



# Woodbridge Wisdom

Since 1972

Volume 42 Number 6

Woodbridge, VA Branch Newsletter

April 2015

## UPCOMING EVENTS

<b>Apr 11</b>	<b>Tour of National Museum of the Marine Corps 18900 Jefferson Davis Highway, Triangle 22172</b>	<b>10:00 am – Noon</b>
<b>Apr 18 - 19</b>	<b>AAUW of VA State Conference, Charlottesville, VA</b>	
<b>May 16</b>	<b>Spring Salad/Desert Luncheon Science Fair Winners, Caroline Pickens - Guests Joyce Eagle's house, Woodbridge</b>	<b>12:00 pm – 2:00 pm</b>
<b>May 30</b>	<b>Program Planning Session Occoquan Room, McCoart Building</b>	<b>9:00 am - 11:30 pm</b>
<b>Jun 18-21</b>	<b>AAUW National Convention, San Diego, CA</b>	

## **PRESIDENT'S MESSAGE**

Thank you to everyone for the fabulous events in March. Thanks to Susan, Suzanne, and all the members who helped out with the Science Fair judging and the SUCCESS! Conference. Most branches don't do one STEM event, much less two like we do. Give yourself a pat on the back!

But the year is not done, Carol has a great tour for us in April and then the May Salad and Desert Luncheon. Caroline Pickens, Northern District Co-Representative and our state liaison will be coming to our luncheon to chat with members and hear the great things we are doing. Our 2015 Science Fair winners and their parents are invited to attend to share their projects.

Voting for State and National officers is this month. Remember to vote and make a Suffragette smile.

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

## APRIL & MAY PROGRAMS

Greetings to all! Happy Easter and let's bring on some spring weather. I was hoping to pack away my winter clothes this week.

On **Saturday, April 11, 2015, from 10:00 am – 12:00 pm**, we will tour the National Museum of the Marine Corps, 18900 Jefferson Davis Highway, Triangle, 22712 and Phone: 703-649-2350. Women in USMC history will be highlighted. You are welcome to bring family and friends. If you plan to attend, please email me at [Breeze053@aol.com](mailto:Breeze053@aol.com) by **Thursday, April 9**. We will **meet at the front entrance at 9:45 am**.

The Virginia/West Virginia AAUW State Conference is almost here and I can't wait! It will be an exciting time as we gather in Charlottesville, Virginia on Saturday, April 18 and Sunday, April 19 to celebrate 90 years of AAUW Virginia and 93 years of AAUW West Virginia. If you wish to **send an early birthday wish** by email, you can forward to [pnquick@cox.net](mailto:pnquick@cox.net) or [sandyaauw@juno.com](mailto:sandyaauw@juno.com) by April 13. You can also write down your wish at the Conference at the birthday table. My husband and I lived in Morgantown, WV for 6 years and I am very hopeful that I will reconnect with former neighbors, friends, and co-workers from West Virginia.

And then, before you know it, our **Salad and Desert Luncheon on May 16, 12:00 pm – 2:00 pm** will be here. This year has flown by too quickly. Thanks to Joyce Eagles for hosting this delightful event. For new members, this is a pot luck luncheon, followed by a short business meeting, and elections. Our Science Fair winners and their parents are also invited to share their projects. We also have gift raffles that are exciting.

A **planning session for next year's programs will be held on Saturday, May 30<sup>th</sup>, from 9:00 am to 12:00 pm** at the Occoquan Room in the McCoart Building. So, if you have any thoughts or ideas to get us started, please email them to me so we can begin this process.

So now, hopefully, I have you thinking about AAUW Woodbridge and next year's programs.....

But, did you ever ask yourself, "How can I make a really big impact in AAUW?" You can become a National Committee or Task Force member. AAUW needs you! Volunteer applications are now being accepted through May 1, 2015 for a 2-year term that begins July 1, 2015. Members may be reappointed for another 2-year term. Further information regarding the responsibilities, expectations, types of committees and task forces, and the application may be found on the AAUW.org website under "Resources".

As Spring is such a busy time of year, don't forget to stop and smell those lovely roses.

