

**September 2024**

Vol. 83, No. 1

**Meeting at 5:00 PM on**

**Monday, September 23, 2024**



Cedar Falls-Waterloo (IA) Branch

**2024-2025 MEETINGS**

THIS YEAR'S PROGRAM THEME:

**More Hot Topics**

Yes, women's healthcare is still a hot topic in 2024!



**Trends and Updates in Iowa Women's Health**

Emily Boevers, MD, FACOG

*September 23, 2024*

**Note the new location for fall dinner meetings!**

→ Diamond Event Center South ←  
5307 Caraway Lane, Cedar Falls

Gather at 5:00, program at 5:30, dinner at 6:15

A selection of wines will be available (\$7/glass) during the 5:00-5:30 social time. Our dinner menu will be marinated chicken thighs with fried rice. (Vegetarian option is fried rice with veggies.) Salad is spring mix with carrots, cucumber, red onion, and cheddar with ranch & raspberry vinaigrette on the tables. Brownies for dessert. Lemonade, iced tea, coffee, and water will be available.

To reserve a dinner (\$20 at the door), RSVP to Mary Ellen Beckman at [AAUW.CFW.RSVP@gmail.com](mailto:AAUW.CFW.RSVP@gmail.com) or 319-269-1893 (and specify vegetarian or chicken option) by **Saturday, Sept. 14.**

**Mission:** AUW advances gender equity for women and girls through research, education, and advocacy.

**Vision:** Equity for all.

**Diversity Statement:** AAUW values and seeks a diverse membership. There shall be no barriers to full participation in the organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability, or class.

**Board of Directors:**

Co-Presidents

*Maureen White &  
Nancy Hasenwinkel*

Co-Vice Presidents for Program

*Ardelle Brown & Mary Dove*

Co-Vice Presidents for Membership

*Jane Close & Bonnie Smith*

Co-Vice Presidents for Fundraising

*Maria Murphy & Lori Schneider*

Past-President *Louise Conklin*

Secretary *Dianne VanGorp*

Treasurer *Mary Fogarty*

Public Policy Director

*Nancy Henderson*

Diversity Director *Susan Langan*

Leadership Development Director

*Maureen White*

Send articles for next newsletter by Oct. 4 to editors Ardelle Brown & Karen Agee

## Named Gift Award Honors Shelia Bullock

Every spring, the Cedar Falls-Waterloo Branch recognizes one of our members as a Named Gift Honoree for outstanding support of AAUW, such as serving as a longtime and dedicated officer, making significant financial or other contributions to the branch, or supporting or contributing to AAUW in other ways. The branch donates \$500 to the AAUW Greatest Need Fund in the name of our honoree. At our April awards banquet, Shelia Bullock was recognized as the named gift honoree for 2024.

Shelia Bullock was a longtime elementary teacher in the Waterloo Community School District. In addition to her teaching career, she held leadership positions in the Waterloo Education Association and the ISEA Hawkeye UniServ Unit. Shelia also served on the board of directors of the Iowa State Education Association.

Shelia was a president or co-president of AAUW Waterloo, not once, not twice, but four times from 2004 to 2010.

Shelia also held a number of other leadership positions in the Waterloo branch. After the



branches merged, she became an active member of the Cedar Falls-Waterloo branch, serving as co-vice president for membership.

Shelia is a member of a number of community organizations and a volunteer on numerous projects. She is also very much involved with her church and sings in the choir.

## Working Hard for Big Bucks!

*Lori Schneider and Maria Murphy, Co-Vice Presidents for Fundraising*



Our first fundraiser was held Wednesday, July 31<sup>st</sup>, at the Cedar Falls Pizza Ranch. Volunteers Lori Schneider, Amy Hoyer, Maria Murphy, and Susan Langan (pictured l-r in photo) and Bonnie Smith and Elaine Bruns (not pictured) bused and cleaned tables 5:00--8:00 PM. In exchange for this service, AAUW received 7% of sales and all cash tips. Thanks to support from our members and the community, we are pleased to announce we made \$677.50!

