



Mt. Vernon Voices

*AAUW advances equity for women and girls through,
advocacy, education, philanthropy, and research.*

President's Corner



The Mount Vernon Branch is once more off to a flying start!

Our Kickoff Dinner Meeting at Pema's Restaurant on September 20 featured **Elizabeth Vandenburg** of AAU-

W's STEM Task Force who talked about how to get girls interested in studying Science, Technology, Engineering and Mathematics. Many thanks are due to **Joanne Clark, Erika Kinsey, Lois Passman** and all who made this evening successful. We will hear more about AAUW's STEM activities in the March, 2013, program.

On September 29, about a dozen of our branch members and a guest, plus former Co President **Suzanne Parrish**, enjoyed the crisp air at Woodlawn as we toured the vegetable farm of the Arcadia Center for Sustainable Agriculture. (Please see separate article.) This farm visit was a prelude to our November 15 program on nutrition, a topic we can always learn more about.

Elaine Kolish once more sponsored a Help the Homeless one mile morning walk on October 6. Fannie Mae matched our contributions. Afterward, marchers enjoyed goodies in Elaine's beautiful garden and heard about the problems of homelessness in our midst.

Despite a "perfect storm" of competing interests: the Nats' last chance at glory and the lead ups to the Vice Presidential Debate, our meeting on October 11 had a good turnout. **State Senator Adam Ebbin** talked on the subject of Sex Trafficking in Virginia and the legislative measures he has proposed and gotten passed regarding educational materials to increase awareness of this problem. **Jeanne Gayler** worked hard to line up our speaker. **Mary Ellen Mehler, Lois Passman and Patsy Quick** sent out a lot of publicity. **Shirley Richey and Joanne Malkin** beautifully upheld the Virginia tradition of providing hospitality. Many thanks for the efforts of all. And we did get to watch the debate!

(Continued on page 2)

**NOVEMBER
15**

**Branch
Presentation**

**Food and Your
Health
Film &
Panel
Discussion**

**6:00 PM
Heritage
Presbyterian
Church
8503 Ft. Hunt Road**

Food and Your Health, November 15

Nutrition and Food Quality For Better Health



On November 15, at Heritage Presbyterian Church, 8503 Ft. Hunt Road, Mt. Vernon AAUW Branch will present a panel of experts on nutrition and food quality for better health. **The film FOOD, INC. will be shown at 6:00 PM prior to the panel presentation which will begin at 7:30 PM.**

Speakers will include organic farmers, **Jim Bourne** of Calvert County, and **Maureen Moodie** of Arcadia Farms.

Pending are confirmations with **Hope Warshaw**, licensed nutritionist, and a recommendation from Ron Smith, formerly with Academy of Nutrition and Dietetics.

An invitation has been extended to the film maker, **Robert Kenner**. In his Oscar-nominated film **Food Inc.**, he took on the American food industry and revealed how industrial production is making the nation less healthy. Kenner's film takes consumers on a journey from the supermarket aisle to meat-packing plants to Congressional food-safety hearings to demonstrate how a handful of corporations often put profit ahead of consumer health, worker safety and the livelihood of the American people.

Join us for one or both: View the film at 6:00 PM. The panel discussion will begin at 7:30 PM.



President's Corner (continued from page 1)

The majority of our members have opted to receive copies of this newsletter by email and a small minority prefers to receive hard copies. It appears that the cost of copying and mailing hard copies of our newsletter, approximately \$14 per member per year, exceeds the branch dues paid by each member, \$13. The question arose at the last board meeting as to whether the branch should charge for providing hard copies of the newsletter. Let's think

about it.

After a stifling summer, it's a joy to enjoy cool breezes and to notice the changing colors of the trees. Hurrah for the delightful days of autumn. **Have a safe, happy, and wonderful Thanksgiving.**

Cathy Krebs

MORE INFO ABOUT THE NOVEMBER 15 BRANCH MEETING at 6:00 PM

The film, *Food Inc.*, is 94 minutes. You may see it from the beginning or drop in at any time.

For more information on the topic please visit this site:

<http://www.time.com/time/health/article/0,8599,1968873,00.html#ixzz2A2QovKAv>

We'll have
healthy snacks!

To read more about the film *Food Inc.* and to view a trailer visit:

<http://www.pbs.org/pov/foodinc/>

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ejdema@gmail.com

Book Group

Please notify the hostess whether or not you plan to attend.

