

Mt. Vernon Voices

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

Volume 59 Issue 9 May 2016
Mt. Vernon Branch



PRESIDENTS' CORNER

JOANNA CRANE

Creativity and Leadership Abound in Mount Vernon

It was beautiful to see the many varied ways that Mount Vernon Branch members contributed to the abundantly successful AAUW 2016 Virginia State Conference. From artistic expression to industrious production, our branch brought it all to the conference.



From the beginning, **Mary Ellen Mehler** and **Shirley Richey** helped to put the whole show together on the planning committee. **Bianca Daugherty** procured the attractive green conference bags, which were donated by her husband. A gift in each bag was a charming magnet with the state logo which was made by **Joanne Clark**. The branch, as well as **Joanne Clark** and **Patsy Quick**, paid for the magnets.

Mary Ellen Mehler made sure the bags contained chocolate, too.

The Friday Night Salon showcased Mount Vernon's creativity, featuring **Anne Simpson's** fabulous son and daughter-in-law, **Kevin Simpson** and **Leigh Lafosse**, performing a clarinet duet, and **Joanne Clark** sharing her inspiring story of becoming a photographer.

Mount Vernon was deeply involved in the business meeting on Saturday and Sunday mornings. **Patsy Quick** co-chaired the entire proceedings, **Joanna Crane** gave the Bylaws Report and presented the proposed amendment, and **Mary Ellen Mehler** co-authored the Voting Guide.

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THURSDAY

MAY 19

POTLUCK
DINNER

6:30 PM

BRING YOUR
FAVORITE
DISH

ANNUAL POT LUCK DINNER

JOANNE CLARK

**ANNUAL MT. VERNON BRANCH POTLUCK DINNER
COME ONE, COME ALL!**

Thursday, May 19, - 6:30 PM - Home of Carolyn Stewart



On May 19, we will come together at the home of **Carolyn Stewart** for our annual potluck dinner. **Carolyn** will supply a centerpiece dish (a meat dish, maybe a ham) and we will bring the rest - appetizers, casseroles and/or side dishes, breads. No wine is needed, as we have enough left over from the LTA fundraiser.

Please let **Carolyn** know by May 15 what your contribution will be. She will let us know what we have enough of and what we need more of.

Carolyn's contact information: **Carolyn Stewart, 8909 Linton Lane** - Tel: (703) 780-4974; Email: zhp@verizon.net

**This is one of the most fun social events that our branch holds each year
and I am looking forward to seeing everyone!**

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Without **Cheryl Spohnholtz** we would not have had wonderful **Admiral Sandy Daniels** as a Women-Breaking-Through panelist on Sunday. **Admiral Daniels** was a classmate of Cheryl's at the Naval Academy. **Shirley Richey** assembled the lovely LAF raffle basket from our branch. Thanks to **all the members who contributed items** for the basket. **Joanna Crane** led a gentle Chair Yoga Mini-Break session.

The capstone of the entire endeavor was **Dejuana Jones** and **Marvel Luykx's** original, wonderful table decor created for the Saturday Night Banquet.

It takes a village to decorate 10 tables. They had a great team to help them get everything on the tables: **Mary Ellen Mehler, Cynthia Jacobus, Bianca Daugherty, Edie Bartlett, Shirley Richey, Elizabeth Lonoff, Barbara Mann, Sue Rardin and Diane Watts, Joanne Clark, and Elizabeth Lonoff** provided invaluable assistance. **Bianca Daugherty** and **Elizabeth Lonoff** created the lovely banquet program guides. We can all be very proud of the amazing display of creativity, heart, and hard work that our branch brought to bear at the conference.

This beautiful drawing by Elizabeth Lonoff adorned the Conference Banquet Programs



