

"AAUW advances gender equity for women and girls through research, education, and advocacy."

AAUW is open to graduates who hold the associate, baccalaureate, or higher degree from a qualified college or university.

The Kirkwood-Webster Groves Branch of AAUW supports the full range of the AAUW mission through its monthly program meetings, special interest groups, and public outreach events, by engaging in political action, collaborating with local organizations and educational institutions regarding AAUW topics, and by supporting area young women and girls directly. We are one of five branches in the St. Louis, MO, area that comprise the AAUW Metro St Louis Interbranch Council (IBC).

Branch Officers, 2019-2020

Co-President:

Chris Nobbe

314-323-0053

nobbechristine@gmail.com

Co-President:

Jeanne Webdell

573-754-0943

jeannewebdell@gmail.com

Program Vice President

Marsha Koch:

636-256-3746

mkwkoch@outlook.com

Membership Vice President:

Deb McWard

636-733-0757

debmcward@earthlink.net

Finance Vice President:

Carol Davis McDonald

636-227-0511

davis-mcdonald@outlook.com

Secretary:

Lynne Roney

314-727-7175

lynnroney@sbcglobal.net

K-WG: <http://kwg-mo.aauw.net>

IBC: <http://stlouis-ibc.aauw.net>

State: www.aauw-mo.aauw.net

National: www.aauw.org

Facebook: AAUWKWG

Click [here](#) to join our FB group

Better Posture = Better Life

October 17, 2019

First Presbyterian Church of Kirkwood, 100 E. Adams

6:30pm networking, 7:00pm program

Poor posture can cause wear and tear on your muscles and joints which can leave you in pain and chronic fatigue. Can posture be changed? What is ideal posture? How can you achieve it? **Josh**



Borgmeyer, DPT, MTC, physical therapist, specializes in full-body restoration and will provide detailed answers to all these questions. He will debunk some of the postural myths that have plagued our society for decades, and he will leave you with new practical insights about posture that can be truly life changing.



Dr. Borgmeyer received his Master of Physical Therapy from the University of Missouri-Columbia, a Doctorate of Physical Therapy from University of St. Augustine for Health Services, Florida. He spent his early years in the field working in a chronic pain center. He worked side-by-side with anesthesiologists learning the patterns of the body that contribute to chronic pain and developing the best solutions to treat very complicated conditions.

From this experience, he built a unique strategy that has proven very successful to help patients alleviate pain and feel empowered to self-manage their condition. Furthermore, he discovered that his treatment method for chronic pain could also be used to help people in a state of wellness feel even better. His favorite question is "why." He enjoys getting to the root of an issue with a patient and building a long-term plan for whole body wellness.

Dr. Borgmeyer started Balanced Body Rehab, LLC, Kirkwood, MO, in 2008, to fulfill a vision he had for a new approach to patient care. His passion is to help people of all ages and abilities to move and feel better. Whether it be elimination of pain, return to sport, or a postural correction, all patients' goals are important to him. In his spare time, Josh enjoys outdoor excursions with his wife and 4 kids, orienteering with the St. Louis Orienteering Club, adventure racing, and reading.

Save the Date

Upcoming Programs:

November 16 (Saturday) -- Domestic violence – the impact of this issue in our community and programs and legislation that can provide some help for victims. Presented by Carla Maley, director of the Court Watch program. Saturday morning, November 16, at **Oak Bend Library** from 9am until noon.

November 21 Fundraiser (Thursday, all day) - Fundraising for STEM Scholarships at Zee Bee Market.

Shop in person or on-line!
We will need volunteers to be at the store to talk to customers about AAUW.

Zee Bee Market will donate 15% of their sales on November 21 to KWG. Even family and friends out of town can participate by shopping online. Zee Bee offers free shipping on orders over \$60. If you can pick up your order and it is less than \$60, Zee Bee will refund the shipping charge and keep the product in the store for pick up at a later time (just add in the comments section at checkout).



