Mt. Vernon Voices

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

Volume 69 Issue 3 November 2025

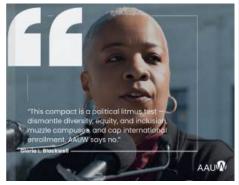
Mt. Vernon Branch

Co-Presidents' Message

t our October program we learned from three non-profits about the challenges they and their clients are facing at this time. See Elaine's report on page 6. We learned about the ripple effect of the furlough of so many of the 80,000 federal workers in our county. Many people in our community are hurting. As Elaine says in her report: If you are able, consider donating to one or more of these nonprofits, or others. For your reference,

https://www.unitedcommunity.org, https://www.goodshepherdhousing and https://www.aliceskids.org.

In other news we are reading that the administration is offering preferential federal funding if institutions adopt certain policy changes. AAUW opposes these Higher Ed Compacts, saying, "The Trump Administration has invited all U.S. colleges and universities to sign a 'Compact for Academic Excellence in Higher Education,' which would offer preferential federal funding if institutions adopt sweeping policy changes. These changes include dismantling diversity,



equity and inclusion, restricting campus governance and speech, holding tuition flat for five years, and capping international student enrollment." **Read Gloria Blackwell's full statement** <u>HERE</u>. Call your legislators if you are so moved. https://www.congress.gov/members/find-your-member



AAUW was a co-sponsor of the **No Kings** protest. See how our branch members participated on page 7. One way to learn how to respond to the authoritarian turn our federal leadership has taken is to be on the mailing list of one of the many organizations working to uphold democracy. To learn more about the No Kings Alliance visit their website: https://www.nokings.org/ To learn

about non-partisan Common Cause which works to uphold the core values of American democracy. click here: https://www.commoncause.org/about-us/

It is one of our goals to provide help when we can, to show that we value compassion, kindness and government programs that lift up women and children, not hatred, mean spiritedness and the shutting down of so many agencies, such as the Department of Education with its programs that help girls and women be all they can be. On page 9, you'll see a report about our successful towel drive, and

(Continued on page 2)

BRANCH PROGRAM

THURSDAY,
NOVEMBER 20,
1 P.M.

WOMEN IN THE MEDIA,
A PROFILE OF

CHANGE



SHERWOOD REGIONAL LIBRARY

SEE PROGRAM FLYER
ON PAGE 3

Co-Presidents' Message

(Continued from page 1)

an upcoming opportunity to donate food for kids when school is in recess over the holidays. On page 8, you will see info about our Holiday luncheon. Like last year, we will be collecting soap, shampoo, and toothpaste for United Community's home bound clients. Members Anne Simpson and Joanna Crane volunteer at UC, packing food and supplies for those clients.

This is our way of saying Happy Thanksgiving, by sharing what we have with those who have less.





Elaine and Patsy Co-Presidents



International Day For Tolerance **November 16**

"Tolerance is respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and ways of being human." - UNESCO's 1995 Declaration of Principles on Tolerance

BRANCH LEADERSHIP 2025 - 2026

Elected Officers

Newsletter/ Co-Presidents: Elaine Kolish

Directory Distribution: Mary Ellen Mehler Patsy Quick

Nominating Committee Chair: vacant Program Co-Vice Presidents: Beverly Dyer Hospitality: vacant

Kathi Hanrahan

Membership Vice President: Susan Farmer Interest Groups

Book Group: Liz Promen Treasurer: Anne Simpson **Dining Out:** Cathy Conron Co-Secretaries: Cathy Conron Paula Lettice

Sandy Doyle Game Night:

Bianca Daugherty Paula Lettice Appointed Chairs

Bylaws: vacant ImpromptEvent: All Members

AAUW Funds: Joanna Crane Ofelia Perotti Public Policy:

Contact Email: <u>AAUW.MtVernon@gmail.com</u> Newsletter/Website: Bianca Daugherty

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.



Mt Vernon Branch AAUW



Sherwood Regional Library

November 20, 2025, 1:00 P.M. Sherwood Regional Library



Women in the Media, a Profile of Change

JOIN US for a conversation with three different women that traversed their different careers in the Washington and International media experiencing challenges along the way and their observations related from those experiences.

Our Panelists



Sue Ann Staake-Wayne is a veteran broadcast Producer/Director who has over forty years in television production that has taken her from network control rooms to studios in Bosnia. She created her own compa-

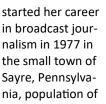
ny in1989, SAS Productions, Inc., and has won both regional and national EMMY * Awards. While she was based in Washington, D.C. she was an Adjunct Professor at the American University and Montgomery Junior College's School of Communications Departments.

