



WOMEN'S CIVIC CONFERENCE CO

Founded 1922 as Women's Court & Civic Conference
www.womenscivicconference.com

November 2025

Board Meeting – Thursday, November 13, 2025, 9:30 a.m.

New Berlin Library Conference Room, 15105 W Library Ln, New Berlin, WI 53151

General Meeting – Wednesday, November 19, 2025, 10:00 a.m. to 2:00 p.m.

Tuckaway Country Club, 6901 W Drexel Ave, Franklin, WI 53132

General Meeting - Wednesday, November 19, 2025 Chair of the Day: Linda Brown

10:00 am – Business Meeting

10:15 am – **“Looking at Mental Illness for What It Really Is: An Illness NOT a Moral Failing”**

Speaker: Meg Kissinger, author *While You Were Out*

Noon – Luncheon

1:00 pm – **“Plugged In Stressed Out: The Mental Health Cost of Growing Up Digital”**

Speaker: Debbie Minsky-Kelly, Field Director & Asst Professor Carthage College School of Social Work

Menu – Wisconsin salad with sweet balsamic, Warm rolls and butter, Sliced roasted turkey breast, Old fashioned stuffing, Mashed potatoes and natural gravy, Cranberry sauce, Zucchini squash and tomatoes, Pumpkin Pie

This month's Honored Affiliated Club – **Woman's Club of West Allis**

Reminder – The next Women's Conference will be February 18, 2026

PRESIDENT – Mary Cherweznik

At the September conference, we had an unfortunate cellphone incident. One member took more than one call at the dining room table and did not leave the room for her conversations even during our guest speakers' presentations. Several members complained about the behavior, so it seems that it needs to be formally addressed. Here are WCC's expectations regarding cellphones:

- Turn off your cell phone before our meeting starts (Airplane mode is an appropriate setting).
- Pay attention to the live speakers. Save emails and news blasts for the breaks or at home.
- In the rare event you get an emergency call, ask the caller to hold, and immediately leave the dining room for the Tuckaway entrance hallway where you can have your conversation in private and without disturbing the rest of us. Thank you for your cooperation.

As we swing into the Holiday Season, we have chosen a charity that will benefit from WCC member and association donations. Please bring your checkbook to the November 19th conference and plan to give generously to Forward Latino. At our September conference, Darryl Morin, National President of Forward Latino, spoke movingly about his organization and how it advocates for immigrants. If you cannot attend the November conference, you can send a check (payable to [Forward Latino](http://ForwardLatino.org)) in care of our treasurer, Kerstin Lanser, 744 Elm Grove Rd, Elm Grove, WI 53122. Remember, WCC will match members' donations up to \$500. Thank you in advance for your generosity.

Warm regards, Mary C

PROGRAM NOTES – Linda Brown

Last Spring, George Stanley from Wisconsin Watch recommended Meg Kissinger for our program on mental health issues. She worked for him as an investigative reporter for many years at the Milwaukee Journal Sentinel and had speaking engagements throughout the country on this topic. In 2023, her book, *While You Were Out*, was published and received rave reviews. This is the story of her family and their struggle with mental health issues. I listened to the audible version of her book over the course of a weekend. She reads the book to you, and you become part of her family. If you have time, try to read or listen to the book before the November meeting.

Our second speaker, Debbie Minsky-Kelly, was recommended by her son Tyler who will be speaking on gun violence at our April meeting. I heard Tyler speak on the effect gun violence had on his life as an elementary student learning about the Columbine shooting 25 years ago. I became interested in the effect social media and cell phones have on the mental health of our children. I read a review of Jon Haidt's new book, *The Anxious Generation*, and had to read it. I highly recommend this book to anyone who sees the children in their life glued to their cell phones. The data and information in this book will open your eyes to the harmful effects of the digital world on children. Hope to see you all in November!

ARRANGEMENTS & REGISTRATION – Carol Dohoney

A prepaid reservation is required to attend each conference. The cost is \$40.00 per person and a check made payable to WCC is to be mailed to **Carol Dohoney, 11077 W Forest Home Ave, Apt 2510, Hales Corners, WI 53130** (be sure to include the Apt number) and must be postmarked by the first of the month. If you are paying for more than one conference, please indicate the month(s) you are paying for on your check. Also, if you are paying for others, include their name(s) with the reservation. If, after checking the menu selection for the month, you have food allergies or special menu restrictions, please enclose a note with that information along with your check. Contact Carol 414 745-8104 with other questions. Once the count has been submitted to Tuckaway, we cannot refund payments. If you have not reserved and paid for your spot, please do not expect to be seated at the conference.