December (dates TBD) - AAUW Metro St. Louis Inter-branch Council (IBC) gift wrapping at **Barnes and Noble, Ladue** location, to support NCCWSL. There will be a sign-up sheet after arrangements are made. This is a fun activity and a chance to spread the word as we wrap gifts for tips.

December Social - Two concert possibilities: (1) December 8 at 4:00pm – Bells and Wind Orchestra at Kirkwood United Methodist Church, 4pm, and (2) December 15 at 4pm - Annual Christmas choral concert with orchestra at **First Presbyterian Church** in Kirkwood.

January 18 (Saturday) - Ed Weisbart, MD, chair of MO Chapter of Physicians for a National Health Program, will speak on "Big Pharma: Market Failure" on January 18th at 9:30 A.M. at **Oak Bend Library**.

February - An ACLU speaker about voter suppression.

March 28 (Saturday) - IBC Spring Fling, Greenbriar Hills Country Club, details TBD. (Thank you to members Bruce and Jane Robert for being our sponsor.)

April - Our annual STEM event with our STEM awardees and speaker LaShana Lewis.

May - End-of-Year Celebration

New AAUW Fundraiser for 2018

We will be getting in Texas Roadhouse gift cards and receive 10% of the sales. Denominations of the cards are as low as \$5.00 up to \$50. Let Jeannie Webdell know what your order is, and she will have the cards at the November meeting. Because the November meeting is at the Oak Bend library, we will have to make other arrangements for payment. You can contact Jeanne Webdell by email at Jeannewebdell@gmail.com or by phone at 573.754.0943 or her address is 219 Altus, 63122. Check your Christmas list and think about giving gift cards for a dinner out. And buy some for yourself. More information later.



REPORT ON HAWKEN HOUSE FLEA MARKET and ST LOUIS BOOK FAIR—Sept. 21 & 22

It was a busy weekend covering two community events, the annual BookFest put on by Left Bank Books and the Hawken House Flea Market. Thank you to the following members who donated their time and goodies at BookFest in the Central Westend and at the flea market at Hawken House: **Jeannie Webdell, Kay Meyer, Patricia Bishop, Lynne Roney, Deb McWard, Marsha Koch, Chris Nobbe, and Carol Davis McDonald.**



Kay Meyer takes a shift at BookFest 2019

(continued on page 3)

(continued from page 2)

We talked to 97 people at BookFest (not as well attended this year). Hawken House was a fundraiser, and we made \$238 at the flea market. We focused on jewelry, purses, and scarves; and they were our biggest sellers.

PECANS

It's time to pre-order pecans for the holidays. An order form is attached. Orders from your friends, neighbors, relatives, and co-workers are very much appreciated, as this is our major fundraiser. Please send your orders to Carol Davis McDonald in by October 20th.



Pecans are one of the easiest ways to give your recipes an added boost in flavor and nutrients. From a handful of roasted pecans added to your morning yogurt to an extra crunchy topping in your salad, it's worth keeping your freezer stocked with pecans to make easy, healthy additions to your recipes. Certified by the American Heart Association, pecans are the most antioxidant-rich tree nut and are among the top 15 foods to contain the highest antioxidant capacity. Antioxidants are powerful nutrients that slow the aging process and reduce the risk of cancer, heart disease, diabetes, and Alzheimer's. Remember: Pecans can be kept fresh in the freezer for up to two years, so go ahead and get a whole case!

OPPORTUNITIES TO HELP



BRANCH CHAIR
The branch diversity and inclusion chair (BDIC) develops, implements, and monitors programs and activities that promote diversity and inclusion at the AAUW branch level. [More information on the AAUW website.](#)



BRANCH CHAIR

The public policy chair advocates for AAUW's public policy priorities and represents AAUW's public policy priorities to policy makers, elected and appointed officials, AAUW members, the public, and the media. They also lead AAUW voter education and turnout campaigns for their branch.

