



## Women's Wellness

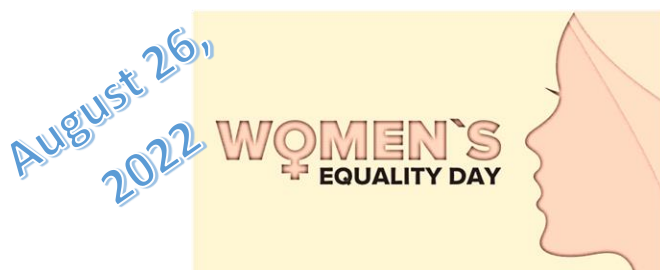
AAUW AZ Fall Forum  
Saturday, October 29th, 10-3:00

(registration desk opens at 9:30)  
Location: Scottsdale Community College  
Lunch will be included  
A social will be held on Friday evening.



Wellness is defined as an individual's subjective experience of overall life satisfaction in relation to physical, mental, emotional, spiritual, social, economic, occupational, and environmental dimensions. Women's wellness focuses on those aspects of well-being that pertain disproportionately, or solely, to women.

## Women's Equality Day Theme: *"Hard-won not done"*



**Women's Equality Day:** We celebrated Women's Equality Day on August 26. While the origin of this day hails from the constitution of the United States, the essence of Women's Equality is dispersed all around the globe.

The United States [Congress](#) established Aug.

26 as "Women's Equality Day" in 1971, at the request of Rep. Bella Abzug, and it was approved in 1973. It is declared by the President of the United States every year. President Richard Nixon issued the first official proclamation.

Despite many advances in the last century and a half, women in the U.S. and around the world still face professional obstacles, domestic violence, and other barriers to their well-being and success. Women Equality day calls for an equal future free of discrimination based on gender and providing equal rights and opportunities.

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# President's Message

## An enlightening and productive Fall Forum

Hope you are having an enjoyable and safe summer.

I am looking forward to seeing you in person this fall. Our Fall Forum is scheduled Saturday, October 29<sup>th</sup> and will be in person. We will be meeting at Scottsdale Community College. See additional details on page one.



I would like to remind you that our board meetings are open to the membership, and I invite you to attend. The next board meeting is scheduled for Wednesday, September 21<sup>st</sup> at 4:00 pm and we will meet on ZOOM. Let me know if you would like to attend and we will send you the link.

I look forward to meeting and working with all of you in the coming months.

.....Ana Nygren

### The AAUW Arizona Officers for 2022-23

**President: Ana Nygren**  
**President-Elect: Sara Schmitt**  
**Vice-President for Program: Kimberly Batty-Herbert**  
**Vice-President for Membership: Sharon Phelps**  
**Corresponding Secretary: Tracy Smiles**  
**Recording Secretary: Suzanne James**  
**Treasurer: Gail Garrison**

### “Our History is Our Strength!”

Emphasize the Urgency of the Vote

Dear friends,

The Vote is the cornerstone of our democracy. This year, more than ever, it's important to continue the fight for true equality!

The NWHHA is moved to make an urgent call for persistent determination to ensure that women's democratic rights are secure for the future. From before the time that women first publicly demanded the rights of full citizenship almost 175 years ago at the Seneca Falls Convention, women have been denied the benefits and power of citizenship. We have to keep challenging that historic prejudice against women.

Begin today to emphasize the importance of voting as the cornerstone of our democracy. Plan events, parades, and educational webinars, focusing not only on what it took to win the vote, but what is going to take to secure that right for everyone.

Begin your planning to take action for extraordinary events before and after Women's Equality Day on August 26, the day the 19th Amendment was ratified. The 19th Amendment needs to not only recognize women's successful movement to win the vote, but it needs to call out for equality on all fronts.

Reprinted from The National Women's History Alliance

## Honoring 50 Years of Title IX

Title IX is a landmark federal law prohibiting sex discrimination in education; it affects everything from admissions and athletics to STEM training and sexual-harassment policies. And AAUW is integral to its history. Join us in celebrating the 50th anniversary of Title IX.

AAUW is committed to staying connected during difficult times. We're providing regular webinar content for our communities. National staff and outside experts bring you engaging programming on the issues most important to you. Check out recordings from past webinars (such as the Title IX webinar noted below) and watch for news of upcoming online events!

