

**Vol 43, Number 6 ~ Woodbridge, VA Branch Newsletter ~ March, 2016**

**UPCOMING EVENTS**

<b>Second Wednesday of the Month ~ Book Club Uno</b>	<b>Panera's at the Glen</b>	<b>2 pm</b>
<b>March 12</b>	<b>Prince William Regional Science Fair Kelly Leadership Building, Bristow Road, off Rt. 234</b>	<b>8am – noon</b>
<b>March 23</b>	<b>Program, “What’s Up with Nutrition These Days?” Room 202B, Development Services Building, Stadium Complex</b>	<b>7 pm</b>
<b>April 2</b>	<b>Girls + Math + Science= SUCCESS! Conference Marsteller Middle School, Bristow</b>	<b>8 am -noon</b>
<b>April 15-17</b>	<b>Virginia AAUW State Conference, Hyatt Dulles</b>	
<b>May 14</b>	<b>Spring Luncheon at Sara Anderson’s Home</b>	<b>noon – 2:30 pm</b>

**PRESIDENT’S MESSAGE**

**HAVE YOU COMPLETED YOUR “TO-DO” LIST?**

If you are like me, you have a to-do list to help keep tasks and activities from getting lost. So have you completed these tasks?

- Volunteer to judge March 12 at the Prince William Regional Science Fair
- Plan to attend the March 23 program “What’s Up with Nutrition These Days?”
- Volunteer at the April 2 “Girls + Math + Science= SUCCESS! Conference”
- Register for the April 15-17 Virginia AAUW State Conference

Get these tasks done today!

**Sandy Lawrence** [sandyaauw@juno.com](mailto:sandyaauw@juno.com)  
President

P.S. My last chemo treatment was February 24. I am still recovering from the side effects. I see my radiologist on March 11 and will know more after that about the radiation treatments. Thanks all for your good wishes, prayers, cards and email. It means so much.



## MARCH PROGRAMS

Greetings! What a great month this is for AAUW Woodbridge members! Spring is right around the corner. The judging of the Regional Science Fair takes place and the exciting SUCCESS! Conference follows within a few weeks. We celebrate St. Patrick's Day and the wonderful parades in Manassas and Alexandria. Happy Easter to all as it arrives early! My family has 3 birthday celebrations so that adds to my excitement for the month, especially with the grandson's 2<sup>nd</sup> birthday. ☺

Thank you to all for attending the Spring Luncheon at Madigan's on Saturday, February 20<sup>th</sup>. We had a great turnout including 12 members, 1 new member, and Ali's Mom. I was so glad that the weather cooperated and hope all had a good time.

Our March program is "What's Up with Nutrition These Days? Lots of Questions and Answers"! The date is Wednesday, March 23, 2016, at 7:00 pm in Room 202, Development Services Building, behind the McCoart Building. Our featured speaker will be Ms. Nancy Stegon, MPH, RD, Family and Consumer Extension Agent, Virginia Cooperative Extension. Ms. Stegon is a registered dietitian working for the VCE in Prince William County. She has worked as a hospital dietitian, in wellness, catering, and teaching nursing students. Currently, her job includes supervising twenty-two master food volunteers who assist her in providing nutrition education for those in the community at risk for poor nutrition. These volunteers are trained for thirty hours and then reciprocate by helping with various programs. This program is of value to all!

Since the SUCCESS! Conference and the AAUW State Conference are both in April, there will be no April Program. I hope to see many Woodbridge members at the Conference. Ali and I will be at the registration table and I am so excited as this gives us the opportunity to meet and greet members from all over the State.

Thank you to Sara Anderson for graciously volunteering to host our Salad Desert Luncheon on Saturday, May 14, 12:00 pm – 2:00 pm! For new members, this is a pot luck luncheon, followed by a short business meeting, and elections. Winners from the Science Fair and their parents are also invited to attend and give an overview of their projects. We also have gift raffles that are interesting. We'll have directions in the April newsletter.

Thanks to all who have supported our programs and I look forward to seeing you in the next few weeks at one event or another!

