



Fort Atkinson Branch

February 2022

Upcoming Program

The speaker at the February meeting, hosted by the Outreach Committee, will be Suzanne Madecky, the Co-Founder and Executive Director of the Dave Gallup Foundation, a comprehensive psychosocial recovery for women with substance use disorders. Suzanne has an extensive background in nursing, much of it in mental health medicine. She will be sharing with us the important work The Dave Gallup Foundation does for the community.

About The Dave Gallup Foundation: It was created as a response to the growing need for advocacy and education about the disease of addiction.

It strongly believes in sober living, a SAMHSA (which Suzanne will explain!) supported evidence-based practice, as a way for individuals to recover in a safe and supportive environment.

The Mission of the Dave Gallup Foundation is: We are a Peer Run Recovery Organization that actively supports and promotes recovery. A Trauma Informed Care Approach is utilized throughout the organization to facilitate recovery and healing among clients, staff, peers, families, and the community.

February Meeting Zoom Link:

[https://us02web.zoom.us/j/89536431949?pwd=](https://us02web.zoom.us/j/89536431949?pwd=eTRuUTB6Ly91MzBtMmJMR1RaSmV6QT09)

[d=eTRuUTB6Ly91MzBtMmJMR1RaSmV6QT09](https://us02web.zoom.us/j/89536431949?pwd=eTRuUTB6Ly91MzBtMmJMR1RaSmV6QT09)

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**Next Branch Beat Editorial Deadline
February 20, 2022**

Next meeting will be the **February Meeting**, on **Feb. 5**, only on **Zoom** due to the high Covid case count in the area. The Board will meet at 9:00 and the meeting will commence at 9:30.



The President's Corner -

- Kathy M.

The January fireside chat was held at the Fort Atkinson Club on January 8th, without a fire, and without many Fort Branch members. We changed rooms to take advantage of better Zoom capabilities for the 20+ online guests from the Janesville and Monona/Madison Branches. There were also guests from those branches who were with us in-person and took part in some very interesting Q and A with our guest speaker, State Assemblyman Don Vruwink, of the 43rd.

Don gave us an update of what has been going on in the legislature (not much) and why, and he shared the latest on the redistricting and the effects of gerrymandering in our state. Don was an engaging and knowledgeable speaker and everyone hoped he'd come again!

I have been told that the January meeting has historically had low attendance but I was quite surprised at the lack of participation at the meeting. Of the 32 attendees – in person and online – Fort Atkinson only accounted for seven. Our committee chairs and our Program VP work hard to bring in quality speakers for our monthly meetings and these speakers volunteer their time to address our group. If the speakers are not what you want to see, then please let us know what topics interest you and what kind of speakers (within the AAUW mission) you would like to hear.

We are a guilt free organization, so. please know, this isn't me trying to guilt anyone but me trying to understand what we can

do better to get more participation in meetings. My phone is always on and my email is always available.

Cheers, Kathy



Kathy M. Fort Atkinson Branch President Don Vruwink, Representative for the 43rd Dist.
Carole Salinas, Janesville Branch President
Kleo Baruth Kritz, Monona/Madison President

Please reach out to me at marr.kathy@gmail.com if you have programming ideas or questions.

Mark your calendar:

2022 Book Sale is September 16 & 17!

Sorting will start in June!

Meeting Minutes

No meeting minutes this month

Treasurer's Report

Treasurers Report for January 2022 Meeting

January 16, 2022

Last On-line Bank View: January 16, 2022

Checking Account \$7161.53 (\$1500 allocated to G2) Saving Account \$2,020.17

Expenses since October 4 meeting 01/04/22

- Leader Printing, Grants for Gals promotion \$82.25 12/23/21
- Scholarship awards mementos \$200.00 12/16/21
- FA Chamber of Commerce Membership \$162.00 12/15/21
- FA Historical Society Membership \$50.00 11/12/21
- Leader Printing, Membership promotion \$150.00 11/12/21
- AHT Insurance \$200.00 Deposits

since November 1:

