



# *Io Woman*

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## Women and Poverty

Official statistics of poverty in the United States reflect that the poverty rate of the United States as well as the poverty rate of Iowa continues to increase. Specifically, women in Iowa and the United States are more likely to live in poverty than men.

Women and Poverty in Iowa sought to provide a better picture of women and their families who live in poverty. It focused on the perspectives of women who have experienced poverty in Iowa as well as the perspectives of direct service providers.

Conducted by the Iowa Commission on the Status of Women, the study addressed the questions: How do women who have experienced poverty in Iowa and direct service providers in Iowa define poverty, the way in which poverty affects daily life, and steps to alleviate poverty in Iowa.

The study was composed of four roundtable discussions, completed surveys and individual narratives that were provided in either oral or written form.

The full report is available on the Publications page of the ICSW website, [www.state.ia.us/government/dhr/sw/publications/index.html](http://www.state.ia.us/government/dhr/sw/publications/index.html), or by calling 515/281-4461 or 800/558-4427.

## Write Women Back Into History

To give students a deeper and more relevant appreciation of women's role in history, the Iowa Commission on the Status of Women, the Iowa Department of Education, and the State Historical Society of Iowa are sponsoring the 23rd annual statewide essay contest, *Write Women Back Into History*, for students in grades 6 – 9. The 2007 theme is "Generations of Women Moving History Forward."

**Whether you are a student, family member, teacher, or interested citizen, we ask all *IoWoman* readers to encourage their schools to participate in this contest.**

2007 presents a special opportunity to highlight a critically important anniversary in women's history, the 30th anniversary of the National Women's Conference in Houston in 1977. This important historic event marked a high point in the influence of second-wave feminist ideas on government policy formulation. The theme for the National Women's Conference was, "*We Are Here to Move History Forward*." Women from every state gathered to draft a Women's Agenda calling attention to the special needs that were being overlooked and undervalued by the federal government. The 2007 theme, "*Generations of Women Moving History Forward*" connects this historic anniversary as an inspiring link to today's issues. Recognizing this anniversary will highlight actions taken by different generations to challenge and change some of our culture's most basic and entrenched assumptions about women.

Prizes will be awarded to the first, second, and third place winner in each of the 6-7th Grade and 8-9th Grade divisions. In addition, prizes will be given to the Best Essays on Women in Science, Technology, Engineering, and Math. Winners will be honored in a ceremony at the State Capitol in March 2007. Teachers who sponsor the winning students' essays will receive classroom resources. All winners and finalists will receive a certificate of participation signed the Governor.

Guidelines can be found on the Women's History Page of the ICSW website, [www.state.ia.us/government/dhr/sw/wom\\_history/index.html](http://www.state.ia.us/government/dhr/sw/wom_history/index.html). With questions, contact Lori SchraderBachar at ICSW, 515/281-4470 or 800/558-4427 or by e-mail, [lori.schraderbachar@iowa.gov](mailto:lori.schraderbachar@iowa.gov).

### Make Plans to Attend



## ICSW Priorities Lunch and Learn

January 5, 2007

12 noon - 1 p.m.

*(bring your own lunch or Capitol Cafe is open)*

State Capitol, Des Moines

Join Charlotte Nelson, ICSW executive director, in discussing the 2007 ICSW Legislative Priorities.

## ICSW Holds Public Hearing

The Iowa Commission on the Status of Women held its annual Public Hearing on October 10 at the Urbandale Public Library.

Twenty-two people/organizations presented to the Commission, 17 of which gave oral testimony.

Topics discussed included legal aid appropriation, direct care workers, violence against women, Court Appointed Special Advocate program, women's health, women and girls in the penal system, child support, child care, elder issues, mental health, gender equality on boards and commissions in the political subdivisions of the state, safe schools, and human trafficking.

The ICSW is currently developing its 2007 Proposals to the Governor and General Assembly, which will be finalized at the December 5, 2006 meeting of the ICSW. Priorities will also be decided upon. The priorities and proposals will be published in the January/February 2007 issue of the *IoWoman*.

