

Mt. Vernon Voices

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

Volume 67 Issue 3 November 2023

Mt. Vernon Branch



PRESIDENT'S MESSAGE

"The thankful heart opens
our eyes to a multitude of
blessings that continually
surround us."

-JAMES E. FAUST



November the month of Thanksgiving is a great time to reflect on all that we have to be grateful for. Especially after taking a look at what's going on in the world!

Our country, as divided politically as it is, is not at war with another country. We don't have terrorists bombarding our neighborhoods, murdering other humans on sight and kidnapping the living. We don't have rockets pulverizing our streets and buildings and killing citizens indiscriminately.

Our children can go to school every day and learn about their communities, country, and the world.

Food is stocked in grocery stores and farmers markets and we have plenty to eat. Our water is clean.

Our highways, trainlines, and airlines move freely and we can go anywhere we wish when we wish.

Our elections are open and free. We can vote how we want without fear. (VOTE EARLY or show up on November 7!)

We have much for which to be grateful. We can demonstrate that gratefulness by sharing what we can with people who are in need. Our local United Community (UC) supports members of our community who need food and shelter. Consider making a UC [donation](#) during its holiday drive.

Think about our own members who are ill, injured, or grieving. Send a card, make a phone call or visit. Women's reproductive rights are being challenged or stripped away. AAUW continues to advocate on our behalf through Lobby Corps and other means. Support these efforts with a special November [donation to AAUW](#).

I am grateful for all Mt. Vernon AAUW members. Thank you for your support and enthusiasm for our activities!

Happy Thanksgiving!

Patsy

**Branch Program, November 18, 10:30 a.m.
Sherwood Regional Library**

Icy Adventures - Traveling to Antarctica

Learn about the trips, Citizen Science, the Antarctic Treaty and Antarctic History

YOU WILL FIND OUR PROGRAM FLYER ON PAGE 3



OCTOBER 14 PROGRAM



Our AAUW October program featured Jenny Grover, a super fit 87-year-old personal trainer, who lives by the motto: "Movement is Medicine."

She focused on exercises to improve posture and balance, as well as to strengthen the core.

Joanne Clark and **Kathi Hanrahan** did an admirable job demonstrating exercises they had learned from Jenny. All of her exercises are geared to maintaining strength, flexibility, and balance, key qualities for helping seniors to stay active.

A holder of ISSA certificates in Senior Training, Jenny works easily with clients who have arthritis.

She also does Health Coaching, Nutrition, and Kick Boxing.

Jenny coaches clients at Snap Fitness at two different locations:

1508 Belleview Blvd and in Old Town at 1315 King St.

Jenny will also coach you in your own home.

BRANCH LEADERSHIP 2023 – 2024

Elected Officers

President:	Patsy Quick
Program Vice President:	Solveig Eggerz
Membership Co-Vice Presidents:	Susan Farmer Mary Wall
Treasurer:	Anne Simpson
Secretary:	Joanna Crane

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:	vacant

Interest Groups

Book Group:	Liz Promen
Diversity Outreach Group:	vacant
Dining Out:	Paula Lettice Cathy Conron Bianca Daugherty
Game Night:	Bianca Daugherty Paula Lettice
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.

BRANCH PROGRAM NOVEMBER 18



Sherwood Regional Library

PRESENTING

Saturday, November 18, 10:30 a.m. – 12:00 p.m.

Sherwood Regional Library

Icy Adventures - Traveling to Antarctica



Five Mt. Vernon AAUW members have visited Antarctica! At this program four of them will share their adventures and photos. The topics they will cover are planning for and experiencing the trip, the Antarctic Treaty, some of Antarctica's history, and the citizen science offered on their expedition ships.



Our Speakers:



Susan Famer
(with her husband)



Patsy Quick
(with her husband)



Liz Promen



Bianca Daugherty

BOOK GROUP

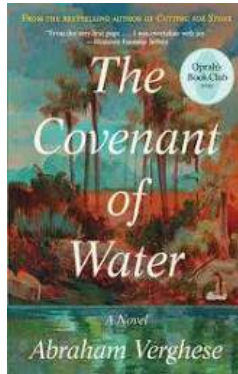
Monday, November 20, 2023, 7 p.m.



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

HOSTESS: Miriam Petruschak
7776 Belvale Drive

CO-HOST: Mary Ellen Mehler



BOOK: Covenant of Water
Abraham Verghese

REVIEWER: Miriam Petruschak

NEXT BOOK: Foster
Claire Keegan

GAME NIGHT

Join us for a fun evening with various games on

Friday, November 17, 2023, 7:30 p.m.

