

# Mt. Vernon Voices

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

Volume 62 Issue 5 January 2019

Mt. Vernon Branch



## PRESIDENTS' CORNER

### ***Happy New Year everyone!***

Hope your holidays were all you wished for! We are wishing for just a little less rain – more sunshine – moderate temperatures and gentle weather throughout 2019!

We were glad to see so many of you at our wonderful December 8 holiday party at Cedar Knoll. Strong kudos to **Paula Lettice** and assistants for a fun and delicious kick off to the holiday season!

In the area of AAUW action, not wishing, we have lots of interesting ideas and plans. If you have not already done so, be sure to click on [www.aauw.org/who-we-are/strategic-plan/](http://www.aauw.org/who-we-are/strategic-plan/). --**Beyond Aspirations: Advancing Equity for Women and Girls**. It is a thorough and impressive blueprint for the future of AAUW, with very do-able and worthwhile goals.

As the branch's own first action of the year, I hope you will join **Cathy and me at her ImpromptuEvent from 2 to 4 PM on Sunday, January 6**, to enable us to send a FLOOD of cards to Richmond in time to urge our state representatives to pass the Equal Right Amendment. We are told that the "votes are there" if the motion to ratify the ERA reaches the floor. But it has been held up in committee for a number of years. Our cards implore the committee chairs to bring the ERA to the floor for a vote, with the expectation that Virginia can again make history by being the state that finally enables ratification of the Equal Rights Amendment!!

Looking forward to seeing you —with pen in hand — at Cathy's on January 6! (Wine and nibbles will be served).

**Cathy Krebs and Joanne Malkin**  
*Co-Presidents*

**Saturday**

**January  
19**

**2 PM**

***Branch  
Program***

**Heritage  
Presbyterian  
Church**

## BRANCH PROGRAM

### **WHAT DO YOU KNOW ABOUT THE PRACTICE OF MEDITATION?**

Join branch members for our monthly program meeting to learn the answers to your questions. Our guest speaker **Dr. Jamie Grant** is a certified Transcendental Meditation (TM) Teacher at the Fairfax TM Center.

What is the TM technique?

It's a simple, natural technique practiced 20 minutes twice each day while sitting comfortably with the eyes closed.



Transcendental Meditation – brought to the West in 1959 by Maharishi Mahesh Yogi - is an ancient technique that's easy to learn and enjoyable to practice. It's not a religion, philosophy, or life-style. Over six million people have learned it - people of all ages, cultures, and religions.

The practice of TM has been shown to have positive effects on students, people with PTSD, and many others. **Dr. Grant** will speak to the research results particularly with students.

**\*\*Saturday, January 19, 2019, 2 PM, Heritage Presbyterian Church, 8503 Fort Hunt Road\*\***

# HAPPY NEW YEAR AAUW MT VERNON!



Joyful gathering at the Branch Holiday Luncheon on December 8

## BRANCH LEADERSHIP 2018 – 2019

### Elected Officers

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

### Appointed Chairs

<b>Bylaws:</b>	<b>vacant</b>
<b>AAUW Funds:</b>	Joanne Malkin

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

### Interest Groups

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

**Contact Email:** [AAUW.MtVernon@gmail.com](mailto:AAUW.MtVernon@gmail.com)

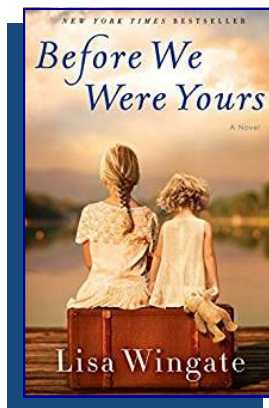
## BOOK GROUP

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

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

**HOSTESS:** Liz Promen  
2210 Cavendish Drive  
703/780-7342

**CO-HOST:** Anne Simpson



**BOOK:** Before We Were Yours  
Lisa Wingate

**REVIEWER:** Cheryl Spohnholtz-

**NEXT BOOK:** Educated  
Tara Westover

## GAME NIGHT



**WE ARE BACK!**

Start the New Year with fun and games!

Join us for Game Night on January 25, 2019, 7:30 pm  
Home of Paula Lettice

**Spouses and significant others are welcome!**

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

## DINING OUT

### WINTER RESTAURANT WEEK

*Join Dining Out in planning a warm winter gathering during  
Restaurant Week for the second half of January.*



DC's celebration runs January 14 to 20, 2019, with a special 3-course fixed-price dinner costing \$35 plus beverage, 20% gratuity, and tax, plus any extras you order.

Seating is limited. Participants will receive a confirmation email once the reservation is made. Please contact **Elizabeth Lonoff** ([elonoff@msn.com](mailto:elonoff@msn.com)) for further info.