BRANCH LEADERSHIP 2015 – 2016

<p><u>Co-Presidents:</u> Joanna Crane 703/718-8892 joanna.p.crane@gmail.com Mary Ellen Mehler 703/780-8494 memehler@msn.com</p> <p><u>Program Vice President:</u> Joanne Clark 703/768-8996 jclark@meridian.org</p> <p><u>Membership Vice President/ Treasurer:</u> Edie Bartlett 703/780-6809 redsse@aol.com</p> <p><u>Secretary:</u> Shirley Richey 703/780-0834 shirley97@verizon.net</p> <p><u>Bylaws:</u> VACANT</p>	<p><u>AAUW Funds:</u> Joanne Malkin 703/360-7725 jbmalkin@verizon.net</p> <p><u>Public Policy:</u> Patsy Quick 703/360-8678 pnquick@cox.net</p> <p><u>Newsletter/Website:</u> Bianca Daugherty 571/332-8371 d4bnjk@aol.com</p> <p><u>Newsletter/Directory Distribution:</u> Cynthia Gindlesperger 703/619-5262 ngindlesperger@verizon.net Mary Ellen Mehler 703/780-8494 memehler@msn.com</p> <p><u>International Affairs:</u> Joanne Clark 703/768-8996 jclark@meridian.org</p>	<p><u>Hospitality:</u> Cathy Krebs 703/765-2751 catherinekkrebs@yahoo.com</p> <p><u>Nominating Committee Chair</u> Lois Passman 703/781-7626 LMPassman@msn.com</p> <p><u>Book Group:</u> Liz Promen 703/780-7342 epromen@cox.net</p> <p><u>ImpromptEvent</u> Barbara Mann 703/360-3880 speech.solutions.verizon.net</p> <p><u>Dining Out:</u> Elizabeth Lonoff 703/765-2634 elonoff@msn.com</p> <p><u>Game Night:</u> Bianca Daugherty 571/332-8371 d4bnjk@aol.com</p>
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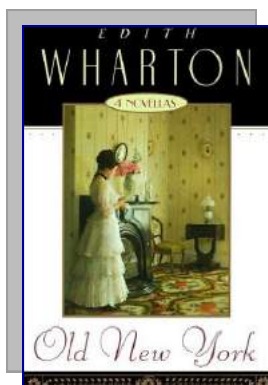
BOOK GROUP

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

DATE: Monday, May 16, 2016, 7:30 PM

HOSTESS: DeJuana Jones
8406 Stockade Drive (22308)
703/780-5026

CO-HOSTESS: Joanne Clark



BOOK: Old New York
by Edith Wharton

REVIEWER: Mary Ellen Mehler

NEXT BOOK: The Boys in the Boat
by Daniel Brown

GAME NIGHT

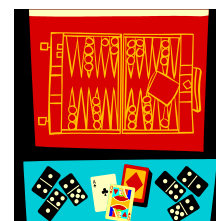


Game Night

Friday, May 27, 2016

7:30 PM

Home of Shirley Richey



Join us for light snacks and fun!

Contact **Bianca Daugherty** if you would like to join the group (d4bnjk@aol.com)

DINING OUT

ELIZABETH LONOFF

Join Dining Out in trying the newly renovated and reopened **Cedar Knoll** overlooking the Potomac River at 7 pm on Friday, May 13th.

An early May invitation e-mail will distribute the limited number of seats, with a confirmation to follow.



Cedar Knoll
9030 Lucia Lane, Fort Hunt, VA
22308
Tel: 703/780-3665

Established in 1941, **Cedar Knoll** was built around a log cabin dating back to the early 1800's, when it was part of River Farm on George Washington's Mount Vernon plantation, so the history is apparent from the moment you step inside. The three chef-owners serve an American menu with French influences, sourcing seasonal local ingredients.

Dinner menu:

<http://www.cedarknollva.com/pdf/dinnermenu.pdf>

Dessert menu:

<http://www.cedarknollva.com/pdf/dessertmenu.pdf>

Reviews:

https://www.tripadvisor.com/Restaurant_Review-g30226-d465583-Reviews-Cedar_Knoll-Alexandria_Virginia.html

<http://www.yelp.com/biz/cedar-knoll-alexandria>

***** Please feel free to invite a spouse or friend. *****

If your plans change after you reserve your seat(s), please contact **Elizabeth Lonoff** (elonoff@msn.com) immediately, as she will be keeping a waiting list.

DUES FOR JULY 1, 2016, THROUGH JUNE 30, 2017

Dues invoices will go out the beginning of May by email. Dues for this coming year will be **\$77.00** (\$49 - National, \$15 - Virginia, and \$13 - Mt Vernon Branch).