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

## GIRLS WITH ADHD/ADD

Girls and boys are diagnosed with ADHD/ADD at a very disturbing rate of 1 girl to 3 boys. It goes undiagnosed and wreaks havoc on their (girls') self-esteem and pursuit of STEM careers. For more information, go to:

<http://www.additudemag.com/slideshow/80/slide-1.html>

**Ali Cohen**  
**Public Policy Chair**

## BRANCH OFFICER ELECTIONS

The Nominating Committee offers the following names for Woodbridge branch officers' two-year terms:

President: Sandy Lawrence  
Membership Vice-President: Susan Bardenhagen  
Secretary: John Starsiak

Elections will be held at the annual business meeting during the May luncheon. Others may be nominated from the floor at the meeting as long as they have consented to run.

**Jeanne Elmore Susan Bardenhagen Joyce Eagles**  
**Nominating Committee**

## PUBLIC POLICY

On March 4th, AAUW provided a fantastic opportunity to listen, question, and learn about programs regarding **Equal Pay Day**. We have done a fantastic job embedding equal pay issues in our legislatures' minds! Now we must do the same for the general populace. **Here are a few of the more successful efforts so far:**

*Secure a central location and have a bake sale. Items are 75 cents for women and 1.00 for men. Should a male customer listen to an "elevator speech" about equal pay; then he would receive a 25 cent coupon toward his baked good purchase.*

*Find a heavily trafficked location and set up an information booth on equal pay day. Accept donations for the women's shelter at that site.*

*Ask local TV/ radio anchors to give a shout out about equal pay day and spotlight the information booth.*

*Find out how to get TV crawlers running on Equal Pay Day.*

*Put magnetic signs on your cars.*

*Highlight and promote businesses who treat their female employees equally in terms of pay and benefits.*

*Join with several other branches and plan a rally of some sort to get people's attention directed to the disparity. A 5K walk, perhaps, with a family day attached?*

**What will we, the Woodbridge Branch, do for Equal Pay Day 2015 and 2016? Let me know which of the above or ideas you have. Thank you.**

**Ali Cohen**  
**Public Policy Chair**  
[Ali.cohen@verizon.net](mailto:Ali.cohen@verizon.net)

## JUDGING AT THE PRINCE WILLIAM-MANASSAS REGIONAL SCIENCE FAIR

On Saturday, March 14<sup>th</sup>, our branch supported the regional Science Fair at the Kelly Leadership Center as an organization judging the projects presented by females as individuals or teams of two or three in grades 7 and 8. Suzanne Harvey organized the team which included her Science teacher husband, Chuck, and branch members-

Susan Bardenhagen, Sandy Lawrence, Barbara Ondo, John Starsiak, and Lyndsay Wilshaw.



There were about 133 projects at the middle school level, with about 60% prepared by young ladies who were winners representing their public and private schools in Prince William and Manassas. We each judged of the projects in the thirteen categories: Suzanne- Animal Science and Medicine & Health; Chuck- Earth & Planetary Science (no female projects ☹), Engineering, and Physics; Susan and Lyndsay- Behavioral Science and Environmental Science; Sandy- Computer Science and Plant Science; Barbara- Mathematics

and Microbiology; and, John- Biochemistry and Chemistry.

After we interviewed all of the students who were present, we met to consider the outstanding ones within each of our categories, from which we selected eight projects for the team to examine further. From these we selected first, second, third, and honorable mention awardees.

**First place went to Lauren S.** of Stonewall Middle School in Animal Sciences, with “The Effect of Organic Miticides on Phoretic Varroa Destructor.” She completed excellent research about how bees are affected by chemicals used as pesticides. Lauren received the Grand Award for all of the middle school projects after earning first place in her category. She also received the first place award from the U.S. Fish and Wildlife Service. When presenting Lauren with her award Ranger Wu stated, “Last year, President Obama created a multi-agency task force to address the issue of rapidly diminishing populations of honey bees and other pollinators. He even recommended \$50 million in research and conservation programs for pollinators. Lauren’s project on the efficacy of various organic miticides to help overall bee hive health proves that you don’t need to be a government backed research facility to make advances in conservation science. Lauren, as we talked, you had mentioned that you wished to be a biologist in the future. I think you’ll do just fine. I hope to see you among the ranks of U.S. Fish and Wildlife biologists in the future.” Isn’t that inspiring? ☺

**Second place was given to Harley N.** for her project entitled, “The Effect of Different Sand Grain Sizes on the Strength of a Concrete Slab” in the Physics category. From Graham Park Middle School, she also received second place in her category. She was inspired to do the research for her project because of her family’s home construction project.