01/18/22 Grants for Gals, Purse sales	\$291.00
01/10/22 Grants for Gals, Purse sales	\$138.00
12/31/21 AAUW National, member dues	\$13.00
12/30/21 Holiday Auction member donation	\$250.00
12/21/21 Holiday Auction member donation	\$160.00
12/15/21 Grants for Gals, Purse Sales, Square	\$ 98.94
12/06/21 Holiday Auction member donation	\$350.00
12/06/21 Grants for Gals, Purse Sales, Winter Mkt	\$545.00
11/03/21 Happy Bucks \$33.00	\$ 46.00
Booksale \$10.00	
Dues \$ 3.00	

* not reflected in above account balances

Planned Philanthropic Disbursements (previous fiscal year): FA AAUW Grants for Gals Fund \$1500

Member Spotlight

Bev Dahl, Branch Treasurer

Bev Dahl grew up and went to college in the UP of Michigan. She graduated with a degree in secondary mathematics education but went on to a totally different career in information systems. She spent 29 years as an IT Analyst of Business systems for telecom companies, manufacturers of computer networks that manage phone and data calls used to run their companies. She helped define what the systems should do and how they would be used, and other people did the coding. Since retiring from her corporate job, she has worked in bookstores and now at the Hoard Museum.

Bev is a Master Gardener. She has volunteered in the Hoard Museum gardens, given talks, and worked on her own yard.

Bev was drawn to AAUW because of interactions with other members at book club and the group's goals to promote education for women, especially STEM education and career choices.

Marianne Bardenwerper

Marianne Bardenwerper been a member of our Fort Atkinson branch for 13 years. She was a Holiday Auction recruit with Lisa Tuttle as her mentor back in 2009

Marianne was born in Chicago and grew up in Florida. She graduated from the University of Georgia and worked and lived in Vermont for 11 years. She sold radio advertising for 23 years. She then discovered there was a way to make a living through selling fabric. She LOVES procuring and selling fabric because it is different every day! You may have seen her shop on Main Street, Cappy Fabrics, which she now operates out of her home. Marianne loves Fort Atkinson and has been here for 28 years. She has two children and four grandchildren.

Marianne is our VP of membership along with Christine Yeager. Plus, she is co-chair of our outreach committee. Marianne also served as our president from 2013-2014. She can't wait to get back to live meetings with everyone in the AAUW gang!

Member Spotlight, Continued

Pam Bakken

Pam Olson Bakken's first AAUW experience was attending the salad supper when her daughter Emilie was fortunate enough to receive a scholarship. Emilie now teaches at Black Hawk Middle School in Madison and is very grateful for the support of the generous women of our AAUW chapter. Pam also has a son, Alex, who is finishing up his Doctor of Physical Therapy degree this spring.

Pam is a 1981 graduate of Fort Atkinson High School. She earned a bachelor's degree (Elementary Education major, Journalism minor) and Master's Degree (Elementary Education) from UW-Whitewater. She is wrapping up her 36th year as a teacher, 35 of those years at Lincoln Elementary School in Whitewater. (Fun fact: Some of her former first grade students are now the PARENTS of her current students.)

Joan Jones invited Pam to join AAUW, and she was warmly welcomed by the members. Pam enjoys socializing and catching up before meetings, the diverse information and thoughtful member questions during the monthly presentations and helping on the Special Events Committee. She misses coming to meetings in person and hopes to be back soon to everyone together in person.



Help Wanted: Webmaster Support

Have you had a chance to look at our Fort Atkinson branch website yet? Just google AAUW Fort Atkinson and the website link should pop up.

Branch member Maggie W. has been maintaining the website for 10 years now, and would like a branch member to share the duties with her. She is happy to train and work with you!

Basically, when committee chairs send us information for the website, we add it. Once a month, when the Branch Beat comes out, we add a link on the website. In August, when branch meetings dates are set, we update the calendar on the website. We add information about the Book Sale, the Holiday Auction, and Tech Savvy.

It's not difficult, but Maggie would sure like someone else to share the work!

Please email or call Kathy M., Vicki W., or Maggie W. if you are interested or would like more information. (you'll find our emails & phone numbers in the branch directory)

AAUW Scholarship Committee

Tell Everyone You Know About Our AAUW Scholarships

The Fort Atkinson Branch of AAUW offers three types of scholarships every year for women:

1. AAUW Second Chance Scholarship is for women to continue their education at a vocational or technical college after being out school for more than one year.
2. The Jane Shaw Knox Undergraduate Scholarship provides funding to complete a bachelor's degree.
3. The Jane Shaw Knox Graduate Scholarship is for women pursuing a graduate degree.

