



ARLINGTON BRANCH REPORT AAUW OF VIRGINIA

May/June, 2018

Volume 74, Issue 7

The AAUW Mission Statement

AAUW advances equality for women and girls through advocacy, education, philanthropy, and research.

LAST BIG EVENING COMING in MAY

Don't miss our last, and uplifting meeting of the year before summer. Join us on **Tuesday, May 15th at 7 pm** at the Woman's Club of Arlington, 700 S. Buchanan St

There, we will present our **annual Arlington Educator of the Year Award** to an **educator** who has been a model in



empowering young women through education.

In addition, our **Arlington AAUW Scholarships** will be awarded **to two deserving young women** to help with their college expenses.

This is always a fun and uplifting event for our branch and for the recipients of these awards. Please come and show your support while joining in on the fun!!

MAY 23 Arlington AAUW Board Meeting at 7 pm at Meg's

June 20 Arlington AAUW Board Meeting at 7 pm at Meg's

July 25 Arlington AAUW Board Meeting at 7 pm at Meg's

ONE OF OUR OWN RECEIVES HIGH HONORS

The Women of Reform Judaism (WRJ) from the Beth El Hebrew Congregation in Alexandria, VA, has selected one of our own to be their "Woman of the Year."

Jeanette Astrow presented the Award in March saying, "I am pleased to announce our 2018 WRJ Woman of the Year, **Michele Milden**."



Michele has worked tirelessly on many successful WRJ fundraisers over **the past several years** paying attention to details that make everything just so. We thank you for all of your hard work and efforts. We look forward to honoring this coming WRJ Shabbat on May 4th at 6:00pm."

Congrats **Michele**, you do us proud!

ARLINGTON AAUW ACTIVITIES COMING UP

Let's Talk About Books

Our May meeting will be at the following time and location:
The fourth Tuesday, May 22 at 2 pm, at the home of **Barbara Gallagher**, 5100 Fillmore Ave, Apt 509, Alexandria,
703-243-1043, bgallag2@gmail.com

Our book selection for May is ***The Radium Girls: The Dark Story of America's Shining Women*** by Kate Moore.

Be sure to let the hostess know if you are planning to attend the session at her home.



INTERNATIONAL COFFEE GROUP



The THIS/AAUW International Coffee Group will hold its final event of the year on **May 9**. It is a luncheon at the home of **Karen Russo** in McLean and will be held from 10:30 to 1:00 pm.

All volunteers and diplomats are requested to bring a food dish to share.

UPDATE ON LUNCH BUNCH ACTIVITIES

The **overall theme** for our meetings this year was: "**A Healthier Me**"

The presenter for our **January 18 meeting** was **Josefina Girón**, a **Nutritionist** for Women and Children at the Arlington Health Department.



The interactive nature of her presentation and the inclusion of visuals and handouts in both English and Spanish held everyone's attention as she addressed **healthy options for breakfast, lunch and dinner**, calories and portion control and the importance of being physically active.

The presenter for the **February 15 meeting** was **Lori Salins Kelly**, a **Mental Health Therapist** at the Arlington County Department of Human Services, Behavioral Healthcare Division. **Her focus was on self-care and dealing with stress, anxiety and depression.** The girls learned about and practiced strategies for addressing stress. Lori also talked about how stress, depression and anxiety can manifest itself in physical ailments. Information in the form of a brochure from the Department of Human Services was provided to offer information on a wide variety of additional services available.



The **March 15 presenter** was **Judge Dorothy Clarke**. **Judge Clarke** provided information on what constitutes "**Sexual Harassment**", how



prevalent it is and how it manifests itself in society, including in our schools. She emphasized how important it is to identify the perpetrator so that measures can be taken to address the issues involved.

Judge Clarke followed up with personal stories telling the girls how essential it is not to be fearful or embarrassed about sharing with others. She reinforced the importance of reporting harassment to school officials should it occur there. Examples of what constitutes sexual harassment in a school setting were shared.

In keeping with the theme of "A Healthier Me", the **April 19** meeting featured **Judy Pendergast, Black Belt Karate practitioner and instructor** who was our presenter. She offered the Lunch Bunch a hands-on experience and recommended **skills and techniques for developing self-confidence and self-defense.**



The **May 17** meeting for the Lunch Bunch **is our final meeting of the year** with the girls and will be **dedicated to the celebration of the good work accomplished by our girls.** As part of the celebration, we will announce the selection of the senior candidate award winner of the AAUW \$1,000 Scholarship. In addition, recognitions with monetary awards for exemplary attendance at our monthly meetings will be given out to the top three participants in terms of attendance.



