



iowa commission on the status of women  
www.women.iowa.gov

# Forward

## Women On Boards

Currently, women represent only 15.2% of Fortune 500 company board membership. ICSW is partnering with Sharp Upswing to bring Women on Boards to Des Moines on November 12.

The event will educate and prepare women for board service. Topics include being an effective board member; how to position yourself to get on a board; how to transition from serving on non-profit boards to for profit boards.

Speakers include Dr. Elizabeth (Betsy) Hoffman, Jacquie Easley, and Connie Wimer.

Cost is \$75. To register or learn more, visit [www.womenonboards.com/DesMoines4627.php](http://www.womenonboards.com/DesMoines4627.php).



Representative Dawn Pettengill along with Benton County State Bank, Cedar Valley Bank and Trust, Keystone Savings Bank, and the ICSW are sponsoring Women to Leadership on Saturday, September 19 at the Blirstown Community Room.

Topics include leadership development, social networking and communication skills, media relations, and image.

Cost for the non-partisan event is \$15. To register or with questions, contact Representative Pettengill at [dawnpettengill@gmail.com](mailto:dawnpettengill@gmail.com) or (319) 610-3412.

## First Lady Culver Presents Iowa Women's Hall of Fame Awards

Four remarkable women will be recognized for their significant contributions by being inducted into the Iowa Women's Hall of Fame on Saturday, August 29 at the State Historical Building in Des Moines. The event is held in conjunction with Women's Equality Day, August 26, which commemorates the day in 1920 when American women won the right to vote.

The 35th Iowa Women's Hall of Fame induction ceremony will begin at 10:30 a.m. at the State Historical Building in Des Moines and is sponsored by the Iowa Commission on the Status of Women (ICSW). First Lady Mari Culver and ICSW Chair Dr. Jill Olsen will present awards to Linda K. Kerber, Iowa City; Mary E. Kramer, Clive; and Lyn Stinson, Burlington. A posthumous award acknowledging Adeline Lavonne McCormick-Ohnemus will be given.

Also at the ceremony, the ICSW will present Sister Mary McCauley, BVM of Postville with the Cristine Wilson Medal for Equality and Justice. This medal is awarded periodically to an Iowan whose life exemplifies the work of Cristine Wilson, who was the first chair of the ICSW and who spent her life working toward equality and justice.

These extraordinary women symbolize the diversity of Iowa, demonstrating outstanding achievements in the fields of academia, politics, medicine, and civic involvement. Generations of Iowans can look to these remarkable individuals as role models.

Following the ceremony, Friends of the Iowa Commission on the Status of Women will host a reception for family and friends of the awards recipients. Friends gratefully acknowledges reception support given by Lifetime Networks and Boesen the Florist.

Nominations for the 2010 Iowa Women's Hall of Fame will be accepted until May 1, 2010. For complete details on the nomination process, go to the Iowa Women's Hall of Fame page on our web site, [www.women.iowa.gov](http://www.women.iowa.gov).

Also on the web site, you will find complete biographies of this year's honorees as well as the complete list of Hall of Fame inductees.



Kerber



Kramer



McCormick-Ohnemus



Stinson



McCauley

## Friends of ICSW

The Friends of the Iowa Commission on the Status of Women is a non-profit organization dedicated to support and assist in the charitable and educational activities of the Iowa Commission on the Status of Women (ICSW).

The Friends supports the Iowa Commission on the Status of Women (ICSW) in its mission to provide increased opportunities for women through a number of special programs:

- Administers the FRIENDS Endowment Fund.
- Promotes the observance of Women's History Month in March of each year.
- Helps the ICSW to administer scholarship programs for various conferences and workshops on issues of special concern for women.
- Hosts the annual "Women You Know, Women You Want to Meet" networking reception.
- Provides support for the ICSW's "Whispers and Screams" Conference, to provide training for those who work with girls who are at risk.
- Coordinating a first-ever statewide conference for groups that support women and girls.

Friends is planning events for this fall in both Eastern Iowa and Central Iowa. Make sure to visit the web site often for events near you.