If you know of a Fort Atkinson High School graduate, a Fort Atkinson resident, or someone who works in Fort Atkinson, they are eligible to apply; maybe it is YOU! The application form is available online at Fort Atkinson Community Foundation - www.fortfoundation.org Applications are due April 1, 2022. Call Sue Hartwick at (920)563-3210 or contact via email at facf@fortfoundation.org if you have questions.

AAUW also offers through the Jefferson Community Foundation an identical Second Chance Scholarship for women who are graduates of Jefferson High School, a Jefferson resident, or work in Jefferson. Applications are due April 1, 2022. Contact Jill Nelson at the Jefferson Community Foundation or email jefferson.communityfoundation@gmail.com If you know of someone eligible, who meets the criteria for Jefferson or Fort Atkinson be sure to let them know about this opportunity. It can make a change in their life.

The mission of AAUW is to promote equity for all women and girls, lifelong education, and positive societal change. Women returning to college to complete a degree are encouraged to complete the online application for the 2022-23 school year. The application process is available at <http://fortfoundation.org> or the <http://jeffersoncommunityfoundation.org> from December 1, 2021 to April 1, 2022.

AAUW Scholarships for Women

APPLICANTS MUST BE:

- A graduate of FAHS
- OR have a current Fort Atkinson mailing address
- OR be currently employed in Fort Atkinson

****Apply on the Fort Atkinson Community Fund website by April 1, 2022****

AAUW SECOND CHANCE SCHOLARSHIP

For women out of school for more than 1 year to continue their education at a vocational or technical college

JANE SHAW KNOX UNDERGRADUATE SCHOLARSHIP

Provides funds to complete a bachelor's degree

JANE SHAW KNOX GRADUATE SCHOLARSHIP

For a graduate degree



AAUW Scholarships for Women

APPLICANTS MUST BE:

- A graduate of Jefferson High School
- OR have a current Jefferson mailing address
- OR be currently employed in Jefferson

****Apply on the Jefferson Community Foundation website by April 1, 2022****

AAUW SECOND CHANCE SCHOLARSHIP

Available to women continuing their education at a vocational or technical college after being out of school for more than one year





NCCWSL 2022 Update:

NCCWSL 2022 and AAUW-Wisconsin Scholarships Application Information

NCCWSL stands for National Conference of College Women Student Leaders. Due to Covid the event will once again be held virtually, **May 24-26, 2022**

I've had some great conversations with some of the college women from Wisconsin who attended last May, and they were so enthusiastic about it! One of the women told me how much she loves AAUW, and wants to help out with one of the branches! A future AAUW member for sure!!

Branches are encouraged to nominate one college woman from our community to receive the AAUW-Wisconsin scholarship, which covers registration fees. Because the event will be virtual, up to 12 nominees can be selected for the state scholarship, due to lower registration costs. (In-person events in the past included room & board at the University of Maryland.)

Let's be thinking of a college woman from Fort Atkinson and the surrounding area that we can nominate to receive the scholarship to attend. Please talk to your friends, neighbors and family, and let them know about this wonderful opportunity !

The college women can check it out at nccwsl.org. (they all know how to do that!!)

Please have anyone interested contact me for the application or further information:

Maggie Winz

maggiewinz76@gmail.com

262-370-1159

¡Adelante! Book Group

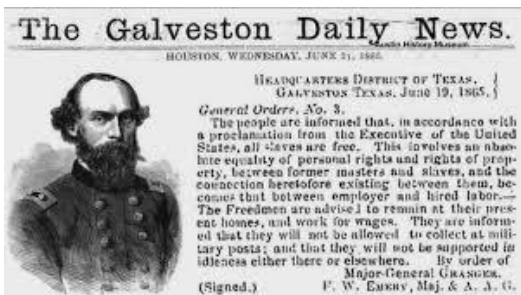
The book club met on January 18th at the Dwight Foster Public Library in the Niedecker Room to discuss the book, On Juneteenth by Annette Gordon-Reed. The number of participants was less than normal due to Covid and other issues but a few hearty souls were in attendance to discuss this book of essays regarding the essential role African Americans played in the development of the State of Texas, and the celebration of Juneteenth. As a group, the members said they liked the book, but agreed it took longer to read than they expected.

