

# MT. VERNON VOICES

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

Volume 57 Issue 2    October 2013  
Mt. Vernon Branch



## PRESIDENTS' CORNER



Although I have been a participating member of AAUW for years, I had never held office prior to this year, nor had I ever anticipated what being on the Mt. Vernon AAUW

Board would mean to me. I was given a heads-up that I would get lots and lots of emails – SO TRUE! What I did not expect was that the board meetings would be so efficient and effective. Everyone has something worthwhile to contribute which moves things right along; and everyone volunteers to take on extra jobs and, most of all, everyone thinks first about what the members want. It is a truly amazing process.

I have also been very impressed with the level of knowledge and professionalism of the leadership on the State level. This bodes well for upcoming District and State meet-

ings. If you want to see a real life example of the type of person in a leadership position in Virginia's AAUW, just look to Mount Vernon's Branch member **Patsy Quick**.

Some exciting news: The new Board has instituted a program called ImpromptuEvents, designed to foster friendship among members who might not realize they have the same interests, provide an opportunity for prospective members to get to know us, and, most of all, to have fun. The idea came out of Game Night, where members have had a chance to get to know one another in an informal setting. As the momentum for ImpromptuEvents grows and people invite friends to join an event, we also think that we will attract new members. Any one of us can initiate an ImpromptuEvent, be it for a movie, dining out, a museum visit, or just a walk on the bike path, by sending out a group email. *(continued on page 2)*

**OCTOBER  
17  
THURSDAY**

**Branch  
Program**

**Heritage  
Presbyterian  
Church**  
Ft. Hunt Road

## DO YOU LIKE TO EAT? THIS IS FOR YOU!



**FOOD QUALITY is the topic for the Mt. Vernon Branch program at the Heritage Presbyterian Church at 8503 Fort Hunt Road on Thursday, October 17, at 7:00 PM.**

This year's program on **Food Quality** will have for one of its emphases the latest research on Genetically Modified Organisms (GMO's) as featured in a recent report from dedicated food researchers who wrote *How to Make Every Farm Healthy*.

Healthy lifestyle choices can help us avoid disease. With such a wealth of information available, we are at the beginning of a food's revolution when people all over the earth will be turning away from the unnatural, possibly harmful, GMO's from Monsanto, et. al, and restoring wholesome foodstuffs to their tables. Many people feel that large companies are skirting our constitutional rights, taking the courts' rights away, taking states' rights away so that they can put any product out in the public without any proof of its safety for health. They also feel that GMO's must be labeled.

**Read about our speakers on page 4.** We look forward to seeing you for this program which is a follow-up on the one we had last year with the film *Food, Inc.*

**7:00 PM**

**Topic:  
Food Quality**

## PRESIDENTS' CORNER (CONTINUED FROM PAGE 1)

We can provide you with that list. We hope that this new venture will peak your interest and your enthusiasm.

We've already had our first ImpromptEvent ... and it WAS FUN. On Sunday, August 8, **Joanne Clark, Mary Ellen Mehler** and myself went to the National Museum of the American Indian. Joanne and I were the two that answered Mary Ellen's call to accompany her, and we had a lovely time together, visiting the exhibits, eating Native American cuisine in the cafeteria and shopping in their fabulous gift shop. Keep your eyes open for invitations to other events, be they movies, eating out, other museum visits, etc.

The board believes that this idea of informal get-togethers in order to take advantage of our rich cultural and culinary environment offers a great opportunity for everybody. And, if you have a colleague, a neighbor or friend – particularly someone whose children have just gone off to college (i.e. “empty-nesters”) or is perhaps thinking of retiring, bring them along to an ImpromptEvent so they can get a chance to see how really great our members are.

I am proud to be the co-President of such a terrific AAUW branch.