<https://www.aauw.org/resources/programs/webinars/>



AAUW Title IX 50th Anniversary Celebration

Watch later Share

AAUW

Watch on YouTube

**CELEBRATING 50 YEARS OF TITLE IX**

June 23, 2022

**JUNE 23, 2022**

**Celebrating 50 Years of Title IX**

Join AAUW as we celebrate the 50th anniversary of Title IX, highlight AAUW's role leading up to Title IX's passage and reflect on its continued challenges and evolution. The program includes inspiring speakers and recognition of our members and supporters who have made significant contributions to AAUW throughout the past 12 months.

We are grateful to be given permission to publish "Enfold", a poem written by past AAUW AZ President Jane Adrian. It speaks to so much of the personal and societal tragedy happening here and around the world. "If only we could, we would."

### Our AAUW Values

**Intersectional. Inclusive.  
Intergenerational. Empowering.**

Though we are nonpartisan, we are not values-neutral: We fight to remove the barriers and biases that stand in the way of gender equity. We train women to negotiate for pay and benefits and to pursue leadership roles. And we advocate for federal, state and local laws and policies to ensure equity and end discrimination.

### Enfold

*Would that our arms were wings  
Better to enfold us,  
Bring us warmth and comfort  
Protection  
As wicked wailing winds  
Lay bare despairing loss,  
Steal the breath  
That fuels the will  
To breathe*

*With each feather,  
Would that our arms were wings,  
We ease the ache  
That teases the raw wound  
That resists healing*

*If only we could,  
We would*

Jane Adrian  
May 2, 2022





## College Connections: Supporting the Education of Women and Girls

### How to sign-up Colleges/Universities for AAUW

Suzanne James AAUW-AZ College/University Relations Chair invites branches to connect with the Community Colleges and Universities in their area and sign them up to be an AAUW Associate for \$175 annually. The College and University will receive many useful benefits in this connection to AAUW.

I Googled: **"How do universities sign up for AAUW"**

**"Click on result: "College/University Member:AAUW"**

This takes you to where you can get information and this results in a plethora of information:

--Overview, --Benefits for faculty and staff, --Benefits for students.

**Also Click on: "AAUW College/ University Membership: Frequently Asked Questions"**

Below are the clickable links:

#### What are the criteria for AAUW college/university membership?

*Any accredited higher education institution in the United States or other qualified higher educational institution outside the United States, as determined by the AAUW Board of Directors, that pays annual dues to AAUW shall be eligible to be a college/university member.*

#### What does it cost to join AAUW as a C/U member?

*Annual membership extends from July 1 through June 30. AAUW college/university membership annual fees are \$175, regardless of institution size. Dues received after March 16 will be applied to the next fiscal year.*

#### What are the benefits?

Undergraduates or degree-seeking graduates enrolled in full-time or part-time programs at member schools may join AAUW and renew at no cost with automatic renewal through graduation. Other benefits include:

- Priority for educational project grants and **leadership development opportunities** for students
- Institutional visibility on our **list of college/university members**
- Up to two free AAUW national memberships for faculty or administrators (see Advocacy for federal public policy that supports education)

#### Cost-saving discounts

- Ability to list your employment opportunities in the **AAUW career center**
- Access to **AAUW internships in Washington, D.C.**, for your students
- Opportunities for faculty to participate in **national selection panels** for prestigious awards
- Access for staff and faculty to use **AAUW Programs in a Box** to supplement teaching and programming

#### When your school becomes an AAUW college/university member, we ask that:

You appoint up to two C/U representatives. We recommend a dean of students; women's studies director; science, technology, engineering, or mathematics program director; or nontraditional student services director. Your appointed representatives should be in positions with lots of student or program contact.

Each C/U representative receives a free AAUW national membership and can vote in AAUW elections on behalf of your school.

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College Connections continued from page 4 –

### **The people who fill the C/U representative role**

- Respond to and initiate communications with AAUW at national, state, and branch levels
- Disseminate AAUW membership, program, and resource information to your students, faculty, and staff
- Inform undergraduates and degree-seeking graduates enrolled in full-time or part-time programs about the benefits of joining AAUW
- Inform students about the benefits of participating in the National Conference for College Women Student Leaders, Campus Action Projects, Start Smart, and other initiatives (AAUW will work with you to find the best way to do this for your school)
- Inform the AAUW national office of new contact information when it changes for the C/U representative

For more information, please see the [college/university representative position description](#).