**Carol Campbell** [Breeze053@aol.com](mailto:Breeze053@aol.com)  
**Vice-President, Programs**

## BOOK CLUB

Don't forget our book club. We have moved from Wegman's to Panera's at the Glen, where Old Bridge Rd and the Parkway meet. Time 2 PM, usually second Wednesday of the month.

**Tania Iwanowski** [tania.iwanowski@yahoo.com](mailto:tania.iwanowski@yahoo.com)

## SCIENCE FAIR JUDGES NEEDED!



The Prince William Regional Science Fair is scheduled for Saturday morning, March 12<sup>th</sup> at the Kelly Educational Building off of Prince William Parkway. Each year, our Woodbridge Branch gets a team together to judge this event. As organizational judges, we seek out all of the projects entered by females in grades 7 and 8. Each team member chooses to judge categories in which they have expertise or interest from the eleven- including Chemistry, Environmental Science, Physics, and more!

Each team member looks for the top 2-3 projects in their categories to present to the team, by interviewing the students present. The team narrows the group for consideration down to about 10-15 and we review and ask questions of the presenter. Our awards are for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and honorable mention with special prizes selected for the students' Science and Math classes. The young ladies and their parents are invited to our May luncheon to share their projects.

We can use more volunteers for our branch's traditional support of the Prince William Manassas Regional Science Fair on Saturday, March 12<sup>th</sup>. As of March 2, we have Susan Bardenhagen, Elaine Cash and her Science teacher friend-Lois Montgomery, Barbara Ondo, and John Starsiak. The task is much smoother if we have 6-7 people, so that the first interviews are done and leave us the needed time to revisit the notable selections to finalize winners.

Whether you have a Science background or just an interest, please consider being part of our team. It really is exciting to see our future scientists, engineers, and entrepreneurs in action. It is rewarding to learn that most of our awardees go on to win in their category and/or receive awards from other organizations.

**Susan Bardenhagen**     [smb4STEAM@gmail.com](mailto:smb4STEAM@gmail.com)

VAST Region 4 Director

## MEMBERSHIP MATTERS for BUILDING our TEAM

Recently, by email, I reached out to the nearly 50 members-at-large who are either near the SUCCESS! Conference location or the Woodbridge area. There are over 1080 at-large members in Virginia who hold national membership. I asked them to consider volunteering at the SUCCESS! Conference- those who reside in Gainesville, Bristow, and Haymarket- who would have a short trip to Marsteller. The SUCCESS! Conference is gaining fame beyond our region and even the state, so I thought these folks might check it out. The members whose addresses are in and near the eastern end of Prince William may also be interested in supporting our efforts. It sure would be nice to have some of these folks join our branch, too. I'll keep you posted on the results of my contacting them. This is something that Susan Fairey used to do – she left awesome footprints to fill, so here's hoping.... ☺



Thanks to the efforts of our members, we are pleased to announce that two previous members will be rejoining our branch- **Irene Cromer** and **Susan Farmer**. You already “met” Dana Hollifield in our February newsletter. Carol Campbell's colleague is joining this month. This will make our total membership 31.

*New Member Spotlight:* **Lee Vannett** was born and raised in Madison, WI. During her college senior year she was awarded an Army scholarship and was enlisted in the Women's Army Corps. Upon graduation from UW at Madison she was commissioned a 2LT. She was on active duty for two years, but continued her military service in the Reserves. By 1989 as a Lieutenant Colonel assigned to a Civil Affairs Command, she deployed to Panama at the onset of Operation Just Cause then to Fort Bragg in 1990 as part of an advance civil affairs team in support of Operation Desert Storm. She was in Saudi Arabia for a year, part of which was under combat conditions, assigned to three active military commands in different

