

Mt. Vernon Voices

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

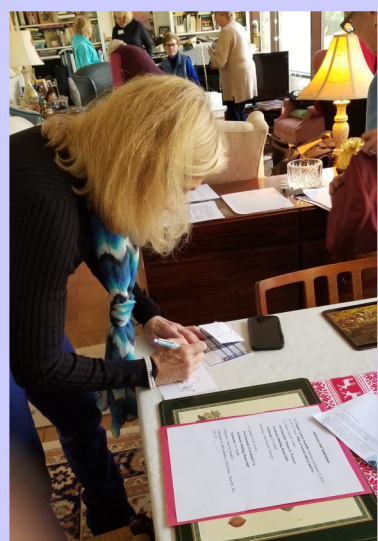
Volume 62 Issue 6 February 2019

Mt. Vernon Branch



PRESIDENTS' CORNER

The **ERA post card write-athon** on January 6 was a blast! Thank you to all who came. Writing postcards to members of the Virginia General Assembly urging them to move the proposed Equal Rights Amendment out of committee and on to a vote was an experience in unity, and in the powers of women and the pen.



Taking the action of actively participating in our democracy is a transformative pride-building experience. Ideas and addresses and post cards were flying! We have mailed in about 80 (yes, eighty) or more postcards. Hurrah for us!

So thank you to all who take advantage of AAUW's **"Two Minute Activist"** and to those who read this publication and mark their calendars and come to meetings. We must keep this pro-active spirit alive and be certain that the future, like the weather, will change for the better. "Oh wind, if winter comes can spring be far behind?"

Cathy Krebs and Joanne Malkin
Co-Presidents



Branch Fundraiser

**Friday
February
22**

**Reception:
7pm**

**Curtain:
8 pm**

\$35



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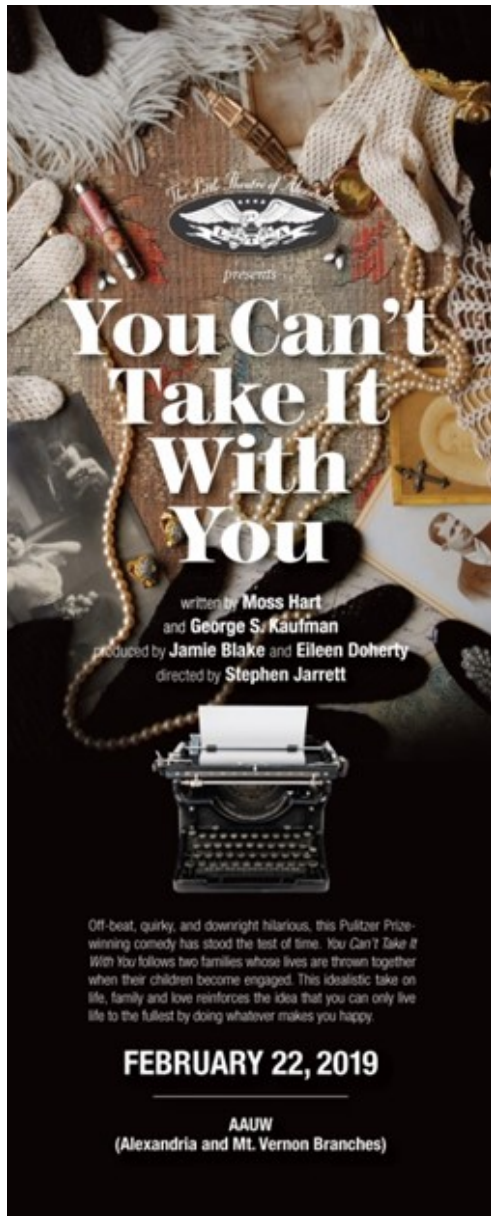
LITTLE THEATRE OF ALEXANDRIA FUNDRAISER

ANNUAL FUNDRAISER

Friday, February 22, 2019 - Reception 7 PM / Curtain 8 PM

"You Can't Take it With You"

The Little Theatre Fundraiser is just around the corner! Time to help out!



FOOD: It is our turn to bring sweets. Please let **Patsy Quick** know ASAP if you will bring a sweet. **Patsy** can take it to the theatre in the afternoon of the event. Contact her to make arrangements. Or, you may bring it to the theater yourself, before the 7 PM Reception.

