

UPCOMING EVENTS

Second Wednesday of the Month ~ Book Club Uno	Panera's at the Glen	2 pm
December 15	Holiday Dinner & 50/50 Raffle Occoquan Inn	6:30 pm
January 23	Movie "Not My Life" Ali's house	Noon
February 3	State Lobby Day, Richmond	
February 20	Spring Luncheon at Madigan's	Noon
March 12	Prince William Regional Science Fair	8am – noon
April 2, 2016	Girls + Math + Science= SUCCESS! Conference Marsteller Middle School, Bristow	8 am -noon
April TBD	Federal Lobby Day, Capitol Hill	
April 15-17, 2016	Virginia AAUW State Conference, Hyatt Dulles	



PRESIDENT’S MESSAGE

I can’t believe 2015 is almost over! It has been a great year for AAUW of Woodbridge. New members have joined the branch and we have a very high renewal rate. We are known throughout the state for our emphasis on STEM activities and our mission based programs help all of us understand the great work AAUW is doing and that is there so much more to be done. And, don’t forget the events where we just have fun and enjoy the friendships we have made.

2016 looks to be as exciting, interesting, and fun as 2015 was. There is a movie about human trafficking in January, the always enjoyable lunch at Madigan’s, and the Science Fair judging and SUCCESS! Conference. AAUW of VA has state and Federal Lobby Days. The Northern District branches are hosting the state conference. **Thanks to Ali and Carol** for representing our branch at the conference planning meetings.

For me, the end of the year has brought some health issues, first the slight tear of the left knee meniscus and now cancer in my left breast. The knee is doing well and I plan to be on the golf course in the spring. Thank you for all your cards and kind thoughts.

Sandy Lawrence sandyaauw@juno.com
President

Note: No Newsletter in January.



Season's Greetings to all! I am really looking forward to our holiday gathering on **Tuesday, December 15, at 6:30 pm** at the Occoquan Inn to enjoy your company during this hectic time of the year. This year, instead of a gift raffle, we will have a **50/50 raffle**. Raffle tickets will be sold as usual and the pot will be split 50/50 between the raffle ticket winner and AAUW of Woodbridge.

Many thanks to all who came out to our November Program. We enjoyed dinner at Ruby Tuesdays and then an interesting program on the Prince William Regional Adult Detention Center by Major Mandy Lambert. She updated us on new techniques at the Center being developed to better serve our community.

Our January Program will be held at Ali's on **January 23** to view the movie on human trafficking entitled "Not My Life". Hopefully the weather cooperates! Thank you, Ali, for your hospitality!

On Saturday, February 20, we will have our annual Spring luncheon at Madigan's at noon. I love this event!

The March Program will feature a presentation on nutrition. As with our November featured speaker, this speaker is highly recommended.

Ali and I are privileged to be on the local arrangements committee for the State Conference. It promises to be an exciting event that you do not want to miss. We are handling paper registration and staffing the registration table during the event. Please let Ali or me know if you can assist. I encourage early registration for this event. Further details will be in the Vision.

I wish you and your family all the best for the upcoming holiday season and New Year.

A special thank you to Sandy for all you do for us, the State, your other volunteer organizations, and your community. We are fortunate to have you as our President! And, I want to thank the other Board members for their support of Programs. I truly appreciate it!



Here's to 2016!

Carol Campbell Breeze053@aol.com
Vice-President, Programs

BRANCH PROGRAM, NOVEMBER 17th

Eleven members and two guests attended our program at the McCoart Building and we were all impressed with the excellent presentation by **Mandy Lambert**, a 30-year PWC/Manassas Adult Detention Center employee. She began her career at 19, today one has to be at least 21 years old. The commitment to community and proactive/progressive stance certainly came through in what Mandy shared with us. The responses to our questions gave even more insight.

When she began her career in 1985, women's crimes that led to incarceration were "crimes of passion"- this is quite different today: 90-95% are drug related. Heroin is both the predominant and scary scene in our area and in many areas of the US today.