At this May meeting, the girls will also have an opportunity to provide us with personal feedback on the degree to which they found this year's topics relevant to their particular circumstances and interests. Finally, we will survey the girl's interests and needs for the following year to guide us in the development of our theme for 2018-19.

We are most grateful for the monthly support we receive from our dedicated AAUW Lunch Bunch volunteers, **Betty Dunn, Betsy Marron, Susan Nelson, Susan Rushton, Susan Senn, Virginia Sorkin, and Arlene Wilson.** The Lunch Bunch program is in large measure successful due to the ongoing support we receive and the cooperative planning we participate in with Arlington Community High School Principal, **Dr. Barbara Thompson and Counselor, Patricia Sanguinetti.**

Michelle Milden, Chair and Mary Ann Ullrich, Co-chair

AAUW Arlington, Virginia Branch Officers, 2017-18

Co-Presidents:	Carol Dabbs, 2017-19 Meg Tuccillo, 2017-19
Co First Vice Presidents for Program:	Susan Nelson, 2017-19 Mary Beth Pelosky, 2017-19
Second Vice President for Membership:	Marie Schryver, 2017-19
Secretary:	Chris White, 2017-19
Treasurer:	Betty Dunn, 2017-18
Assistant Treasurer:	Susan Senn, 2017-19
AAUW Funds Officer:	Deb Powers, 2017-19
Public Policy Officer:	Sara Anderson, 2017-19

AAUW NEWSLETTER ARTICLE FROM CO-PRESIDENTS FOR MAY/JUNE, 2018

I'm old ...but not that old that I don't recall numerous examples of inequity and unfairness directed at women. Some of them were/are significant and some were/are just silly!

In my early days as an educator, I can recall being told that, because I was pregnant and due in January, I could not begin teaching that September when I was four months along (strangely, I ended up being a long-term sub for P.E. and subbed till my due date!).

I remember the brave soul who went into the ladies' room at school and came out – WEARING PANTS AT WORK!!!!!! I remember being confused at the cleaners when my husband's shirts cost less than my own long-sleeved blouses.

I remember being frustrated playing basketball in high school because we weren't allowed to run full-court (too strenuous for girls?) and full court was how I learned with my brothers.

I also remember being told, when I got my first administrative position, that my pay would be less than my male colleague being appointed at the same time because "he had a family to support"!

Isn't it amazing to those of us who have been around awhile that we are still facing the same dilemma?



How can it be in this day and age that women, and other specific groups, still have to struggle to receive the same pay for the same work, face sex discrimination in education and need to play catch-up in STEM fields ?

Last month we recognized April 10th as Equal Pay Day when female full-time workers finally receive what the typical male worker took home by December 31, 2017! Meaning that what a male full time worker earns in 12 months, it takes a female full time worker, working nearly 4 months longer to earn the same.



AAUW has a powerful voice in these and other important issues impacting women today. While we in Arlington learn more about these issues at our monthly meetings, Lobby Corps members educate and inform legislators on these issues, and Two-Minute activists keep the pressure on by calling and sending messages urging support in empowering women.

Whatever it is you can do, remember all those who have gone before us to change some of the limitations we may have experienced in our lives and decide how you can be a catalyst for change – younger women are counting on all of us!!

Meg and Carol

"HERRICAINE" ARLINGTON

"Herricaine" Arlington, designed by **Lauren Stienstra**, Program Director, is a **week-long summer camp** for high school **GIRLS** from Arlington designed to promote and teach emergency management, preparation, and leadership. **Its goals are to empower young women as community leaders to have an impact on the response and recovery of its citizens as well as themselves.** Over the course of the summer camp, the girls practice reporting to 9-1-1, operate a fire extinguisher, conduct damage assessment, cook with emergency supplies, and have hands-on experiences with a variety of emergency management response skills.

The United Nations Disaster Programme reports that women and children are fourteen times more likely than men to suffer the negative consequences of disaster – including death, loss of income, and rape.

Women also are the preparedness engines of their homes. They are more likely than men to prepare a family disaster plan, organize emergency supplies, comply with evacuation orders, and volunteer after an incident. **In addition to the summer camp**, Ms. Stienstra tells us, "every month we held additional workshops where we provided continuing education and leadership development. These sessions were titled, "The Aftermath". The program is offered to 16 high-school girls at no cost. Instead, the girls compete for a college stipend through attendance, participation and community service. Current, more than 75% of our inaugural class continue to be involved."