WINE: We always bring wine and this year is no exception! Let **Patsy** know if you can provide a bottle or two of wine, white or red.

DECORATIONS: It is our turn to decorate. If you have some fancy looking costume jewelry that you can lend, let **Patsy** know. Strands of pearls, sparkly rhinestones, lovely old compacts, cigarette holders...anything small that could be used in a centerpiece designed to express opulence! All items will be returned.

TICKETS: Don't forget to sell or give away your tickets. Donations are also welcomed. Contact **Ronnie Gunnerson** for more tickets. ronniegunnerson@gmail.com
Please return tickets that will not be used to Ronnie.

RAFFLE BASKETS: Our **Spa Basket** is pretty full but a few more items are still needed for the **Wine/Chocolate Basket** (spreads, chutneys, nice crackers). For donations contact **Paula Lettice** pglettice@gmail.com

PLEASE LET PATSY KNOW BY FEBRUARY 18!

pnquick@cox.net 703/360-8678

BE A BRANCH LEADER!

Be an AAUW Leader! Nomination Time is Now!

The following positions will be open for election to the board
at the annual meeting March 16



(Co-) President
Program (Co-) Vice President
(Co-) Secretary

All positions can be shared!
Pair up with a friend (or make a new friend).

**All current officers are available to mentor
and help with the transition.**

If you are interested please email **Lois Passman** (LMPassman@msn.com) or call **Lois** (703-781-7626) to take advantage of this amazing opportunity!!!!!!

BRANCH LEADERSHIP 2018 – 2019

Elected Officers

Co-Presidents: Joanne Malkin
Cathy Krebs
Program Vice President: Mary Ellen Mehler
Membership Vice President: Shannon Dubicki
Treasurer: Anne Simpson
Secretary: Paula Lettice

Appointed Chairs

Bylaws: **vacant**
AAUW Funds: Joanne Malkin

Public Policy: Patsy Quick
Newsletter/Website: Bianca Daugherty
**Newsletter/
Directory Distribution:** Mary Ellen Mehler
Nominating Committee Chair: Lois Passman
Hospitality: Cathy Krebs

Interest Groups

Book Group: Liz Promen
Dining Out: Elizabeth Lonoff
Game Night: Bianca Daugherty
ImpromptEvent: Barbara Mann

Contact Email: AAUW.MtVernon@gmail.com

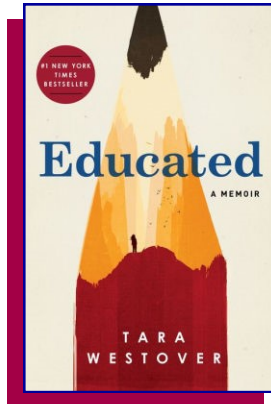
BOOK GROUP

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

DATE: Monday, February 18, 7:30 PM

HOSTESS: Ebba Jo Spettel
3003 Cunningham Drive
703/780-0841

CO-HOST: Elaine Kolish



BOOK: Educated
Tara Westover

REVIEWER: Betty Demerest-

NEXT BOOK: Little Fires Everywhere
Celeste Ng



NO GAME NIGHT IN FEBRUARY!

- NEXT GAME NIGHT WILL BE MARCH 22 -

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

IMPROMTEVENT



On January 6 three branch members attended **19-The Musical** for a concert of new songs being prepared for the 2-act play that everyone hopes will be ready by 2020 to celebrate 100th anniversary of women's right to vote.

Anne Simpson, Patsy Quick and Bianca Daugherty with 2 cast members after the show

BRANCH PROGRAM JANUARY 19

Dr. Jamie Grant, a certified **Transcendental Meditation (TM)** trainer and director of the **TM Center in Fairfax**, enlightened a group of twenty-eight Branch members and friends at Heritage Presbyterian Church on Saturday, January 19, 2019.

His talk, “**Don’t Forget Your MEDS, An Introduction to the Importance of Meditation,**” was supported by videos, charts, and statistics. “**MEDS**” in the title does not refer to medications but refers to the four components of wellness: **Meditation, Exercise, Diet, and Sleep**. Transcendental Meditation, or TM, is a simple, effortless, natural, mental technique. It is not a form of religion or worship and does not involve mind control, or focused concentration.