Home of Paula Lettice

Spouses and significant others are welcome to join in!

Contact Paula Lettice or Bianca Daugherty
if you would like to join the group.

AAUW.MtVernon@gmail.com



Holiday luncheon date: December 9,

11:30 a.m.

Cedar Knoll Restaurant



DINING OUT

Our next dining out will be at **Laporta** Restaurant in Alexandria on **Friday, November 10**. All the seats have been reserved.



AAUW-VA PUBLIC POLICY - VA ELECTION 2023



Don't forget to vote. This is a high stakes election for both local and national issues. Every seat in the Virginia state legislature is on the ballot with major implications for the 2024 election. **Early voting in Virginia began on September 22, 2023.** You can apply for an absentee ballot by following instructions on the on-line Virginia Citizen's Portal. <https://vote.elections.Virginia.gov/voterinformation>

Mary Ellen Mehler
Branch Public Policy Chair

Click here for ballot information: [LWVFA 2023 What's On Your Ballot](#)

AAUW-VA Important Dates and Information!

- **January 4, 2024:** Pre-General Assembly AAUW-VA Public Policy Zoom Meeting
- **January 30, 2024, 5 p.m.:** Women Legislator's reception (Richmond)
- **January 31, 2024:** AAUW-VA Lobby Day (Richmond)
- **February 28, 2024:** AAUW-VA Lobby Day (Virtual)



We are **seeking volunteers to serve on the Women Legislators' Reception planning committee.** We have a venue, but need assistance with planning for refreshments, a program, and other details. Please send an email to aauwvpublicpolicy@gmail.com if you can help.

Preparations for the AAUW-VA Lobby Days is underway. A room has been secured at St. Paul's Episcopal Church in Richmond for our Women Legislator's reception on January 30 at 5 p.m. We will be working with the Greater Richmond Area Branch members on this event. A block of 18 rooms has been reserved at the Hampton Inn, Richmond at a group rate of \$149 each. This is the same hotel as last year. In person lobbying will be on January 31 and the details for virtual lobbying on February 28 are being worked on. Issues for lobbying will depend on what is introduced by the newly elected members of the legislature after the election but will reflect our policy priorities.

[Voter Guides for the 37 contested Virginia Senate Races](#) were completed, shared with individual candidates, and posted on the AAUW-VA website prior to the start of early voting. AAUW National recognized Virginia for this effort.

Members are reminded they can **find up-to-date public policy information** on our [AAUW-VA Public Policy Google drive](#). Information will be updated as we head into the 2024 General Assembly session. More information can be found on our [AAUW-VA Public Policy webpage](#). If you have suggestions or questions to improve these resources, please be sure to let us know.

IMPROMPTEVENT

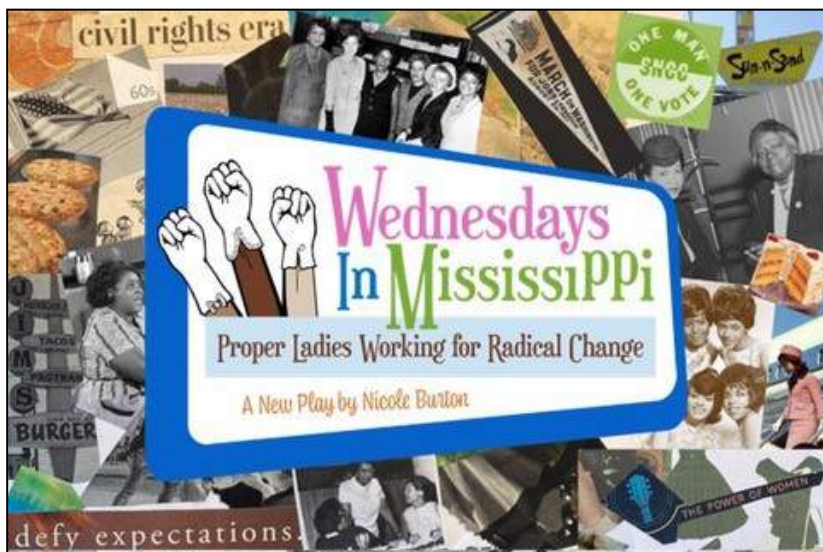
Join us Saturday, November 11, at 3 pm to see the civil rights play, *Wednesdays in Mississippi*, about Freedom Summer 1964 in Mississippi. This new play by Nicole Burton features an interracial group of women who risked their lives to support the struggle for voting rights, integrated schools, and acceptance of the Mississippi Freedom Democratic Party.

