



empowering women since 1881
Fargo-Moorhead (F-M) Affiliate

December 2018

American Association of University Women

Mission: To advance gender equity for women and girls through research, education, and advocacy.

President's Comments

As we're heading into the holiday season, we have a lot to be thankful for. I am grateful for our volunteers who dedicated their time and energy the past few months to make our Get Out the Vote, BrainSTEM, and Book Sale events happen. For election day, FM AAUW endorsed ND Measure 1 with this statement:

Implicit in AAUW public policy priorities is effective and accountable administration of our government. Therefore, the Fargo-Moorhead American Association of University Women (F-M AAUW) supports Measure 1 to establish a ND Ethics Commission.

AAUW has been established as a national organization since 1981 and our local affiliate, F-M AAUW, is part of the national organization. As Public Policy Director of F-M AAUW, I urge all North Dakotans to vote YES on Measure 1.

Sandy Sidler



We can celebrate the success of this measure passing! North Dakota will now have an ethics commission, ban foreign political contributions, and have limitations for lobbyists and conflicts of interest. It is still possible that lawsuits will challenge the measure.

Our last meeting November 5, we invited Ryan Taylor, rancher, writer, former state senator and state director for USDA Rural Development, to talk about Food Insecurity in North Dakota. Melissa Sobolik from the Great Plains Food Bank also attended the event and joined the discussion. In North Dakota, 28,700 households (9%) face food insecurity. Of the Great Plains Food Bank clients, nearly half make difficult choices between paying for food and paying for gas, and 44% choose between food and utilities. Chronic disease or other health conditions impact 44% of clients. You can read more about the discussion in Amanda's minutes on page 4.

In response to the food insecurity discussion, we will be volunteering at the Great Plains Food Bank, which services all of ND and Clay County, MN. We will help package food, including labeling packages, which can be done seated. Please join us on Tuesday, December 11. We will have an AAUW business meeting from 5:30 p.m. -6:00 p.m. and volunteer from 6:00 p.m.-7:30 p.m.; all are welcome at both.

Save the date for our annual brunch on Saturday, January 12th with speakers Laura Caroon & Danyel Moe, founders of LadyBosses of Fargo-Moorhead. Book club will take a break in December and reconvene January 28th with *Lincoln & Whitman: Parallel Lives in Civil War Washington* by

Daniel Epstein. Make sure you check out the full list of events for the year on page 13. It's also on our website. Some events will be updated or added as the year goes on.

I'll see you soon.

Alexa Ducioame

President

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FM AAUW AFFILIATE BUSINESS AGENDA

December 11, 2018 – 5:30 p.m. to 6:00 p.m.
Great Plains Food Bank

To advance gender equity for women and girls through research, education, and advocacy.

Call to Order and Welcome: President Alexa Ducioame

Approval of Agenda (additions, deletions, changes)

Approval of Oct Minutes: Secretary Amanda Savitt (as printed)

Financial Report: Finance Officer Deb Nelson (as printed)

Continuing Business:

- Strategic Plan Survey
- Get Out the Vote efforts
- ND Ethics Commission
- 60th Annual Book Sale
- BrainSTEM

New Business:

- Book Sale proceeds scholarship distribution
- Fundraising

Membership: Kathleen Nelson (MN) & Bethany Reinhardt (ND)

Public Policy: Sandy Sidler

Pay Equity: Evelyn Quigley

Announcements:

- Book Club & Meet a Member, Sara Lindberg

Adjourn

December Program

Food Insecurity Action

Details on Great Plains Food Bank volunteering opportunity:

- December 11
 - 5:30 p.m. -6:00 p.m. Business Meeting
 - 6:00 p.m. -7:30 p.m. Volunteer
- Location: 1720 3rd Avenue North Fargo, ND 58102
- Volunteers can enter through the side door labeled “Welcome Volunteers.”
 - All projects require product to have a label on it, seated individuals could complete this task.
 - We will use the lunch room/conference room for our meeting.

More about the Great Plains Food Bank:

- Now in this 35th year, the Great Plains Food Bank serves as North Dakota's only food bank. Its partner network includes 213 food pantries across North Dakota and Clay County, Minnesota. Since 1983, the Great Plains Food Bank, through its partners and programs, has distributed more than 185 million pounds of food to children, seniors, and families in need. The Great Plains Food Bank is a member of Feeding America, the nation's food bank network and was named the Not-for-Profit of the year for 2017 by the Fargo-Moorhead-West Fargo Chamber of Commerce.