DATE: Monday, November 19, 7:30 pm

Book: Love in a Cold Climate
by Nancy Mitford

HOSTESS: DeJuana Jones
8406 Stockade Drive
Alexandria, 22308
dejuanaj@earthlink.net



Reviewer: Ebba Jo Spettel

Next Book: A Good Scent from a Strange Mountain by Robert Olen Butler

CO-HOSTESS: Barbara Mann

Game Night

Game Night is November 30 at Patsy Quick's home.

We welcome any members and significant others who wish to join us for a fun evening of various games and light snacks. If you would like to participate, contact **Barbara Mann** via email at speech.solutions@verizon.net.

Patsy will send an email to participants prior to the evening to get a head count and game preferences. Join us! We have a lot of fun!

Patsy's address is 5508 Old Mill Road.



Fairfax City Branch Book & Author

Saturday, November 3, 2012, 11am to 2pm
Country Club of Fairfax, 5110 Ox Rd., Fairfax 22030
\$40 per person. Reservation deadline, October 31, 2012

- ☐ Carole Bellacera, Lily of the Springs
- ☐ Alan Cheuse, Song of Slaves in the Desert
- ☐ Del Quentin Wilber, Rawhide Down
- ☐ Suzi Weinert, Garage Sale Stalker
- ☐ Barbara Esstman, The Other Anna: A Novel

Benefits University Scholarships for Women in our Area and AAUW Fellowships.

Please mail your check or Visa or MasterCard information to Suzanne Mahoney, 8313 Chapel Lake Ct., Annandale, VA 22003 • (703) 978-3258
suzanne070946@mac.com • Checks should be payable to AAUW Fairfax City Branch. • Seating requests must be made at the time of the reservation. • View flyer at
<http://www.aauwofva.org/branches/LuncheonFlyer2012.pdf>

Field Trip to Arcadia Farm

Cathy Krebs

"In every walk with nature one receives far more than (s)he seeks." John Muir would have enjoyed our branch field trip on Saturday morning, September 29, 2012. The very enthusiastic **Maureen Moodie** led our group around the growing areas of the Arcadia Center for Sustainable Agriculture. This land is leased from Woodlawn Estate. We saw fields for growing vegetables, and a sensory garden where school children are encouraged to touch the plants. We saw hives for bees. Did you know that Russian bees are hardier than Italian bees? We saw an actual egg taken from the roosting box of one of the nine resident chickens and we learned about the pecking order! We actually saw spinach vines!

In sustainable agriculture there is no waste: spent plants are composted. Crops are on a five year rotation to improve the soil. Beneficial insects are well employed. Lady bugs can each eat 1,000 aphids a day. Praying mantises can eat all harmful insects but only if there are no chemicals around.

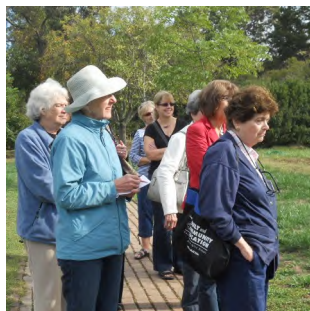
Farm Director Maureen Moodie explained that she works for a non-profit organization serving the Washington area by raising awareness of the benefits of healthy food and

establishing connections between farms and consumers. Arcadia Center for Sustainable Agriculture was founded by Michael Babin, one of the co-owners of the Neighborhood Restaurant Group, whose restaurants include The Evening Star Café, Vermilion, Columbia Firehouse, Rustico, and several others.

In addition to managing the working farm and hosting school groups and running a summer day camp for 6 to 10 year olds, Arcadia also operates a Mobile Market. This is a farmers' market featuring local vegetables, fruits, eggs, milk and meat all located in a green-painted former school bus which makes stops around Alexandria, VA. What was formerly known as food stamps, SNAP/EBT, is accepted and matched. For example, \$10 in SNAP buys \$20 in fresh healthy food. Mobile Market also educates consumers by providing cooking demos and recipes.

Our tour ended at the Mobile Market where we had the opportunity to buy some really fresh food.

Thank you, **Joanne Clark**, for arranging this delightful morning adventure.



Northern District Meeting

Cathy Krebs



Attorney Susan Burke

The AAUW Northern District meeting held on October 13 was chaired by Northern District Representative **Sandy Lawrence**. The speaker, **Susan L. Burke**, is the lead attorney in several lawsuits against the Department of Defense on behalf of victims of rape and sexual assault

in the United States military services. Her aim is to reform how such cases are prosecuted. She is featured in the film, **The Invisible War**.