You can learn more about Friends, its activities and how to participate by visiting the web site at [www.friendsoficsw.org](http://www.friendsoficsw.org).

## Time for CEDAW Ratification

Eighty-nine years ago, U.S. women won the right to vote after many years of painstaking struggle and hard work by courageous suffragists. This historic moment is commemorated each year on Women's Equality Day, August 26.

Today, the work of our grandmothers and great-grandmothers remains unfinished. The United States remains the only democracy in the world that has not ratified the CEDAW (United Nations Convention on the Elimination of All Forms of Discrimination Against Women) treaty, putting our country in the company of nations such as Iran, Somalia and Sudan. One hundred eighty-six countries, over 95 percent of United Nations members, have ratified CEDAW. It provides a fundamental framework for ending international violence against women, ensuring girls access to education, and promoting economic opportunity and political participation for women. The U.S. is long overdue in ratifying it.

Consider calling your United States Senators Charles Grassley and Tom Harkin to share your thoughts about the ratification of the CEDAW treaty for the Rights of Women today.

CEDAW is often referred to as the "Treaty for the Rights of Women" because that's what it is. The treaty is regarded as the most important international mechanism for women's equality. It addresses physical, economic, and political abuses against women and promotes women's equality of rights and well-being. This treaty holds that basic human rights for women should be universal across cultures and religions.

CEDAW calls on governments to ensure women have the same access as men to education, employment opportunities, legal redress against violence and access to health care.

The creation of this treaty in 1979 was the first step in developing a global standard for women's rights. Now, 186 countries have ratified CEDAW. Because of CEDAW, millions of girls around the world receive primary education; countries have taken measures against sex slavery, domestic violence and trafficking of women and girls; women's health care services have focused on saving lives during pregnancy and childbirth; and millions of women now have the opportunity to secure loans and the right to own and inherit property.

One hundred eighty-six countries, or over 95 percent of United Nations members, have ratified CEDAW. Yet the United States still has not. U.S. failure to ratify the treaty allows countries which have weak human rights records to justify neglecting and undermining human rights for women. Until the U.S. ratifies the Treaty for the Rights of Women, our country cannot credibly demand that others live up to their obligations under the treaty. Lack of U.S. ratification allows other countries to divert attention away from their neglect of women.

For more information, go to [www.womenstreaty.org](http://www.womenstreaty.org).

## Women Centered Organizations Are Hiring

While the ICSW does not normally post job listings, several women-centered organizations have openings:

- YCWA Ames-ISU - [www.ywca.org](http://www.ywca.org)
- Iowa Coalition Against Sexual Assault - [www.iowacasa.org](http://www.iowacasa.org)
- Girl Scouts of Greater Iowa - [www.moingonagirlscouts.org/](http://www.moingonagirlscouts.org/)

For more information on these organizations, please contact the group directly.

friends of

the Iowa Commission on the Status of Women

## Now is the Time to Start Planning for the 2010 Census

The countdown to the 2010 Census has begun, and the U.S. Census Bureau is looking to national, tribal, state and local officials and community leaders to ensure an accurate count. With Census Day in less than a year — April 1, 2010 — the Census Bureau has already launched a critical national effort that affects the apportionment of congressional seats, and how the federal government annually allocates \$300 billion in federal assistance to state, local and tribal governments.



The 2010 Census will have one of the shortest census questionnaires in the history of the United States, dating back to the nation's first census in 1790. The 2010 Census will ask for name, gender, age, race, ethnicity, relationship and whether the householder owns or rents their home. The census form will take only about 10 minutes on average to complete, and answers are

protected by law and strictly confidential.

More than 11,000 state, local and tribal governments have registered for the Local Update of Census Addresses (LUCA) program to update the Census Bureau's address information for their communities. Communities also can begin planning for Complete Count Committees, a team of local government, business and community leaders, who are appointed by a governor for a statewide committee or by a community's highest-elected official for a local committee. Members of the committees work to make sure their communities are counted.