In addition, the ICSW will hold an ICSW Priorities Lunch and Learn on January 6, 2006 at a location to be determined from 12 noon - 1 p.m. Speakers will be invited to discuss the legislative priorities and Charlotte Nelson, executive director of the ICSW, will moderate the panel.

During the legislative session, the ICSW will track bills that impact women and girls. Bookmark our legislative page, <[www.state.ia.us/government/dhr/sw/legislation/index.html](http://www.state.ia.us/government/dhr/sw/legislation/index.html)> for legislative reports and details on the Lunch and Learn.

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## First Ladies Exhibit

Iowa First Lady Christie Vilsack highlighted the lives and legacies of Iowa's 43 First Ladies this fall at Terrace Hill.

"I am honored to present the stories of Iowa's first ladies," said First Lady Christie Vilsack. "History shows that often times the story of the governor's wife is overshadowed by her husband, yet each and every one of these remarkable women have made a lasting contribution to this state. By creating this educational exhibit, all Iowans can share in the stories and experiences of Iowa's first ladies."

The permanent display, located in the lower-level reception area of Terrace Hill, includes photos and brief biographies of Iowa's 43 first ladies, background photos depicting the evolution of women's roles in Iowa history, and a context timeline of Iowa women's achievements and events significant to the lives of Iowans in general.

First Lady Christie Vilsack initiated the project to tell the untold stories of the women who were not only spouses, but political partners to the men who governed Iowa. In addition, Vilsack wanted to correct the record put forth by inaccurate biographies and present a true image of Iowa's first ladies.

The project was funded by grants from U.S. Cellular and Prairie Meadows and made possible by contributions from The Integer Group, the State Historical Society of Iowa and the Terrace Hill Foundation.

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## Women Farmers and Ranchers -- Be Counted!

If you are a farmer or rancher, make sure to be counted in the 2007 Census of Agriculture compiled by the National Agricultural Statistics Service of the United States Department of Agriculture.

It is important that all women farm and ranch operators are counted to show their contribution to the entire US agricultural industry. Completed every five years, it is the only source of uniform agricultural data.

Call 800/892-1660 or visit [www.nass.usda.gov/counts](http://www.nass.usda.gov/counts) to be included.

## Wonder Woman

You, too, can be a Wonder Woman. The Wonder Girls, an after school program for 4th and 5th grade girls attending Moulton elementary school in Des Moines, is in need of volunteers.

Wonder Girls receives basic funding from the Chrysalis Foundation and Children and Families Urban Ministries, but needs additional support. While financial donations are always welcome, what is most needed is a Wonder Woman Corps who can support the program in different ways, such as weekly group mentors; women with arts and crafts, quilting, and doll making skills to conduct workshops; art supplies; and people who can provide transportation for field trips.

If you are interested in becoming a Wonder Woman please contact Skywalker Payne, Program Coordinator at 5/5-282-1745 or [skystoryteller@yahoo.com](mailto:skystoryteller@yahoo.com).

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## Cola and Osteoporosis

A recent report from the Framingham Osteoporosis Study published in the October 2006 American Journal of Clinical Nutrition, October 2006, found that women who regularly drink colas have a higher risk of developing osteoporosis than women who don't drink cola.

The study found that women who drink cola – whether diet or regular or caffeinated or decaffeinated – have a significantly higher risk of having low bone mineral density.

The risk occurred in all women, regardless of age and calcium intake. Men did not report a higher risk.

Researchers are not sure of why consumption of colas and not other carbonated beverages carry the risk. However, because drinking cola may replace other more healthy beverages and they contain caffeine and phosphoric acid, women are encouraged to limit the amount of cola in their diets.

