

Mt. Vernon Voices

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

Volume 68 Issue 1 September 2024

Mt. Vernon Branch



CO-PRESIDENTS' MESSAGE



Greetings!

At the outset, let me say that I am delighted and honored to be joining Patsy as co-president for the second year of her (latest) two-year term. She has done a phenomenal job on her own, but I hope I can add some value and assist her in leading the branch. Our tentative plan is for me to handle day-to-day branch activities, and for Patsy to handle informing the branch (and participating in) state and district-level activities.

Participating in our upcoming historic election. We both hope you all have had a wonderful summer and are prepared for an invigorating and interesting fall. With a momentous election coming up, we will want to do what we can to “get out the vote.” Patsy has already queried the branch on getting together to write postcards (or writing on your own) to send to Florida citizens as part of AAUW’s VA’s Get Out the Vote Campaign with the Center for Common Ground and Reclaim our Vote, and the response has been overwhelming. So many members wanted to write postcards at home that we have ordered more from the state so we will have enough for a postcard-writing party. Patsy will provide more details on this event later. Hopefully, we can do this again or find ways to get out the vote locally. Although AAUW is non-partisan, in their individual capacity some members also will be volunteering with their party of choice and manning the polls or doing phone banking. Whatever suits you, do it!

(Continued on page 3)

PROGRAM SEPTEMBER 12, 1:30 P.M.



**Please join us on Thursday, September 12, at 1:30 P.M.
in the Meeting Room at Sherwood Regional Library
for our first program of 2024-25.**

Event Topic: Fundamentals of Estate Planning

Speaker: Gretchyn G. Meinken, Esq. (See page 2.)

Ms. Meinken will be discussing the importance of estate planning, and what happens when you fail to plan. Additionally, we will discuss the basic documents you should have, and ways to avoid probate with other estate planning tools available (such as Trusts and beneficiary designations).

Invite friends and family to an informative meeting to learn about ways to protect your estate. Even if you already have a plan, you may learn something useful. *See you there!*

OUR SPEAKER GRETCHYN MEINKEN



Gretchyn Meinken grew up in a U.S. Army family, living in Germany for the majority of her childhood. She moved to the Washington, D.C. Metro area after completing a Bachelor of Science degree at the University of Alabama in 2000.

Ms. Meinken now calls Alexandria, Virginia home after residing here since 2001 (her longest stint in any one place). Ms. Meinken focuses her practice on estate planning and administration, as well as general corporate law and taxation. She represents individuals, estates, trusts, partnerships, limited liability companies, and corporations.

She advises clients on the following:

- Administration of trusts and estates
- Comprehensive estate plans
- Hearings before the Commissioner of Accounts
- Estate and gift tax returns
- Foreign account disclosures
- Irrevocable trust modification and termination
- Lifecycle of partnerships, limited liability companies, and corporations

Among Ms Meinken's Honors and Awards

- 2011, 2018 2020 and 2021 Top Lawyer for Wills & Probate by Northern Virginia Magazine
- 2014, 2017, 2018, 2020, 2021 Legal Elite by Virginia Business Magazine
- 2019-2023 Super Lawyers in Northern Virginia and Washington D.C.
- 2015, 2016 and 2017 Super Lawyers Rising Star for Northern Virginia and Washington D.C.
- 2019-2021 Top Attorneys by Arlington Magazine
- 2021-2023 Best Lawyers in America, U.S News & World Report

BRANCH LEADERSHIP 2024 – 2025

Elected Officers

Co-Presidents: Patsy Quick
Elaine Kolish

Program Vice President: Solveig Eggerz

Membership Vice President: Susan Farmer

Treasurer: Anne Simpson

Secretary: Joanna Crane

Appointed Chairs

Bylaws: vacant

AAUW Funds: Cathy Krebs

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

Dining Out: Cathy Conron
Paula Lettice

Game Night: Bianca Daugherty
Paula Lettice

ImpromptEvent: All Members

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.

PRESIDENTS' MESSAGE CONTINUED

2024-2025 ACTIVITIES. We have a great line-up of activities for the year almost entirely planned thanks to the input of our members and their willingness to organize events. See page 8. **Our first get-together will be on Estate Planning on Thursday, Sept.16 at 1:30 pm at Sherwood Hall Library.** Patsy and I were joking that one of the necessary parts of planning for the future is knowing how to get into your own accounts, which we don't. Shame on us. For me, I used to balance our checkbook back in ancient times when people wrote mostly paper checks. Since we went to electronic bill paying my husband got interested and took over that task and I keep forgetting how to get into our bank accounts. And since I use his wallet as my ATM (with his permission), I don't even remember my ATM passcode. This has got to change! So, the meeting on the 16th will be a good reminder to me to be more involved!

IMPROMPTEVENT. We are starting the year by sharing an invite to meet at **Susan Farmer's** home to prepare and enjoy a whole-food plant-based lunch on October 23. You may have heard Susan share that, after her husband's heart issues, she learned to cook this way and that his and her important health numbers have improved dramatically! The event is limited to 12, so let Susan know right away if you want to participate. Thank you, Susan, for generously providing the food!