1. If you would like to pay the dues **by check** please make it out to **AAUW - Mt. Vernon** and mail to **Edith Bartlett**, 3204 Battersea Lane, Alexandria, VA 22309.
2. If you would like to pay **on line**, please follow these directions:
 - Go to the AAUW homepage at www.aauw.org
 - Click on **Log in** at top of the page
Log in with your membership number and password. If you do not remember your membership number call **Edie** (703/780-6809) and she will tell you what it is.
Write this information down in your notebook so you will have it for next year.
 - Once logged in, scroll to the bottom of any page and click **MEMBER TOOLS**, then click **MEMBER SERVICES DATABASE (MSD)**.
 - Click **ENTER MEMBER SERVICES DATABASE**.
On left side select **RENEW MY MEMBERSHIP** and pay with your credit card.

The **Mount Vernon Branch Member Directory** for 2016 was emailed out the end of April. Please print it out at your convenience.



If you are unable to print it, please let **Edie Bartlett** know and she will make you a copy.

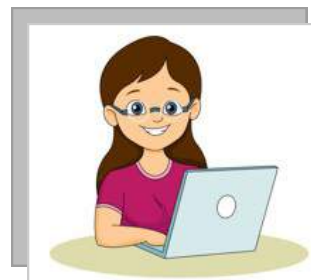
Edie Bartlett - Tel.: 703/780-6809

Old Laptops

Edie Bartlett is collecting old laptop computers for her son **Mark**.

He completely cleans and distributes them to children or families who otherwise could not afford one. You can learn more about **Computer Equipment for Kids** at www.mrbartlett.com

Call and she will pick up.



NAME TAGS

Edie Bartlett will be putting in a small order for the magnetic plastic name tags in May. If you do not have one and would like to order one, please call her.

Tel: 703/780-6809



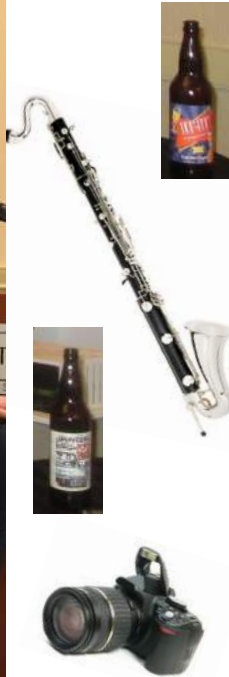
AAUW OF VIRGINIA CONFERENCE NOTES

What do cider, photographs and clarinets have to do with each other?

Actually, a lot. At the conference, we were treated on Friday night to a salon presentation of the qualities of various types of cider (who knew!), a fascinating discussion of photography, and an outstanding clarinet duet. Most important, Mount Vernon members (or their families) represented two out of three of the presentations. **Joanne Clark** told us how easy it is to take photographs like she does (maybe she could teach us!). Then, there was such a treat from **Ann Simpson's** son and daughter-in-law, members of the elite Army Band's Pershing's Own, who played duets on their respective clarinets.

The evening set a high bar for future conferences given the talent that we saw that night.

BARBARA MANN



Top left:
"The Simpsons", Anne and Richard, with their son **Kevin** and daughter-in-law **Leigh Lafosse**

Top right:
Jeanne Elmore and **Rebecca Norlander** serving cider

Bottom:
Joanne Clark with one of her favorite photographs

Saturday morning the Mayor of Herndon, **Lisa Merkel**, welcomed us to the city and encouraged us all to take advantage of the 120 restaurants in the 4 square mile town of Herndon.



Another new facet to this year's conference was the introduction of "**mini-break**" sessions – a selection of short 45 -minute breakouts offering a variety of activities, including brainstorming fun ways to get and keep new members, chair yoga, taking a walk, visiting the international vendors, buying raffle tickets for LAF baskets, and socializing.



Neola Weiler



Joanne Clark and Edie Bartlett

Judge Jane Roush, who presided over the beltway **sniper trial of Lee Malvo** back in 2003, gave the keynote address. She spoke of her law career, paying tribute to **Elizabeth Tomkins**, the first women to graduate from the University of Virginia Law School back in 1923. From being a real estate lawyer, she was elected to be a Fairfax County Judge in 1993. In July 2015, she was nominated for the **Virginia Supreme Court**, and served as an interim Justice until March of 2016, when Republicans blocked her confirmation.

