge Barrett is not the right person for the lifetime appointment. She is on the wrong side of many of the issues that are central to AAUW's mission of advancing gender equity. Her record of curtailing reproductive freedoms and access to health care, undermining Title IX by making it more difficult for female students to battle sex discrimination in schools, and weakening protections for workers does not bode well in

AAUW Wisconsin 2021 Convention

By Jan Eriksen



The dates for the AAUW Wisconsin 2021 Convention have been set for Friday evening, April 23 and Saturday, April 24. The annual convention will be held online and organizers anticipate that registration will be free. All AAUW members are invited and strongly encouraged to attend. The theme of the conference is a carry-over from the cancelled (due to Covid-19) 2020 convention: Celebration of the 100th Anniversary of Women's Suffrage.

Kicking off the convention on Friday evening will be our own branch member Pam Thiel, along with Helen Bannan of the Oshkosh and Milwaukee branches, enacting early suffragists Carrie Chapman Catt and Jessie Jack Hooper. Other featured speakers include Representative Sheila Stubbs of Madison, a member of the Wisconsin State Assembly who tells her story of activism and her pursuit of racial equity. She is a pastor and former probation and parole agent.

The videotape “Women Who Dared” will be shown. It includes portrayals of Cristabel and Emmeline Pankhurst, Susan B. Anthony, Emma Davisson, Elisabeth Cady Stanton, and other women who championed the cause of women’s suffrage in this country and overseas in the late 19th and early 20th century. Viewers will see the protest jailings, victories, and defeats culminating with the signature of President Woodrow Wilson that would forever give women the right to vote.

In the meantime, please fill out the survey mentioned in the President's Perspective by Nov 1. It provides a list of possible breakout session topics for the convention and requests that you select your favorite choices.

ensuring that we have the advocate we need on the highest court in our land.”

I know I don't have to remind you to vote. But I do want to remind you that I remain grateful to be a member of AAUW with you as we continue the battle for equal rights.

- 1) <https://www.aauw.org/resources/news/media/press-releases/aaupw-statement-on-the-nomination-of-judge-amy-coney-barrett-to-the-u-s-supreme-court/>
- 2) <https://www.cnn.com/2020/10/15/politics/early-vote-by-mail-2020-election/index.html>
- 3) <https://www.forbes.com/sites/alisondurkee/2020/10/01/more-than-2-million-people-have-already-voted-in-the-election/#2fbdbaa0bb49>
- 4) <https://www.forbes.com/sites/tommybeer/2020/10/10/over-9-million-people-have-already-voted-in-the-2020-election-the-majority-being-democrats/#1e7e74ab659a>
- 5) <https://bipartisanpolicy.org/report/deficit-tracker/>

FROM THE TREASURER

Michele Strange

Financial Report as of
October 20, 2020

Checking Account..... \$9,641.96

Scholarship Bridge..... \$325.00

.....

AAUW Grants

Career Development Grants:

Funding: \$2,000–\$12,000

Opens: August 1

Deadline: November 15

Career Development Grants provide funding to women who hold a bachelor's degree and are preparing to advance or change careers or re-enter the workforce in education, health and medical sciences, or social sciences. Primary consideration is given to women of color and women pursuing their first advanced degree or credentials in nontraditional fields.

Applicants must be U.S. citizens or permanent residents whose last degree was received before June 30, 2013. Funds are available for tuition, fees, books, supplies, local transportation and dependent care.

The grants support course work beyond a bachelor's degree, including a master's degree, second bachelor's degree, certification program or specialized training in technical or professional fields. Funds are not available for doctorate-level work.

Find full information and criteria at: <https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/career-development/>

All of Us Research Program now enrolling
at Gundersen Health System

*The All of Us Research Program wants to speed up health research and medical breakthroughs. To do this, they're asking one million or more people to lead the way to provide the types of information that can help us create individualized prevention, treatment and care for all of us.

GUNDERSEN
HEALTH SYSTEM®A Member of **All of Us Wisconsin**

"The All of Us Research Program aims to change the face of medical care from 'one size fits all' to one that takes into account our individual differences. It is one of the most ambitious projects sponsored by the National Institutes of Health," said Murray Brilliant, Ph.D., lead investigator for All of Us Wisconsin and director of the Center for Precision Medicine Research. "Our vision for All of Us Wisconsin is to offer the opportunity to join this program to the entire state. Our current sites are in La Crosse, Marshfield, Madison and Milwaukee.

The Wisconsin consortium led by Marshfield Clinic Research Institute and joined by University of Wisconsin School of Medicine and Public Health, Froedtert & the Medical College of Wisconsin, and Gundersen Health System, is spearheading enrollment in Wisconsin. People ages 18 and older, regardless of health status, are able to enroll. The Wisconsin consortium is a partner of the National Institutes of Health's All of Us Research Program and is one of several regional networks across the country where individuals can enroll.

*To learn more, contact AllofUs@gundersenhealth.org, call (608) 775-2171, or visit www.gundersenhealth.org/AllofUs. For the latest information and updates, please follow our Facebook page, [Facebook.com/AllofUsGundersen](https://www.facebook.com/AllofUsGundersen).

Together, let's create a healthier future for all of us.

Democracy Found: Nonpartisan Political
Innovation in Wisconsin

presented by Sara Eskrich, Executive Director of Democracy Foundation



The League of Women Voters of La Crosse invite you to a Zoom program on Tuesday, January 12, 2021 at 11:30 am.

Washington is broken. Nothing ever gets done. So, how can we fix our politics? Many Americans are horrified about the dysfunction and abysmal results from Washington, D.C., but feel hopeless and disengage. Democracy Found takes a unique approach—using the Gehl Porter Politics Industry Theory, which applies traditional tools of business analysis to politics and highlights the unhealthy system of political competition—to create a diverse, nonpartisan coalition of leaders committed to reinvigorating our democracy through open, top-five primaries and ranked choice voting in the general election (Final-Five Voting). This presentation raises awareness of the underlying analysis and provides a nonpartisan call to action in Wisconsin, for the sake of our democracy. The talk is about politics, but it is not political.

Mark your calendars and contact the LWV at lwvlawi@gmail.com for more information.



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.

Newsletter Contact & Deadlines

Newsletter EditorErica Koonmen (moogs56@hotmail.com)
Webminder Barb Fischer (fischerba@live.com)

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