Evidence-based decision making – relying on hard data- has PW County considered the model for crisis intervention. Since 2009, the problem of much time to await court proceedings has been alleviated by an innovative programL DIVERT docket- for non-violent offenders with mental health issues. The planning for another project will innovatively add housing at the detention center for mentally ill. Classes are offered for two and half hours seven days a week- including AA, NA, Church and Bible studies, and parenting.

Mandy has offered a tour of the Center which would be an excellent follow-up. We'll keep you posted.

Susan Bardenhagen

Vice-President, Membership



Major Mandy Lambert

PUBLIC POLICY

Changes to the AAUW Public Policy Program have been published in the Spring/Summer Outlook magazine. Please read the proposed changes (pages E-4, E-5, E-6) and let me know what you think.

On a laterally related note; my Mom loves to read the books written by the late Margaret Truman- daughter of the late President Harry and Bess Truman. One of these books, **Women of Courage**, captured my attention. She writes of Dolley Madison, Ida Wells-Barnett, Senator Margaret Chase Smith, Elizabeth Blackwell, and Dr. Frances O. Kelsey to name a few.

Although the book was published in 1976, it is clear that we are still fighting the same issues in 2015. We continue *in their stead* to fight injustice in the treatment of all humans, steady and strong movement into all career fields as well as "up the ladder" in those fields.

To quote the back cover: "These are just some of the remarkable women who populate the pages of this unforgettable book, a tribute not just to individuals, but to an entire heritage of female courage that has shaped American life from colonial times to the present."

The work we do is more important now than ever before. Stay strong. Stay focused. Stay smart. And keep fighting the good fight!

Ali Cohen Ali.cohen@verizon.net
Public Policy Chair

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



“SUFFRAGETTE” MIRRORS “IRON-JAWED ANGELS”

Thanks to NOW, the League of Women Voters, the Turning Point Suffragist Memorial Association (www.suffragistmemorial.org), and AAUW members, I believe the call to action worked. “Suffragette” was in danger of not going beyond pre-screening and it’s still in theatres, talk show interviews with the actors are airing as well as advertising commercials, and even Oscar chatter!

On Sunday, Nov 1st, our PWC carpool group of Jeanne, Tania, Alice, and I went to the Angelika Theatre in Falls Church for the 4:35 screening. Prior to the 2pm show, there was an excellent choir mini-concert celebrating women’s voices.

Having seen “Iron-Jawed Angels” many years ago, and been mortified by the treatment and near martyr status of our American suffragists, “Suffragette” parallels the American historical events. From northern Virginia, Lois Page stated, “It is about the British suffragette movement but is *way* more than that – the movie was written, directed and produced by women and the primary actors are women.

“This movie is intended to remind us of the women's rights struggles today (pay gaps, under representation on boards, and in elected positions, etc.). Its message, like that of the Turning Point Suffragist Memorial, is of empowerment- then and now. The all-female production team has bucked the film industry system and needs big box office receipts this weekend as it opens in new cities so that Hollywood will again take a chance on an all-female team.”

Trailer is here: <http://www.focusfeatures.com/suffragette>



Susan, Tania, Jeanne and Alice at the Movies

Susan Bardenhagen
Membership VP

“ASPIRE TO LEAD” WORKSHOP IN BALTIMORE

Back in September, I attended an excellent program sponsored by the *Baltimore-Washington Section of the Society of Women Engineers*. Some of you may recall when I volunteered to help with their TechTrek opportunity for our Potomac Middle School 8th grade girls last January. In addition to collecting contact information for female engineers for the 2016 SUCCESS! Conference, I became aware of the challenges in the workplace that female engineers experience. Unfortunately, there are examples of women leaders’ misogynistic treatment of their female employees. This is apparently a similar result other underrepresented groups have encountered when being newly accepted/allowed into workplaces where “few have gone before”.

The speakers gave research-based information on the real difference between successful and unsuccessful leaders- it’s all in how they are perceived. One chart looked at low and high perceptions of competence and warmth. Admiration came with high ratings on both. It was stated that one of the dimensions of warmth is trustworthiness. “Power poses” really can make a difference in not only how you feel, but how you are perceived. Perception can become reality.