A basic principle of law is that the sovereign, the government, is immune to suit without its consent. The federal government has waived sovereign immunity as to tort claims, but for the purposes of "good order and discipline," justice in the military is handled by the military. However, rapes and sexual assault are hardly "incidents of military service" since there is no military purpose for such assault. What's more, the public deserves the right to know of sexual predators in their community since predators typically repeat their crime.

Too often in our military, the victim is blamed. Some women who reported having been assaulted by a married man have been retaliated against by being charged with adultery! Other victims have had to continue to work alongside their rapist. Service members do not want to be labeled as trouble makers so they often put up and shut up.

The United Kingdom, Canada, and New Zealand have taken such cases out of the chain of command. Publicity about the problem in this country, including the film, is a good tool for positive change.

Shirley Richey, Patsy Quick, Lois Passman and **Cathy Krebs** attended. We were privileged to hear the speaker, and to hear the questions and accounts from members of the audience. We can be proud of this example of our LAF contributions at work.



Sandy Lawrence, Susan Burke, Lois Passman. Susan is a longtime friend of Lois's daughter, Pamela.

Recent Branch Events

Great attendance, good publicity! (Did you see the article in the Mt. Vernon Gazette?) The October 13 meeting was informative and interesting. Thanks to **Jeanne Gayler** for arranging to have State Senator **Adam Ebbin** speak to us on the topic of Sex Trafficking.



Cathy Krebs, Senator Ebbin and Jeanne Gayler



Senator Ebbin and his Aide show map of the areas of sex trafficking focus.



A happy group of walkers raised over \$1300 for UCM on October 6.

The Help the Homeless walk through **Elaine Kolish's** lovely neighborhood was a big success! Thanks to those who walked, and to those who contributed to this cause.

Things of Note



Visit the website at <http://aauw.org>
for more information.

AAUW to Release New Research Report October 24!

Graduating to a Pay Gap: The Earnings of Women and Men One Year after College Graduation explores the earnings difference between male and female college graduates working full time, one year after graduation. The report also examines one immediate effect of the pay gap for many women — high student loan debt burden. Hold a watch party as we live-stream the launch event on November 15 from 3:30–4:30 p.m. EST at AAUW National Headquarters, 1111 16th St. NW, Washington, DC 20036.

Graduating to a Pay Gap was made possible by support from the Mooneen Lecce Giving Circle and contributions to the AAUW Eleanor Roosevelt Fund. To receive a PDF copy go to <http://aauw.org/graduatetopaygap>.

Lilly Ledbetter to Appear on Colbert Report

Fair pay advocate and AAUW friend Lilly Ledbetter will appear on the satirical but influential *Colbert Report* on October 31. Mark your calendars, check your local listings, and get ready to laugh, cheer, and maybe squirm as Stephen Colbert interviews Lilly.

Upcoming Branch Event

Mt. Vernon Holiday Luncheon December 8, 2012

11:30 AM

Mt. Vernon Country Club

As we get ready for the Virginia General Assembly, the League of Women Voters has three events:

- 1. November 18, 2012, 2-4:30** - Prince William County - How We Can Draft Legislation for the General Assembly. (Really good speakers)
- 2. December 5, 2012** - Richmond - How to Lobby the State Legislature
- 3. February 6, 2013** - Richmond - LWV/AAUW State Lobby Day

Please contact me if you are interested in attending.

Angela D. Booker
AAUW of Virginia Co-Vice President for Public Policy
703/864-9220

ATTENTION: Retired Engineers

Denise Meade is the Advanced Academics Resource Teacher at Hollin Meadows Elementary School where she meets with AAP students (formerly Gifted/Talented) on the following schedule: sixth grade students on Monday mornings from 8:50 – 11:15 a.m. and fifth graders on Thursdays from 1:30 – 2:30 p.m.

This school year she wants her students to learn about the engineering design process, doing small challenges from the PBS Design Squad series which involve collaboration and comparing and contrasting ideas. She would love to have guest speakers come in and talk to the students about what it takes to become an engineer so they can see the practicality of things they are learning in math and science. The engineer could also provide a challenge for the students to complete.

