

Mt. Vernon Voices

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

Volume 65 Issue 7 March 2022

Mt. Vernon Branch



PRESIDENT'S CORNER

March is the month of our **Annual Business Meeting (ABM)**! The time when we reflect on the program year we are bringing to an end, and the start of the next one in the fall. We will celebrate the work of our branch leaders who, again in challenging times, worked to keep our branch active and vibrant. We will vote on new board members

who will take their positions on July 1. Our ABM will be zoomed at 10:00 and last about an hour. Like last year, we will close that Zoom meeting and enter another one via Sherwood Regional Library at 11:15,

where we will break out laughing! We will relax and laugh! Really! Seriously. We will laugh! **Patricia Lindeman** will lead us in a session of LAUGH YOGA! Laugh away cares, stress, and feelings negativity. Laugh away winter (and covid) blues. Read about it below. And make sure you join us!

I want to thank **Lois Passman**, our Nominating Chair who comes through every year with branch members who accept the nomination to serve the branch in a board position. Lois has taken it upon herself to be our Nominating Chair for 20 years! She makes it work within the bylaws and always does a fantastic job calling and encouraging

members to take on leadership positions. Before making her calls, she has discussed qualifications and needs with current board members. She has outlined each position and discussed time and tasks with current leaders and is ready to provide as much information as possible when she speaks to prospective leaders. It is with heartfelt thanks

that we praise Lois! It is hard to believe it has been 20 years! Lois put a little hint in my ear recently that this may be her last year as Nominating Chair. We will honor any decision she makes but it will be extremely hard let her

go! We thank her for her loyalty, her passion, her energy for all these years helping to keep the wheels in our branch turning smoothly. She has made a huge impact through her work and we appreciate it! Thank you, Lois!

The State Conference is March 26 in Harrisonburg. More information is in this newsletter. There is money in the branch budget to help pay expenses... which are very low (\$25) if you attend for the day. That includes lunch! If you spend the night the budget money can help with that. **Janet Hedrick, Cheryl Spohnholtz** and I will attend. Join us!

Patsy Quick



Saturday

March 19

9:45 a.m.

**ANNUAL
BUSINESS
MEETING
(zoom)**

followed by

**BRANCH
PROGRAM**

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AAUW FUNDS

I am delighted to report that **our branch donated \$4,031 in 2021 to AAUW's Greatest Needs Fund**. Thank you all for your generosity. **That amount made us eligible to have eight Named Honorees**, and we will be announcing the recipients later in the year when the certificates have arrived.



In addition, with several individual year-end donations that did not get recorded until 2022, **a branch donation from our wine raffle and another branch donation reflecting the proceeds of our Little Theatre fundraiser, we already have \$3,000 in donations for 2022**. Despite the play being cancelled, our members did not ask for refunds and instead chose to treat their ticket purchases as donations, another outstanding act of generosity.

I will continue to collect donations at branch events and you can always donate online at aauw.org. All the funds collected support AAUW's critical mission of promoting equity for women and girls.

Elaine Kolish
AAUW Funds Chair



Our Deepest Sympathy

We send caring thoughts to **Joanne Malkin** upon the passing of her husband, Bruce. Bruce was a valued member of our community and will be greatly missed. A donation to Kiwanis will be made in his memory.

BRANCH LEADERSHIP 2021 – 2022

Elected Officers

President: Patsy Quick
Program Vice President: Solveig Eggerz
Membership Vice President: Mary Wall
Treasurer: Anne Simpson
Secretary: Paula Lettice

Appointed Chairs

Bylaws: **vacant**
AAUW Funds: Elaine Kolish
Public Policy: Mary Ellen Mehler

Newsletter/Website: Bianca Daugherty
Newsletter/Directory Distribution: Mary Ellen Mehler
Nominating Committee Chair: Lois Passman
Hospitality: Cathy Krebs

Interest Groups

Book Group: Liz Promen
Diversity Outreach Group: Janet Hedrick
Dining Out: Paula Lettice, Cathy Conron, Bianca Daugherty
Game Night: Cynthia Jacobus
ImpromptEvent: Joanne Clark

Contact Email: AAUW.MtVernon@gmail.com

In principle and in practice, AAUW values and seeks an inclusive membership, workforce, leadership team, and board of directors. There shall be no barriers to full participation in this organization on the basis of age, disability, ethnicity, gender, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, or socioeconomic status.

ANNUAL BUSINESS MEETING AND BRANCH PROGRAM

THE MT. VERNON BRANCH IS HOLDING ITS
ANNUAL BUSINESS MEETING!
March 19, 9:45 a.m.—10:45 a.m.



Please join us on zoom. The link to register for the Business Meeting will be sent out by email the day before the meeting.



Lois Passman will present the slate of candidates. The following members have agreed to be nominated for the July 1, 2022 to June 30, 2024 Term!