The selected book to be discussed at the next meeting of the book group is The Codebreaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race by Walter Isaacson. The group will be meeting the evening of April 27th, the exact time and location are to be determined. Stay tuned to a future Branch Beat for the details.



The following mini book review was prepared by Kathy M

Many who do not have a strong background in the history of the state of Texas and the unique holiday Juneteenth, would find this exploration of the Juneteenth holiday and the role of the Black American in Texas incredibly enlightening. In the book On Juneteenth, by Annette Gordon-Reed, the author combines her personal



anecdotes as a black girl growing up in Texas with historical facts that she uncovers from a thorough review of American history resources. She shows how black people had a presence in Texas from its very earliest days through to the day Major General Granger announced the end of legalized slavery in 1865...and that they played an integral role in the founding story of Texas.

Gordon-Reed begins On Juneteenth by reflecting on her own conflicted feelings about Juneteenth becoming a national celebration,

as it is distinctly a Texas holiday since it commemorates the day Gen. Gordon Granger arrived in Galveston to announce the end of legalized slavery in the United States...a whole two months after Gen. Lee surrendered to Gen. Grant at Appomattox. The author notes it's also a deeply personal holiday for black Texans, one they have celebrated with family and friends for generations. And yet, Gordon-Reed has to acknowledge its also a profoundly American holiday, as Gordon-Reed states "Texas is the most profoundly American state".

This ambivalence is really what inspired Gordon-Reed to further study the significance of this holiday against the backdrop of the broader history of the state of Texas. On Juneteenth is collection of essays ranging from the Spanish conquest to the present, that investigate what it means to truly be a Texan.

Tech Savvy Update

Save the Date!

Saturday April 30, 2022

Co-sponsored by AAUW Fort Atkinson and Janesville branches

Tech Savvy is a workshop designed to encourage girls in grades 6-9 to take classes and consider careers in the STEM fields- **Science, Technology, Engineering, and Math**. (Note: the workshop is targeting girls, but boys will also be welcomed.)



The workshop will be held in-person, on campus at the University of Wisconsin-Whitewater. Although last year's virtual event was well-attended and received, the in-person experience will be even more exciting!

The planning committee is currently reaching out to both previous workshop presenters and new potential presenters; and also working with the UW-W Office of Outreach to reserve campus rooms and set up the registration process.

Coming Soon:

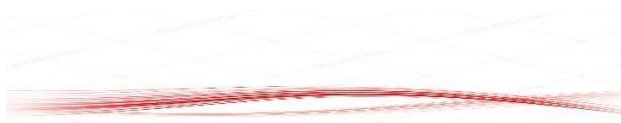
Look for further information and how members can help out: we will need help with advertising the event to schools and the public; and assisting the day of the event. This is an "All Hands-On-Deck" event (like the annual Book Sale)!

For questions & suggestions:

Tech Savvy Planning Committee

Maggie W & Vicki W- Fort Atkinson branch

Pat Phillips & Carole Salinas- Janesville branch



TRIVIA: Did you know that AAUW was an advocate for the creation of the United Nations? President FDR appointed AAUW board member Virginia Gildersleeve, the founder of the International Federation of the University Woman (now Graduate Women International) as the sole female US delegate to the San Francisco Conference to discuss the creation of the UN in 1945. In 1946 AAUW was granted permanent UN observer status!


February is Black History Month

Black History Month, or African-American History Month, is celebrated in the United States and Canada every February, where it has received official government recognition. Ireland and the United Kingdom have more recently been recognizing Black History month, however, over there it is observed in October. It originated as a means of remembering important people and events in the history of African diaspora

However, it wasn't always a month, it actually started as a week, back in 1926, when Black historian Carter Woodson and the "Association of the Study of Negro Life and History" determined that the second week in February would be Negro History Week. The second week of February was not chosen at random... this week was selected because it contained the birthdays of both Abraham Lincoln and Frederick Douglass, two very important individuals to African American history, dates that had been celebrated within the Black community since the late 19th century.