**Third place** in the category of Medicine & Health **was awarded to Lauren L.** from Reagan Middle School. Her project entitled, “The Effect of Inheritance on Fingerprints” gave us all in depth insight into more than just the regular arches and whorls.

We awarded **our honorable mention to Lauren S.** of Linton Hall School. In the category of Environmental Science, “Disinfecting Water Using LED” lights, Lauren received second place. She showed detailed consideration of the many variables involved in reaching her conclusions.

As is usually the case, our awardees received recognition in their categories as well as from other organizations. This validates our judges’ discerning efforts to identify strong projects in the STEM fields. Our notable projects in the categories of Animal Science, Behavioral Science, Biochemistry, Engineering, and Microbiology received

category awards and some received awards from other organizations- like the Federal Water Quality Association, PWC Service Authority, the VA Dental Society, and others.

Suzanne had secured the gift bags with a graphing calculator, books, i-tunes gift cards, and wrote the beautiful certificates in calligraphy. At the 4 pm ceremony, a female ranger from the U.S. Fish & Wildlife Service awarded their special prizes; then, Susan presented our awards and also for the National Capital Section of the American Institute of Aeronautics & Astronautics.

**Eight students from the fair** took the opportunity to attend the “SUCCESS! Conference” with the invitation supported by the conference’s corporate sponsors. One was one of our awardees and another team of three from the Environmental Sciences category presented their project and how to work as a team during one session of the “SUCCESS! Conference” for 5-6<sup>th</sup> graders who will be presenting at the junior regional fair on April 11<sup>th</sup>. Susan will be a category judge at the junior fair and will distribute invitations to attend the 2016 “SUCCESS! Conference” on April 2<sup>nd</sup> on scholarship from our anticipated continued support from our corporate sponsors. It is surprising that these students remember and look forward to attending the next year!

Our four awardees and their parents will be invited to attend and present their projects at our May 16<sup>th</sup> luncheon. We always enjoy sharing their STEM-based projects and the importance AAUW places on young women and their education.

**Suzanne Harvey**  
**Science Fair**

[harvey.suzanneL@gmail.com](mailto:harvey.suzanneL@gmail.com)

## “GIRLS + MATH + SCIENCE = SUCCESS!” CONFERENCE

The 25<sup>th</sup> annual SUCCESS! Conference has evolved from Math & Science non-traditional careers to both traditional & non-traditional careers to STEM careers and now STEAM careers- Science, Technology, Engineering, the Arts, and Mathematics. The 2015 goals of the conference are:

- To increase students' interest in and awareness of the importance of the STEM subjects of Science, Technology, Engineering, & Mathematics, plus the Arts- which enhance STEM;
- To provide students with opportunities to meet women working in both traditional and non-traditional STEAM career fields;
- To nurture an awareness of the many career opportunities which involve Mathematics, Science, Engineering, the Arts, and Technology;
- To provide students with an awareness of women's important roles in history- locally, nationally, and globally;
- To provide parents, educators, and community leaders with an awareness of the importance of the above goals; and,
- To offer support and strategies to adults to assist in empowering their children’s and students’ aspirations and goals.

On Saturday, March 21<sup>st</sup>, we had forty-one presenters addressing the above goals and more- including a three-person team of young ladies we interviewed at the regional Science Fair and were impressed with their comradery and Science skills, “our” own Piper Sigrest and her Art major sister, a former Science Fair winner and her younger sister, some of our longtime presenters, and new ladies sharing their careers. The collection of posters displayed and as “placemats” across the tables provided historical and biographical information on women.

Our major corporate sponsors for the students’ t-shirts- Micron Technology, Lockheed Martin, NOVEC, and ProChain Solutions- had their logos honored on the violet t-shirts’ backs with AAUW and SPARK on the front. For the Friday night set-up, Karen and Carol were invaluable with preparing the program inserts and setting up the t-shirt display. Marsteller’s Ruri-Teens worked for two hours after school on the 19<sup>th</sup> to pack the bunches of

items for the 180 students packets and 120 adult packets- pens, bookmarks, AAUW booklets, pencils, and so much more!



Ready for registrants to pick up packets- Lyndsay, Carol, Sandy, Patty, and other helpers- staff the registration tables. The students and adults- including parents, grandparents, and teachers- represented forty Prince William Schools (the most represented ever!), plus a few others connected to our presenters. We had the least number of no-shows- great attendance and great exposure.