She is a member of the DGA (Director's Guild of America) and a lifetime member of NATAS (The National Academy of Television Arts & Sciences) for three decades of leadership and service. She retired from broadcasting in 2016 and moved to the mountains of Colorado and found herself fulfilling a lifetime dream of acting. For the past nine years she has embarked seriously on a second career as an actor. She branched out into voice-over work and has narrated children's books. She continues to perform in community theater as she pursues work in commercials/television/film.

Deborah Todd is most recently the Media Asset Manager for Voice of America. Her career followed changes in the technical, business, and

news content for media in the Washington DC area for over 35 years. She began her career with CBS Network, morning and evening News, Face the Nation, and Night-Watch as well as "special events" covering multiple presidential elections, and events including Desert Storm and 911. Later she contracted with NBC Network and was the pool supervisor for NBC at the White House. She started and maintained her own media company Todd Enterprises for 10 years before joining the federal government. Her company clientele included various clients such as Court TV, Christian Science Monitor, World Business Review with Casper Weinberger, the Discovery Channel and Fox Sunday Morning with Tony Snow and two national conventions as the Technical Director in charge of over 30 staff, roughly 20 remotes and over 10 camera positions. Her debut as Director for the show "Women and Breast Cancer" for Belo Broadcasting won an Emmy.

Carol Pearson





7,000 at that time. She has since covered local, national and international news in a career that spanned 44 years, most of which she completed at the Voice of America.

Carol won awards for documentaries on nuclear war issues, AIDS, as well as other awards for reports on business, coverage of Ebola and more. She anchored newscasts and long-form news programs in which she determined program content.

During the Reagan administration, she covered two U.S./Soviet Summits. Later, she hosted an international talk show at the Voice of America. Her guests included Hillary Rodham Clinton, Rosalynn and Jimmy Carter, prominent scientists, physicians and specialists in international affairs.

She believes a good journalist is a lifelong learner, which is what she is and continues to aspire to be.

The meeting is free and open to the public. - For more information: AAUW.MtVernon@gmail.com

BOOK GROUP

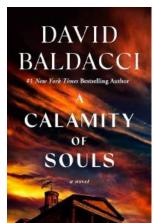
Monday, November 17, 2025 7:00 p.m.

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

HOSTESS: Bev Dyer

6102 Bayliss Place, Alexandria

CO-HOST: Joanne Clark



Book: <u>Calamity of Souls</u>

David Baldacci

Reviewer: Patsy Quick

Next Book: Correspondent

Virginia Evans

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

GAME NIGHT



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

Friday, November 21, 2025, 7:30 p.m. Home of Cynthia Jacobus

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

We still need hosts for February, May, and June.

Please contact Paula to see what month could work for you!

2025 Medicare Changes: What Caregivers and Advocates Need to Know

This might be of interest to you. **Kathi Hanrahan** attended this webinar hosted by the Benjamin Rose Institute on Aging. She is kindly sharing the link with us below.

https://www.benrose.org/resource/medicare-changes/

Open enrollment for Medicare runs from Oct 15 to December 7, 2025. There will be numerous changes in the enrollment process and options for next year.

MEMBER SPOTLIGHT: SUSAN FARMER

This is the first in a new occasional column that will focus on an individual member to help us get to know our members better. If you have a suggestion for someone to feature, let me know.

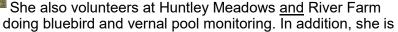
As you know, **Susan Farmer** serves as our branch VP for membership. She also participates in Book Group and hosted an imprompt event where she taught attendees about the health benefits of a vegan diet and then served them a delicious vegan dinner they had helped cook. She also is a devoted grandmother to her five grandsons and spends as much time as possible with them.

What really stands out about Susan is her dedication to the environment. Before she retired, she worked extensively with the **Prince William County Meaningful**

Watershed Educational Experience (MWEE), guiding middle school students through hands-on studies of water quality, biodiversity, and watershed management.

Since retirement, she has pursued her passion as a **Virginia Master Naturalist**, leading programs for both students and adults on topics including water management, conservation, and ecological health.

In addition to teaching, she actively participates in many conservation projects. Currently, she works with the trail leader at Laurel Hill Park on invasive species management, urban forest maintenance, pollinator garden maintenance, and overall ecological monitoring to ensure the health of this valuable community resource. Her team is currently piloting spotted lantern fly monitoring protocols and using vacuums to remove these pests that pose a grave danger to crops.



collaborating with staff at George Washington's Mount Vernon to add a bluebird trail to its library's new native plant garden. Her volunteer work at **Earth Sangha**, a local grower of native plants that it sells for use in residential gardens and park restorations, landed her on the front page of its website and some of its publications.