While the Negro History Week's launch response was lukewarm, it did gain some traction in some school districts, which is where Carter Woodson believed it was critical to start to get the history placed in the curriculums. At the time of Negro History Week's launch, Woodson argued that the teaching of black history was essential to ensure the physical and intellectual survival of the race within broader society

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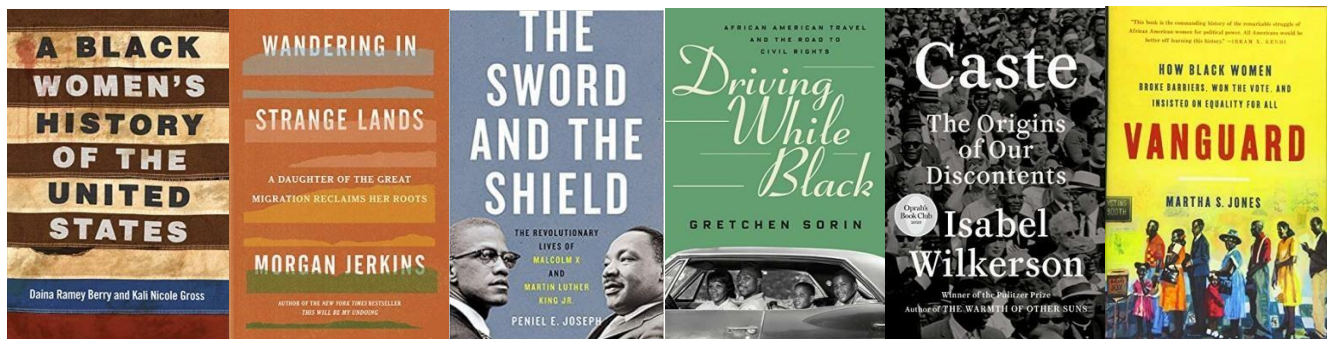
“If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated. The American Indian left no continuous record. He did not appreciate the value of tradition; and where is he today? The Hebrew keenly appreciated the value of tradition, as is attested by the Bible itself. In spite of worldwide persecution, therefore, he is a great factor in our civilization”. — Carter G. Woodson

While Black History Month is not without its detractors, (Morgan Freeman doesn't believe there should be a Black history month as Black history is American History), over the years we have seen Black History expand beyond the classroom. We now see television shows and channels dedicated to the month, art galleries featuring Black artists, many large corporations have come out with month long initiatives in support of Black history and up and coming Black artists and leaders. It has become a time in our country when the gifts and contributions of Black artists, leaders, entrepreneurs, businesses, as well as Black history get to take center stage.

But we as AAUW women know that the issues facing Blacks in America need to be considered more than one month a year. The struggles and biases faced by our Black sisters every day are real and one could argue are not being addressed quick enough or with enough effort. AAUW as an organization is dedicating a lot of effort at the legislative and legal level, but we each need to do our part at the individual level. We need to learn how to watch for implicit bias, learn how to be an advocate, or even face and change our own prejudices. There are good resources available if you take the time to research, read, and take part in group studies. We will be providing you with access to these opportunities in upcoming Branch Beats. This month we will start by providing some recommended reading to get you started. See the next page for a suggested reading list.

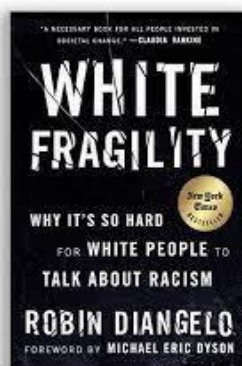
Recommended Black History Reading List

- **Caste: The Origins of Our Discontents** by Isabel Wilkerson
- **“Vanguard: How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All”** by Martha Jones
- **The Sword and the Shield: The Revolutionary Lives of Malcolm X and Martin Luther King Jr.** by Peniel E. Joseph
- **Driving While Black: African American Travel and the Road to Civil Rights** by Gretchen Sorin
- **Wandering in Strange Lands: A Daughter of the Great Migration Claims Her Roots** by Morgan Jerkins
- **A Black Women’s History of the United States** by Daina Ramey Berry and Kali Nicole Gross



And if you still haven’t read this one, we can’t recommend it enough for helping to give you one of the tools for having the hard talks about racism. This is must read if you want to be involved or understand, DE&I (Diversity, Equality and Inclusion).