Watch for announcement of the next Pizza Ranch fundraiser in February 2025.

## Frozen Meal Fundraiser

*Lori Schneider and Maria Murphy, Vice Presidents for Fundraising*

**Attention all members: Delicious fresh, frozen homemade meals available soon!** It's a win-win for you and AAUW. Beginning this month, Rachel's Kitchen will be offering a selection of six to eight frozen meals. You will order your selection, and it will be delivered at the September meeting. These delicious meals come in a sturdy aluminum pan with complete directions for heating.

At the fall kick-off on Monday, August 26, members received a brochure with selections available in September. Were you unable to attend the kick-off? You can still order frozen meals. Contact Maria Murphy at [marialmurphy111@gmail.com](mailto:marialmurphy111@gmail.com). To plan an order, call 319.827.2165 or email [rachel@rachskitchen.com](mailto:rachel@rachskitchen.com) by **Saturday, September 7**.

## Cedar Valley Discuss and Discover Diversity (CV3D)

*Judy Beckman, Ardelle Brown, and Mary Dove*



CV3D is looking forward to our 2024-2025 book discussions with you this year. On **Monday, September 9, 4:30-5:30**, CV3D will gather to discuss Kristin Hannah's *The Women* at the Cedar Falls Public Library conference room. This is historical fiction telling the story of Francis "Frankie" McGrath's service in the US Army Nurse Corps during the Vietnam War and her transition to civilian life. Hannah has given us another heartbreaking story filled with patriotism, sacrifice, and the power of friendship.

What do you remember about the war? Did you or a family member serve in the Vietnam Conflict? Did you protest? Join our discussion on September 9 to share your thoughts about war, heroes, friendship, and more.

## Scholarship News

*Marilyn Drury, Scholarship Committee Chair*

As our new year begins, we welcome our two tuition scholarship recipients—Natalie Dvorak and Lindsey Stabenow (l-r in photo). Both currently attend the University of Northern Iowa. Natalie is majoring in Communication Sciences and Disorders, hoping to graduate in the spring. Lindsey is in psychology and communication studies with a minor in Spanish. Welcome to both of you!

If any member would like to be on our scholarship committee, currently composed of Marilyn Drury, Linda Morgan, Mary Dove, and Nancy Henderson, please let me know.



A big thank you to you, our members, for funding the scholarships with donations, fundraising efforts, and pledges. Mary Fogarty, our treasurer, will be taking pledges for scholarship funds for the 2025-26 academic year. Pledge if you can, and please participate in our fundraising efforts this next year.

## Literature Group Meeting

*Joan Bunkofske*

The literature group will meet on **Monday, September 16, at 1:15 PM**. We will meet at 1706 Cottage Lane (my house). Everyone is welcome to come and be with us. The phone number is 319 290 9089. Treats seem to appear at each meeting!

One person will share a book. The idea is to introduce many genres. Perhaps one we haven't explored will widen our reading journey.

## Great Decisions: Join Us as We Discuss Today's Most Global Issues

*Gloria Tollefson, International Affairs Director*

Will meet **Tuesday, September 17, at 7:00 PM** in the Cedar Falls Public Library conference room. Our topic is Understanding Indonesia, a country that has been invisible to most Americans. However, because Indonesia is one of the world's largest democracies, the world's largest Muslim-majority nation, and an economic driver of ASEAN, it is time we learn more about this country! After watching a DVD on this topic, we will discuss U.S.-Indonesian relations and what role this country can play in Asia.

## Bridge for Education

*Ardelle Brown*

Bridge players will gather on **Thursday, September 19, 12:30-3:00**, on the 2<sup>nd</sup> floor at the Prairie Wind Western Home Communities, 5313 Caraway Lane, Cedar Falls. Each of us donates \$2 to play, and this goes to the scholarship fund. I will be phoning or emailing regular participants to see if you can play, and new players are always welcome. Just let me know you are interested, [aekbrown6882@gmail.com](mailto:aekbrown6882@gmail.com).