You must **RSVP** for this activity by **December 7**. Email Bethany at Bethany.petry@gmail.com

AAUW F-M Affiliate Meeting Minutes

Date: November 5, 2018

Present: 19 members, guests and speakers

President Alexa Ducioame welcomed all and read the mission statement. She mentioned recent affiliate activities, including BrainSTEM and our Get Out the Vote efforts at the Red River Market. She also introduced our speaker, Ryan Taylor.

Mr. Taylor presented a program about food insecurity.

Mr. Taylor introduced himself as a fourth-generation food producer and rancher, a communicator about food, a policymaker, and the child of Depression-era parents.

Most people in America do not experience chronic hunger, but we have empathy and compassion for those who do not have consistent access to food. In the US, about 12% of households are food insecure. 7.3% have low food security, and 4.5% have very low food security. Food insecurity can have long-term health consequences for children.

The most impacted demographics are single women with children, households with black and Hispanic members, and households with the highest levels of poverty. There is chronic hunger in rural and urban areas.

Food insecurity is defined as “the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”

North Dakota has 28,700 households who face food insecurity, or 9% of the population. North Dakota has low food insecurity compared to the national average, but there has been an increase in food insecurity in the past 10 years.

Persistent poverty is correlated with food insecurity. One demographic that has been particularly hard hit is Native Americans.

The Great Plains Food Bank recently released a report, 'Hunger in North Dakota.' (Highlights of the report for Cass and Clay counties are on pages 6 and 7.) The report described characteristics of the populations served by food banks. Seventy-five % of clients report living with a chronic disease, and 84% of those had more than one chronic disease. Thirteen % of households served included veterans. Clients used the pantry 11 times a year. Clients reported an average income of \$12.54 per hour, and an annual average income of \$17,690. Nearly half of clients make a difficult choice between paying for food and paying for gas for their car, and 44% chose between paying for food and paying for utilities.

There are many ways in which food gets to people. These include: breastfeeding, the family dinner table, meals purchased away from home, meals and snacks in the workplace, meals at childcare centers and homes, WIC, school meals and snacks, backpack programs, summer food service programs, SNAP, food pantries, soup kitchens, homeless shelters, community meals, "Meals on Wheels," senior meals in the community, and meals served in healthcare and long term care facilities.

Combatting food insecurity requires a lot of organizations and people to work together.

Nonprofit and religious organizations cannot fight food insecurity alone. For every meal that Feeding America provides, SNAP provides 12 meals. In other words, government provides a lot of nutrition assistance to Americans.

The Supplemental Nutrition Assistance Program (SNAP) is a USDA program administered in North Dakota through the Human Services Department. It is our country's most effective anti-hunger effort. About 14% of the U.S. population uses SNAP benefits. To qualify, a household's gross monthly income must be at or below 130% of the poverty line. Long-term, SNAP reduces food insecurity and hunger, lifts at least 3.6 million people out of poverty, kept 14,000 North Dakotans, including 6,000 North Dakota children, out of poverty annually between 2009 and 2012, results in better health outcomes for children and pregnant mothers, and results in greater likelihood that children graduate from high school.

In North Dakota, about 7% of the population participates in SNAP. Three out of four SNAP families have children. One of three SNAP families have members who are elderly or disabled. Eighty % of families participating in SNAP in North Dakota have one or more family members who work.

SNAP does not allow participants to purchase beer, wine liquor, cigarettes or tobacco, but they can purchase garden seeds. SNAP includes nutrition education classes, recipes, and economics. The average benefit per meal in North Dakota is about \$1.32. Five hundred retail organizations in North Dakota are authorized to accept SNAP. SNAP contributed \$79 million to North Dakota's economy, as of 2016.

SNAP is included in the Farm Bill. In the 1930s, there was excess food but the prices were too low for farmers to make a profit, so the Farm Bill was used to tie together growers and eaters.

The Farm Bill, including SNAP, expired on September 30. The reason it did not pass was largely due to the fact that the House refused to pass a bipartisan version of the bill. The House version is more restrictive and punitive than the Senate version.