- **White Fragility: Why It's So Hard for White People to Talk About Racism** by Dr. Robin DiAngelo



❄️ *How to Beat the Wintertime Blues?* ❄️

By February it can feel like we are in our eighteenth month of Winter and Spring is never going to come. It is not uncommon to find yourself a little (or a lot!) down in the dumps, especially during these Covid times. But there are some things you can do to help shake the blues and pick up your mood. Here is a list of eight ideas to get you started.

1. Start with a check of your vitamin D levels. Sunlight is a source of Vitamin D, a nutrient linked to sharper thinking and better emotional health. Many of us don't get enough of it during the Winter. Check with your Doctor about whether or not a vitamin D Supplement could be beneficial to you.
2. Exercise! Bundle up for a walk, swim indoors, or head to the gym. Exercise can work as well an antidepressant in fighting mild to moderate seasonal related depression.
3. Eat a healthy diet. Complex carbohydrates such as whole grains can boost your energy and are vital all year round. Fruits and veggies of the deep green and orange variety ...think broccoli, kale, and carrots...have nutrients that promote better mood and total health.
4. Get light therapy. Get a natural light simulating lamp to use each day and well as getting a much daylight as possible by placing your work area or work out equipment near windows.
5. Stimulate your senses. Some people find that adding bright color to their environment by painting walls or their fingernails can improve their outlook. Scents can add to your feeling of well being. Try peppermint or other energizing essential oil scents.
6. Nurture your spirit. Slow down! Curl up with a book in your favorite chair or write in your journal. Play some music. Pursue a hobby that is relaxing and fulfilling.
7. Head to a sunnier climate if you have the time and the money (or Covid allows). A mid-Winter visit to a warmer, sunnier clime can always bring a smile.
8. See a therapist if needed. Sometimes we all need some extra helps. A therapist can help train you brain to think more positively, which can also make you feel better physically.



Washington Scene

The Covid pandemic has had an effect on the job market everywhere, negatively impacting the health and security of millions of workers across the country. Because of how the pandemic hit the service industry and due to the pay inequalities already in play, women of color are taking a bigger hit than other groups. Also, because of the long-term socio-economic structures in place, women of color are finding it much more difficult to survive in this current situation.

So what is the cause of the inequalities faced by women of color? It's directly tied to the history of labor in America, going back to slavery and its aftermath. Black women struggled in systems **designed** to see them struggle with menial work and be denied fair wages, access to education, health and safety. Native women saw their land stolen and jobs denied. Basically, women were denied access to the kinds of jobs men were given and then they weren't paid appropriately, setting up a de-Facto occupational segregated employment system. It continued for years for all women, but the situation Black women, Hispanic women, and Native American women faced was particularly hostile as they faced nearly impossible hurdles to reaching a point where they could work in a safe environment and provide for their family. Research would show that they still haven't reached an equitable employment level. No woman has, white women included. And it's just gotten worse for women of color with the recent pandemic.

While there has been much progress over the years, we still have a long way to go, baby. I want to share the attached chart with you to show the numbers from the 2021 research conducted by AAUW. These numbers have not improved in a long time. White women have been at 79 cents on the dollar.

I am also attaching a link to full research project so you can learn more about the history of women's employment and the inequality situation. It is really well done and worth your time. It shows the level of research National does on behalf of women and it highlights the commitment they have to promoting then women's right to pay and equity in the workplace.

Figure 1. Women's Earnings as a Percentage of White Men's Earnings, by Race/Ethnicity

Race/Ethnicity	Earnings Ratio
White alone, not Hispanic or Latino	79%
Black or African American	63%
American Indian and Alaska Native	60%
Asian	87%
Native Hawaiian and Other Pacific Islander	63%
Hispanic or Latino origin	55%

Source: Figures for Black, Latina and Asian women are AAUW calculations based on CPS 2020 ASEC; figures for Native Hawaiian and Pacific Islander and Native women are AAUW calculations based on ACS 2019.

Systemic Racism and the Gender Pay Gap : A Supplement to the Simple Truth

https://www.aauw.org/app/uploads/2021/07/SimpleTruth_4.0-1.pdf