

Mt. Vernon Voices

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

Volume 69 Issue 1 September 2025

Mt. Vernon Branch



CO-PRESIDENTS' MESSAGE

Dear AAUW Sisters, wasn't this an unbearably hot summer! And, not just in terms of ambient temperatures. President Trump's decisions and policies on so many things near and dear to AAUW's mission and certain courts' affirmation of his right to make those decisions filled us with white-hot anger and disappointment, time and time again.

But we are not helpless. We can respond to action alerts from AAUW, support a free and fair election process and show compassion and empathy for others, unlike those in the Trump administration.

Take Action

Together, we can defend the rights of all women and ensure that education remains a powerful path to equity and opportunity.

- Two-Minute Activist
- Public Policy Priorities
- Policy Updates
- Advocacy Toolkit



Accordingly, we will start off the year with writing **750 postcards to get out the vote!** The upcoming elections in Virginia are critical and could be a bellwether of things to come. Individuals have signed up to write postcards at home but we will also have a **postcard writing party at Elaine's home on Wednesday, September 17 at 10 a.m., 920 Emerald Dr.** (Coffee and pastries to be provided.) If you haven't finished your at-home postcards you can bring those to finish them off if you like.

We also will strive to support our community and those in need in tangible ways. This month we are asking members to bring new or gently used clean towels to any one of our September events to meet **New Hope Housing's** client needs. (See page 4). Purely optional of course. We will arrange to get them to the shelter. We will do similar things throughout the year.



It's time to rethink homelessness.



Our first full branch event starts with **Patricia Linderman on September 25.** She will help us be stronger versions of ourselves through laughter and at-home practices we can adopt. This is so timely as we will need all our strength and energy to get through the next three years!

(Continued on page 2)

**KICKING OFF
OUR
PROGRAM
YEAR**

**THURSDAY,
SEPTEMBER 25
1 P.M.**

**LET'S GET
PHYSICAL
WITH
PATRICIA
LINDERMAN**



**SHERWOOD
REGIONAL
LIBRARY**

**SEE PROGRAM FLYER
ON PAGE 3**

CO-PRESIDENTS' MESSAGE

(Continued from page 1)

In October, the heads of **Good Shepherd Housing and Family Services, United Community and Alice's Kids** will join us to talk about their missions and challenges they may face with massive federal cutbacks of all sorts, and how we can help them. The branch will be donating \$50 to each of these non-profits and we hope members will make supplemental donations by cash or check the day of or after (purely optional of course!).

See **page 9** to see the proposed fabulous schedule for the remainder of the year.

In the meantime, keep the faith for a better future.

Elaine and Patsy
Co-Presidents



Board Meetings

Board meetings will be held on the second Tuesday of the month at 7:30 p.m. **All are welcome.**

The first one is Tuesday, September 9 at 7:30 p.m. **Patsy** will send out the zoom link to the board and any member who wishes to attend.

BRANCH LEADERSHIP 2025 – 2026

Elected Officers

Co-Presidents:	Elaine Kolish Patsy Quick	Newsletter/ Directory Distribution:	Mary Ellen Mehler
Program Co-Vice President:	Beverly Dyer Kathi Hanrahan	Nominating Committee Chair:	vacant
		Hospitality:	vacant

Membership Vice President:	Susan Farmer
Treasurer:	Anne Simpson
Secretary:	Cathy Conron Sandy Doyle

Appointed Chairs

Bylaws:	vacant
AAUW Funds:	Joanna Crane
Public Policy:	Ofelia Perotti
Newsletter/Website:	Bianca Daugherty

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.

KICKING OFF OUR PROGRAM YEAR



Mt Vernon Branch AAUW



Sherwood Regional Library



Let's Get Physical!

Join us for Patricia Linderman's engaging workshop!

Thursday, September 25, 1 p.m.

Sherwood Regional Library

2501 Sherwood Hall Lane, Alexandria, 22306

Physical Abilities = Your Best "Retirement Account"

Learn to Stay Strong, Active and Independent

Simple, at-home practices to improve strength, flexibility, posture, and balance



Patricia Linderman

After turning her own health around at age 52 with sustainable lifestyle changes, **Patricia Linderman** got so excited at the results that she left her work as an editor and language teacher to become a physical movement leader and health coach for other women at midlife and well beyond. She now coaches clients locally and all over the country via Zoom, and leads a variety of classes and workshops online and at Providence Rec Center in Falls Church. She's also certified as a Functional Aging Specialist and Pilates Pelvic Floor Exercise Teacher. Find out more about her work at www.fierceafter45.com and follow her blog at <https://fierceafter45.substack.com/>

BOOK GROUP

Monday, September 15, 2025 - 6:00 p.m.

*We will select our books, reviewers, hostesses
and co-hostesses for 2025-26*

HOSTESS: Liz Promen

2210 Cavendish Drive, Alexandria

CO-HOST: Elaine Kolish

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

Contact Liz Promen if you are interested in joining the group.



GAME NIGHT

Welcome back to Game Night!