Co-Vice-President for Membership :
Susan Farmer and Mary Wall

Treasurer
Anne Simpson

Nominations may also be made from the floor with the consent of the nominee.

The branch program will begin at 11 a.m., March 19, through Zoom, immediately after the AAUW Annual Business Meeting.
[CLICK HERE TO REGISTER.](#)



Laughter Yoga

Patricia Linderman

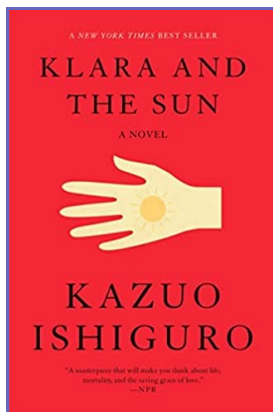
Laugh for the Health of It

**Can we laugh in stressful times?
Yes, we can, and we should! Laughter has profound positive effects on both the body and mind.**

A Laughter Wellness facilitator leads simple exercises to get participants "laughing for no reason." It's a break from ordinary life that can lift your mood, improve your breathing, increase your sense of connectedness to others, and even strengthen your immune system. Exactly what we need in these times! Relaxation and mindfulness are also part of the practice. Feel free to keep your camera and sound off if that is more comfortable for you!

While posted in seven countries with her Foreign Service officer husband and two sons, **Patricia Linderman** worked as a writer, editor, translator, language teacher, mom, and volunteer. But after all those stressful moves and too much time hunched over the computer, she realized that her health was going downhill, so in 2014 she made some lifestyle changes, lost 43 pounds, and discovered a passion for helping others move forward on their own health journeys. Now, with her health coaching practice "**Fierce After 45,**" she supports individual clients (including a 98-year-old retired CIA officer); leads fitness groups, mindfulness and "Laughter Wellness" on Zoom; and writes a fiercely independent blog at www.fierceafter45.com where she shares exciting things she has learned about finding fun, joy and empowerment (not boredom or deprivation!) as we bring out our healthiest selves.

BOOK GROUP



**Book Group will meet via Zoom on
Monday, March 21, 7:30 p.m.
*** Zoom link will be sent via email. *****

BOOK: Klara and the Sun
By Kazuo Ishiguro

REVIEWER: Patsy Quick

NEXT BOOK: While Justice Sleeps
By Stacy Abrams

Contact **Liz Promen** if you are interested in joining the group or would like more information. (epromen2@gmail.com)

GAME NIGHT



**Join us for Game Night
Friday, March 25
from 7:30 p.m. until approximately 11 p.m.
Home of Bianca Daugherty**



Spouses and significant others are welcome to join in!

We are guided by the CDC. <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html>.
All current Game Night members are fully vaccinated.

**Contact your AAUW Game chair Cynthia Jacobus cynthiacobus@cox.net
if you would like to join the group.**

IMPROPT EVENT UPDATE

Our fellow branch members have been active suggesting and organizing fun ImpromptEvents for us. Six of us went up to Tyson's Corner for the Michelangelo Sistine Chapel Exhibit. We gave it mixed reviews. **On March 12, a group is going to see the exhibit, "Sargent, Whistler, and Venetian Glass: American Artists and the Magic of Murano."** if you are interested in joining us contact **Anne Simpson** at aseyeddoc@gmail.com.



I have a couple of suggestion for spring ImpromptEvents, one, a group visit to **Hillwood Estate, Museum and Gardens** (hillwoodmuseum.org) - \$15.00 per person if you are a senior, \$18.00 if not; and a second, a **jewelry-making class** at my house on a warm day so we can use my balcony. I can handle no more than ten people and I guarantee you that you will leave at the end with a wonderful creation made with your own hands.

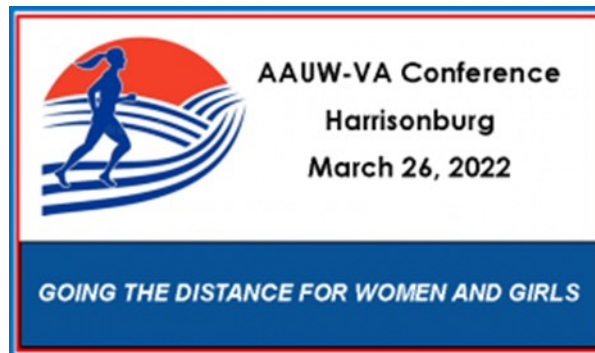
I have contacted **The Alexandria Black History Museum**, but they are still not ready for visitors. Director **Audrey Davis** said to check back at the end of March, so stay tuned for that.

If you have ideas for an ImpromptEvent, you can send it to me or send it to the whole branch if you prefer. Lett me know about my suggestions above.

Spring is almost here. YAY!

Joanne Clark

2022 AAUW OF VIRGINIA STATE CONFERENCE



PLEASE JOIN US FOR THE 2022 AAUW OF VIRGINIA STATE CONFERENCE
WHICH WILL BE CONVENED IN TWO PARTS.