Policy begins locally, with people calling their MOCs, voting, and discussing policy at the grassroots level.

In order to combat hunger, it is important to understand that there are hungry people in our state and country; act to strengthen and protect SNAP via a bipartisan Senate Farm Bill; call Congressional delegation and voice support for that bill; stay informed and aware of opportunities to advocate; and support church and community food pantries, the Great Plains Food Bank, and others working to defeat hunger as we know it.

Ryan Taylor can be contacted at ryan.m.taylor7@gmail.com. Karen Ehrens can be contacted at Karen@ehrensconsulting.com. Melissa Sobolik of GPFEB Ending Hunger 2.0 can be contacted at msobolik@greatplainsfoodbank.org.

Amanda Savitt
Secretary

2018 HUNGER in Cass & Clay Counties North Dakota

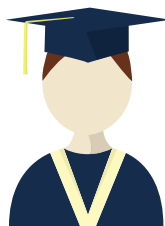
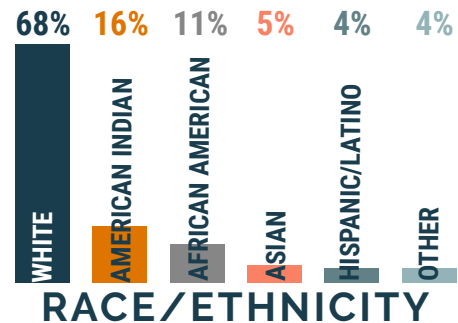
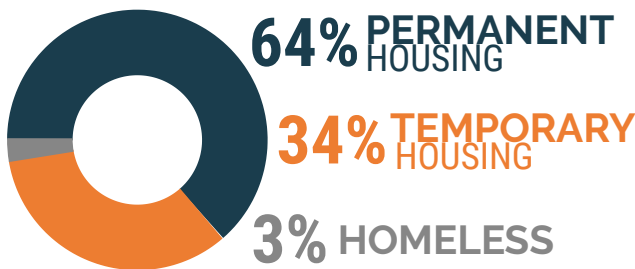
A total of 113 client interviews were conducted at 10 sites throughout Cass County, ND and Clay County, MN.

DEMOGRAPHICS

37% 
CHILDREN

7% 
SENIORS

14% 
VETERANS



85% COMPLETED HIGH SCHOOL

42% HAVE 2+ YEARS OF POST SECONDARY EDUCATION

9% COMPLETED COLLEGE

HEALTH

70% OF PARTICIPANTS HAVE A CHRONIC DISEASE

12% ARE IN POOR OR VERY BAD HEALTH

50% HAVE UNPAID MEDICAL BILLS



30% OF PARTICIPANTS HAVE DEPRESSION/MENTAL HEALTH ISSUE

24% OF PARTICIPANTS HAVE DIABETES

22% OF PARTICIPANTS HAVE HIGH BLOOD PRESSURE

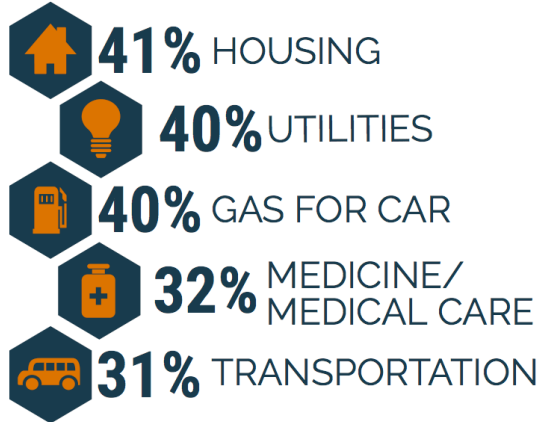
12% OF PARTICIPANTS HAVE ASTHMA

12% OF PARTICIPANTS ARE OBESE

12% OF PARTICIPANTS SUFFER WITH ADDICTION

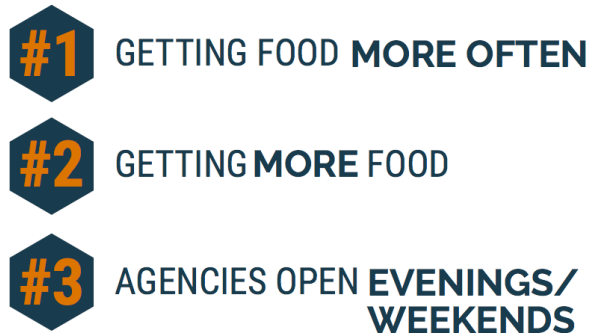
TOUGH CHOICES

HOUSEHOLDS REPORT CHOOSING BETWEEN FOOD AND:



WHAT WOULD HELP?