Denise Meade teaches at Hollin Meadows on Fridays and at Stratford Landing ES on Tuesdays and Wednesdays. If interested, please contact Denise J. Meade Warren at djmeadewarre@fcps.edu.

2012-2013 Mt. Vernon Branch Program Year

MT. VERNON AAUW **2012-2013 Schedule of Meetings and Activities** **Branch Theme: *Making a Difference***

Meeting Date and Place	Focus/Activity
Thursday, November 15, 2012 6:00 Film 7:30 Discussion Mt. Vernon Gov't. Center	Nutrition and Food Quality
Saturday, December 8, 2012 11:30 a.m. Mt. Vernon Country Club	Holiday Luncheon Presenter: Student recipients of AAUW grants
Thursday, January 17, 2013 7:00 p.m. Place: Mt. Vernon Gov't. Center	Senior Scams Presenter: Joanna Crane (DOJ)
Thursday, February 21, 2013 7:00 p.m. Mt. Vernon Gov't. Center	Be Your Own Sweetheart: Alternative Travel Fun Presenter: June Malina (People to People International)
Tuesday, March 12, 2013 Reception: 7:00 p.m. Play: 8:00 p.m. Little Theatre of Alexandria	LITTLE THEATER FUNDRAISER "Dial M for Murder"
Thursday, March 21, 2013 7:00 p.m. Mt. Vernon Gov't Center	STEMS/GEMS—A Wider Focus
Saturday, April 20, 2013 9:15 a.m. Mt. Vernon Country Club	Annual Meeting
Thursday, May 16, 2013 6:30 p.m. TBD	Branch Potluck Dinner
Saturday, June 8, 2013 9:30 a.m. Place TBD	Planning Meeting

Other important dates:

April 13, 2013, One-day AAUW of Virginia Conference, Richmond

June 9-12, 2013, AAUW National Convention, New Orleans



WHAT'S ON THE BALLOT?

Prepared by The League of Women Voters®
of the Fairfax Area (LWVFA) Education Fund

General and Special Election – Tuesday, November 6, 2012
Polls open 6:00 a.m. to 7:00 p.m.

For information on the general election, voter registration, or district and precinct contact:
Fairfax County General Register (703) 222-0776 www.fairfaxcounty.gov/elections
City of Fairfax General Registrar (703) 385-7890 www.fairfaxva.gov/Registrar/General.asp
Virginia State Board of Elections (800) 552-9745 www.sbe.virginia.gov

(R) = Republican; (D) = Democrat; (C) = Constitution; (L) = Libertarian; (G) = Green
(IG) = Independent Green (I) = Independent; (*) = Incumbent

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Electors for President and Vice President of the United States

Mitt Romney (R)	Barack Obama (D)*	Virgil Goode (C)	Gary Johnson (L)	Jill Stein (G)
Paul Ryan	Joe Biden	Jim Clymer	James P. Gray	Cheri Honkala
www.mittromney.com	www.barackobama.com	www.goodeforpresident2012.com	www.garyjohnson2012.com	www.jillstein.org

United States Senate

George F. Allen - (R)	Timothy M. Kaine - (D)
www.georgeallen.com	www.kaineforva.com

United States House of Representatives

8th District

J. Patrick Murray – (R)
www.patrickmurrayforcongress.com

James P. Moran, Jr. (D)*
www.jimmoran.org

Janet Murphy (IG)
www.votejoinrun.us/id42.html

Jason J. Howell (I)
www.votejasonhowell.com

10th District

Frank R. Wolf (R)*
www.wolfforcongress.com

Kristin A. Cabral (D)
www.kristincabral.com

J. Kevin Chisholm (I)
www.chisholmforcongress.com

11th District

Chris S. Perkins (R)
www.perkins2012.com

Gerald E. "Gerry" Connolly (D)*
www.gerryconnolly.com

Joe F. Galdo, Jr. (G)
www.joegaldo.com

Peter M. Marchetti (IG)
www.votejoinrun.us/id62.html

Christopher F. DeCarlo (I)
www.honestyandethics.com

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Fall 2012 Voters' Guide

The Leagues of Women Voters (LWV) of Northern Virginia sent a questionnaire to all candidates for the U.S. House of Representatives. The LWV of Virginia sent a questionnaire to the U.S. Senate candidates. All candidates queried are those whose names were certified for the General Election. Responses can be read in the Fall 2012 Voters' Guide to be published in *The Fairfax County Times* newspaper the week of October 26, 2012, or on the LWVFA website,