Dr. Grant compared the active mind experiencing stress to an ocean with waves at the top while at the deepest levels of both mind and ocean there is quiet and peace. As the mind settles down to peace through meditation the body relaxes. Studies show the positive effects of meditation in decreasing stress-induced anxiety, high blood pressure, insomnia, obesity and diabetes. In a video, women in media discussed the value of TM in reducing stress. A Harvard study of 80-

year-olds shows improved cognitive flexibility in the elderly after TM.

Planting a plant in soil and feeding and watering it benefits not only the roots but the whole plant. TM grounding benefits not just our minds but our

whole lives. Therefore, TM is very relevant in schools. A video showed students meditating in a middle school in a rough neighborhood of San Francisco. In students, TM develops alertness, focus, creativity and self-confidence. It gets the students ready to learn. It also makes them faster at video games! School administrators found that with TM psychological distress and anxiety of students went down and their academic performance and attendance went up.

How can TM technique be learned? Phase I consists of four 90-minute classes on four consecutive days. Phase II features follow-up 60-minute meetings, two in the first month after Phase I, and one meeting per month for the next three months.

Fees for the program are scaled to income.

Thank you to **DeJuana Jones**, **Mary Ellen Mehler**, and **Patsy Quick** for their efforts in arranging this educational experience.



From left: Cathy Krebs, DeJuana Jones, Dr. Jamie and Anne Grant, Mary Ellen Mehler, Patsy Quick

Cathy Krebs
Co-President

**COMING
SOON!**

RESERVE THE DATE!

**Annual Meeting and Brunch
March 16, 2019**

Details on location and menu will be coming soon from
Mary Ellen Mehler.



AAUW OF VIRGINIA LOBBY DAY, FEBRUARY 7

February 7 is our annual Lobby Day in Richmond. We had great success on January 16, when 20 AAUW volunteers delivered “**Unfinished Business**” to every legislator in the General Assembly! (See photo.) February 7 is our traditional day, and we hope even more of you will attend! This day is for meeting with specific legislators AAUW VA has planned for the entire group, and to meet with your personal legislators. **Everything will be planned for you. You just need to show up!** Below are details as you make your commitment to attend. **Patsy Quick** plans to attend and would love a traveling companion!



We have two items for your urgent attention:

1. We have reserved a block of rooms at the **Omni Hotel in Richmond** for our state Lobby Day on February 7, 2019. Reservations must be made on line (<https://www.omnihotels.com/hotels/richmond/meetings/american-association-of-university-women>) or call 1-800-OMNI and identify yourself with the “American Association of University Women” group. **ALL RESERVATIONS MUST BE MADE BY JANUARY 30TH TO GUARANTEE THE GROUP RATE OF \$147.00/ROOM.**

Members of the Greater Richmond Branch also have offered to host our members overnight on February 6. If you would like to take advantage of GRAAUW’s hospitality, please let Sylvia, Susan and Carol Stephens, Co-President of AAUW of VA (carterstephens69@icloud.com) know **AS SOON AS POSSIBLE.**

2. **AAUW of VA will host its second annual Reception in Honor of Virginia’s Women Legislators on February 6, 2019, the even-**

ing before Lobby Day. The reception will be an open house from 6-8 pm at the Commonwealth Strategy Group, 118 N. 8th Street, Richmond, VA 23219. **All lobby day participants are invited to attend.**

Please let us know BY JANUARY 30, 2019, WHETHER YOU PLAN TO JOIN US FOR STATE LOBBY DAY, AND IF YOU WILL PARTICIPATE IN THE FEBRUARY 6 RECEPTION. We must have a firm head-count to determine food/drink amounts for the reception. We also will need a list of individuals who will be joining our meetings with the Governor and Lt. Governor. **This is a short General Assembly session and there will be no snow date.**

Program and agenda will be finalized in the coming days.

*Susan and Sylvia
Co-Vice Presidents for Public Policy
AAUW of Virginia*

ATTENTION AAUW ARTISTS

Are you looking to showcase your artistic talent? The annual **AAUW Art Contest** is underway, and it's a terrific opportunity to display your work! Enter now and vote later for your favorite entries.