EDUCATION – Bernadette Asiatidis

Direct Admit is a University of Wisconsin System program launched in 2024 and taking effect in 2025 as an effort to increase enrollment. Most high schools participate in the program whereby if a student opts into the Direct Admit program, their grade point average and coursework is made available to view by participating universities in Wisconsin. UW-Madison, LaCrosse, and Eau Claire do not participate in this program; however, the ten remaining Wisconsin system universities do participate. Qualified students receive offers of admission based on their grades and coursework the summer before their senior year. This program eliminates application fees, essays, and the need to submit test scores. A formal application is submitted by the student when a final enrollment decision has been made. Direct Admit helps students navigate the complexities of college admissions and helps them explore a wider range of acceptance possibilities.

HEALTH CARE – Mary Ellen Clinton *Spice Up Your Holiday*

Part of the excitement of Thanksgiving is eating our favorite foods, many of which feature spices we rarely encounter the rest of the year. When you reach for spices to add to festive meals, you are adding ingredients to boost mood and health. Many boost anti-inflammatory effects. And many of them call to mind cozy special days with families that make us feel warm and happy.

One of the best studied spices is **cinnamon**, a staple in apple and pumpkin pies and cinnamon rolls. Research has focused on its ability to help regulate blood sugar and helps cells use glucose more effectively. **Cloves** shine brightly this time of year. Fundamental to gingerbread and fruitcake as well as mulled wine and cider. High in antioxidants, lowering the risk of chronic diseases, they contain vitamins and minerals and offer antimicrobial effects. Gingerbread cookies will soon be around. **Ginger** blends with other spices to add to stuffing and root vegetables. It is well known for its digestive benefits. **Turmeric** with earthy slightly peppery taste adds that great taste to Thanksgiving turkey, roasted carrots or cauliflower. Greatly researched, turmeric is rich in phytonutrients that protect the body by neutralizing the free radicals, shielding the cells from damage. Turmeric has been linked to less arthritic pain and improvement in depression symptoms. The higher the dose of spices matters to maximize the health benefits. Keep spices around all year long. Experiment with different spices, try new recipes more than once, explore new spices while eating out, and get acquainted and try out one of your ancestors' spicy dishes.

HAPPY SPICY THANKSGIVING!!

MEMBERSHIP – Mary Wilde

Look forward to receiving your membership directories at the November meeting. **We will not be meeting again until February 2025.** Please pick up the booklets for friends that cannot make the November meeting. I would **really appreciate** that to save having to carry them back and forth. Thank you.

LEGISLATION – Kelley Knoerr

It will be a busy year for state elections with contests for five state executive offices: Governor, Lieutenant Governor, Attorney General, Secretary of State, and Treasurer. Numerous state legislature seats are also on the ballot. A “state government trifecta” refers to a situation where one political party holds the governorship and majorities in both chambers of the state legislature. Currently, Wisconsin has a divided government. That could change next year with both a governor and many state legislature elections.

Our current governor is a Democrat. There are 12 officially declared candidates for governor: five Democrats, three Republicans, and four independents. Seventeen State Senate seats are up for election in November. The present partisan composition of the Wisconsin State Senate is 15 Democratic senators and 18 Republican senators. Elections for all of the Wisconsin State Assembly seats will take place in November as well. Currently, Democrats hold 45 out of 99 seats, while Republicans hold 54. Changes to the candidate lists as well as debates and interviews will be numerous in the coming months. The primary election is set for August 11. The general election is on November 3, 2026.

Watch your favorite news outlets, the Wisconsin Ballotpedia website and MyVote WI for updates and remember to VOTE!

https://ballotpedia.org/Wisconsin_elections,_2026

<https://myvote.wi.gov/en-us/>

HONORED AFFILIATED CLUB – WOMAN’S CLUB OF WEST ALLIS – Kim Herrick, President

The Woman’s Club of West Allis is a service organization that has been serving the community of West Allis since 1898. It is an honor to be part of an organization that strives to serve West Allis with scholarships for graduating seniors, helps to support our local food pantry, is a proud member of Friends of the West Allis Library collecting books for K4 and K5 students and, to our delight, reads to the children in their classrooms. We host and assist several fundraising events throughout the year in our city such as West Allis Ala Carte, National Night Out and West Allis holiday parades. We also support international efforts such as Operation Smile and Heifer International. Our club welcomes new members any time. You do not have to live in West Allis. If you have the volunteer spirit, we would love to meet you. You can contact Kim Herrick at kim21856@gmail.com or 262-617-5597. Please visit our website at www.gfwcwomansclubwestalliswi.org.

SUNSHINE – Jean Reinemann

If you know of a WCC member who is sick, having surgery, or who has a family member who recently passed away, please contact Jean Reinemann, 262 993-8112, jeanreinemann@gmail.com with that information. Jean will send a card so that the member will know we’re thinking about her.

Mark your calendar for the following future conferences:

February 18, 2026	Topic: Skills Trade Education for Girls
March 18, 2026	Topic: Wisconsin State Courts and Voting Rights
April 22, 2026	Topic: Gun Violence
May 20, 2026	Topic: Our Beautiful Milwaukee County Parks