Barbara Mann



**Mt. Vernon members (left to right), Mary Ellen Mehler, Barbara Mann, and Joanne Clark enjoyed the branch's first ImpromptEvent at the American Indian Museum in Washington, D.C.. Looks like they did some shopping, too!**

## BRANCH LEADERSHIP 2013 – 2014

<p><b><u>Co-Presidents:</u></b></p> <p>Barbara Mann 703/360-3880 speech.solutions@verizon.net</p> <p>Mary Ellen Mehler 703/780-8494 memehler@msn.com</p> <p><b><u>Program Vice Presidents:</u></b></p> <p>Joanne Clark 703/768-8996 jclark@meridian.org</p> <p>Joanna Crane 703/718-8892 joanna.p.crane@gmail.com</p> <p><b><u>Membership Vice President:</u></b></p> <p>Edie Bartlett 703/780-6809 redsse@aol.com</p> <p><b><u>Treasurer:</u></b></p> <p>Trish Smith 703/803-0252 trish-smith@cox.net</p> <p><b><u>Secretary:</u></b></p> <p>Shirley Richey 703/780-0834 shirley97@verizon.net</p>	<p><b><u>Newsletter/Website:</u></b></p> <p>Patsy Quick 703/360-8678 pnquick@cox.net</p> <p><b><u>Newletter/Directory Distribution</u></b></p> <p>Cynthia Gindlesperger 703/619-5262 uli_g@verizon.net</p> <p>Mary Ellen Mehler 703/780-8494 memehler@msn.com</p> <p><b><u>AAUW Funds:</u></b></p> <p>Joanne Malkin 703/360-7725 jbmalkin@verizon.net</p> <p><b><u>Public Policy:</u></b></p> <p><b>VACANT</b></p> <p><b><u>International Affairs:</u></b></p> <p>Joanne Clark 703/768-8996 jclark@meridian.org</p> <p><b><u>Bylaws:</u></b></p> <p><b>VACANT</b></p>	<p><b><u>Hospitality:</u></b></p> <p>Cathy Krebs 703/765-2751 catherinekkrebs@yahoo.com</p> <p><b><u>Nominating Committee Chair</u></b></p> <p>Lois Passman 703/781-7626 LMPassman@msn.com</p> <p><b><u>Book Group:</u></b></p> <p>Louise Meade 703/960-0073 meadelt@cox.net</p> <p>Liz Promen 703/780-7342 epromen@cox.net</p> <p><b><u>ImpromptEvent</u></b></p> <p><b><u>Game Night</u></b></p> <p>Bianca Daugherty 571/332-8371 D4BNJK@aol.com</p>
---	---	--

## BOOK GROUP

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

**DATE:** Monday, October 21, 7:30 PM

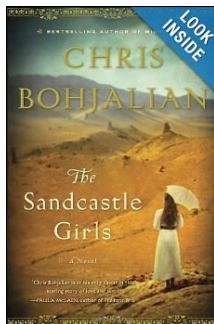
**HOSTESS:** Joan Winslow

3706 Carriage House Ct

Alexandria, 22309

winfaster@verizon.net

**CO-HOSTESS:** Joan Howerton



**BOOK:** The Sandcastle Girls by Chris Bohjalian

**REVIEWER:** Mary Ellen Mehler

**Next Book:** And the Mountains Echoed  
By Khaled Hosseini

## GAME NIGHT

### Game Night

October 25, 2013

7:30 PM

Home of Cynthia Jacobus / Watch for email.

Join us for light snacks and fun! Contact **Bianca Daugherty** if you would like to join the group.  
D4BNJK@aol.com



## MEET & GREET THE CANDIDATES, OCTOBER 9

Our **Mt. Vernon Branch** will collaborate with the **League of Women Voters of the Fairfax Area** (Mt. Vernon day and evening units) on a non-partisan "Meet and Greet" event for local political candidates to be held at **Sherwood Library at 7:00 on October 9**. Voters in the Mt. Vernon Magisterial District will be electing the Fairfax County Sheriff and representatives for the Virginia House of Delegates.