assignments. She retired in 2000 with the rank of Colonel and two Bronze Stars, a Joint Services Commendation Award, and the Legion of Merit. Her civilian career commenced in 1972 as a DOD Administrative Support Technician assigned to a railway battalion located in Philadelphia, where she eventually joined ATF as a field Inspector, also on a special assignment with the IRS and the government of Honduras. She was then assigned to a special Drug Task Force in Miami as part of the President's Special Caribbean Initiative, then on to New York City, then to Washington, DC as a Headquarters Specialist in the Alcohol Import-Export Branch. Lee was then promoted to the position of first line field supervisor in Atlanta during the 1996 Olympics, again to Washington, DC, and then to New York as the Director, Industry Operations. She then relocated to Atlanta and managed the ATF's national licensing program for firearms dealers and explosives permittees as the Chief, National Licensing Center. She returned to Philadelphia as the Pennsylvania Director, Industry Operations, and finally to ATF Headquarters as the Deputy Chief for the Office of Strategic Management, where she was a colleague of Carol Campbell. Lee retired from the Army in June 2000 and from ATF in November 2011. Living now in Lake Ridge with her three cats, she participates in functional fitness training, Mat and Reformer Pilates, and Yoga. Lee is a cancer survivor. You can meet her when she volunteers throughout the SUCCESS! Conference in April. ☺

**Susan Bardenhagen** [successconference@juno.com](mailto:successconference@juno.com)

Membership Vice-President

## BRANCH LAF BASKET for the STATE CONFERENCE



shutterstock - 65664193

Thanks to Barbara Blindauer for accepting the task of coordinating our gift basket to raise funds for AAUW's Legal Advocacy Fund. Many members have already donated items towards the historic theme of our Prince William County. There are special Virginia wines, gift cards from Occoquan proprietors and more, and more special items. At the luncheon, many more ideas were suggested, too. Barbara would like to finalize the basket the week before the state conference. Please contact her so you can coordinate delivery to her. ☺

**Barbara Blindauer** [barbblindauer@comcast.net](mailto:barbblindauer@comcast.net)

## PUBLIC POLICY NOTES

In the midst of election turbulence, I have chosen to focus on the March/April 2016 issue of Mental Floss. Why? Because, they have focused on so many mind-blowing women, that's why! Online at [www.mentalfloss.com](http://www.mentalfloss.com) you can discover all sorts of fun facts about the females of our species. Can you name 10 exceptionally clever female con artists, 9 female pirates, or 8 things that women used to be banned from doing? There are five (5) online campaigns that empower women and girls. Are you familiar with those campaigns? Although not many in number, there are six modern societies where women are the rulers. Where are those places???

The magazine pairs with Smart Girls to highlight modern women who are changing the world. Read about Emily Graslie who has made museums cool again, a bodybuilding grandma, and Trisha Prabhu who, at age 15 has created ReThink- an anti-cyberbullying app. The women who "made the list" are also athletes, a 25 year old judge, a Mohegan who retells Shakespeare with a distinctly native and feminine tone....and...

Don't miss the bit about Kate Powell. You will never guess from whence her fame came! The last article is about a cowgirl who became the most powerful woman in the United States of America in September of 1981. I won't give away her name but her initials are SDO. Happy Reading!

**Ali Cohen** [ali.cohen@verizon.net](mailto:ali.cohen@verizon.net)

Public Policy Chair



## The 2016 “Girls + Math + Science = SUCCESS!” Conference is Rolling!

The 26<sup>th</sup> annual “Girls + Math + Science = SUCCESS!” Conference will be held on Saturday, April 2<sup>nd</sup>, at Marsteller Middle School in Bristow. The Woodbridge Branch has supported this conference since 1995. The title is from a 1990 program on the West Coast and for us, has evolved from only non-traditional careers in Math and Science being presented to Science, Technology, Engineering, the Arts, and Mathematics (STEAM) careers, women’s history, gender neutral education, and workshops for adults, too. AAUW has a strong interest in STEM education.

Our major corporate sponsors are working with us again- Micron Technology, ProChain Solutions, NOVEC, and Lockheed Martin. SPARK, the Prince William County Education Foundation, is our co-presenter. Belvoir Federal Credit Union has donated 300 canvas bags for the parents and students materials; Jan Sutton of Farmer’s Insurance will donate bags for the presenters; the UPS Store has donated a copy card for printing program materials. AIAA has donated booklets and SWE is sending engineering materials.