[For more information, see the national web site.](#)

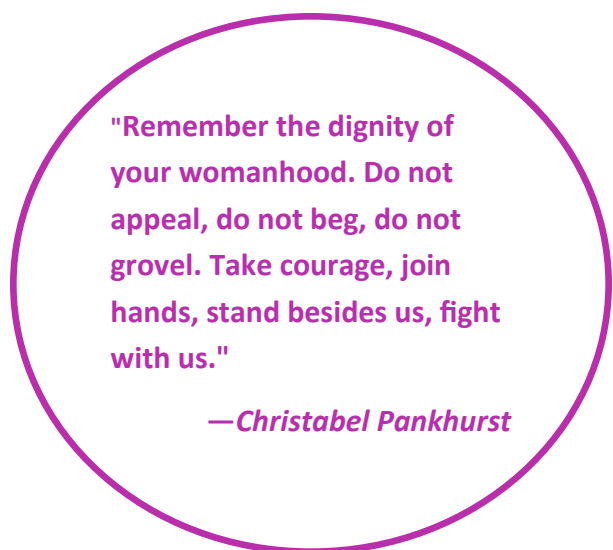
LEGISLATIVE ACTION COORDINATOR

This volunteer focuses on bills in Mo. State Legislature and seeks to build a relationship with individual senators and representatives. Works with the state chair, **Patricia Shores**. Works with Branch Policy Chair.



BRANCH CHAIR

The science, technology, engineering, and math (STEM) chair champions women's representation in STEM by encouraging women and girls to pursue these educational and career fields. Chair oversees the KWG Branch STEM scholarship efforts. [For additional information, see the national web site.](#)



"Remember the dignity of your womanhood. Do not appeal, do not beg, do not grovel. Take courage, join hands, stand besides us, fight with us."

—Christabel Pankhurst

AAUW METRO ST LOUIS INTER-BRANCH COUNCIL (IBC)

IBC consists of representatives from each of the St. Louis AAUW branches (Ballwin-Chesterfield, Ferguson-Florissant, Kirkwood-Webster Groves, St. Charles, and St. Louis). The following officers from each branch are members of IBC:

- President
- Program vice president
- Membership vice president
- A member-at-large.

All AAUW members are invited to attend meetings (quarterly, third Tuesday of August, November, February, and May) and participate in IBC activities.

The next IBC meeting will be Tuesday, November 26, 2019, 7:00 p.m., at the Bridgeton County Library. All AAUW members are welcome to attend.

IBC ¡ADELANTE! BOOK GROUP

This group, started in 1996 as a component of AAUW's diversity outreach program, meets in September, October, and January through May to discuss books written from diverse perspectives. AAUW members from all St. Louis area branches are welcome.



Where: Barnes & Noble, Chesterfield Oaks Shopping Center, 1600 Clarkson Road

When: 1:30 pm the 4th Thursday of the month

Contact: Teri Brecht, tebrecht@yahoo.com

Oct 24 *The Only Woman in the Room: Why Science is Still a Boys' Club*, by Eileen Pollack Reviewer: Betty Takahashi, St. Charles

Jan 12 *Just Mercy: A Story of Justice and Redemption*, by Bryan Stephenson. Reviewer: Kay Meyer, Kirkwood-Webster Groves

IBC BRANCHES - Events

Ferguson-Florissant Branch:

On Saturday, October 19th, at 10 AM, the branch will host an event on voter suppression: What is it? How does it affect elections? How can it be curtailed? Learn the ramifications and remedies. Everyone is welcome. Refreshments will be served. First Presbyterian Church Community Room, 401 Darst, Ferguson. FOR INFORMATION, CALL 314-831-5359, 314-800-8979, 314-522-0413 or 314-921-7109

Congratulations to **Wilzetta Bell**, co-president of the Ferguson-Florissant Branch who recently was honored by St. Andrews Charitable Foundation at the 17th Annual Ageless Remarkable Saint Louisans Gala for her tireless commitment to improve the lives of everyone around her and her dedication to improve the community she loves.