Our role as a branch will be assisting with publicity, setup, and hospitality. Publicity for the event is the most critical factor in its success. Please contact **Mary Ellen Mehler** ([memehler@msn.com](mailto:memehler@msn.com)) for more information about this important event. Besides showing good citizenship, this opportunity raises the profile of AAUW as a partner in such endeavors.

## CONFERENCE ON WOMEN'S ISSUES, OCTOBER 26\*



Join Congressman Moran for the 2013 Annual Women's Issues Conference at George Washington Middle School, 1005 Mt Vernon Ave, Alexandria, VA 22301 on October 26, 2013 (**\*new date**), from 8:30 a.m. until 12:30 p.m. The conference will include health screenings, information booths on a range of relevant issues, and a series of seminars on topics including women in the developing world, finance, professional and community leadership, and auto care. For more information:

<http://moran.house.gov/event/womens-conference-event>

## READ ABOUT SPEAKERS FOR OCTOBER 17 PROGRAM



**Sarina Griswold, Ed D**, has for several years taught meditation to students working in the DC private schools. She will speak to the connection between nutrition and brain function for better health and learning. Presently she is working with the PTSD outreach with the military and getting other outreach programs going, using the David Lynch Foundation funds.

**Elaine Gibson** beat Stage IV cancer without Big Pharma!

Now she shares everything she learned so you too can live a life filled with extraordinary health & joy.

She is a certified raw food chef, health counselor, green technology specialist, speaker, author, choreographer, and grandmother.

**Leah Tasman**, a Naturalist and Healthy Eating Specialist, works in Marketing at Whole Foods in Alexandria. She will share with us her experience and knowledge about the sources of quality foods, as well as how to shop wisely for nutritious foods.

## NORTHERN DISTRICT MEETING, OCTOBER 26

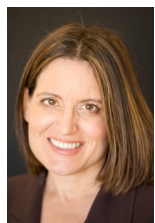
### AMERICAN ASSOCIATION OF UNIVERSITY WOMEN OF VIRGINIA NORTHERN DISTRICT PROGRAM

#### "COMMUNITY COLLEGES: AFFORDABLE, AVAILABLE, SO WHAT'S THE BARRIER?"

Date: **October 26, 2013** from 12:30 to 4:30 pm

Location: **Oakton Public Library**, 10304 Lynnhaven Place Oakton, VA 22124-1785

Guest Speaker: **Dr. Catherine Hill**, Director of Research, AAUW



In 2010, 57 % of community college students were women. About a quarter are mothers and many have significant work and family responsibilities. Dr. Hill will talk about the AAUW report *Women in Community College: Access to Success*. This report identifies challenges facing student parents and opportunities in STEM fields, as well how community colleges can provide more women with a reliable path to opportunity and economic security.

**Catherine Hill** is a Director of Research at AAUW and an author or co-author of many AAUW reports including *Women in Community College: Access to Success* (2013); *Graduating to a Pay Gap: The Earnings of Women and Men One Year after College Graduation* (2012); *Crossing the Line: Sexual Harassment at School* (2011); *Why So Few? Women in Science, Technology, Engineering and Mathematics* (2010) and *Where the Girls Are: the Facts about Gender Equity in Education* (2008). Before coming to AAUW, Dr. Hill was a Study Director at the Institute for Women's Policy Research and an assistant professor at the University of Virginia. She has a bachelor and master's degree from Cornell University and a Ph.D. in policy development from Rutgers University

This program is free and open to the public. After the program there will be a Northern District business meeting.

For more information, contact:

**Sandy Lawrence**

Northern District Representative, AAUW of VA  
[slawrence4@juno.com](mailto:slawrence4@juno.com)

703/569-1588

For carpool info contact Patsy Quick at  
[pnquick@cox.net](mailto:pnquick@cox.net).

VISIT OUR MT. VERNON BRANCH WEBSITE: <http://mtvernon-va.aauw.net>

Can't find the newsletter? It's on the website. Want the book group schedule? It's on the website. Don't remember a meeting date? It's on the website.

CHECK IT OUT!