A former middle school attendee has become an industrial engineer so she will be sharing her experiences as a presenter. It’s so exciting to have alumni! As of March 5<sup>th</sup>, we have 27 confirmed presenters.

Beville and Godwin Middle Schools have again received a grant to transport over 40 students and their parents to the conference with a schoolbus; Pennington Traditional School will be coordinating many of their students; and the GEMS (Girls Excelling at Math & Science) Club of Benton Middle School will be joining us, too. We have over 50 students and 25 parents already registered, with two weeks left until deadline! *Update- I checked the PO Box and it was filled with more registrations on Dr. Seuss’ Birthday!*

The t-shirts will be black with a neon color lettering. We are considering a dedication to a branch member who passed away last year and will announce this to you when it’s confirmed.

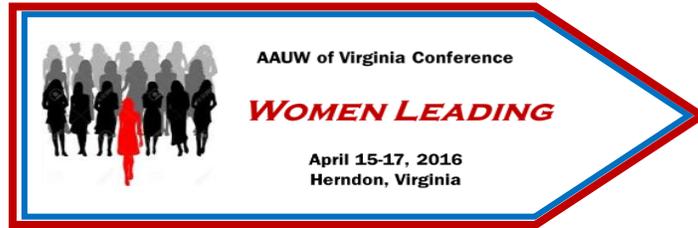
### **How can branch members support the conference, you ask?**

- \* Forward suggestions for sponsors- both financial and for items- to Susan B.
- \* Forward suggestions for presenters with an email/phone contact to Susan B.
- \* Volunteer to present your STEAM career!
- \* Mark your calendar for helping set-up Marsteller’s cafeteria with posters and refreshments on Friday night, April 1<sup>st</sup> - let Susan know ASAP so she can plan.
- \* Mark your calendar for the day of the conference- early morning 7:30 am until 9:30 for help with passing out packets and getting conference underway; 9:30 until 11:30 to help refresh the refreshments and get the cafeteria ready for the evaluation collection and t-shirt distribution; and/or 11:30 until 1 pm to collect, distribute, and gather up materials for 2016.

We will have a display table for AAUW as usual with membership materials and all of our presenters will receive membership packets. Check out the conference’s website: [www.successconference.net](http://www.successconference.net) .

**Susan Bardenhagen** [successconference@juno.com](mailto:successconference@juno.com)  
Conference Coordinator; Vice-President for Membership

**AAUW OF VIRGINIA STATE CONFERENCE  
APRIL 15- 17, THE DULLES HYATT**



Make your hotel reservations today for the AAUW-VA State Conference at the Hyatt Dulles in Herndon, VA. The dates are April 15-17 April, 2016. The room rate at the Hyatt Dulles is a bargain \$99 plus tax a night with breakfast included. Rooms can accommodate three but only two breakfasts per room.

Don't wait!! Book today at <https://resweb.passkey.com/go/aauw2016> . This is a luxury hotel with free parking and easy access. For those so inclined there is a fitness facility and walking paths.

There is a \$50 rebate per branch when members register for the conference. Branches may decide how it will be used to defray costs.

Update on Lodging for Conference

The AAUW of VA Conference April 15-17 in Herndon, VA is still weeks away, but rooms at the Hyatt Regency Dulles are filling up!

**For the second time, we have asked for more rooms to be set aside at the special rate of \$99.** We suggest that if members want to attend, but have not booked lodging, they should do so ASAP. The reservation link is below. If they are uncertain about attendance, they can always cancel, if needed. **Please forward this info to your branch members.**

Thanks, and see you in April!  
Patsy and Sandy, VA AAUW Co-Presidents

**Hyatt Regency Dulles**

**2300 Dulles Corner Blvd, Herndon, VA 20171  
(703) 713-1234**

Book your hotel room at <http://resweb.passkey.com/go/aauw2016>

Woodbridge homepage: <http://woodbridge-va.aauw.net/>  
AAUW of VA homepage <http://aauw-va.aauw.net>

AAUW homepage: <http://www.aauw.org>