Ballwin-Chesterfield Branch:

On Thursday, October 10th, at 10:30 AM, **Steve Coxon**, PhD, associate professor and executive director of the Center for Access and Achievement (CA2) at Maryville University, School of Education, will present a talk on STEM education initiatives that engage pre-kindergarten through 12th grade students in STEM. His focus will be on access for north county St. Louis students from groups traditionally underrepresented in STEM, including females and African Americans. CA2 programs include Children using Robotics for Engineering, Science, Technology, and Math (CREST-M) elementary math curriculum; STEM Sprouts for pre-K; and the Maryville Science and Robotics Program, which helps to fund dozens of scholarships and offers about 80 STEM classes each year. Social time begins at 9 AM, followed by a business meeting at 9:30. The branch meets at Trinity Lutheran Church, 14088 Clayton at Hwy 141, 63017.

Ballwin-Chesterfield has invited other branches to join them for their annual Eleanor Roosevelt Walk on October 15, 2019, at 10:30 AM at the Des Peres City Park at Ballas and Manchester roads. All walkers and non-walkers are invited to attend the fundraiser to celebrate Eleanor's birthday. Bring a salad or dish to share and stay for a picnic lunch. Water, lemonade, coffee, and dessert will be provided. For more information, contact Eileen Krahman (krahmaneileen@gmail.com) or Carol Derington (carol.derington@sbcglobal.net). No fees, but a donation should be made to further research. We are asked to make checks payable to <AAUW Fund> with code 4450 (Education and Training Fund) on the memo line, as well as your branch (K-WG Branch code is MO7070).

St. Louis Branch:

The branch will hold a planning meeting on October 15th, at which time they will discuss a request from the a branch of the St. Louis Public Library to partner with them for a Work Smart presentation.

AAUW of MISSOURI



AAUW of Missouri is planning a regional conference in Moline, Illinois, to include several other states, including Illinois, Indiana, Michigan, Wisconsin, Iowa, Kansas, Texas, Arkansas, and Oklahoma. The dates are June 17 (Wednesday) through June 20 (Saturday morning). Conference centers have been booked on the weekends for weddings, so this was scheduled as a weekday event. Since national conventions will not be occurring in the near future, this is a way to network with other states without the high cost of a convention in a major city. More information will be coming as planning continues, but mark your calendar and plan for a fun women's get together.

Work Smart Online Offered at St. Louis County Library Branches

Work Smart Online will initially be offered at the four branches in the St. Louis County Library system, but all 20 branches have the flyers and 100 Work Smart bookmarks. Participants will need to register for the course, but may "come and go" as needed.

The library has:

- Advertised the program
- Reserved their computer lab for the Work Smart Online course
- Offered to have a lab tech in the room the entire time to offer technical assistance if needed.

AAUW's responsibility:

- Have 1-3 AAUW members introduce Work Smart and give a brief overview of why this program is so important and why AAUW has a goal of closing the gender pay gap
- Remain in the room if there are questions about AAUW etc.
- Will have the workbooks printed for the participants
- Thank participants for attending and taking the course, and thank the library staff for their expertise, help, and offering this program, etc.

This is quite exciting and a wonderful opportunity to showcase AAUW to our community and hopefully offer WSO to all branch libraries in the county as well as going to St. Louis and St. Charles.