## SENATOR WARNER SENDS CONGRATS



**Caroline Pickens**, AAUW of Virginia President, received a hand-signed embossed letter from Sen. Warner, congratulating AAUW of Virginia on receiving the 2013-14 AAUW Impact Grant. "The winning of this grant reflects your ability to provide a valuable service to the citizens of the Commonwealth of Virginia. It will allow your organization to focus on two critical issues affecting women of every age, which are equal pay and Science, Technology, Engineering, and Math (STEM). I commend all those whose commitment and hard work made this grant award possible."

Thanks go to **Angela Booker**, Co-Vice President for Public Policy (Woodbridge Branch) for her work in writing the application!

## BRANCH MEMBERS PARTICIPATE

Our Mt. Vernon branch was well represented at the Women's Equality Day events at the Lorton Workhouse Prison Museum on August 25. Branch members attending were **Jeanne Gayler, DeJuana Jones, Mary Ellen Mehler, Sue Rardin, Cheryl Spohnholtz, and Sharon Forrest**. **Clare Coulter** also attended, but is not in the photo. Events included a visit to the Workhouse Prison Museum where women seeking the right to vote were incarcerated in brutal conditions, a review of the American Suffragist Movement history by Professor Alice Reagan of Northern Virginia Community College, and a reenactment of the prison experience of Mrs. Robert Walker given by actress Lynne Garvey-Hodge. The combination of AAUW members and League of Women Voter members resulted in a large, enthusiastic crowd that had to be moved outside to the tent area to seat everyone.



## KICKOFF FUN

Thirty-one members and guests attended the Kickoff Dinner September 19, at Pema's. It was wonderful to see so many happy faces. A big thank you to **Joanne Clark** and **Joanna Crane** for making the arrangements, and informing us about the programs planned for the year. One guest joined on the spot: We are pleased to welcome **Cindy Douglass** as a new Mt. Vernon Branch member.



## PROFILING: TAKE A LOOK AT YOURSELF



**YOU NEED TO KNOW ABOUT THIS:** As a member of AAUW, you have access to the AAUW Member Service Database (MSD). You can use the MSD to update your member record and contact information, make a contribution, and track your membership and giving history for tax purposes. Additionally, branch members can view their branch member roster and leader contacts on the MSD.

Your personal record on the MSD is called your **Profile**. It is extremely important that your Profile information be accurate. WHY? National and AAUW of Virginia use mailing and emailing addresses to send AAUW *Outlook*, Virginia *Vision*, voting ballots, and other information to you.

### HOW TO ACCESS THE MSD AND CHECK YOUR INFORMATION

If you do not have a computer, call 800/326-2289 and ask to speak to someone in Membership, and ask about your Profile.

If you have online access, visit [www.aauw.org](http://www.aauw.org) and click at the very top to login with your AAUW Member ID. If you don't have that number, it takes seconds to obtain it by clicking on *Forgot AAUW Member ID?* Another way to obtain your ID is to call 800/326-AAUW (2289) and ask for it. Your ID is also on your copy of AAUW *Outlook*.

If this is the first time you have logged in, you will *Need to Register*. Click on that and follow the directions to create a personal password.

Now you are ready to *Enter Member Service Database*. Then, click on *My Profile* in the top left column. Is your information correct? If not, make changes as directed. You can also print out a membership card to keep your Member ID handy.

**Check right now to see if your MSD information is correct!** Make sure your Profile is correct so that you receive everything from AAUW and AAUW of Virginia that is sent to you. (If you do not want to receive anything from AAUW you may call the number above and ask to have your info flagged.)

Patsy Quick  
AAUW of Virginia Vice President for Communications  
[pnquick@cox.net](mailto:pnquick@cox.net)

## AAUW RELEASES STATE RANKINGS ON EQUAL PAY BASED ON NEW CENSUS DATA

The American Association of University Women (AAUW), on September 19, released its latest analysis of the gender pay gap, which shows that the gap is narrowest in the District of Columbia, where women's median earnings are 90 percent of men's, and widest in Wyoming, where women earn just 64 percent of what men earn. Nationally, women working full time are paid only 77 percent of what men are paid, just as they were a decade ago.