**Join us for an evening of fun, friendly competition,
and good company!**

Friday, September 26, 2025, 7:30 p.m.

Home of Bianca Daugherty

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

Urgent Need: Towels for the Eleanor Kennedy Shelter

New Hope Housing is in **urgent need** of **new and gently used towels**. These simple items make a big difference in helping guests feel **clean, comfortable** and **cared for**. All sizes are welcome (bath towels, hand towels, washcloths). They ask that the towels only be clean, gently used or brand new. You can **drop off towels** at the **Eleanor Kennedy Shelter** ([9155 Richmond Hwy](https://www.eleanorshelter.org/)) or bring donations to any event in September: postcard writing party, book group or speaker event. We will bring all donations to the shelter at the end of the month.



Elaine Kolish

AAUW FUNDS

Dear Mount Vernon Branch Friends,

We can once again be proud of our Branch: In the first six months of 2025, **we donated \$1631 to AAUW**. And, 2025 is not over!

I was **so moved** by a letter I received a little while ago from **Gloria Blackwell**, AAUW's CEO, that, as the new Funds chair, I wanted to share some of it with you. In her letter, Ms. Blackwell said (and I paraphrase),

Education is empowerment. Especially for women. It always has been!



As an organization committed to advancing *equity* for women and girls, AAUW is gravely concerned by sweeping moves to roll back civil rights protections, slash student aid, and weaponize political power against institutions of higher learning. These attacks threaten to erase decades of hard-fought progress toward equal opportunity in higher education.

The administration is systemically **tearing down the pillars of educational access** and accountability by:

- **directing agencies to gut Title VI protections and eliminate civil rights standards that rely on disparate impact.**
- **threatening institutional independence by politicizing the accreditation process and weakening standards for educational quality.**
- **revoking federal protections for LGBTQ+ students and enabling the federal government to strip funding from universities that champion legal diversity, equity, and inclusion efforts.**

Meanwhile, the administration's proposed budget would **eliminate or drastically reduce support** for programs that make college a reality for millions:

- **Federal Work-Study and Pell Grant surplus funds are on the chopping block.**
- **Income-driven student loan repayment options and student loan forgiveness programs are under siege.**
- **Campus-based childcare programs that student parents rely on to complete their degrees face elimination.**

The attacks extend to the very **legal status of institutions** that resist political pressure. The administration has openly threatened the nonprofit status of colleges and universities that resist its ideological agenda.

Ms. Blackwell concludes by asking us to **make a donation** to fund AAUW's work in letting Congress know the **real harm** these choices would cause -- making higher education less accessible to women, student parents, and first-generation students. She says:

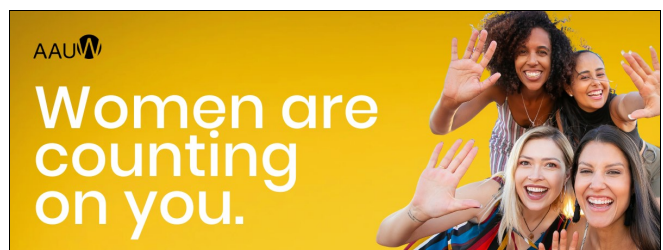
"It is up to us who know the value of higher education to defend it now - loudly, boldly, and relentlessly. We must be the ones to **defend this fundamental right now**, and we need your help to do it."

So, dear Mount Vernon Branch friends, please consider making a tax-deductible contribution to AAUW. You can give online at <https://www.aauw.org>. Have your AAUW membership ID number ready and press the red DONATE button.

Donate Now

Please email me at joanna.p.crane@gmail.com if you need help doing the online donation.

*Joanna Crane
AAUW Funds Chair*



SAVE THE DATE – AAUW-VA CONFERENCE 2026

A poster for the AAUW-VA Conference 2026. The left side features a photograph of graduates in caps and gowns. The right side has a red background with the AAUW of Virginia logo at the top. Below the logo, the text reads "ON THE FRONT LINES: Defending Education and Equity for Women and Girls". At the bottom, in a white box, it says "AAUW-VA Conference 2026, Glen Allen, April 18".

AAUW-VA Conference 2026, Glen Allen, April 18

Conference will be held April 18th 8:30 - 4:00 pm with check in and activities on Friday afternoon and evening available. Drury Plaza Hotel - Richmond, 11049 W. Broad St. Glen Allen We have a book of rooms blocked and details will be forthcoming. We look forward to you joining us and making this a great conference!

How to Get your Membership ID Number and Make a Donation

- Go to <https://www.aauw.org/>
- Click on "Log In" at the top right to navigate to log in page. If you are a member but have never logged in, click **FORGOT YOUR PASSWORD** located below the Log in button. Enter your email address and click **Reset your password**.
- You will receive an email with link and instructions to **create a password**. Just follow the prompts.



When that is done, you will be taken to your profile page where you can find your membership ID Number and make any changes/additions that you wish. You can save your password so that you do not have to enter it every time you log in to the website.

When you donate now, your gift will be credited to our branch.

Giving to the **Greatest Needs Fund** is the way that AAUW is helped most.