## Women of Distinction at the April 2024 Awards Banquet



68-year member Marge Polacek



60-year members Ardelle Brown & Phyllis Steele



## Margery Herrick, 50-Year Member

*Beebs Downing*

Margery Herrick received her AAUW 50-year membership certificate this year. It was presented to her by Louise Conklin, outgoing co-president (also a 50-year member), at a recent gathering of friends. Marge was not able to attend our annual awards dinner in April because of the sudden death of her daughter.

Margery graduated from Marycrest College in Davenport, IA, and obtained her MA from UNI. She taught school for 33 years, 24 of those years in Waterloo. She and her husband Aubrey both taught in Waterloo elementary schools.

Margery was involved in community work, including service on Friends of the Grout Museum and the Snowden House Board, serving as president several times. She belongs to Eastern Star and has served as Worthy Matron three

times. She was active in Waterloo Women's Club and the Association For Child Education, in addition to AAUW.

Margery and her family enjoyed traveling during summer vacations. A highlight of her travels was a trip to France with her daughter, Mary. After



they visited the Claude Monet Gardens, she developed a slide program about the site, including exhibits of paintings. She presented this program at club meetings and to nursing home residents.

When Margery's husband had a stroke and needed

care, she decided a nursing home was not a good choice for him and cared for him at home. She bought a minivan with a wheelchair lift, and they went on road trips and to concerts, plays, and other events they both enjoyed. Margery drove the van.

## Report From the Co-President

*Nancy Hasenwinkel*

As your incoming Co-President, I'd like to introduce myself and give a little bit of personal information for those who don't know me well. I received my BA and MA degrees from UNI and worked at the Charles City Public Library, Cedar Falls Public Library, and UNI's Rod Library.

When I retired from UNI after 20 years, Pauline Harding invited me to join AAUW, and I'm glad she did! I have served as Secretary for our branch and on the Finance Committee and at the state level as Communications Director.



This year, Susan Langan and I are working on a new Facebook page for our branch. If you use Facebook, look for our new branch name—AAUW Cedar Falls-Waterloo Iowa. We hope to discontinue the previous page, so please like and follow our new one. There is a link to the page on our branch website, and the name will be on the cover of our new yearbook. We plan to add more photos and current information to

the page. Check it out!

## Women in Motion in September

*Jane Close and Bonnie Smith*



**Please Join Us!**

**Wednesday 4 Women & Wine (W4WW)**

**Wednesday, September 25, 5:30 PM**

at The Other Place (OP), 4214 University Ave, Cedar Falls  
Conversation, Drinks, Appetizers, and/or Dinner

## Opportunity to Help with Campus STEM Event

*Marcy Seavey, STEM Coordinator, UNI Academic Affairs*

The 2024 Cedar Valley Society of Women Engineers (SWE) Girls Conference at UNI will be on **Saturday, October 19, 2024**. Please support this event again with volunteers to check in the participants, who are girls in grades 5-8.

Check-in volunteers need to arrive at the Center for Energy & Environmental Education (CEEE), on the UNI campus, by 8:30 AM to receive instructions and set up. Registration is officially 9:00-9:30, but they usually open up about 5 minutes early. Volunteers are done by 9:50 but may stay to serve as group leaders or to just observe sessions of their choice. Morning coffee and snacks and a t-shirt are provided.

Two volunteers is the minimum, and 4 volunteers would have a lot of fun. See photo of last year's four: Linda, Ardelle, Susan, and Bonnie.

Our goal is to get to 100 participants this year. Check-in involves welcoming the girls, marking each girl off a list, providing her individual schedule and name tag, a t-shirt, and

an event bag, then sending her up to the auditorium. A few schools bring groups of girls, those groups will have a packet of all of their materials to make check-in go faster. Participants come primarily from Waterloo and Cedar Falls but also from other regional communities.



**Volunteers please contact Marcy Seavey today at [marcene.seavey@uni.edu](mailto:marcene.seavey@uni.edu) and include your t-shirt size. If you volunteered last year and want to use the same t-shirt (and not get a new one; the design is the same), then let us know. Thank you for helping with this event.**

## Fourth Friday With Friends

*Ardelle Brown and Linda Morgan*

Fourth Friday with Friends will meet on **Friday, September 27, at 10:00 AM** near the coffee area at College Square HyVee in Cedar Falls. No subject is too small to be discussed.