# Calendar of Events

## November

- 1 Greater Des Moines Partnership's Multicultural Reception.** 5:30 - 7:30 p.m., Principal Financial Group, Des Moines. Free and open to the public. Register at [www.desmoinesmetro.com/events](http://www.desmoinesmetro.com/events).
- 2-3 Learning From the Past: Leading for the Future. Celebrating 20 years of Way Up.** Cedar Rapids Marriott, Cedar Rapids. Doreen Hayek, 319/273-7300 or [doreen.hayek@uni.edu](mailto:doreen.hayek@uni.edu).
- 3 Iowa Gender-Specific Services Task Force.** 10 a.m.-12 noon, Urbandale Public Library, Urbandale. Kathy Nesteby, ICSW, 515/281-6915, 800/558-4427, or [kathy.nesteby@iowa.gov](mailto:kathy.nesteby@iowa.gov).
- 3 Iowa Human Needs Advocates.** 9 a.m., Lucas State Office Building, Des Moines. Human Needs will also meet on November 17 and December 1, 8, 15 and 29. Call 515/974-8908 for more information.
- 6 2006 Cedar Valley Conference on Race: Human Rights: The Bridge to Connecting Community.** 8 a.m. - 3:30 p.m., Hawkeye Community College, Waterloo. Fee varies. To register or receive information, call 319/291-4441 or email [thad.graham@waterloo-ia.org](mailto:thad.graham@waterloo-ia.org).
- 7 Using Your Skills to Address Public Need .** 6:30-7:30 p.m, Women's Resource and Action Center, Iowa City. Contact 319/335-1486, [wrac@uiowa.edu](mailto:wrac@uiowa.edu), or [www.uiowa.edu/~WRAC](http://www.uiowa.edu/~WRAC).
- 7 Vote!**
- 9-10 Breaking the Code: Dimensions of Wellness - 17th Annual Long-term Care Conference & Leadership Workshop.** Marriott Hotel & Conference Center, Coralville. Fee varies. For more information, visit [www.nursing.uiowa.edu/conted/LTC\\_Conf06.htm](http://www.nursing.uiowa.edu/conted/LTC_Conf06.htm).
- 10 Veterans' Day Observance. ICSW office closed.** Veterans' Day originated as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday beginning in 1938.
- 14-15 Emerging Strategies in Our Global Economy: 14th Annual Iowa Early Care, Health and Education Congress.** Scheman Center, Ames. Fee varies. Contact Lois Kiester at 515/964-6685 or [lmkiester@dmacc.edu](mailto:lmkiester@dmacc.edu) for more information.
- 15 Uncommon Network.** 1-3 p.m., St. Catherine of Sienna Catholic Student Center, Des Moines. Cece Arnold, National Catholic Rural Life Conference, 515/270-2634 or [ncrlcca@mchsi.com](mailto:ncrlcca@mchsi.com).

- 16 Midwest Rural and Agricultural Safety and Health Forum: Moving Ideas to Action.** Holiday Inn and Conference Center, Coralville. Fee varies. For more information, contact Eileen Fisher at 319/335-4224 or visit [www.public-health.uiowa.edu/ICASH/programs/MRASH/2006/index.htm](http://www.public-health.uiowa.edu/ICASH/programs/MRASH/2006/index.htm).
- 21 Friends of Iowa Women Prisoners.** 12 noon. Wesley United Methodist Church, Des Moines. Bring your own lunch. 515/283-1911.
- 28 Carrie Chapman Catt Center for Women and Politics Fall Mary Louise Smith Scholar: Lynn Sherr.** 7:30 p.m. Iowa State University Memorial Union, Ames. Free and open to the public. For more information, call or 515/294-9934 or email [lectures@iastate.edu](mailto:lectures@iastate.edu).
- 30 Coffee with Chrysalis: Celebrating the Stages of Life.** 7:30 - 8:30 a.m., Plymouth Congregational Church, Des Moines. Free and open to the public. Register by calling 515/255-1853 or go to [www.chrysalisfdn.org/events.html](http://www.chrysalisfdn.org/events.html).

