

**Vol 46, Number 8 ~~ Woodbridge, VA Branch Newsletter ~~ Spring #2/3, 2019**

**Upcoming Dates for Your Calendar**

**Sunday, June 30<sup>th</sup>**      *End of Membership Year 2018-2019*      **midnight**  
Please contact Karen Wolf, if you haven't received the link to renew.

**Saturday, August 24<sup>th</sup>**      *VA AAUW Summer Leadership Conference*  
*Harrisonburg (near James Madison University)*

**Sunday, September 22<sup>nd</sup> ?**      *Fall Luncheon*      **12:30 pm**  
*Planning our year for STEM, More Science Fair Winners Sharing*  
*Susan's home in Manassas*

**President's Message**

Since we had spring-like weather as early as February and summer-like in spring, only the calendar tells us it's the first full day of summer. ☺ We hope that you all are enjoying the better weather and have found intriguing things to do during the thunderstorms.

As I pass the torch to Sandy, we both are eager to fill more positions on our board with appointed chairs, recognized by AAUW. The special ones our branch has include our Book Club Uno, Karen Wolf; the SUCCESS! Conference, Susan Bardenhagen; and Parliamentary Procedure, Joyce Eagles. Please consider your willingness to serve or share with a co-person for the following chairs: **Diversity, International Affairs, Public Policy, By-Laws, and College/University Relations**. Barbara Blindauer will be working with Finance VP Karen as Funds Chair, but welcomes another person to share the brainstorming for ideas. Susan didn't realize that the newsletter editor is usually the Communications Chair, too; so she's on board. As I shared last issue, our board has shared the roles since we're a small branch. However, many ideas lead to a synergistic effect.

A few more, now half, have renewed their membership dues. Please respond to Karen's and Susan's communications and remember the "Shape the Future" program for bringing new members into our branch. Oh, don't forget about the "Gift a Grad" program for colleagues and family graduates.

**Barbara Ondo**

[barbaraondo@gmail.com](mailto:barbaraondo@gmail.com)

## Public Policy

### Local

We had planned to pursue the “equal pay” resolution with Woodbridge Supervisor, Frank Principi. Unfortunately, after the disheartening evening of November 20, 2018 when Neabsco Supervisor, John Jenkins’ absence for knee surgery left Mr. Principi without someone to even second his motion to consider the “ERA” resolution; and then, due to the passing of Jenkins, our branch members working on garnering support made a decision to continue working “behind the scenes” in the next six months. The team welcomes your ideas and input. Both resolutions have been passed in other Virginia jurisdictions where surprisingly, bi-partisan support made it happen.

### State

VA AAUW’s summer leadership conference is encouraging all branch members’ attendance. Please check out the information in the most recent VA VISION last week and/or this link: <https://aauw-va.aauw.net/summer-leadership-meeting/> It’s in Harrisonburg, about 90 miles from Manassas- doable for a day return trip and I can fit four more people in my SUV. {editor, Susan ☺}

### National

More than 800 students attended AAUW’s [National Conference for College Women Student Leaders](#), which inspired members of the most diverse generation in history to seek their own paths to leadership and fight for equity. “I can see change happening before my eyes,” said AAUW CEO Kim Churches. “Through your efforts and your activism, many of you are already leaders within your campuses and communities.”

Featured speaker [Tererai Trent](#) — scholar, humanitarian and educator — described her journey from growing up in poverty to earning a Ph.D. and helping rebuild 11 schools in Africa. “I breathe empowerment,” said Trent, a 2001–02 AAUW International Fellow and 2017 Alumnae Recognition Awardee. “Whether we like it or not, women are going to heal the world.”

Keynote speaker and bestselling author [Roxane Gay](#) emphasized the need to act even during difficult times. “We don’t have to be perfect. We just have to try. We have to give a damn,” she said.

The 2019 Women of Distinction ceremony honored four exceptional leaders: [Joan Marie Chen](#), [Sandra Kim](#), [Ashley Nell Tipton](#), and [Lauren Simmons](#). “I want to empower women to be financially literate and to bring in as much money as the men on Wall Street do,” said Simmons, the youngest and only female full-time broker and second African-American woman trader on the New York Stock Exchange. AAUW Maryland, the sponsor of the WOD ceremony, also honored one of their own by designating [Judy Carbone](#) as their Maryland Woman of Distinction.

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

Public Policy Chair (with input from AAUW, members, and other news outlets)

*Our alumna, Jeanne Elmore, sends her best from North Carolina. She has “just passed the membership baton on here in Beaufort. Our branch size almost doubled in the last 2 years, to 46 members! Have a good summer! Still miss all you great ladies.”*





## 2019 “Girls + Math + Science = SUCCESS!” Conference

The 29<sup>th</sup> annual SUCCESS! STEAM Careers Conference for students in grades 5-12 and the adult in their lives, was held at Marsteller Middle School in Bristow on Saturday, March 30<sup>th</sup>. It was our 15<sup>th</sup> year of Marsteller’s staff hosting us, too, with new principal Lisa Warner welcoming us and the National

Junior Honor Society members earning service hours by preparing packets and programs after school. The sisters of Delta Sigma Sorority helped us with registration, as they mentored and sponsored young ladies’ attendance. As usual, I begin planning the conferences the day of the conference for next year (with lessons learned and constructive ideas offered by members- for example, the coding system for t-shirt sizes/styles will be



numbered from 1-8 to avoid the confusion which has occurred, thanks Elaine; the t-shirts will be cut into two pieces sewn into a long panel and SO much easier to display. ☺ )

MANY branch members helped us prepare for the event. Lee, Karen, John, and Barbara came to help set-up on Friday night. Karen took over a hundred photos, a scrapbook full- with her schedule to catch all of the presenters and highlights earning her sneaker stripes!