In short, Susan is a gift to our Mt. Vernon community, helping to make it a healthier, greener space for its human and wildlife residents. Thank you, Susan.

Elaine Kolish



Susan Farmer on the right

Welcome to our new(ish) member, Suzanne Parrish.

Suzanne had been a long-term member of the branch and, among other things, had served as Co-President with Elaine Kolish. Recently retired from the Fairfax County Public School system, she has now rejoined the branch and joined Book Group, something she has always wanted to do! She jumped right in and hosted the October Book group meeting. With her new free time, Suzanne has taken up golf and pickle ball. She also can often be seen at the Mt. Vernon recreation center, assiduously rowing for an hour! A gifted artist, Suzanne now has more time to devote to her muse.

**** Welcome back, Suzanne, we missed you. ****



OCTOBER PROGRAM REPORT

ELAINE KOLISH

Our October program with the leaders of Good Shepherd Housing and Family Services, United Community and Alice's Kids was thought provoking and eye opening about the needs in our community and beyond. All three leaders knew first-hand the effects of poverty on children and that knowledge along with their work experiences have imbued in them the empathy and skills needed to successfully lead their organizations.

Genee Hayes, ED of GSH and **Leah Fraley**, CEO of UC, have been in their positions for about 18 months. Both bring energy and passion to their goals: GSH to provide affordable housing (with wrap around services) so people have a chance to escape poverty, and UC to help clients have better, self-sufficient lives through workforce development and other programs. UC also runs a much needed and valued food pantry.



Genee Hayes and Leah Fraley



Elaine Kolish and Ron Fitzsimmons

Ron Fitzsimmons, co-founder of Alice's Kids, says AK works differently. It is not designed to eradicate intergenerational poverty, instead, it aims to help one kid at a time who is shamed by their poverty. By working with teachers and counselors AK may learn that a child has been missing school because their clothes or shoes are so worn-out they are embarrassed to go to school, the way the AK's founders were when they were children. Or a child may be unable to play a sport because the family doesn't have the money to buy the right footwear. So, AK sends the counselor an appropriate gift card, which then is given to the parent so the child does not have to know they are the recipient of charity. Once available only in the Mt. Vernon area it now operates around the country.

We also learned that having so many of the 80,000 federal workers living in Fairfax County furloughed has **dramatic ripple effects**. While

many have relatively good paying jobs, living in our county is quite expensive and they may not have the resources they need to see them through a prolonged furlough. So, they may need help from the food pantries they may previously have donated to. And these out-of-work federal employees may stop employing household help such as house cleaners and landscapers, leading to even more people needing the services of these and other nonprofits. Another effect that Genee noted is that past donors who have reliably donated significant sums, are holding off because their adult children who have been laid off may need their financial help. This means when they need donations the most, they may not get them.

If you are able, consider donating to one or more of these nonprofits, or others. The branch gave each speaker a \$50 check to their organizations and cash donations made at the event provided a bit more. Some attendees made check donations on the spot and other attendees said they would make donations when they were home. For your reference, https://www.unitedcommunity.org, https://www.goodshepherdhousing and https://www.aliceskids.org.



Mt. Vernon AAUW Members Rally to Protect the Rule of Law and Protest Tyranny

Elaine Kolish and Patsy Quick

We were so delighted that our members turned out for the protest at the Supreme Court on October 15 and at several NO KINGS DAY protests on October 18.

Joanna Crane represented us at the rally held at the Supreme Court on Louisiana v. Callais, a voting rights

case. AAUW members from around the area gathered with signs, and AAUW CEO, **Gloria Blackwell**, spoke to the rally. Joanna reports it was very uplifting!

AAUW also was one of the official sponsors of the 10/18 No Kings protest. Seven branch members joined the protest in Market Square in Old Town (Elaine Kolish, Patsy Quick, Cathy Conron, Kathi Hanrahan, Bianca Daugherty, Liz Promen, Paula Lettice), two attended the Kingstowne rally (Louise Priest, Bev Dyer), and Joanna and her husband, Mark, attended the downtown DC protest. It was thrilling for all of us to be part of the seven million citizens in over 2700 events around the country loudly saying we do not want a monarchy, we want adherence to our Constitution and the rule of law to be restored.







n October 21, the No Kings organizers hosted Mass Call: What's Next After No Kings? I along with, at one point 41,588 others, attended on YouTube. Leaders thanked all of the many volunteers and participants: 2,700 events in all 50 states, with 7 million attendees was the largest, peaceful protest in our United States history! Wonderful photos were shared.