This year, special preference will be given to entries that reflect AAUW's mission, vision and values:

1. Advancing equity for women and girls through research, education and advocacy
2. Equity for All
3. Nonpartisan, fact-based, integrity, inclusion and intersectionality



Through February 7, submit an electronic version of your design to the [AAUW Art Contest web page](#). Your entry can be

photography, a digital photo of your painting, drawing, sculpture, or any other form of visual art. AAUW members can vote for their favorite images once a day from February 12 until February 26. The winning entries as well as the artists' biographies will

be featured on a collection of AAUW notecards that will be mailed to members this spring.

For more information, to submit artwork, and to see last year's art gallery, please visit the [AAUW Art Contest web page](#)

PUT THIS ON YOUR CALENDAR

The Alexandria Choral Society - The Valleys Wild



This nature-centric program features **Christopher Tye's Laudate nomen Domini**, a 16th century sacred motet, to **John Corigliano's Fern Hill**, an astounding setting of **Dylan Thomas** poetry about childhood spent on a family farm, to new works like **Stephen Coxe's The Warbler**, **Joshua Fishbein's Piping Down the Valleys Wild**, and **Ola Gjeilo's Tundra**

Saturday, March 16, 2019 from 7:30 PM to 10:00 PM EDT

**George Washington Masonic Memorial
101 Callahan Drive, Alexandria, VA 22301**

Tickets are \$20 for adults, \$15 for students and seniors for everything if purchased ahead, \$5 more if purchased at the door. Please join afterwards for their annual Gala , which includes hors d'oeuvres, champagne, and a silent auction (included in ticket price).

****Branch member **Anne Simspon** and her husband **Richard** will be participating in the performance****

MORE IMPORTANT DATES:

- **February 2** **Mt Vernon District Town Meeting**
- **February 6** **AAUW of Virginia Reception for Women Legislators, Richmond**
- **February 7** **AAUW of Virginia State Lobby Day, Richmond**
- **April 6** **2019 AAUW of Virginia State**



2018 - 2019 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Thursday, September 20, 2018 Gathering at 5pm; Dinner at 6 pm Home of Cathy Krebs	Kickoff Meeting - Potluck
Saturday, October 20, 2018, 1:30 pm Burke Centre Library 5935 Freds Oak Road, Burke, VA 22015	AAUW Northern District Meeting
Saturday, November 10, 2018, 2 to 4 pm Heritage Presbyterian Church 8503 Fort Hunt Rd, Alexandria, VA 22308	AAUW Then and Now Suzanne Gould - AAUW Archivist and Historian
Saturday, December 8, 2018, 12 noon Cedar Knoll Inn 9030 Lucia Lane, Alexandria, VA 22308	Holiday Event - Luncheon
Saturday, January 19, 2019, 2 pm Heritage Presbyterian Church 8503 Fort Hunt Rd, Alexandria, VA 22308	Meditation and Mindfulness Dr. Jamie Grant Director Institutional Programs Maharishi Foundation USA
Friday, February 22, 2019 7 pm Reception - 8 pm Performance Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314	Little Theatre Fundraiser "You Can't Take It With You"
Saturday, March 16, 2019, 9:30 am Location TBD	Annual Meeting and Brunch
Saturday, April 13, 2019, Time TBD Mount Vernon Governmental Center or Sherwood Regional Library	Delegate Kathy Tran
Thursday, May 23, 2019, 6:30 pm Home of Paula Lettice	Annual Pot Luck Dinner
Saturday, June 8, 2019, 9:30 am Home of Mary Ellen Mehler	Annual Planning Session



Check out our website <https://mtvernon-va.aauw.net/>

Visit us on Facebook <https://www.facebook.com/mtvernonvaaauw/>



AAUW Mt. Vernon

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

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

First Class



Mt. Vernon (VA) Branch

- **18 Book Club, 7:30 pm**
Contact Ebba Jo Spettel
703/780-0841
- **22 LTA Fundraiser**
7PM Reception-8PM Show
Contact Ronnie Gunnerson
703/373-3734



FEBRUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Lobby Day	8	9
10	11	12	13	14	15	16
17	18 Book Club	19	20	21	22 LTA Fund- raiser	23
24	25	26	27	28		