We have joined together with the APCYF (Arlington Partnership for Children, Youth and Families Foundation) who are acting as the Fiduciary agent to sponsor a proposal to AAUW Community Grant to fund the Aftermath Program for this year, 2018-19. Also, the Board agreed to provide a \$225 stipend for one of the selected participants for this year.

To view a short film which highlights the events from the June, 2017 camp, please copy

to view this link:

<https://www.youtube.com/watch?v=4eikVSChjXU&feature=youtu.be>

Susan Senn, STEM, Arlington AAUW

NEW ARLINGTON VOTERS REGISTERED by the ARLINGTON LEAGUE OF WOMEN VOTERS

The **Arlington League of Women Voters** conducted a voter registration at all high schools in the county, registering students who will be 18-years old by November 6, 2018. These new voters will be eligible to vote in the June 12 primary, as well.

Thirty-nine adult volunteers and students from the Inspire organization registered 39 students at **HB/Woodlawn**, 6 students at **New Directions**, 62 students at **Wakefield High School**, 69 students at **Washington-Lee High School**, and 172 students at **Yorktown High School**, for a total of **348 new Arlington voters. Kudos to the league for their DILIGENCE!**

Marjorie Hobart

**READ CAREFULLY FOR IMPORTANT
NEW INFORMATION
VOTE TWICE!**

Yes, it's legal—you will be voting twice this spring **in AAUW elections**, once for Virginia and once for national. So you won't get them mixed up, here's the info you need.



AAUW National Bylaws Amendments

- Watch for *Outlook* in April with the proposed amendments (and your voting number). There are only three, but they are important ones. #1 changes the national board structure to staggered 3-year terms. #2 allows up to 5 non-AAUW members on the 15-member AAUW Board (non-members could serve as officers of the board, including chair). #3 provides opening membership to all who support AAUW's mission. You may see members' comments to these amendments at www.aauw.org; click on bylaws.
- Online voting starts **April 25** and closes **June 9** at 9:00 p.m. ET.
- **If you need a paper ballot**, request by **May 7** at connect@aauw.org or 202/785-7700.

AAUW of Virginia Voting

- The Spring Virginia *Vision* has the slate of state officers to elect and the proposed 2018-2020 Public Policy Priorities. Any changes to the latter as a result of discussion at the April 20-22 state conference will be emailed to members on April 23.
- Online voting begins **April 24** and concludes on **May 14** at 9:00 p.m.
- Note that there are no paper ballots for Virginia AAUW. Branches are encouraged to provide assistance to members who have no internet access.

AAUW DUES update

Paid life membership increases 7/1/2018.

Paid life membership will increase from \$980 (\$49 x 20) to \$1180 (\$59 x 20) on July 1, when annual dues increase to \$59.



It was announced at the Virginia State Conference that the existing price will be honored through June 30. So **if you are considering becoming a paid life member, you can save \$200 by doing so prior to July 1.**

Thanks.

Carol Dabbs

Congratulations to National AAUW's 2018-19 Fellowships and Grants Awardees!

Posted: 16 Apr 2018 04:55 AM PDT AAUW is excited to announce 245 awards and \$3.8 million in funding for fellows and grantees in the 2018-19 award year! **This exceptional group of recipients will pursue academic work and lead innovative community projects to empower women and girls.**

For 130 years, AAUW has been a leading source of funding for graduate women, providing more than \$100 million in fellowships and grants to more than 12,000 women and nonprofit organizations in the United States and around the world.

The 2018-19 award year kicks off on July 1, 2018, with the release of our updated online **[Fellowships and Grants directory](#)**, in which you can find out more about the remarkable women and organizations from your area! To learn more about AAUW's fellowships and grants programs and past awardees, visit our **[fellowships and grants web page](#)** and read our **[Following the Fellows](#)** blog series.

This is the last issue of
Volume 74 - Arlington Branch
Report for AAUW of Virginia.

The next issue will begin
Volume 75, and Vol. 75
issues will be bi-monthly.
(Six per year)

Any articles for publication
should be emailed to Editor,
Cece Michelotti using:
cecemich@gmail.com with the
SUBJECT line: Newsletter
(with the months included).

Thanks to each person who
has submitted pieces in the
past. Your care in writing and
promptness in sending are
greatly appreciated.
C.M.

***Mission of AAUW-
Advancing equity for
women and girls through
advocacy, education,
philanthropy and
research.***

***In principle and in
practice, AAUW values
and seeks a diverse
membership. There shall
be no barriers to full
participation in this
organization on the basis
of gender, race, creed,
age, sexual orientation,
national origin, disability,
or class.***

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