Suzanne worked with all of the student volunteers to support the presenters' checking in and getting their materials for the event. Here you can see her organizing items.



Students chose among 14-15 sessions during each of their five sessions; adults chose among seven for each of their four sessions. Each of our three honored women were noted on the t-shirt sleeves and at the opening ceremony. Annie Uhler, our presenter since 2004 who died from cancer in December was represented by her husband and received a vase of the violet and blue flowers donated by The Flower Gallery. 1991 SUCCESS! Conference presenter Karen Brown's co-workers and their daughters represented her and received a plant dish garden for the Brown, Mobley & Way office reception area, also donated by The Flower Gallery. Maddie Parrish, Manassas' "first lady" was represented by her son, Mayor Hal Parrish, who donated the large basket of flowers for Marsteller's office honoring all three women.



Our awesome photos were taken by Karen Wolf. Above shows the display of the t-shirts and the nearly 300 students, teachers, and parents at the opening ceremony. They are planning their day with the program schedules.

The event culminated at noon with participants trading their completed surveys and evaluations for their t-shirts. Barbara and John joined us to assist. Our AAUW table was visited by several interested people and with our VA AAUW impact grant money, we ordered many items for the participants' information.

**Susan Bardenhagen**

**SUCCESS! Conference Coordinator, Branch VP for Membership**

[successconference@juno.com](mailto:successconference@juno.com)

## AAUW NATIONAL ELECTIONS UNDERWAY

Here's a look at the timeline for the upcoming AAUW National Elections. Be sure to participate by sending in your vote by the deadlines below!

- April 1, 2015 Opening date to request paper ballot; voter PIN e-mailed to members.  
April 15, 2015 Voting begins online.  
May 8, 2015 Deadline for AAUW to receive request for paper ballots.  
May 26, 2015 Deadline for mailing ballots; must be postmarked by 11:58 p.m. to be counted.  
June 19, 2015 On-line voting ends at 9:00 p.m. PDT

## AAUW OF VIRGINIA ONE MEMBER/ONE VOTE 2015 VOTER GUIDE

This is the fourth year for AAUW of Virginia's One Member/One Vote initiative. We hope that all of you will be casting your vote in May and that most of you will be voting online. It is very important that members participate because we need **a quorum of 7 per cent for the election**. Without 7 per cent of the membership voting, the new state officers cannot take office. Please take the time to vote as a responsible AAUW of VA member.

Schedule of 2015 voting April 21—Deadline for requesting paper ballots April 24—Springfield-Annandale Branch mails paper ballots April 27—Online voting opens May 22—Postmarked paper-ballot deadline May 27—Online voting closes at midnight.

Save your copy of the *Virginia Vision*. This is the Voter Guide to the elections. This year you will be voting on candidates for state office. Reports outlining your choices are found in this Voter Guide. The Voter Guide will be available on the state website <http://aauwva.aauw.net/>. Verify your email and mailing address in your AAUW national profile. Voting will be made available online to all AAUW of Virginia members with email addresses. The email address that AAUW National has in your profile in the Member Services Database (MSD) will be the address used to notify you to vote.

Please do not send change of address notices to the Voting and Elections Committee. To assure receipt of voting instructions and ballot, go to the Member Center on [www.aauw.org](http://www.aauw.org) and log into the MSD to verify and edit your email and mailing addresses no later than April 1. New members who have joined by April 1 will be eligible to vote in the 2015 elections. Requesting paper ballots- in order to save money, we have instituted an opt-in rather than an opt-out process for receiving a paper ballot.

Members may request a paper ballot between February 2 and April 21 by calling Mary K. Johnson at 703/913-9490, emailing to [johnsons7703@verizon.net](mailto:johnsons7703@verizon.net), or writing to her at 7703 Griffin Pond Court, Springfield, VA 22153. She will need each member's AAUW ID number, branch, and address. Members who do not know their ID number may obtain them from their branch treasurer or from the MSD.

Watch for your voting instructions in late April and early May. Do not ignore emails and mailings in April and May! The instructions provided to you at that time will include the deadlines for voting. All votes will be returned to and tallied by AAUW National; they will not be seen by AAUW of Virginia members. Questions concerning the process of voting can be directed to the AAUW of Virginia Voting and Elections Committee (V&EC) at [johnsons7703@verizon.net](mailto:johnsons7703@verizon.net)

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