

Branching Out

Mission: Advancing equity for women and girls through advocacy, education, and research

You Are Invited to a Holiday Gathering

Members will meet at the home of Sharon Gee on Saturday, December 11, from 2:00 – 4:00. Please bring a treat to share, such as an appetizer or dessert. Sharon lives at 4323 Grand Ave Apt 427, Des Moines. Please park west of the building toward the rear, and enter through the breezeway. There is a call box, and



Sharon will buzz you in. Please call her at 515-274-8156 if you have questions. Probably all or nearly all of us have been vaccinated for COVID -19, including the booster shot. If you have not done that yet, please do that before coming.



January Program: Reaching Out to Diverse Groups

The Des Moines Branch of AAUW will host a program on “Reaching Out to Diverse Groups” at our meeting on January 19 at 7:00 using zoom. The program will be presented by AAUW Iowa president Carletta Knox-Seymour. Carletta is in the process of contacting additional co-presenters. Please mark the date on your calendar, and consider asking a friend to join in, to give our presenters a good audience. Use this link to join the meeting:

<https://us02web.zoom.us/j/2017201809?pwd=WXcyREhjcjI0ZlNQMUMtmZjICU0RQQT09>



AAUW Iowa Spring Conference in Johnston

This year the spring conference for AAUW Iowa will be held in person at the Hilton Garden Inn in Johnston on April 8-9. Members will attend from all over Iowa, and the Des Moines branch is the closest branch to the conference location. Going to the state conference will never be more convenient than it will be this time. Please mark your calendars for this date. Volunteers will be needed to staff



the registration table, make sure that people get their name tag and folder, etc. Please consider volunteering.

During the next two issues of the statewide newsletter, we will promote the conference, as well as make some suggestions about local attractions. If you have suggestions to include or if you would like to volunteer, please contact Ann Gale at 515-320-4404 or ann.gale9@gmail.com.

Mark Your Calendar

Dec. 11 at 2:00. Holiday Gathering at Sharon Gee's home

Jan. 19 at 7:00. Reaching Out to Diverse Groups by Carletta Knox-Seymour and others. Zoom

February, to be determined. Writing Postcards to Legislators

March 22 at 7:00. Teaching in a Time of Diverse Concepts, Melissa Peterson, ISEA. Zoom

April 8-9. AAUW Iowa Spring Conference, Hilton Garden Inn in Johnston

May 21 at 10:00 a.m., to be determined. Legislative Wrap-Up with Connie Ryan.

Advocating for Women's Healthcare

AAUW Des Moines Hosts Planned Parenthood Presentation

Gabriella Fuentes, from Planned Parenthood, gave a presentation on Advocating for Women's Healthcare using zoom on September 20, 2021. The program was recorded, and can be viewed here:

<https://onedrive.live.com/?authkey=%21ABesgl%5FR7CYzDgs&cid=6FD381F6FB15D94B&id=6FD381F6FB15D94B%2191091&parId=root&o=OneUp>



Gabriela Fuentes

Mental Health—Adverse Childhood Experiences

AAUW Des Moines Hosts Presentation by Dr. Cathy Beck-Cross

Dr. Cathy Beck-Cross. Dr. Cathy Beck-Cross, director of the social work program at Grand View University, gave a zoom presentation on Women's Mental Health During a Pandemic on November 9, 2021. During that program, she stressed the importance of Adverse Childhood Experiences (ACEs) – 10 different forms of childhood trauma - as a predictor for later mental and physical health issues, and the importance of trauma-informed care. The presentation was recorded, and can be viewed here:

<https://onedrive.live.com/?authkey=%21AEAXzqpg30NTjks&cid=6FD381F6FB15D94B&id=6FD381F6FB15D94B%2191089&parId=root&o=OneUp>



Dr. Cathy Beck-Cross

Antiques Quest in October

Branch members met at the Brass Armadillo in Des Moines on October 13, 2021. Each of us spent about an hour and a half shopping for the best \$5 item we could find. We got take out lunches at the Hiland Bakery, and then met at McHenry Park for lunch and to compare our treasures. The Brass Armadillo is very large, with a big inventory, so we were all satisfied with our prizes.



Zoom Videos on the AAUW Iowa Website

AAUW branches from all over Iowa have made good use of Zoom over the past year and a half, and many of their programs have been recorded for later use. The program that Joanne Page presented last year on the rise of white nationalist groups is available, as well as the program by Planned Parenthood on advocating for women's healthcare and Cathy Beck-Cross's program on women's mental health. Find these programs and many more at the AAUW Iowa website here: <https://aauiw-ia.aauiw.net/>

Be sure to click on the link at the end of the list for more videos.