The AAUW report, *The Simple Truth about the Gender Pay Gap*, was updated with statistics released recently by the U.S. Census Bureau's American Community Survey. *The Simple Truth* outlines steps that employers and the federal government can take to help close the pay gap. AAUW has also published analyses of the pay gap in each congressional district. Download a copy of the full report at :

**<http://www.aauw.org/research/the-simple-truth-about-the-gender-pay-gap/>**



You're going through a box of loose papers from the 1950's and come across a beautifully handwritten letter, 5 pages long. You look at the signature, and it's from Rachel Carson. She is thanking AAUW for giving her the Achievement Award in 1956 and stating she will use the money to do research for her next book. That book turned out to be *Silent Spring*.

This actually happened to me as a member of the AAUW Archives Corps, which meets at AAUW headquarters downtown once a month to work on boxes from our archives that need to be culled and put into archival condition. The letter proved what we have always thought: that the money from AAUW directly helped Rachel Carson write *Silent Spring*.

There are 17 local AAUW members in the Archives Corps,

but most are from Maryland branches. We can use more members—and we need more from Virginia to find these incredible pieces of AAUW history (can't let Marylanders get all the good stuff). Work is done the first Monday and Tuesday of each month. The hours are flexible but generally people come in about 9:30 or 10 and work until 2 or 2:30. It goes all year, but we have fewer attendees in July and August because of vacation times. But that's part of the beauty of it—you don't have to come every month. New members receive training from the AAUW archivist, plus you are also with members who have been doing this for almost 2 years now who can help you. And it's fun to meet members from other branches. There is a lot of "Oh my gosh—listen to this!"

If you are interested in joining us, please contact me at [carolineaauw@gmail.com](mailto:carolineaauw@gmail.com) or Suzanne Gould (AAUW's archivist) at [goulds@aauw.org](mailto:goulds@aauw.org). (Headquarters is close to Farragut West and Farragut North stations.)

## ***Want to join the front lines of advocacy?***

### ***Join AAUW's Lobby Corps!***

Lobby Corps Open House

Thursday, November 7, 2013

10AM-2:00PM (Lunch will be served)

AAUW, 1111 Sixteenth Street, NW, Washington, DC 20036

Whether fighting for gender equity in education, championing moderate jurists for federal courts, or supporting measures to improve economic security, the AAUW Action Fund Capitol Hill Lobby Corps is on the scene.

Once a week, volunteer members and college student interns give the AAUW Action Fund a voice and a face on Capitol Hill. Since its formation in 1972, the Lobby Corps has made tens of thousands of visits to congressional offices, making AAUW a familiar and respected name among members of Congress and their staffs.

Because this corps has worked hand in hand with lobbying staff, AAUW has had a significant political impact on legislation concerning issues such as

- ☐ education,
- ☐ civil rights,
- ☐ reproductive rights, and
- ☐ economic security.

**Eligibility and Training** AAUW Action Fund members and college students who study in the metropolitan Washington, D.C., area are welcome to join Lobby Corps. *No experience or expertise is necessary — only a commitment to promoting AAUW's policy priorities.* Volunteers receive comprehensive training as well as briefings on key issues that are likely to come before Congress.

**Lobbying** Every Thursday morning that Congress is in session — about 30 Thursdays a year — the Lobby Corps is briefed on that week's priority and then proceeds to selected congressional offices to educate policy makers. Members make more than 1,200 visits each session and report back to AAUW Action Fund staff with helpful information for follow-up and grassroots activities.