While you are at the website, browse around. In the Membership section, you can find **Discounts and Perks** that you didn't know you had!

Donate Now

Patsy Quick

AAUW-VA NORTHERN DISTRICT MEETING

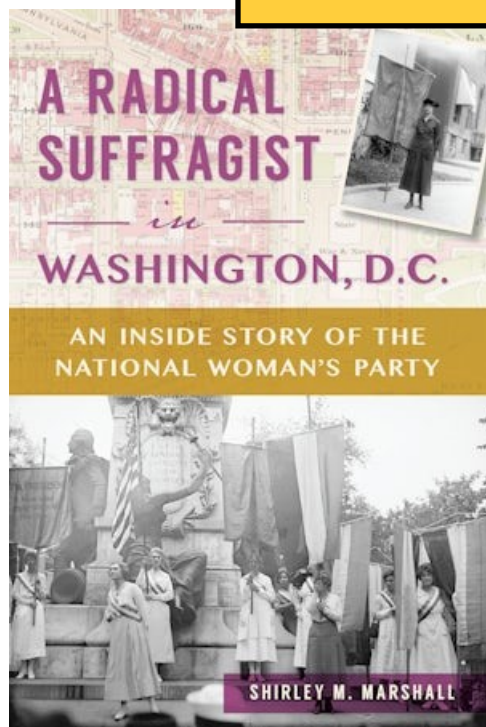
CO-Sponsors:



Pohick Regional Library

AAUW-VA Northern District Meeting **November 1, 2025, 12:00 p.m.**

**Pohick Regional Library
6450 Sydenstricker Rd, Burke, VA**



Shirley Marshall will be talking about her book, *A Radical Suffragist in Washington D.C.* The book features letters from Elizabeth Kalb Green who worked and lived at the National Woman's Party Headquarters from 1918 to 1921. Her book will be available for purchase.

After Shirley's talk, we will have a short break and then a business meeting where branches can talk about upcoming events.

Set up/Meet and Greet: 12-12:30 p.m.
Program starts at 12:30 p.m.

Open to the public. Bring your family and friends!



SAVE THE DATE

Virginia Women's Conference

NOVEMBER 15, 2025, 8 A.M.-3 P.M.

The Johnson Center, George Mason University
4400 University Dr, Fairfax, VA 22030

Click [here](#) for information on registration.

AAUW will once again have a table at the Virginia Women's Conference. Email AAUW-VA Public Policy VP, Diane Schrier, if you can help out, Diane.schrier@gmail.com.



2025 - 2026 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Thursday, September 25, 2025, 1:00 PM Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Let's Get Physical Health and fitness workshop Speaker: Patricia Linderman
Thursday, October 16, 2025, 2:00 PM Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306 (2nd floor)	Round Table of Mt. Vernon Community Non-Profits: Ron Fitzsimmons, (Alice's Kids); Leah Fraley, (United Community); Genee Hayes, (Good Shepherd Housing & Family Services, Inc.)
Thursday, November 20, 2025, 1:00 PM Sherwood Regional Library	Struggles for Women in the Media Speaker & Panel: Deborah Todd (formerly with Voice of America)
Sunday, December 5, 2025, 11:30 AM Cedar Knoll 9030 Lucia Lane, Alexandria, VA 22308	Holiday Event
January 2026 Date and time TBD Sherwood Regional Library	Women in Foreign Service Retired Women Ambassadors
Friday, February 6, 2026 7 PM Reception / 8 PM Performance Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314	LTA Annual Fundraiser School of Rock
February 2026 Place, date and time TBD	History of the Enslaved at Mt. Vernon Speaker: Rev. Sherrie Quander
March 2026 Place, date and time TBD	Annual Business Meeting
April 2026, Place, date and time TBD	Importance of tree canopy in Fairfax County, especially in underserved areas. (related to climate change)
May 2026 Place, date and time TBD	Annual Potluck
June 2026 Place, date and time TBD	Annual Planning Session

Other Important Dates to Remember:

November 1, 2025

AAUW-VA Northern District Meeting, Pohick Regional Library

April 18, 2026

AAUW-VA Conference, Glen Allen, VA

September 9 Special Election

For those of you who live in the **11th Congressional District**, don't forget to vote in the **September 9 Special Election** to fill the late **Congressman Gerry Connolly's seat**. Early voting is happening now through September 6 at the **Fairfax County Government Center**. More locations open August 29, including the Lorton Community Center! The **MV Governmental Center** is **NOT** an **early voting location** for this special election.

Here is the address for the Lorton Community Center:
9520 Richmond Highway, Lorton, VA 22079

(Source: Mount Vernon District Advisor August 2025)



September 2025

- **9 Board Meeting, 7:30 P.M.**
Contact Elaine Kolish/
Patsy Quick
- **15 Book Group, 5 P.M.**
Contact Liz Promen
- **17 Post Card Writing Party
10 A.M.**
Contact Elaine Kolish
- **25 Branch Program, 1 P.M.**
Contact Solveig Eggerz
- **26 Game Night, 7:30 P.M.**
Contact Bianca Daugherty



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



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