Break Time

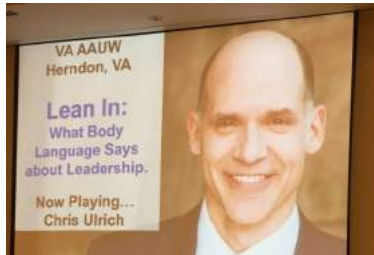
Rebecca Norlander, AAUW National Board member from Washington State, presented an AAUW State of the Union, including showing us the new "**elevator speech**" video for AAUW. Rather than trying to tell someone all about what AAUW offers, it boils down to "A membership community that is changing the climate for women and girls". She recommended that everyone take the **Bias quiz** on the website, to determine what unconscious biases we may hold. She also mentioned the **Elect Her programs** on college campuses as well as the **Start Smart** effort that teaches graduating women how to negotiate their initial salary.



....continued page 7

After lunch on Saturday, there were three workshops to choose: **Leading in Philanthropy, Leading on Campus, and Leading for Equitable Treatment.** I attended the campus session and was extremely impressed with the college student panel that showed how the AAUW programs made an impact on their lives.

her story about becoming an astronaut while also balancing being a wife and mother. She mentioned going to Houston for astronaut training with her two year old daughter in tow – and how her male classmates pitched in to babysit so she could get her required flight hours. What an impressive lady!



The next session on Saturday was all about body language. **Chris Ulrich** presented a fast paced entertaining look at how body language impacts everything we do. He talked about **Develop, Decode, and Deliver.**

The first part of understanding body language is to figure out a person's baseline. What is a person's "normal"? Then when you note changes to that baseline – stop. Those are "hot spots". Finally, ask open-ended powerful questions to get at the meaning behind the body language. **Chris** gave some great hints, like "When we grab our chin, we're about to win" and "you've got to frame yourself to fame yourself" – when you walk into a room, pause for a second and lean against the doorway. He talked about appropriate eye contact in a professional setting – you should be looking at the triangle formed by the eyes and the nose. If you look at the forehead you are perceived as arrogant, while looking at someone's lips can be seen as flirtatious.



Co-Presidents Sandy Lawrence and Patsy Quick with Dr. Kathryn Thornton



Shirley and Edie striking a pose

The **Woman of Achievement** dinner honored astronaut and physicist **Dr. Kathryn Thornton**, who regaled us with

Sunday's highlight was the **Women Breaking Through** panel, which included **Rear Admiral Sandy Daniels**, a Navy pilot; **Ally Hamlin**, PG County Homicide Detective and Quarterback for the DC Divas; and **Stacey Kincaid**, Sheriff of Fairfax County. The panel moderator, **Rebecca Norlander**, asked great questions. A few themes emerged: You don't need to force everyone to be the same, you just need to be sure everyone has the same opportunity; Start from the premise that we're all human – if we start there maybe we can move forward; we're not looking for diversity but infinite variety/possibilities; change is disappointing people at a rate they're comfortable with.



From left to right: Sandy Daniels, Stacey Kincaid, Ally Hamlin and Rebecca Norlander

BANQUET CENTERPIECES WERE A HIT!

DeJuana:

On a cold day in January when April sounded eons away, I was asked if I would consider decorating tables for our State Conference to which I readily responded thinking of talented friends who would eagerly join me in the task. Most fortunately, **Marvel Luykx** agreed to be my partner, and ideas flowed abundantly from that creative mind with little consideration of limitations of time or finances.



DeJuana Jones and Marvel Luykx

Marvel:

How can we promote the theme "**Women Leading**" with the table decorations for the AAUW of Virginia State Conference? How can we present something decorative that everyone will remember?

Together we decided to portray career women with paper dolls from different ethnic backgrounds and label them with careers open to women. One hundred twenty stood in a grove of boxwood, each labeled with a specific career.



A round mirror served as a base for a tall vase showcasing rocks, lights, ivy encircling a tall blue hydrangea, highlighted by a spray of towering, sparkling silver branches.

The attendees got it! They took the paper ladies home. Several attendees remarked, "I am going to give a program on careers." Another said, "The silver branches symbolized reaching for the stars." Still another said, "I had never even thought of some of those careers."

Our message succeeded. Attendees were reminded that we must continue to inform and encourage young women to explore pathways to new careers.



DeJuana, Marvel and team

FEDERAL LOBBY DAY, MAY 12

FEDERAL LOBBY DAY,
which is held under the auspices of the AAUW Lobby Corps, is

Thursday, May 12, 2016.