CLIENTS SHARED WHAT ELSE WOULD HELP THEM GET THE FOOD THEY NEED FOR THEMSELVES/FAMILY:



FOOD ASSISTANCE



ROOT CAUSES



AAUW F-M Affiliate Meeting Minutes

Date: October 8, 2018

Present: 16 members, guests

President Alexa Ducioame welcomed all.

Members will go to the Red River Market on October 27 from 8:30 AM to around 2:00 PM for our Get Out the Vote efforts. We will have two tables set up. AAUW will have items on one table, and another table will be dedicated to Get Out the Vote. We will need to have laptops. We will be in an enclosed area with access to Wi-Fi.

We discussed how else we can get out into the community. On November 6, Uber and Lyft will have free and reduced rate rides to the polls. We can publicize election day transportation options on our Facebook page.

At the book sale, we can also include get-out-the-vote information.

Kendra mentioned there is a welcome party for people new to Fargo where we could table.

Evelyn asked why we think people have not voted. We discussed how to communicate where people are supposed to vote. We also discussed how people can get to the polls, and how to provide them with information about getting to the polls.

Susan recommended we consider how we can expand our get-out-the-vote efforts in future years, especially at assisted living and nursing facilities.

Alexa introduced herself and called the business meeting to order.

Susan asked to add two announcements, and the agenda was approved as revised.

Minutes from the May meeting were approved as printed

Finance officer Deb Nelson presented the Financial Report. Total income was \$624. Total expenses were \$580. Our ending balance was \$1,328.75. We discussed why proceeds from the book sale do not fund the affiliate, and whether we can change the percentages of proceeds going to national compared to the affiliate, or to local scholarships. Deb recommended that we raise additional funds to cover future expenses. Evelyn moved that the finance officer investigate the distribution of funds from the book sale. Kendra seconded the motion. The motion carried. The financial report was approved as written.

Continuing business:

Strategic Plan: Amanda passed out hardcopies of the member survey for the strategic plan.

BrainSTEM: The event will be at Concordia this year. It is a multi-college event. The student sign-up is ready to go. We will have a room with snacks. We are still trying to resolve some potential budget issues for the event. Susan Larson is currently on the committee organizing BrainSTEM and will check to see if fees can be lowered or donated.

New Business:

Book sale: We still have slots to fill for sorting. Kendra asked about the possibility of working in the evening.

Ethics Commission: Susan Helgeland and written a statement in support of Measure 1: "Implicit in AAUW public policy priorities is effective and accountable administration of our government.

Therefore, the Fargo-Moorhead American Association of University Women (F-M AAUW) supports Measure 1 to establish a ND Ethics Commission.” Verlaine moved to approve the wording of the statement. Ruth seconded the motion. The motion carried.

Membership chair for North Dakota Bethany Reinhardt provided the membership update. There are currently two non-renewals for Minnesota and 13 non-renewals for North Dakota. Those who have not renewed are being, or have been, contacted.

Public Policy Chair Sandy Sidler did not have any updates.

Pay Equity Chair Evelyn Quigley reported on the Pay Equity task force’s recent activities. Efforts have stalled at the state, and Evelyn encouraged state board members to request a board meeting. National efforts have also stalled. Sandy presented a new roadmap for pay equity. North Dakota’s earnings ratio is 79.4%. In Minnesota’s 7th Congressional district (which includes Moorhead) it is 76%.

Meet a Member: Sara Lindberg has been emailing out questionnaires.

Announcements: On Monday October 15 from 6:45 PM, there will be a program about Measure 1, including the film *Dark Money*. There will also be a social preceding the program.

At Theater B, there is a play about the separation of church and state.