This opportunity began with **Marsha Koch**, Kirkwood-Webster Groves Branch, past AAUW of Missouri president! Thank you, Marsha! Please contact **Karen Francis**, chair of the AAUW MO/KS Work Smart Task Force, at 314-223-4235, or email karenbitzafrancis@yahoo.com if you'd like to participate as an AAUW WSO ambassador (you will be given talking points for the introduction) or if you have questions or need any additional information. Update: The October 5th presentation was very successful with incredible support from the library staff. There were 10 people in the workshop including a walk-in, the state public policy chair from Puerto Rico who saw the advertisement, and another AAUW member from St. Charles, **Pam Kulp**. Karen hopes some of you will be able to attend one of the next workshops. It was great to have another AAUW member there, adding her voice to our Work Smart course and our goal of ending the Gender Pay Gap.

AAUW FUND

As a member organization, AAUW relies on contributions from members to support our mission. So far, in 2019, **Nora Beiswenger, Kay Meyer, Jeanne Webdell, Lynne Roney, Mara Perry, Barbara Johnson,** and **Carol Davis McDonald** have supported AAUW with donations to help AAUW carry out its bold, strategic vision for the future. There are still three months remaining in 2019, and everyone is encouraged to contribute to one of the funds: Education and Training, Economic Security, Leadership, and Greatest Needs. Check out the AAUW website for more information about these funds. Contributions to AAUW are fully tax-deductible and can be made online at <https://www2.aauw.org/donate-gift-new/> or sent to: P.O. Box 98045, Washington, DC 20090-8045.

Join the AAUW Legacy Circle

What do AAUW's most compassionate and dedicated supporters have in common? For many, it's their special commitment to AAUW through the Legacy Circle. The Legacy Circle is an esteemed group of visionary supporters who are advancing AAUW's mission long into the future through planned giving.

When you decide to leave a planned gift to AAUW National in your will, trust, or estate, you too can join the AAUW Legacy Circle. Planned gifts such as bequests, beneficiary designations, or other deferred gifts are a wonderful way to support AAUW at no cost to you during your lifetime.

For more information, please visit: <https://www.aauw.org/legacy/>, or contact Sue Barley, barley702@gmail.com with any questions you might have.

"[Having a female president] matters. It matters because we have half the population that has given so much to building this country, to making it work, and of course I want to see a woman in the White House. Because, if I look at my friends and former colleagues who are now in the Senate, it was the women senators on both sides of the aisle who finally broke the fever over the government shutdown and debt limit debate. They have been working across party lines, and we need more of that." —[Hillary Clinton](#)

AAUW NATIONAL

UPDATE: We've got some exciting news to share — AAUW is moving to a new platform for email and advocacy! This change will help us improve our advocacy efforts and make it even easier to take action. In order to get the new system set up, we have to take a break from email, so Washington Update will be going on a brief hiatus. Once we're up and running, we'll get back to bringing you updates on all the latest AAUW policy news!

LEARN:

- ◆ In a procedural vote in the Senate in late September, the AAUW-supported Federal Employee Paid Leave Act (FEPLA) received bipartisan support. While the non-binding measure failed because of absences in the chamber, members of Congress can still include the FEPLA provision in the final National Defense Authorization Act (NDAA) later this year. Currently, the majority of the Senate has expressed support for FEPLA.
- ◆ Last week, the Senate passed the AAUW-supported Building Blocks of STEM Act (S. 737), which would take important steps toward identifying systematic barriers and biases affecting young girls in STEM and computer science.
- ◆ The AAUW Legal Advocacy Fund adopted a new pay equity lawsuit this week. *Freyd v. University of Oregon* addresses pay discrimination faced by **Jennifer Freyd**, a professor at the university who is paid substantially less than her male colleagues who hold the same positions, are junior to her, and are no more accomplished. The disparity is due primarily to retention raises, and the case will help to establish whether such raises are considered "a factor other than sex" under the Equal Pay Act.
- ◆ AAUW signed on to a new amicus brief to the Ninth Circuit concerning the case of Aileen Rizo. Rizo is a Legal Advocacy Fund-supported plaintiff who faced pay discrimination in her teaching role due to the use of salary history. Rizo was a speaker at an AAUW of Missouri members' conference a few years ago.