**For more information, contact [VoterEd@aauw.org](mailto:VoterEd@aauw.org) or 202-785-7724**

# 2013 - 2014 MT. VERNON BRANCH PROGRAM YEAR

## MT. VERNON AUUW 2013-2014 Program Schedule

Meeting Date & Location	Focus/Activity
<b>Thursday, SEPTEMBER 19, 6:30 pm</b> Pema's Restaurant 8430 Richmond Hwy	<b>Kick Off Dinner</b>
<b>Saturday, SEPTEMBER 21, 10:00 am</b> Elaine Kolish's Home 920 Emerald Drive, 22308	<b>UCM's Walk for the Homeless and Plant Exchange</b>
<b>Wednesday, OCTOBER 9, 7:00 pm</b> Sherwood Regional Library 2501 Sherwood Hall Lane, 22306	<b>Meet and Greet the Candidates</b> In collaboration with League of Women Voters
<b>Thursday, OCTOBER 17, 7:00 pm</b> Heritage Presbyterian Church 8503 Fort Hunt Road	<b>Food Safety and Nutrition</b> Elaine Gibson, Leah Tasman, and Dr. Sarina Grosswald, Ed.D
<b>Thursday, NOVEMBER 15 or 17 7:00 pm</b> Cameron Station Clubhouse 200 Cameron Station Blvd. Alexandria, VA 22304	<b>The Affordable Care Act: What does its implementation mean for you?</b> Joint program with Alexandria Branch
<b>Saturday, DECEMBER 7, 11:30 am</b> Mt. Vernon Country Club 5111 Old Mill Rd., 22309	<b>HOLIDAY LUNCHEON</b>
<b>Thursday, JANUARY 16, 7:00 pm</b> Sherwood Regional Library 2501 Sherwood Hall Lane, 22306	<b>Fair Girls: Anti-trafficking Support Programs</b> Teresa Tomassini, Director of Programs
<b>Tuesday, FEBRUARY 11</b> Little Theatre of Alexandria 7:00 Reception, 8:00 Performance	<b>Little Theater Fundraiser "Ragtime"</b>
<b>Saturday, MARCH 15</b> Mount Vernon Country Club 5111 Old Mill Rd., 22309	<b>Annual Meeting</b> <b>Speaker on Women in Leadership (Lean In)</b>
<b>APRIL</b> (date and location TBD)	<b>STEM Education (Science, Technology, Engineering and Math)</b>
<b>Thursday, MAY 15, 6:30 pm</b> Joanna Crane's House: 6511 Princeton Drive, 22307	<b>ANNUAL POTLUCK</b>
<b>Saturday, JUNE 7, 9:30 AM</b> <b>Location TBD</b>	<b>2014-2015 PLANNING BRUNCH</b>

### AAUW of Virginia Dates to Remember

October 26, 2013	Northern District Meeting, 12:30 Oakton Library
February 5, 2014	State Lobby Day, Richmond
April 4-6, 2014	AAUW of Virginia Conference, Smith Mountain Lake



## Mt. Vernon

Cynthia Gindlesperger  
915 Neal Drive  
Alexandria, VA 22308

[www.aauwofva.org](http://www.aauwofva.org)  
[mtvernon-va.aauw.net](mailto:mtvernon-va.aauw.net)

## First Class



- **1 Board Meeting, 7:30**  
Barbara Mann's home  
703/780-8494
- **9 Meet/Greet Candidates, 7:00,**  
Sherwood Hall Library,  
8:30 am, Arlington
- **21 Book Group, 7:30**  
Joan Winslow  
703/780-7810
- **17 Branch Program, 7:00**  
Call DeJuana Jones  
703/780-5026
- **25 Game Night, 7:15**  
Call Bianca Daugherty  
571/332-8371
- **26 No VA District Mtg. 12:30, Oakton**  
Sandy Lawrence  
703/569-1588
- **26 Women's Issues Conf.**

# OCTOBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Board Meeting	2	3	4	5
6	7	8	9 Meet & Greet Candidates	10	11	12
13	14	15	16	17 Branch Program	18	19
20	21 Book Group	22	23	24	25 Game Night	26 No. District Mtg & Women's Issues Conf
27	28	29	30	31 Happy Halloween		