Mark T. Gibson (I)
www.gibson4congress2012.com

Commonwealth of Virginia Proposed Constitutional Amendments

Ballot Question #1 Shall Section 11 of Article I (Bill of Rights) of the Constitution of Virginia be amended (i) to require that eminent domain only be exercised where the property taken or damaged is for public use and, except for utilities or the elimination of a public nuisance, not where the primary use is for private gain, private benefit, private enterprise, increasing jobs, increasing tax revenue, or economic development; (ii) to define what is included in just compensation for such taking or damaging of property; and (iii) to prohibit the taking or damaging of more private property than is necessary for the public use?

Ballot Question #2 Shall Section 6 of Article IV (Legislature) of the Constitution of Virginia concerning legislative sessions be amended to allow the General Assembly to delay by no more than one week the fixed starting date for the reconvened or "veto" session when the General Assembly meets after a session to consider the bills returned to it by the Governor with vetoes or amendments?

Proposed Four Fairfax County Bonds Referenda

For additional information on each of the four (4) Fairfax County Bond Referenda on the ballot, listed below, please visit www.fairfaxcounty.gov/opa/bond.

PARKS AND PARK FACILITIES BONDS

Shall the Board of Supervisors of Fairfax County contract a debt, borrow money and issue bonds of Fairfax County, Virginia, in addition to the parks and park facilities bonds previously authorized, in the maximum aggregate principal amount of \$75,000,000 for the purpose of providing funds with any other available funds to finance the cost of providing parks and park facilities including the acquisition, construction, development and equipment of additional parks and park facilities, and the purchase of permanent easements for the preservation of open-space land and the development and improvement of existing parks and park facilities by the Fairfax County Park Authority, and including an amount not to exceed \$12,000,000 allocable to the County as its share of the cost of parks and park facilities to be acquired, constructed, developed and equipped by the Northern Virginia Regional Park Authority?

PUBLIC SAFETY BONDS

Shall the Board of Supervisors of Fairfax County contract a debt, borrow money and issue bonds of Fairfax County, Virginia, in addition to the public safety facilities bonds previously authorized, in the maximum aggregate principal amount of \$55,000,000, for the purpose of providing funds, with any other available funds, to finance the cost of providing public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

PUBLIC LIBRARY BONDS

Shall the Board of Supervisors of Fairfax County contract a debt, borrow money and issue bonds of Fairfax County, Virginia, in addition to the public library facilities bonds previously authorized, in the maximum aggregate principal amount of \$25,000,000 for the purpose of providing funds, with any other available funds, to finance the cost of additional public library facilities, the reconstruction, enlargement and equipment of existing library facilities and the acquisition of necessary land?

STORM DRAINAGE IMPROVEMENTS BONDS

Shall the Board of Supervisors of Fairfax County contract a debt, borrow money and issue bonds of Fairfax County, Virginia in the maximum aggregate principal amount of \$30,000,000, for the purpose of providing funds, with any other available funds, to finance the cost of providing storm drainage improvements to prevent flooding and soil erosion, including the acquisition of necessary land?

The LAST DAY to Register to Vote in the General Election is Monday, October 15, 2012.

****Remember to bring a valid identification to the polls on November 6, 2012.****

Disclaimer: The contact information provided in What's on the Ballot? Was furnished by the campaigns to the League of Women Voters of the Fairfax Area (LWVFA), or obtained from the Fairfax County Office of Elections or official Websites. The LWVFA is not responsible for any changes or inaccuracies in the listings. This is not an official publication for any campaign or candidate, but information only.

AAUW Mt Vernon

Cynthia Gindlesperger
915 Neal Drive
Alexandria, VA 22308

www.aauwofva.org
mtvernonva.aauw.net

First Class



- **6 Board Meeting, 7:30**
Cathy Krebs' home
703/765-2751
- **15 Branch Meeting 6:00**
Mt. Vernon Gov. Center
2511 Parkers Lane
Call Joanne Clark
703/768-8996
- **15 Book Group, 7:30**
Call DeJuana Jones
703/780-5026
- **30 Game Night, 7:30**
Call Barbara Mann
703/360-7725

November 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Board Meeting	7	8	9	10
11	12	13	14	15 Branch Meeting	16	17
18	19 Book Group	20	21		23	24
25	26	27	28	29	30 Game Night	