***How do I make the most of a C/U membership?*** There are a variety of ways to make sure your school is making the most of its membership with AAUW.

- Read and share [Campus Connections](#), a newsletter especially for our college/university members. It keeps you informed of critical student program deadlines, offers examples of how other schools are engaging with AAUW, and provides important AAUW updates.
- Promote student memberships (including [free memberships](#) for all your undergraduates and degree-seeking graduates enrolled in full-time or part-time programs) to your students.
- Make sure that your school assigns up to two [college/university representatives](#). Each representative receives free national membership to AAUW (valued at \$59). Not sure if your campus has a college/university representative? Contact AAUW at [leadership@aauw.org](mailto:leadership@aauw.org).
- Work with local AAUW branch member leaders to collaborate on a program, and connect your students to positive female mentors! Find out more about a [branch near you!](#)
- Bring an AAUW [campus leadership program](#) or opportunity to your school!
- Send four or more students to the [National Conference for College Women Student Leaders](#) (NCCWSL) and receive a 15 percent discount on registration fees (students can also apply for national or local scholarships for NCCWSL).
- Sign up to be a [Two-Minute Activist](#) to learn more about AAUW public policy and how you can make your voice heard.
- Be sure to take advantage of discounts offered to members by checking our [membership benefits](#) before making any purchases!
- Stay connected with AAUW on social media through [Twitter](#), [Facebook](#), and [Instagram](#).
- Contact AAUW staff with any questions! Call 800.326.AAUW or email [leadership@aauw.org](mailto:leadership@aauw.org)!

### **What is a C/U chair?**

A C/U chair is a branch or state AAUW officer responsible for coordinating C/U outreach and programs. This person serves as a local link between AAUW and the C/U representative. Not all states or branches have C/U chairs but it is recommended to help facilitate C/U relationships.

Ann Mitchell the former AAUW-AZ Collection Connections Chair is an expert and has signed up many colleges.



Suzanne James  
AAUW AZ College-University Relations Chair

## ARIZONA'S COLLEGE/ UNIVERSITIES STUDENT FOOD INSECURITY

Excerpted from Arizona Board of Regents November 19, 2021.

Link: <https://www.azregents.edu/news-releases/student-basic-needs-report-addressing-food-and-housing-insecurity-crucial>

“Food and shelter are two of the basic physiological needs. Without them, it is nearly impossible for individuals to realize more complex needs – such as earning a college degree,” said ABOR Chair Lyndel Manson. “The board is grateful to Student Regent Nikhil Dave and former Student Regent Anthony Rusk for their leadership in bringing awareness of food and housing insecurity challenges facing students at our universities. These are real issues facing our students. Shining a light on these issues will help us help our students.”

Research has shown that food insecurity can affect students' graduation rates. A Johns Hopkins study found that students who lacked consistent access to food were 43% less likely to graduate than their food-secure peers. Food insecurity is defined as the limited or uncertain availability of nutritious and safe food, while housing insecurity varies from the inability to pay rent and utilities to the need to move frequently.

The three universities reported the following rates of low or very low food insecurity among their student populations: ASU, 26%, NAU, 47% and UArizona, 34%. The universities also reported the following rates of housing insecurity: ASU, 14%, NAU, 19% and UArizona, 8%.



### Maricopa Community Colleges Food Insecurity:

*Students at all ten Maricopa Community College participated in a 2017 national study of food insecurity. Maricopa Community College students reported marginal or worse food security than the national average. As a result, the district established food pantries on each campus and a Basic Needs Resource Site. A follow-up 2021 survey was conducted of 200,000 college students. The survey results indicated that 39% of community college students faced food insecurity...*

### Branches Invited to have Student Food Insecurity Action Plans

We encourage our branches to work with local colleges and universities to come up with an action plan in order to assist in the efforts to alleviate student food insecurity.

Ann Mitchell, NWV Branch College Connection Team Chair, is spearheading a food drive for the Glendale Community College Food Pantry at the NWV November General Meeting November 17. *Connie Greenwell, Dean of Student Life and Leadership at Glendale Community College, says the GCC FOOD PANTRY feeds about 130 individuals each day.*

Suzanne James

AAUW AZ College-University Relations Chair

According to numerous studies, **20 to 50 percent** of college students in the U.S. experience food insecurity, which is consistently higher than that of the general population. By definition, food insecurity is the state of being without reliable access to a sufficient quantity of affordable, nutritious food. The trope of students eating cheap ramen every night would actually be a perfect picture of low food security.