## December

- 1 Iowa Gender-Specific Services Task Force.** 10 a.m.-12 noon, Urbandale Public Library, Urbandale. Kathy Nesteby, ICSW, 515/281-6915, 800/558-4427, or [kathy.nesteby@iowa.gov](mailto:kathy.nesteby@iowa.gov).
- 1 World AIDS Day.**
- 5 Iowa Commission on the Status of Women Meeting.** 10:30 a.m. - 2:30 p.m. Herbert Hoover Presidential Library, West Branch. Free and open to the public. Call or write for special accommodations, 800/558-4427, 515/281-4461 or [dhr.icsw@iowa.gov](mailto:dhr.icsw@iowa.gov).
- 14-15 Different Colors of Violence Conference VII: Choose Respect: Give it. Get it.** Grand View College, Des Moines. Thursday's session is for high school students. Friday's session is for middle school students. Iowa Coalition Against Sexual Assault, 515/244.7424 or [community\\_resource@iowacasa.org](mailto:community_resource@iowacasa.org).

March is fast approaching. Is your organization planning an event to celebrate Women's History Month? Please send information about events of your group or in your area that you would like to have included on the calendar. Send the information (date, time, short description, contact name/info) to Lori SchraderBachar at Lucas State Office Building, Des Moines, IA 50319 or [lori.schraderbachar@iowa.gov](mailto:lori.schraderbachar@iowa.gov).

# Bits and Pieces

The National Women's Law Center has prepared a **Toolkit for Child Care Advocates** for the 2007 Tax Filing Season as part of the Center's Tax Credits Outreach Campaign in partnership with state child care advocates. The Toolkit explains how you can help inform families about federal and state tax credits that can put thousands of dollars in their pockets. When families file their 2006 tax returns during the 2007 tax filing season, eligible families can claim up to: \$2,100 from the federal Child and Dependent Care Tax Credit; \$1,000 per child from the federal Child Tax Credit; and \$4,536 from the federal Earned Income Tax Credit. The toolkit can be accessed at [www.nwlc.org/pdf/TCOCToolkitTY06.pdf](http://www.nwlc.org/pdf/TCOCToolkitTY06.pdf).

**Project Pharmacy** is a campaign working to assure access and availability

of emergency contraception from pharmacies in Iowa. The campaign includes education initiatives to better inform the public, pharmacists and physicians about emergency contraception. Project Pharmacy is a collaborative effort between the Iowa Planned Parenthood Affiliate League, the Emma Goldman Clinic of Iowa City, Iowa NOW, Des Moines NOW, Iowa City Area NOW and the University of Iowa's Law Students for Choice. To learn more, go to [www.ppgi.org/project\\_pharmacy.html](http://www.ppgi.org/project_pharmacy.html).

**Leading Voices: Iowa** is a new bi-weekly nonpartisan newsletter for women, politics, and change. The editor is asking for women to submit three challenges they feel are facing women in Iowa. Go to [www.maggiefeld.com](http://www.maggiefeld.com) for more information.

**Iowa State University Extension** offers a free online course to help people get a grip on their money. The course – Take Control of Your Money – is a 7-step process that covers spending habits, getting out of debt, and increasing savings. The course can be started at any time, requires a 3 to 4 month commitment to record keeping, and provides a free learning coach via e-mail if desired. Visit the site [www.extension.iastate.edu/financial/money](http://www.extension.iastate.edu/financial/money).

Veterans' Day is a way to honor those who served in all American wars. The day has evolved into also honoring living military veterans. Women account for 1.7 million veterans and 16 percent of Persian Gulf War veterans in 2004.

Need Title IX information? If so, visit, Iowa's own Dr. Christine Grant's site at [bailiwick.lib.uiowa.edu/ge](http://bailiwick.lib.uiowa.edu/ge).

Help save printing/postage costs!  
If you no longer wish to receive this newsletter, please write or call the ICSW office. You may also send your e-mail address. Thank you!

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ADDRESS SERVICE REQUESTED



Enclosure of items in the newsletter does not necessarily connote endorsement by the Friends of the ICSW or by the ICSW. All information must be mailed or faxed to the ICSW no later than the 15th day of all even numbered months. The use of any submitted material is at the discretion of the editor. The *IoWoman* is mailed six times per year to 8,600 persons or organizations.

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