## Public Policy – Reproductive Rights

*Nancy Henderson, Public Policy Director*

Question: What could women not easily obtain before 1965 (and what did they not have a right to)?

Answer: Reliable and easily obtainable contraception.

The U.S. Supreme Court decision of *Griswold v. Connecticut* (1965) stated that the Constitution protects a right to contraception for married women. The decision in *Eisenstadt v. Baird* (1972) extended that right to unmarried women. In the 1973 decision of *Roe v. Wade*, the U.S. Supreme Court established abortion as a constitutionally protected right. However, in the 2022 decision of *Dobbs v. Jackson Women's Health Organization*, the Supreme Court overturned *Roe v. Wade*.

Where does AAUW stand on reproductive rights? AAUW's public policy priorities include the following:

- Self-determination of one's reproductive health decisions
- Universal access to quality, affordable health care, including insurance, and comprehensive family planning services, including expansion of patients' rights

AAUW advocates for the following:

- Pass federal legislation like the Women's Health Protection Act (H.R. 3755/S. 1975).
- Improve public funding for reproductive health.
- Put prevention first.
- Ensure access to legally prescribed or available contraception.

You can read the details and download the AAUW Quick Facts at this link:

<https://www.aauw.org/resources/policy/position-repro/>

## Gotcha Covered. Period. Volunteers Needed

*Maureen White*

Our branch is again providing period products for students in need in the Waterloo and Cedar Falls school districts this school year.

Maureen continues as the contact person for the Waterloo CSD and Amy as the contact for Cedar Falls schools. However, we're looking for two other members to help with this project—one for each district.

It will be very helpful to involve other members—both for times when Maureen or Amy may not be available and also to learn how the project works. It's not a huge time commitment, and the school nurses are so appreciative. Anyone interested in working on this project should contact Maureen for information about what is expected. Thanks in advance for considering work on this project.

# Get ready to vote in the November 5<sup>th</sup> General Election!

Nancy Henderson, Public Policy Director

Make sure you are registered to vote: <https://sos.iowa.gov/elections/voterreg/regtovote/search.aspx>

If you are not registered to vote, get registered!

<https://sos.iowa.gov/elections/voterinformation/voterregistration.html>

You can now request and mail in your request to vote by absentee ballot:

<https://sos.iowa.gov/elections/electioninfo/absenteeinfo.html>

Copies of the absentee ballot request form will be available at the September 23 meeting.

## TIMELINES FOR ABSENTEE VOTING FOR NOVEMBER 5, 2024

- **Tuesday, August 27** – First day to request an absentee ballot by mail (70 days before election)
- **Saturday, September 21** – Absentee ballots available for transmittal to uniformed and overseas citizens.
- **Wednesday, October 16** – First day for Auditor's Office to mail domestic absentee ballots (20 days before the election)
- **Wednesday, October 16** – First day to vote absentee in person in Auditor's Office or at satellite location. You should vote at the office only if you have not requested an absentee ballot by mail. (If you have an unvoted or spoiled absentee ballot, turn it in.)
- **Monday, October 21** – Absentee ballot request must be received at County Auditor's Office by 5:00 PM (15 days before election).
- **Monday, November 4** – Last day to vote absentee in person at the Auditor's Office.
- **Tuesday, November 5** – Election Day – polls close at 8 P.M. Absentee ballots must be received **by 8 P.M.** to be eligible for counting, except for uniformed and overseas voters and "Safe at Home" voters.

For more information, see the Iowa Secretary of State's website:

<https://sos.iowa.gov/elections/voterinformation/>



Board members at the Cedar Falls Public Library for the August board meeting: back row (l-r), Mary Dove, Dianne VanGorp, Susan Langan, Nancy Henderson, Maureen White, and Nancy Hasenwinkel; front row, Ardelle Brown, Maria Murphy, Jane Close, and Nancy Fogarty.

Not shown: Bonnie Smith and Louise Conklin