Book Club will meet on October 22 to discuss *The Soul of America* by John Meacham.

Our next meeting is November 5 at 7:00 PM. The title is *Food Insecurity*. The speaker is Ryan Taylor.

Amanda Savitt,

Secretary

AAUW Book Club 2018-19

All meetings are held at 7 p.m. at the Moorhead Public Library
Books will be available for purchase at a discount at Zandbroz, downtown Fargo

January 28	Book: <i>Lincoln & Whitman: Parallel Lives in Civil War Washington</i> , Daniel Leader: Jan Jackson
February 25	Book: <i>Sister Secrets: A Brother's Reveal</i> , Matthew Valan Leader: Susan Helgeland
March 25	Book: <i>Educated: A Memoir</i> , Tara Westover Leader: Marjorie Walsh
April 29	Book: <i>Quiet Until the Thaw: A Novel</i> , Alexandra Fuller Leader: Verlaine Gullickson
May 20	Book Selection for next year

F-M AAUW Membership News

As of November 21st, Fargo-Moorhead currently has 51 branch members. Some of those members have chosen not to renew their membership for 2019 so our membership number will be lower in 2019. On January 12, 2019, we will be having our annual brunch and this provides an excellent opportunity to invite potential members to join us. As an added bonus, potential members pay only half the dues which cover

their membership from January-June. We encourage you to invite a friend to our brunch.

If you have questions, please contact either Kathleen Nelson (sween1948@yahoo.com) or

Bethany Reinhardt (breinhardt@borderstates.com)

Minnesota AAUW News

The Minnesota Women's Consortium is planning the 2019 Women's Legislative Agenda. There are community input sessions planned for mid-December. Two virtual sessions will be held, December 11, 11:00 a.m. to 1:00 p.m. and December 20, 4:00 p.m.

- 6:00 p.m.

Registration: <https://tinyurl.com/y7evpn7g>
Questions? Call 651-228-0338

Kathleen Nelson
Membership and Minnesota Liaison

AAUW News

Join the Fight to Protect Title IX

The Department of Education is expected to propose sweeping changes to Title IX this month, and [reports indicate](#) the proposed rule could infringe on students' civil rights and roll back critical protections for victims of sexual harassment and assault in schools. We'll need all hands-on-deck to fight back. Take AAUW's pledge to stop the Department of Education from any effort to weaken Title IX. We'll provide you with timely reminders, tools, talking points and resources to maximize your impact once the Department of Education kicks off the regulatory process. [READ MORE »](#)

The 2018 Midterms:

A Victory for Women — and Promising Sign for Equity

The dominant story of the 2018 midterm elections is about the power of women. Not only did more women run for office than ever before, but a record number of women won! In January, a diverse group of more than 100 women will be sworn into the U.S. House of Representatives and over 20 will serve in the U.S. Senate. Not to mention the nine women who will lead their states as governors. With more women in office, we're hopeful that gender pay equity will become the high priority it needs to be to close the gender pay gap by 2030. [READ MORE »](#)

2018-19 Program Schedule

December 11, 2018

Action: Volunteer effort

Location: 5:30 p.m.

Great Plains Food Bank
1720 3rd Avenue North
Fargo, ND 58102

RSVP to

Bethany.petry@gmail.com

January 12, 2019

Brunch: Women's Leadership

Speakers: Laura Caroon and Danyel Moe,
founders, Ladybosses of Fargo-
Moorhead

Location: MSUM

February 11, 2019

Action: Pay Equity planning

Location: 7:00 p.m.

NDSU Barry Hall Room 118
811 2nd Ave N, Fargo

March 11, 2019

Learn and Plan:

Innovation in Schools:
Transforming a Generation

Speaker: Cory Steiner, Superintendent
Northern Cass Public Schools

Location: 7:00 p.m.

NDSU Barry Hall, Room 120
811 2nd Ave N, Fargo

April 8, 2019

Action: Pay Equity Activity

Location: 7:00 p.m.