The day was particularly outstanding for its diversity. In White Plains 350 protesters showed up at an event organized by people in an assisted living facility. People showed up in small towns and big towns. And not just from blue states: from Texas (101 events) to Florida (in Lakeland the Proud Boys showed up to make trouble but trained peacekeepers broke them up and prevented trouble), to Kansas (in Kansas City 4% of the population showed up), to Oklahoma, to

Tennessee and elsewhere, this protest was a symbolic action of peaceful mass mobilization to challenge authoritarianism. It was a counter to the administration's claim that only a handful of people are involved. It was a message that we are a united people of all stripes, and more will join us. We were seen.

What is next? **No Kings Alliance** has been created to coordinate and inform the diverse masses within the movement. NKA will send weekly "to do" and educational emails. The moment must be sustained. This is only the beginning.

The Mass Call was recorded. More Info: https://www.nokings.org/

https://www.npr.org/2025/10/19/nx-s1-5579042/no-kings-protests-takeaways

ROCKING AND ROLLING LTA FUNDRAISER

We're excited to announce our upcoming fundraiser:

SCHOOL OF ROCK

Friday, February 6, 2026 - 7 p.m. Reception / 8 p.m. Performance

Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314





School of Rock is a rocking, high-energy musical that will have "fists of all ages and sizes...pumping" (Vanity Fair)!

Mark your calendars — you don't want to miss this special evening. All proceeds will benefit AAUW funds.

Tickets are \$45 per person and include the pre-show reception with food and drinks!

More information coming soon.

We have a food committee already, but need a volunteer/s for ticket distribution. Please let Elaine or Patsy know if you will be the lead on this. We also need decorating ideas!

CELEBRATION TIME



Annual Branch Holiday Luncheon

Sunday, December 7, 2025, 11:30 a.m.

Cedar Knoll

9030 Lucia Lane, Alexandria, VA 22308

elebrate with your branch sisters and enjoy a delicious 3-course lunch. Cost is \$65 (includes all taxes and gratuity.) Try your luck in our annual wine raffle for a chance to win a fine selection of either 6 red or 6 white wines.

Please bring **toiletries** to support **United Community** and its home-bound clients. Your generosity makes a difference.

Tickets for our LTA Fundraiser will be available. They make great gifts!

Invitations with details and a RSVP request will follow in November.

Our September Towel Drive Cleaned Up!



Patsy and I are so gratified by our members' generosity. We collected **44** bath towels, **8** hand towels, **8** wash cloths and **4** kitchen towels. The homeless shelter was extremely grateful for our donation. Thank you for your donations.

As noted in the last newsletter, our libraries have been making yarn available for community members to knit or crochet hats for those in need. If you participated in this project, please send us a picture of the hat(s) you made for our newsletter.

Elaine Kolish



OCTOBER 24 - DECEMBER 5

Drop off donations:

Mount Vernon Governmental Center 2511 Parkers Lane, Mount Vernon

A bin will be located outside my office to drop off donations.

All contributions will go to **Mount Vernon High School** to provide students and their families with food in time for the holidays.















If you plan to donate, please consider giving items from this list below. The average size of a family seeking food assistance is four people, and the sizes indicated are preferred to reduce food spoilage. Additionally, donating items that are high fiber, low sugar and low sodium not only feed people experiencing food insecurity but also contribute to their overall health and wellness. MVHS also requests grocery store or Walmart gift cards.

REQUESTED ITEMS

- · Grocery store gift cards
- · Cooking oil
- · Corn Flour Maseca
- · Bag (dry) beans, peas or lentils (16 oz.)
- Rice brown or white (5 lbs. or smaller)
- Canned fruit in light syrup or juice (20 oz. or smaller)
- Healthy hot and cold cereal (42 oz. or smaller)
- Healthy snacks (e.g. raisins, granola bars)
- · Canned tuna, salmon or chicken (15 oz. or smaller)
- Canned tomatoes low sodium, no salt added (29 oz. or smaller)
- · Soup lower sodium (19 oz. or smaller)
- Canned pasta (16 oz. or smaller)
- · Macaroni and cheese
- · Peanut butter (40 oz. or smaller)
- Fruit jam (32 oz. or smaller)
- Instant potatoes (16 oz. or smaller)
 Pancake mix (32 oz. or smaller) and syrup
- Canned vegetables low sodium, no salt added (29 oz. or smaller)
- Canned beans or peas (29 oz. or smaller)







We invite you to bring your items to one of our branch programs in November or, if it's more convenient, take them directly to the Mt. Vernon Governmental Center.