We hope our members will create or share other ImpromptEvents for our branch's entertainment or educational benefit.



THANK YOU. Again, we want to thank all the elected officers, appointed chairs, and interest group chairs who have agreed to continue in their roles for another year. (See page 2.) We also want to thank **Cathy Krebs** for agreeing to become the Appointed Chair for AAUW Funds, replacing me in that role. The branch would not be a successful, thriving, energetic one without the participation of all of these folks. Please thank them when you see them next.

In sisterhood,
Elaine (and Patsy)

DUES REMINDER

ANNE SIMPSON

PLEASE BE SURE TO PAY YOUR DUES IF YOU HAVE NOT!

Unless you are new to AAUW and are on the new, rolling system, everyone who has not yet paid is in the grace period and **will be dropped at the end of September.** If you are still getting notices, you haven't paid. Ask me if you have any questions about paying online with a credit card.

Otherwise, please send me a check for \$100 made to AAUW Mt. Vernon at the address below.

Anne Simpson
1604 Old Drummer Boy Lane
Fort Washington, MD 20744



BOOK GROUP

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

HOSTESS: Liz Promen - 2210 Cavendish Drive
Alexandria, VA 22308 epromen2@gmail.com

SELECTING BOOKS FOR 2024-25, SEPT 16 , 5:30 PM

We will enjoy hors d'ouvres and select our books, reviewers, hostesses and co-hostesses for the coming year. A list of suggested books will be sent to you via email in advance of the meeting. If you are not already a member of book group, please advise Liz Promen that you wish to join so you are included in future emails.



Please bring wine, sparkling/plain water or an appetizer. Use this Sign Up Genius to indicate what you will bring. When you click on a slot another screen will pop up where in the "comment" section you can indicate what you want to bring.

<https://www.signupgenius.com/go/5080845AAAE2FA5FA7-50852176-aauw>

GAME NIGHT

Join us for a fun evening with various games.

Friday, September 20, 2024, 7:30 P.M.

Home of Paula Lettice

Paula will send out reminder and address to the group via email.
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



EXCITING NEWS



Former Mt. Vernon Branch Member, **Janet Hedrick**, with the help of State Membership Vice President **Laura Greenfield**, has formed a new branch of AAUW:

the Fredericksburg Branch of AAUW in Virginia!

With her contacts at Mary Washington University and new friends in her community, Janet has made it happen! Though we miss Janet in the Mt. Vernon Branch we are proud to support her in this endeavor!

Congratulations to Janet and the members of the Fredericksburg Branch!



IMPROMPEVENT: WHOLE-FOOD PLANT-BASED LUNCHEON

Come help prepare and eat a healthy Whole-Food Plant-Based meal and learn how to maximize your intake of fruit, vegetables, legumes, whole-grains, nuts and seeds, mushrooms, and herbs and spices... basically real food that grows out of the ground and isn't processed.

When: Wednesday, October 23rd at 11 A.M.
Where: Susan Farmer's Kitchen at the Crest of Alexandria
RSVP: By October 11 (Space limited to 12)
susanfarmer6365@gmail.com or 703/963-3008



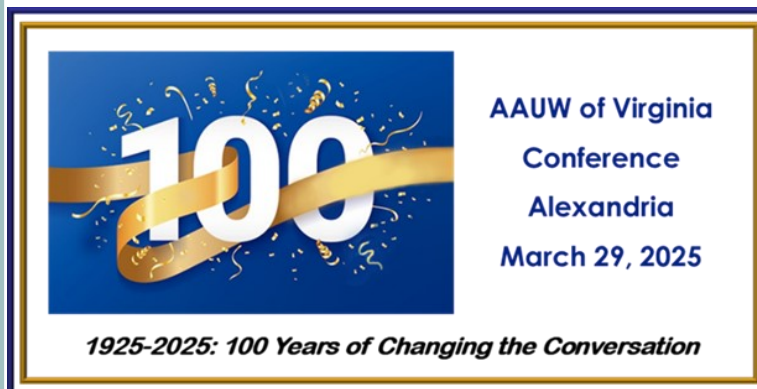
Highly Recommended Resources:

[Forks Over Knives](#) (2011) A documentary free on YouTube introducing the plant-based way to health.

[What the Health?](#) A documentary on Netflix on how food affects health and why we believe what we believe about food and diets.

AAUW VA CONFERENCE 2025

A 100-year celebration is pretty special!



So please mark your calendars: Hosted by the Northern District branches, on **March 29, 2025**, our State Conference will be held at **the Sheraton Suites, 801 N. St. Asaph Street in Old Town Alexandria.**

Preconference activities will begin on March 28—exactly 100 years since our founding.

Our conference theme is “1925-2025: 100 Years of Changing the Conversation.”

We are planning a fantastic program, including some surprise events.

Check out the [Conference](#) page on the state website.