After the performance there will be a discussion about the play.

If you would like to attend, please purchase your tickets using the link below and RSVP to Solveig, so we can arrange car pools.

The tickets are \$25 and the box office is at:

<https://joesmovement.my.salesforce-sites.com/ticket/#/events/a005d00000hR2P1EAK>



AAUW members faced violence to fight for civil rights in 1964 Freedom Summer in Mississippi!

They were called “communists” by segregation supporters.

A new play, *Wednesdays in Mississippi*, dramatizes the little-known activism of an interracial alliance of women who fought for civil rights in the South in 1964. Enraged at the exclusion of women from the 1963 March on Washington, Dorothy Height, director of The National Council of Negro Women, invited Northern women to join

Mississippi women to struggle for voting rights, to support the Freedom Schools, and to aid the Mississippi Freedom Democratic Party.

The "Wednesdays in Mississippi" coalition, which included the AAUW and the League of Women Voters, formed the only women's civil rights project led by a national organization.

Written by Nicole Burton, *Wednesdays in Mississippi* is produced by Pipeline Playwrights. Burton adapted the play for the stage from Debbie Z. Harwell's award-winning book of the same title. The November 11 performance will include a post-show discussion.

Who are the Pipeline Playwrights?

Pipeline Playwrights strives to break through the glass ceiling women face in American theater when they try to get their plays produced. The group of five mid-career women playwrights aims to close the theatre gender gap one play, one reading, one production at a time.

Pipeline Playwrights is based in Fairfax County, Virginia, and the digital world.

2023 - 2024 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Saturday, September 16, 2023, 10:30 a.m. Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Holding Your Field And Space Women's Empowerment Presentation by Melissa Thiel
Saturday, October 14, 2023, 10:30 p.m.—noon Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Seniors Staying Strong (Seniors building body strength and flexibility) Jenny Grover (personal trainer)
Saturday, November 18, 2023, 10:30 a.m. Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Travels to Antarctica Antarctica from various points of views of the travelers
Saturday, December 9, 2023, 11:30 a.m. Cedar Knoll 9030 Lucia Lane, Alexandria, VA 22308	Holiday Event
January 2024 TBD (3 rd Thurs or 3 rd Sat.) Sherwood Regional Zoom	Seniors in Transition (Housing issues, financial issues, legal issues)
February 2024 TBD (3 rd Thurs or 3 rd Sat.) Zoom	Struggles Toward Integration and Defeating Massive Resistance in Virginia: libraries, lunch counters, schools
Saturday, March 9, 2024, 10:00 a.m. Zoom	Annual Business Meeting
Friday, March 22, 2024 7 p.m. Reception / 8 p.m. Performance Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314	LTA Annual Fundraiser Murder on the Orient Express
April 2024 TBD (3 rd Thurs or 3 rd Sat.) Sherwood Regional Zoom?	Underfunding Public Education Panel Discussion with Laura Goren , Director of Research and Education Policy at The Commonwealth Institute (TCI) for Fiscal Analysis
Thursday, May 16 or 23, 2024 Location, Date and Time TBD	Annual Potluck
Saturday, June 8 or 15, 2024 Location, Date and Time TBD	Annual Planning Session

Other Important Dates to Remember:

April 13, 2024

AAUW of Virginia 2024 State Conference,
Lynchburg, VA

IMPROMPTEVENTS

DON'T FORGET

IF YOU HAVE AN IDEA OF SOMETHING FUN TO DO, SHARE IT!!



THEATER



MUSEUMS



LOCAL EVENTS


ANY IDEA IS A GOOD ONE!! (Well, usually)



November 2023

- **7 Board Meeting, 7 p.m.**
Zoom
Contact Patsy Quick
703/360-8676
- **17 Game Night, 7:30 p.m.**
Contact Paula Lettice
703/780-3463
- **18 Branch Program, 10:30 a.m.**
Contact Solveig Eggerz
703/203-0769
- **20 Book Group, 7 p.m.**
Contact Liz Promen
703/780-7342



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



Check out our website <https://mtvernon-va.aauw.net/>
Follow us on Facebook <https://www.facebook.com/mtvernonvaaauw/>