NDSU Barry Hall, Room 118
811 2nd Ave N, Fargo

May 13, 2019

Annual Meeting and Potluck

Location: To be announced

Read All About AAUW

AAUW CEO Kim Churches recently contributed a compelling op-ed in Fortune on [Why the Widest Pay Gap Persists in the Best-Paying Fields](#). She was also quoted by Forbes Columnist Tanya Tarr in her article, [How The 2018 Midterm Elections Could Help Women And Boost Equal Pay Laws](#). And Churches [showed her style](#) while talking about leadership, her new role at AAUW, and the pay gap in an online publication called the M Dash by MM.LaFleur.

In other news, AAUW's The Simple Truth report on the wage gap report continued to garner a lot of press coverage, including a [piece that ran on the website of CNBC on the fields with the biggest gaps](#). The story was also picked up by Yahoo Finance. [READ MORE »](#)

From the AAUW Archives

The Fargo and Moorhead AAUW branches regularly held joint meetings. In 1931 Dr. Ada Comstock, National President of AAUW from 1921 to 23, was the speaker.



Ada Comstock was born in Moorhead in 1876, was taught at home by her mother until she was 8 and graduated from Moorhead High School at 15. She attended the University of Minnesota for two years, graduated Phi Beta Kappa from Smith College and earned a Master's degree from Columbia University.

Miss Comstock taught at the University of Minnesota in the Rhetoric Department and was their first Dean of Women. Her opinion about the struggle for educational equality in 1893: "The effort of women for higher education is regarded as more or less a humorous thing."

When Smith College hired Miss Comstock as Acting President for 1917-18 but refused to give her the title, the incoming (male) President said, "In a different world Miss Comstock would have sat on the Supreme Court of the United States."

Ada Comstock was appointed the first full-time President of Radcliffe College in 1923 and persuaded Harvard to accept classroom co-education in 1943.

After her retirement from Radcliffe in 1943 Ada Comstock and Wallace Notestein, a Yale professor, were married. Notestein had proposed in 1910 but Ada was determined to pursue her career in education. She died in New haven, CT, in 1973.

Miss Comstock was awarded 14 honorary degrees, three college dorms were named for her, a Smith College scholarship program for nontraditional students was created in her name, and the University of Minnesota presents the Ada Comstock Distinguished Scholars Award annually to a female faculty member.

AAUW F-M 2018-19

Program Overview and Dates to Remember

Location and Time Details on our website calendar or Facebook events

December	11	Volunteer at Great Plains Food Bank & Affiliate meeting
January	5	Board Meeting
	12	Brunch speaker: Women's Leadership, LadyBosses of Fargo-Moorhead
	28	Book Club: <i>Lincoln & Whitman: Parallel Lives in Civil War Washington</i>, Daniel Epstein
February	2	Board Meeting
	11	Pay Equity event planning & Affiliate meeting
	25	Book Club: <i>Sister Secrets: A Brother's Reveal</i>, Matthew Valan
March	1	Dorothy Dodds & Grace Hudson Scholarship applications due
	2	Board Meeting
	11	Speaker: Innovation in Schools: Transforming a Generation, Cory Steiner
	25	Book Club: <i>Educated: A Memoir</i>, Tara Westover
April	6	Board Meeting
	8	Pay Equity Activity & Affiliate meeting
	22	Book Club: <i>Quiet Until the Thaw: A Novel</i>, Alexandra Fuller
	26-27	MN AAUW State Convention in Grand Rapids
May	4	Board Meeting
	13	Annual Meeting & Potluck
	20	Book Club: book selection for next year

Purple = Board (open to all)

Green = Book club

Blue = speaker (learn & plan)

Red = Action

Interested in joining or have an announcement for the newsletter? Contact us!

F-M AAUW ELECTED OFFICERS



Alexa Ducioame

President



Susan Helgeland

Immediate Past
President



Amanda Savitt

Secretary



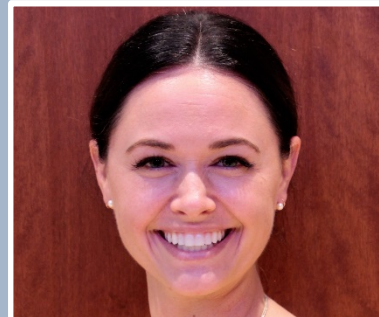
Deborah Nelson

Finance Officer



Kathleen Nelson

MN Membership



Bethany Reinhardt

ND Membership

WEB SITES

www.fargo-nd.aauw.net
www.facebook.com/FMAAUW
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