Posted in [Food Security](#), [Policy Impact](#), [natalie-shaak](#). Dec 21, 2021



### **AAUW Tucson (AZ) Branch Update**

AAUW Tucson kicked off the Fall calendar with a Membership Drive for Women's Equality Day on Friday, August 26<sup>th</sup>, 2022 at the Community Foundation of Southern Arizona. Collaborating with WOSAC and the League of Women Voters of Greater Tucson, it is exciting to bring the community back together again in-person to show people the many ways to get involved with AAUW.

Upcoming AAUW Tucson Fall 2022 Events:

- Running & Winning Tucson – Thursday, September 1<sup>st</sup>, 2022
- Women in the Workforce Panel – Friday, September 30<sup>th</sup>: 3-5pm at the YWCA
  - o Sponsored by AAUW Tucson with Arizona Tech Council
- Pima Community College Candidate Forum – October 22<sup>nd</sup> (tentative)

AAUW Tucson is excited to announce we have been given the GREEN LIGHT by the University of Arizona to resume Start Smart workshops in-person on-campus. We have partnered with several departments, including the Graduate Center and the College of Education, to have monthly Start Smart presentations leading up to a regular calendar in the Spring. If you know anyone in the Tucson area with 2-3 hours a month to help us facilitate these FREE salary negotiation trainings, please have them reach out to our President, Diana Charbonneau, at [aauwtucsonpresident@gmail.com](mailto:aauwtucsonpresident@gmail.com).

We are proud to announce that AAUW Tucson has renewed our partnership with Pima Community College and will be bringing them on as an additional C/U member! Thank you to our VP Membership, Joan Jorgensen, for working so hard to stay in contact with them and we look forward to holding a Pima Community College Candidate Forum to engage our Tucson Young Professionals. We have had over 25 new members these last few months through our AAUW Info Snapshots (30-minutes Zoom call) and we look forward to seeing our membership grow over this upcoming year. We welcome you to join us at any of our events and hope to see you soon.

.....Diana Charbonneau, Tucson 'Branch President

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### **Record Number of Scholarships Awarded to Local Women:**



### ***Successful Fundraising Supports College Pursuits for Women in Southeast Valley***

I am very happy to report that our Southeast Valley Branch recently awarded a record breaking seven \$1,000 scholarships to deserving women in support of the AAUW mission to advance education and equity for women and girls.

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SE Valley Branch Report continued from page 7.

Raffle ticket sales in Sun Lakes and the local community along with proceeds from sales at Judy Wear Boutique in Chandler last spring funded need-based scholarships for local women attending Chandler-Gilbert Community College in pursuit of two- or four-year college degrees.

Scholarship donations in the form of cash and prizes were generously contributed by our members, area residents, and local businesses such as Chase Bank in the Southeast Valley who contributed \$250 to our local scholarship fund.

In the past 12 years, the Southeast Valley Branch of AAUW has raised over \$33,000 to fund scholarships that have assisted local women, including recent high school graduates as well as women returning to school later in life to further their career aspirations.

We are asking members to bring a friend or two to our October 17<sup>th</sup> first meeting of the 2022-23 year which will be a social event at Beth Zdeblick's home. If it is anything like last year, it promises to be a great time and is an excellent opportunity to introduce AAUW and our dynamic local organization to potential members.

We invite anyone interested in learning more about joining AAUW or contributing to the scholarship fund to contact us at [AAUW.SEV.AZ@gmail.com](mailto:AAUW.SEV.AZ@gmail.com).

**ARIZONA SCIENCE CENTER offered another opportunity for our SEV Branch to encourage girls to learn about and become involved in STEM while fulfilling our SEV strategic goals at the same time.**

Through two SEV donations, we were able to provide twenty 6<sup>th</sup> grade girls from a Title 1 school an opportunity to be part of STEM event that took place on April 30<sup>th</sup> and we were able to support one young girl to attend a week-long STEM Camp for Girls that took place in June. Designed to spark the girls' curiosity in science, the camps focus on females in STEM careers. The girls explore women in history that impacted science and then complete their own interactive science related activities. All the Arizona Science Center programs are designed to inspire, educate, and engage curious minds through hands-on science. Our SEV branch is exploring ways to continue to support and contribute to the Arizona Science Center one girl at a time!