Reserve a room now if you plan to stay in Old Town for the fun.

NORTHERN DISTRICT MEETING



Northern District Meeting

Saturday, September 14, 2024

10:30 AM – 12:30 PM

Ellen Coolidge Burke Branch Library

4701 Seminary Road, Alexandria

What Are Microaggressions and What Do I Do About Them??

Meg Tuccillo, AAUW VA Co-Vice President for Diversity, Equity, and Inclusion (DEI), will discuss Microaggressions, commonplace verbal and behavioral indignities, whether intentional or not. Microaggressions can result in communicating hostile, derogatory, or negative verbal slights and insults. Like it or not, they happen often – and sometimes out of our own mouths!!



Meg retired from Arlington Public Schools after serving as the Assistant Superintendent for Administrative Services for 17 years where her duties included Title IX coordinator. Prior to that, she was principal of Abingdon and Tuckahoe elementary schools. She is a recipient of the Arlington Community Foundation “Spirit of Community” Award, the Arlington NAACP Martin Luther King Award and the Commission on the Status of Women “Woman of Vision” award. She is Past President of Arlington Branch of AAUW.

- A business meeting will follow.

AAUW ATLANTIC REGIONAL CONFERENCE



Join Us!
for the
AAUW Atlantic Regional Conference
Connecting Voices from the Everglades to the Northern Border
September 27th – 29th, 2024

Virginia Crossings Hotel & Conference Center
1000 Virginia Center Pkwy, Glen Allen, VA 23059

AAUW-VA is hosting this three-day conference of AAUW members along the Atlantic coast

Detailed information is at the Conference Link

<https://aauwatlanticregionalconference.com/>

Early Bird Registration Deadline September 6, 2024 - \$209.00
After September 6, 2024 - \$225.00

REGISTER NOW!

AAUW FUNDS

CATHY KREBS

A round of applause is due **Elaine Kolish** for her work as Funds Chair for several years. Getting money to where it can do some good is a praise-worthy accomplishment.

We can be proud of our Branch: due to an amazingly successful Little Theater fundraiser we are on track to contribute \$3000 to AAUW's greatest needs fund in 2024. In addition, about one-third of our membership has donated over \$1000 and 2024 is not over.

While donations in addition to dues are not required, consider the good results that AAUW can accomplish with them. AAUW furthers women's abilities to enter the workforce on an equal footing and to contribute to society. Marie Curie, beneficiary of an AAUW educational scholarship, went on to share a Nobel award in Physics in 1903. To quote Elaine, "Please remember you can always donate on line by clicking the big red DONATE button at AAUW's website, <http://www.aauw.org>. If you do not already have an account, it just takes a few steps to create one."



2024 - 2025 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Thursday, September 12, 2024, 1:30 PM Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Fundamentals of Estate Planning (estate planning, wills, trusts, beneficiaries) Speaker: Gretchyn G. Meinken, Esq.
Tuesday, October 15, 2024, 1:30 PM Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Election 2024 Speaker: Liz White , Executive Director of Upvote VA & someone The League of Women Voters (Discussion of Rank Choice voting.)
Saturday, November 2, 2024, 10:30 AM Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Speaker: Annie Ray , Grammy Award Winning Orchestra Teacher
December Location, Date and Time TBD	Holiday Event
Saturday, January 11, 2025, 10:30 AM Sherwood Regional Library (Zoom if bad weather)	AI Unleashed: The Future and Its Risks Speaker: Jennifer Swann , Director of Information Security at Bloomberg
Thursday, February 20, 2025, 1:30 PM Sherwood Regional Library (Zoom if bad weather)	Unconscious Bias and Microaggressions Speakers: Meg Tuccillo and Patty Hagen
March or April Location, Date and Time TBD	Annual Business Meeting
March 28-29, 2025 Sheraton Suites of Old Town Alexandria	AAUW-VA Conference
April 17, 2025, 1:30 PM Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Eliza Scidmore: The Trailblazing Journalist Behind Washington's Cherry Trees Author Diana Parsell will speak about her book and research.
May Location, Date and Time TBD	Annual Potluck
June Location, Date and Time TBD	Annual Planning Session
Wednesday, June 18, 2025 7 PM Reception / 8 PM Performance Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314	LTA Annual Fundraiser The Play That Goes Wrong



AAUW members are always encouraged to participate in all aspects of civic involvement and to interact with elected officials, especially regarding AAUW Public Policy issues. Among other things, this may include conducting a voter registration or voter education event, such as holding a candidate forum.

However, members are reminded that AAUW is a 501c(4) organization. It is essential that AAUW remains clearly nonpartisan in order to preserve our tax status and to remain fair to all members of varying political opinions.



September 2024

- **12 Branch Program, 1:30 P.M.**
Contact Solveig Eggerz
- **14 N. District Meeting, 10:30 A.M.**
- **16 Book Group, 7 P.M.**
Contact Liz Promen
- **20 Game Night, 7:30 P.M.**
Contact Paula Lettice
- **27-29 Regional Conference**

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



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