INVITATIONS FROM SISTER BRANCHES

Healing the Gender Divide in the Age of Pervasive Social Media

A Two-Part Series

November 6, 2025, 7 to 9 p.m.

Mary Ellen Henderson Middle School, 105 Mustang Alley, FC



A Community Forum

Moderated by the American Association of University Women,
Falls Church Branch

Part I...What Do We Know?
The Not So Good State of Men and Women

Facts, Findings and Effects including the Role of Social Media

Panel

Equimundo Center for Masculinities and Social Justice and Center for American Progress, Inclusive Economy

Part II...Spring 2026: What Can We Do?
How Do We Heal?

Research Recommendations, Community Responses and Strategies

Date and time to be determined

Join Reston-Herndon VA AAUW for a conversation with Fairfax County Superintendent of Schools

Dr. Michelle C. Reid



Support for public education is one of key policy priorities of AAUW-VA. Fairfax County Schools are at the epicenter of much of the news coverage. Join us to hear from FCPS nationally know Superintendent Dr. Reid and learn what we can do to support public education in Virginia.

Friday, November 21 at 5 P.M.

North County Government Center, 1801 Cameron Glenn Drive, Reston, VA
Or register to attend by Zoom

CALLING ALL GARDENERS



Save These 2026 Conference Dates!



AAUW-VA Conference 2026, Glen Allen, April 18

The Northwest Branches (Greater Richmond, Winchester, and Fredericksburg Area) cordially invite you to the 101st AAUW-VA Conference, at the Drury Plaza Hotel Richmond, 11049 West Broad Street, Glen Allen, VA 23060.

Join us for afternoon tours and evening entertainment on **Friday**, **April 17**, **2026**. Then on **April 18**, we'll spend the day together with:

- Interesting speakers,
- Informative panels,
- Catered lunch,
- Irresistible raffle baskets to support AAUW Greatest Needs Fund

You can make reservations at the **Drury Plaza Hotel** by visiting the following link:

https://www.druryhotels.com/bookandstay/newreservation/?group no=10150185

OR CALL 1-800-325-0720 and reference your group number, 10150185, to make your reservation.

(The default dates may show as April 16 – April 20; just adjust the dates for your preference.)

To get the group rate, **be sure to reserve your room by Sunday, March 15, 2026**. Reservations made after this date will be subject to prevailing rates and availability.

Hotel Amenities Include:

- Free Parking
- Complimentary Hot Breakfast
- Complimentary Evening Drinks and Snacks
- Complimentary Wi-Fi Throughout the Hotel
- On-Site Facilities: Business Center, Fitness Center, and Pool

Any questions? Email **Mary Anne Graham**, maryannegrahamatcomcast.net. We look forward to seeing you there!



2026 AAUW Atlantic States Regional Conference

September 25-27, 2026 Lancaster County Convention Center Lancaster, PA

The next AAUW Atlantic Regional Conference will be held in Lancaster Pennsylvania on the weekend of September 25-27, 2026.

View the promotional VIDEO!

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	Women in the Media, a Profile of Change Speaker & Panel: Deborah Todd (formerly with Voice of America), Sue Ann Staake-Wayne, and Carol Pearson		
Sunday, December 7, 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 April 18, 2026 September 25-27, 2026 AAUW-VA Northern District Meeting, Pohick Regional Library AAUW-VA Conference, Glen Allen, VA AAUW Atlantic Regional Conference, Lancaster, PA







November 2025

- 1 Northern District Meeting Pohick Regional Library 12 noon
- 11 Board Meeting, 7:00 P.M.
 Contact Elaine Kolish/ Patsy Quick
- 17 Book Group, 5 P.M.
 Contact Liz Promen
- 20 Branch Program, 2 P.M.
 Contact Bev Dyer/
 Kathi Hanrahan
- 21 Game Night, 7:30 P.M.
 Contact Cynthia Jacobus



SUN	MON	TUE	WED	THU	FRI	SAT
						1 ND Meeting
2	3	4	5	6	7	8
9	10	11 Board Meeting	12	13	14	15
16	17 Book Group	18	19	20 Branch Program	21 Game Night	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/