New "Art Muses" small group started in SEV Branch



This last spring two SEV Branch members proposed we organize a small group that includes the practical and educational aspects of art. It was a popular idea and resulted in the "Art Muses" that meet the third Wednesday of the month from 1-3pm...or longer if we choose to extend discussion.

The first part of the session is devoted to creation of individual art pieces by members using techniques brought to us by our two organizers, Sharon Gale and Penny Rings. Following the completion of our art project, we gather and watch a 30 segment of The Great Courses art history series specific to

an artistic period. For example, we've learned about Renaissance Masters and most recently the presentation focused on Realism.

Continued page 9.



SE Valley Branch continued from previous page.

Participants are having a great time learning new art techniques and advancing our knowledge of master artistic periods and associated artists throughout the last few centuries.

Mary Humecke, SE Valley Branch President

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## AAUW Scottsdale Branch

The Scottsdale Branch Board of Directors has been busy this summer planning for another exciting year. Our Co-Program Vice Presidents, Judy Hubbard and Gail Stempil, held 3 Lunch Bunch meetings this summer at different restaurants in Scottsdale. They were well attended and a way for members to stay in touch with each other. Judy and Gail have also been planning some great programs for the Fall. Our program meetings are held on the third Saturday of the month and information is available in our monthly newsletters posted on the Scottsdale AAUW website.

In early August, President Karen Ramos, Past President Jane Adrian and President-Elect Sue Jaros met with Dr Eric Leshinskie, the new President of Scottsdale Community College. Dr Leshinskie was very welcoming and committed to working with us as partners. To that end, Scottsdale Community College will once again become College/University Partners of AAUW and Dr Leshinskie and one of his staff will join our Branch. Dr Leshinskie also agreed to let us use the Indigenous Cultural Center for our meetings this year at no cost. We are thankful for the support of Dr Leshinskie and Scottsdale Community College.

During our meeting, Dr Leshinskie mentioned an event that the college is hosting this year entitled “**Girls Get IT**”. The event is a collaboration between four Community Colleges - Mesa, Chandler-Gilbert, Rio Salado and Scottsdale. This event will bring about 150 high school and junior high girls to the school to encourage them to pursue a career in IT. The Scottsdale Board of Directors agreed to support the event with volunteers and a sponsorship. The event is **Friday, November 4** and we look forward to helping make this event a success.

Scottsdale AAUW will once again support the **Scottsdale Mayor’s Constitution Contest**. The award’s ceremony is on **October 20**. Community Action/Public Policy Chair Janet Larkin has been working with the mayor’s office and we will provide volunteers to judge entries and to help at the awards ceremony.

The Scottsdale Branch has an active, engaged Board of Directors and I look forward to a great year!

Karen Ramos, Scottsdale Branch President

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## AAUW - Prescott: Striving to Engage



The AAUW-Prescott Board recently met at beautiful Goldwater Lake to kickoff the coming year. As we’ve all experienced, it has been two years of Zoom meetings, in person meetings, outside meetings, canceled or re-vamped events with all the variations of the same. With cautious optimism, the theme for the retreat and this AAUW year in Prescott is “Engage.” After brainstorming definitions of engage, board members were assigned areas in which engagement would be a focus this year. How do we engage: at general meetings, with interest groups, socially, with community action and public policy, with local colleges and schools, with other organizations and the greater Prescott community, and with the Arizona Women’s Forum. There is nothing like putting the great minds of our AAUW membership to brainstorming to fill flip chart pages! Many great ideas for engagement were produced and the retreat fostered a sense of a great year ahead!

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Prescott Branch report continued from page 9:

Of course, engaging others in the Arizona Women's Forum is an important undertaking this year. The forum will be held at Yavapai College Performing Arts Center in Prescott on January 27 and 28, 2023. The Friday evening reception will include registration, heavy appetizers, an art show with silent auction, book exhibit, and live music provided by the Yavapai College Jazz Band. Saturday boasts a continental breakfast with additional live music, keynote speaker, Alice Ferris, and breakout groups. A luncheon and address by Yavapai College President, Dr. Lisa Rhine, will close out the conference. All proceeds will benefit Yavapai College Student Scholarships. We hope many of you will engage with us in Prescott and plan to attend!