Part 1 will be held on Saturday, March 26, 2022, 9:30 a.m. to 5:00 p.m., as an in-person event at the Hotel Madison and Shenandoah Valley Conference Center on the James Madison University campus in Harrisonburg. You will hear from and be able to question informed and inspiring speakers on AAUW mission-related topics that support the theme of *Going the Distance for Women and Girls*. The conclusion of the program will provide an opportunity for the four state Districts to convene and elect representatives to the State Board for 2022-2024.

Details regarding speakers and hotel registration for Friday night may be found in the [2022 Conference Brochure](#).

Part 2 of the conference, the AAUW-VA Annual Business Meeting, will be held virtually via Zoom on Saturday, April 30 – the starting time TBD.

Part 1 The AAUW-VA State Board is pleased to announce that because operating budget costs were lower between March 2020 and now, due to the pandemic, we are returning some of the unspent funds to members in the form of a **lower conference registration fee, which includes morning beverages and lunch. The registration deadline is March 11.**

AAUW of Virginia Members	\$25.00 until March 4 (\$30 March 5 -11)
Students	\$30.00*
Other Non-AAUW of Virginia Attendees	\$35.00

*Branches may consider sponsoring the attendance of students from college/university partners they interface with.

REGISTER ONLINE [HERE](#) FOR PART I

For those who want to register using “snail mail,”
please use the form following the Harrisonburg tourism information in [the 2022 Conference Brochure](#).



Online op-ed from Denise Murden and Susan Burk

Our Virginia State Co-VPs for Public Policy, **Denise Murden and Susan Burk**, have co-authored an op-ed on AAUW’s long-standing opposition to school vouchers. Their article appeared in several Virginia newspapers on Sunday, February 20. What follows is a quote from **Denise Murden**:

“In response to many members’ concerns about funding for public education, we co-authored an op-ed on behalf of AAUW-VA that appears in Sunday’s Virginian-Pilot’s (Norfolk) and Daily Press’s (Newport News) print and online editions.

You can read the op-ed [here](#).

**Looking for the Member Services Database (MSD)?
Discover Your New AAUW Account!**

The wait is over! AAUW is pleased to roll out the [AAUW Community Hub](#), a new, improved member platform that replaces the Member Services Database. This system will be used for donations, member renewals and other updates. Visit their [Systems Update](#) page for instructions on how to log in. Then register for our **March 3 webinar** for in-depth training.



2021 - 2022 Mt. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Saturday, March 19, 2022 9:45 a.m. 11 a.m. Laugh Yoga Location ZOOM	Annual Business Meeting followed by Laugh Yoga
Saturday, April 23, 2022, 10:30 a.m. Sherwood Regional Library or ZOOM	School-to-Prison Pipeline Panel Discussion
Thursday, May 19, 2022, Time TBD Location TBD	Annual Potluck
June, 2022, Date and Time TBD Location TBD	Annual Planning Session

OTHER IMPORTANT DATES	
AAUW of VA State Conference Annual Business Meeting	March 26, 2022, Harrisonburg (Part 1) April 30, 2022 via ZOOM (Part 2)

DIVERSITY OUTREACH GROUP

Members of the Diversity Outreach Committee are going as a group to the virtual reality documentary **"Traveling While Black"** at the **Sherwood Regional Library on Tuesday, March 8 at 3 p.m.** Anyone in the branch is welcome to join us for the documentary and for the discussion at our **monthly meeting on Wednesday, March 9 at 7 p.m.** If you are interested in going with the group, please let **Janet Hedrick** know at jhedrick815@gmail.com. We are limited to 10 people at a time. If interest is sufficient, another date and/or time may be scheduled.



March is Women's History Month

WOMEN'S HISTORY MONTH

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

<https://womenshistorymonth.gov/>



Mt. Vernon (VA) Branch

MARCH 2022

- **1 Board Meeting, 7 p.m.**
Contact Patsy Quick
703/360-8678
- **8 Diversity Outreach Group Program, 3 p.m.**
Contact Janet Hedrick
571/213-2670
- **9 Diversity Outreach Group Meeting, 7 p.m.**
- **19 Annual Business Meeting 9:45 a.m.**
Program 11 a.m.
Contact Patsy Quick
703/360-8678
- **21 Book Group, 7:30 p.m.**
Contact Liz Promen
703/780-7342
- **25 Game Night, 7:30 p.m.**
Contact Bianca Daugherty
703/360-7239

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Board Meeting	2	3	4	5
6	7	8 Diversity Outreach Group	9 Diversity Outreach Group	10	11	12
13 SPRING AHEAD 	14	15	16	17	18	19 Annual Meeting and Program
20	21 Book Group	22	23	24	25 Game Night AAUW-VA Conference	26
27	28	29	30	31		



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

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