# ANNUAL MT VERNON DISTRICT TOWN MEETING



**JOIN US AT THE MOUNT VERNON  
DISTRICT TOWN MEETING  
February 2, 2019**

**Mount Vernon High School  
8515 Old Mt Vernon Rd, Alexandria, VA 22309**

For several years our branch has sponsored a table at the annual **Mount Vernon District Town Meeting**. We have again reserved a table there so we can publicize AAUW's mission and let our neighbors know about our branch. Please join other branch members on **Saturday, February 2, at 7:45 AM** (or whenever you can make it). The exhibit part of the Town Meeting runs from 7:45 to approximately 9:00. When the exhibits close, the Town Meeting begins and goes on until approximately noon. This is an opportunity to recruit for our branch while learning all about what is happening around Mount Vernon. Call **Mary Ellen Mehler** at 703/780-8494 for more information.

## PUBLIC POLICY

### Special AAUW of Virginia Lobby Day January 16

The General Assembly has a short session this year – just six weeks – and will convene on January 9, 2019.

**This year AAUW of Virginia will be in Richmond on Wednesday, January 16, 2019 to distribute printed and bound copies of "Unfinished Business" (<https://aauw-va.aauw.net/files/2018/11/ERA-BOOK-FINAL-FINAL-C.pdf>) to all delegates and senators.** Our goal is to interact directly with every elected staff official (or their staff) to convey our strong support for ERA ratification by the Virginia legislature. This is an additional lobby day for those interested in and available to join us. We hope it will raise AAUW of VA's visibility in Richmond and reinforce our lobbying efforts to date. With enough volunteers, we can get all the booklets delivered in time for lunch!

**We plan to meet at 10:00 AM at the public entrance of the Pocahontas Bldg, 900 East Main Street (where all legislators' offices are while a new General Assembly Building is being constructed). At that time, we will distribute copies of the booklet and drop-off assignments with room numbers.**

**If you wish to participate in the LWV weekly legislative round table that runs from 8:30-9:30 AM at the Sun Trust Bldg. at 919 E. Main St. in the Tidewater Room on the 4th floor, you would need to arrive earlier, or spend Tuesday night. (See info below.)**

We will distribute maps and delivery assignments once we know how many AAUW of VA members plan to join us for this additional Lobby Day.

For members wishing to drive in the night before, GRAAUW members have offered to host members in their homes. And we will make arrangements for lunch for all those able to stay.

**Please consider joining us on January 16, but please let us know by January 9, 2019. (Patsy Quick plans to go...come along!)**

**In the event of inclement weather, we will re-schedule this event for the following Wednesday, January 23, 2019.**

**Contact to RSVP: Susan Burk, AAUW-VA VP for Public Policy [burksu@aol.com](mailto:burksu@aol.com)**



## PUT THIS ON YOUR CALENDAR

- **January 16**      **Special AAUW of Virginia Lobby Day  
Richmond**
- **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  
Conference, Vinton**



**Friday, January 11, 2018 at 8 pm**  
**Saturday, January 12, 2018 at 8 pm**

**19, The Musical, Acts 1 & 2 with Champagne Reception**  
**1st Stage Theater, 1524 Spring Hill Road, McLean, VA 22102**

**Advance tickets are available at [www.virginiachamberorchestra.org](http://www.virginiachamberorchestra.org)**  
**On-line discount: adults/seniors \$20, Students & Military \$15**

If you are interested in women's rights, history, great music, and inspirational stories, you will love this work-in-progress!

Don't miss this opportunity to see both Acts 1 and 2, including seven new songs by **Charlie Barnett**.

**19, The Musical** "unapologetically places the battle for gender civil rights, that led to 51% of the public getting the vote, front and center." It is both entertaining and educational.

Although focused on Alice Paul, Carrie Chapman Catt, who founded the League of Women Voters, plays a prominent role.

Alice was an incredibly dedicated and unflinching proponent of getting women the vote. She wrote the Equal Rights Amendment, which is an issue of great importance to today.

The goal is to have the production polished and ready for the 100<sup>th</sup> Anniversary of the signing of the 19<sup>th</sup> Amendment in 2020.



## 2018 - 2019 MT. VERNON BRANCH PROGRAM YEAR

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



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

- **5 Board Meeting, 7:15 pm**  
Home of Joanne Malkin  
703/360-7725
- **6 ImpromptEvent, 2 pm**  
Home of Cathy Krebs  
703/765-2751
- **18 Dining Out**  
Contact Elizabeth Lonoff  
703/765-2634
- **19 Branch Program**  
Contact Mary Ellen Mehler  
703/780-8494
- **21 Book Club**  
Contact Liz Promen  
703/780-7342
- **25 Game Night**  
Contact Paula Lettice  
703/780-3463

## JANUARY 2019

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