.....Penny Briner Ewell, Prescott Branch President

## Northwest Valley Branch Report

Dr. Amy Hogan, Dean of the School of Education, Ottawa University (Surprise), has invited AAUW NWV to participate in a new program to mentor student teachers.

As student teaching has changed over the years, Dr. Hogan will offer an orientation to this new concept via Zoom on Monday, September 19, from 2:00 - 3:30. We will meet our mentees (student teachers) on the Ottawa University campus on Thursday, September 22nd, 4:00 - 5:30. Other meetings with student teachers will occur on October 20th, November 17th and December 8th.

Mentors will be asked to observe their student teacher in a classroom in a nearby elementary or secondary school. We will not be responsible for grading the student teacher, but in a position to offer some support and feedback. Student teaching now requires reports and a portfolio. Mentors could also assist in the preparation of these materials with their mentee.

**This is our time - our turn**, to make the AAUW Mission matter in the college community. We look forward to this new line of mentoring.

**AAUW: Advancing gender equity through research, education and advocacy.**

..... Karen Bunting, NWV Branch President

## Green Valley Branch Report

Green Valley members have been busy over the summer getting ready for the new year. Our first meeting is scheduled for September 20 via Zoom. Unless COVID kicks up its ugly heels, we plan to meet in person beginning in October. It will be wonderful to see our long-time friends even though seating will be arranged for social distancing.

We are sad to say that we have lost two beloved members, Helen Clarkson, Bea Kabler and Dorothy McKenna. They were awesome women, devoted to the mission of AAUW and will be greatly missed.

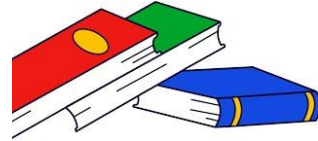
St. Andrew's Children's Clinic in Nogales, AZ has reopened so our branch members are once again lending a hand to make lunches for the children and young adults. St. Andrew's is a non-profit organization and we are happy to be able to help with much needed project.

About 40 of our members who remained in Green Valley over the summer, enjoyed a Summer Book Club. The discussion groups were held in person and on Zoom. Both groups had a discussion leader and were well-attended. We read one non-fiction, one mystery and two fiction titles. It was a fun mix and kept us out of the heat!

We hope you had a great summer.

E. Marie Cory, Green Valley Branch President

## Suggestions for your reading list



**Recent Books by AAUW Fellows & Grantees:** Looking for some riveting reading this fall? Check out this selection of impressive titles written by AAUW alumnae, including fiction, nonfiction and poetry. For descriptions of the books, go to:

<https://www.aauw.org/resources/article/fellowships-grants/recent-books-by-aauw-fellows-and-grantees/>

- ✦ [Sacred Promise: An Anthology](#) by Dr. Tererai Trent, 2017 !!UW Alumnae Recognition Awardee and 2001-02 AAUW International Fellow.
- ✦ [The Bond: Book 1 of The Bond Trilogy](#) by Robin Kirk, 2012-13 AAUW Career Development Grantee.
- ✦ [All That She Carried: The Journey of Ashley's Sack, a Black Family Keepsake](#) by Tiya Miles, 2012-13 AAUW Community Action Grantee.
- ✦ [Until I Am Free: Fannie Lou Hamer's Enduring Message to America](#) by Keisha N. Blain, 2016-17 AAUW American Fellow.
- ✦ [Love from the Vortex and Other Poems](#) by Yolanda Sealey-Ruiz, 2004-05 AAUW American Fellow.
- ✦ [Crossing Waters: Undocumented Migration in Hispanophone Caribbean and Latinx Literature & Art](#) by Marisel Moreno, 2009-10 AAUW American Fellow.
- ✦ [At the Threshold of Liberty: Women, Slavery, and Shifting Identities in Washington, D.C.](#) by Tamika Y. Nunley, 2018-19 AAUW American Fellow.
- ✦ [Running from Bondage: Enslaved Women and Their Remarkable Fight for Freedom in Revolutionary America](#) by Karen Cook Bell.

## Workplace & Economic Equity

When women get equal pay — and equal opportunity — they, their families and all of society will thrive. To get there, we need to embrace diversity, equity and inclusion.