The second presenter also shared “how to project warmth” and “how to project strength and confidence.” Validate feelings, smile and mean it, and stand up straight like you’re in command- all proactive behaviors.

One of the points which affects human interactions in our technologically-evolving world of communication is that there aren’t the same ways to connect virtually- on Skype one can “see” the person, on conference calls one’s tone of voice may be the only clue into the speaker’s intentions, and emails should have the “bottom line” up front since folks can just delete or ignore.

The panelists fielded these questions:

- 1) Have you ever cried at work?
- 2) How does virtual communication change methods of interacting?
- 3) How do you deal with the double bind- women are perceived as warm **or** confident, not both?
- 4) How do you balance your leadership style when dealing with both men and women?
- 5) How do you balance full-time work and personal life? (Not surprising, at home women are still doing more than men.)
- 6) How are you empowered by the female identity?

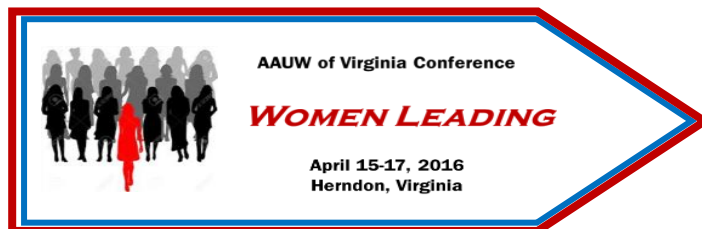
Please consider your answers to the above for a future discussion, perhaps at the January movie event...

Yes, I am working on getting some of the panelists and speakers as presenters for SUCCESS! 2016 for the adults. ☺

Susan Bardenhagen successconference@juno.com

SUCCESS! Conference Coordinator

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.

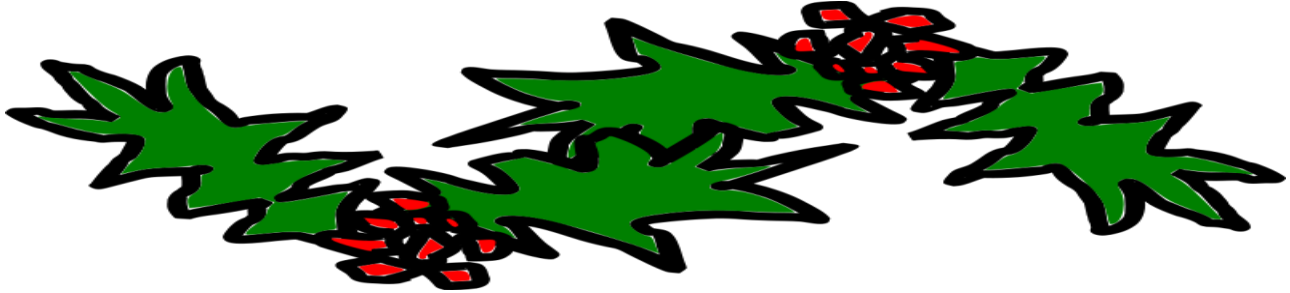
There is a \$50 rebate per branch when members register for the conference. Branches may decide how it will be used to defray costs.

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

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

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

AAUW WOODBRIDGE PROGRAMS FOR 2015-2016



Tuesday, December 15	Holiday Dinner, Occoquan Inn	6:30 pm
Saturday, January 23	Movie at Ali's house	Noon
Wednesday, February 3	State Lobby Day in Richmond	
Saturday, February 20	Spring Luncheon at Madigan's	Noon
Saturday, March 12	Prince William Regional Science Fair	
Wednesday, March 15 or Saturday, March 19	Update on Campus Violence Location: TBD	
Saturday, April 2	SUCCESS! CONFERENCE	
Friday, April 15 to Sunday, April 17	AAUW State Conference at Dulles Hyatt	
Saturday, May 14	Spring Dessert Luncheon	
Saturday, June 4	Planning Session for 2016-2017	