Preparing early for the 2010 Census is a great way for local leaders to learn the makeup of their communities and what they need from local government. Reasons for residents to be aware of the upcoming census and the need to participate are:

- The federal government uses census numbers to allocate more than \$300 billion in federal funds annually for community programs and services, such as education, housing and community development, health care services for the elderly, job training and more.
- State, local and tribal governments use census information for planning and allocating funds for new school construction, libraries and other public buildings, highway safety and public transportation systems, new roads and bridges, location of police and fire departments, and many other projects.
- Community organizations use census information to develop social service programs, community action projects, senior lunch programs and child-care centers.
- The numbers help businesses identify where to locate factories, shopping centers, movie theaters, banks and offices — activities that often lead to new jobs.
- The census totals are used to determine how many seats each state will have in the U.S. House of Representatives. In addition, states use the numbers to allocate seats in their state legislatures.

Go to [www.census.gov/2010census](http://www.census.gov/2010census) for more information.

## Did you know - IGHSAU?

The Iowa Girls High School Athletic Union (IGHSAU) promotes, directs, protects and regulates amateur interscholastic athletic relationship for junior high and secondary girls between member schools to stimulate fair play, friendly rivalry and good sportsmanship among contestants, schools and communities throughout the State of Iowa. It is the only organization in the nation solely devoted to interscholastic competition for girls. Over 70,000 students participate in IGHSAU sponsored sports.



## WIC Makes Changes

In October of 2009, the Supplemental Nutrition Program for Women, Infants and Children (WIC) will begin issuing new quantities and types of foods to participants. This will be the first substantial change for this program since it began more than 30 years ago.

WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

The new foods provided to infants are in accordance with recommendations from the American Academy of Pediatrics (AAP). The AAP recommends exclusive breastfeeding during the first six months of an infant's life. At six months, solid foods may be introduced. WIC will provide not only infant cereal, but infant foods to these babies. Fully breastfeeding infants will receive infant fruits, vegetables and meats, while formula feeding infants will receive infant fruits and vegetables.

WIC will now provide participants with fresh fruits and vegetables, and whole grains. The amounts of milk, cheese and eggs have been reduced to be more consistent with the dietary guidelines recommendation of limiting consumption of saturated fats.

For more information, visit [www.idph.state.ia.us/wic/agencies.asp](http://www.idph.state.ia.us/wic/agencies.asp).

## Bits & Pieces

- ♀ The ICSW extends a thank you to interns Mary Bridget Corken, Erin McBurney, Megan Miller, Deborah Sandoval, and Laura Svoboda who worked during the spring and summer semesters.
- ♀ Interested in interning at the ICSW? We welcome college students and recent graduates any time during the year. Contact us at [women@iowa.gov](mailto:women@iowa.gov), 515/281-4461 or 800/558-4427.
- ♀ Are you prepared? An emergency - be it a flood, tornado, winter storm or power outage - can occur quickly and without warning. Although emergencies cannot be prevented, there are some simple things you can do now to be better prepared: assemble an emergency supply kit, create a family communication plan, make plans for your pets, and address special needs. For more information, visit [www.ready.gov](http://www.ready.gov) or [www.bereadyiowa.org](http://www.bereadyiowa.org).
- ♀ School board elections are September 8! In order to exercise your right to vote, you must be registered. You may register to vote by going, in person, to the office of your city clerk or county auditor. Or, by mail, you may register by completing the correct postcard registration form, obtainable from your city clerk, county auditor, all state offices, in many public buildings, and on the Iowa Secretary of State's web site, [www.sos.state.ia.us](http://www.sos.state.ia.us).
- ♀ Rockwell Collins is teaming with FIRST to increase FIRST LEGO League and FIRST Tech Challenge teams in Iowa. Funding is available, with special consideration for teams that include minority students and females and teams from schools with a high percentage of students on free and reduced lunch programs. To learn more, visit [www.rockwellcollins.com/about/community/engineering-experiences/first-grants/index](http://www.rockwellcollins.com/about/community/engineering-experiences/first-grants/index).



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