AAUW of Virginia members will be matched up with experienced AAUW Lobby Corps members and assigned offices to visit that day. Although it is too early for the schedule to be finalized, please anticipate that we will be getting an early start.

I plan to attend and would love company! It is usually an interesting day. You would be home by early afternoon. We need to let **Leslie Tourigny** (ltourigny@gmail.com) know by **April 27, 2016, the names and email addresses of anyone coming.**

Think about it and let me or Leslie know.

Patsy Quick
Public Policy Chair
(pnquick@cox.net)

AAUW OF VIRGINIA ELECTIONS

ONE MEMBER - ONE VOTE

AAUW of Virginia online voting **started April 28 and will end May 20.** You will be voting on candidates for state office, proposed bylaw amendments, and the 2016-2018 public policy priorities. It's important to vote, as a 7% quorum is needed. Cast your vote online at <http://www.aauw.org/va-vote>. You should have received an email with your membership ID and password, that you will need to log in.

For more information consult the **VOTER GUIDE** in the **Vision Newsletter** at <http://aauw-va.aauw.net/files/2012/11/Vision2016WinterSpring-Final.pdf>



AAUW WORK SMART LAUNCHES IN D.C.

AAUW is proud to announce **AAUW Work Smart** in D.C., their second collaboration with a major U.S. city (after Boston) to train women to confidently and successfully negotiate salary and benefits they deserve.

Find out more at <http://www.aauw.org/article/work-smart-dc/>

Negotiating a salary can make a real difference in women's earnings.

2015 - 2016 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Thursday, September 17, 2015, 6:30 pm Mt. Vernon Country Club 5111 Old Mill Rd., Alexandria, VA 22309	Kickoff Dinner With AAUW Video Screening
Thursday, October 15, 2015, 7:00 pm Sherwood Regional Library 2501 Sherwood Hall Lane Alexandria, VA 22306	Friends of Guest House (Rehabilitation of ex-offender women) Speaker: Kari Galloway, Executive Director of Guest House
Thursday, November 19, 2015, 7 pm Mt. Vernon Governmental Center 2511 Parkers Lane Alexandria, VA 22306	AAUW Public Policy Speaker: Lisa Maatz VP Government Relations at AAUW
Saturday, December 12, 2015, 12 noon Mt. Vernon Country Club 5111 Old Mill Rd., Alexandria, VA 22309	Holiday Event Brunch/Lunch
Saturday, January 9, 2016, 1 pm Mt. Vernon Governmental Center 2511 Parkers Lane, Alexandria, VA 22306	Virginia's Legislature - Current Policy Priorities Speaker: Scott Surovell State Senator
Thursday, February 18, 2016, 7 pm Mt. Vernon Governmental Center 2511 Parkers Lane Alexandria, VA 22306	Container Gardens Speaker: Eileen Powell Master Gardener, Author
Saturday, March 19, 2016, 9 am Mt. Vernon Country Club 5111 Old Mill Rd., Alexandria, VA 22309	Annual Meeting Breakfast Buffet
Tuesday, April 26, 2016 7 pm Reception - 8 pm Performance Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314	Little Theatre Fundraiser "To Kill a Mockingbird"
Thursday, May 19, 2016, 6:30 pm Home of Carolyn Stewart	Annual Potluck Dinner
Saturday, June 4, 2016, 9:30 am Home of Edie Bartlett	Annual Planning Session

Other Important Dates to Remember:

May 12, 2016

Federal Lobby Day

AAUW Mt.Vernon

Cynthia Gindlesperger
915 Neal Drive
Alexandria, VA 22308

<http://aauw-va.aauw.net/>

<http://mtvernon-va.aauw.net/>

First Class



- **3 Board Meeting, 7 pm**
Mary Ellen Mehler's home
703/780-8494
- **Dining Out, 7 pm**
Contact Elizabeth Lonoff
703/765-2634
- **16 Book Group, 7:30 pm**
Contact DeJuana Jones
703/780-5026
- **19 Pot Luck Dinner 6:30 pm**
Contact Joanne Clark
703/768-8996
- **27 Game Night, 7:30 pm**
Contact Shirley Richey
703/780-0834

MAY 2016

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Board Meeting	4	5	6	7
8	9	10	11	12 Federal Lobby Day	13 Dining Out	14
15	16 Book Group	17	18	19 Potluck Dinner	20	21
22	23	24	25	26	27 Game Night	28
29	30	31				