Sandy, Barbara, John, and Dorothy arrived early to prepare the breakfast table and help with registration, and then stayed to help with delivering the gift bags. They were joined by Mary King, Elaine Cash, and Joyce Eagles for collecting surveys and distributing t-shirts.



Paige, Pam, and Tony Epler; Marlo Thomas Watson; Dr. Tara Lateef; and Andrea Brothers led a full schedule of presentations with other commitments- speaking to both students and adults (including guests and sponsor reps) about ecology and sharks, marketing gender appropriately, entrepreneurship, physician and researching, and scientists’ tools and problem-solving. Susan Farmer, science teacher, and Suzanne Harvey, realtor, presented workshops and joined the closing “staff” to assist and support, too.



Hmm, by my count- that was a large majority of our branch members! Thank you so much! My plan for **March 28, 2020- the thirtieth annual!** - is to not only champion the centennial of women’s suffrage but also to have more NJHS students to complete all of the packet preparing and the setting up of displays. It will help to ensure that all of volunteering and support from members is gentle and rewarding; plus, the students build up more service hours!

On CBS Sunday morning 2.24.2019 National Women’s History Alliance logo and theme was

presented for March 1<sup>st</sup> and women’s history month! The buttons with the logo were on the poster and given to all of our branch volunteers. **Thank you!** ☺

**Susan Bardenhagen, Coordinator**

[successSTEAMconference@gmail.com](mailto:successSTEAMconference@gmail.com)







## **Special Membership Meeting 3.30.2019**

During the SUCCESS! Conference with our presenter members' schedules arranged for a half hour time block, we had a brief meeting to share some updates and vote on the motion proposed at our February luncheon. Members in attendance: Susan Bardenhagen, Andrea Brothers, Elaine Cash, Joyce Eagles, Paige Epler, Mary King, Tara Lateef, Sandy Lawrence, Barbara Ondo, Dorothy Salesses, John Starsiak, and Karen Wolf.



Sandy gave a reminder about the state meeting on April 6<sup>th</sup>. The motion to delete "sub-provision 'e' from Article XI"- the limit of two consecutive terms in the same office- was made by Susan Bardenhagen and seconded. Discussion included the ideas that had been brought up in February leading to the motion being made. The members present voted to accept the motion. We adjourned to continue volunteering at the SUCCESS! Conference.



## **UPDATE – I was wondering about this recently**



Harriet Tubman escaped slavery in the mid-1800s before guiding hundreds toward freedom via the Underground Railroad. For a moment, her legacy seemed bound to be honored in an undeniable way: a portrait on the front of the \$20 bill, pushing the image of Andrew Jackson, the seventh U.S. president and a slaveholder, to the background.

The new design was supposed to be unveiled in 2020 to coincide with the 100th anniversary of the 19th Amendment, which granted women the right to vote. But it's looking like we may not see Tubman on a bill for years, if at all.

This week, Treasury Secretary Steven Mnuchin announced that a \$20 bill redesign would [not be introduced](#) as planned. At the earliest, we'd see it in 2026. The department, Mnuchin said, would focus on imagery later, not specifying whether it would include Tubman at all.

What Might It Take to Get Harriet Tubman on the \$20 Bill? .... *{We'll keep you posted}*

## April 9<sup>th</sup> Program & Meeting

**“If you don’t use it, you’ll lose it. Uncommon areas of the body that need exercise.”**



On Tuesday evening, April 9<sup>th</sup>, during our 7-8:30 pm program and meeting time, one of our super SUCCESS! Conference presenters, Michelle Logsdon Viggiano, presented a program for us. Lee introduced her to the conference several years ago, and the rest is history!

Michelle, co-founder of AIM Human Performance, has been working in the fitness industry for over 15 years, first as a Pilates instructor and then becoming a personal trainer. She has since then

become a Certified Post-Rehabilitative Breast Cancer Exercise Specialist and a Muscle Activation Techniques Specialist. She is currently working towards her Mastery level certification from the prestigious Resistance Training Specialist Program. Employing intelligent exercises enables Michelle to produce profound results in her clients’ lives. She is passionate about helping individuals achieve their personal health and fitness goals and is ready to help you!



The three uncommon areas (beyond mirror ones and cardiovascular ones) are the hands, feet, and back. The exercises that Michelle shared with us can be done while sitting in traffic, working at your desk, sitting on the couch, or pretty much any time you’re thinking about not neglecting important your physical health. ☺ I shared them with my 92 ¾ year old father and they’ve made a difference in his mobility and balance! Of course, it helped that his physical therapist had said what his oldest daughter was saying....



### Minutes from Meeting Portion of Evening

**Location:** McCoart Building, Occoquan Conference Room

**Present:** Lee Vannett, Eileen Thrall, Elaine Cash, Sandra Lawrence, Susan Bardenhagen, Nancy Savage, Dorothy Salesses, Joyce Eagles, Suzanne Harvey, Barbara Ondo, John Starsiak Jr.

**Program:** “Uncommon areas of the body that need exercise”- Michelle Viggiano, co-founder of AIM Human Performance, discussed common areas of the body that are often Neglected and demonstrated exercises for each area. The meeting came to order at 7:45 PM. The amended minutes of the March 30th Membership Meeting were accepted. Sandra Lawrence presented a report on the State Conference. She reminded members to vote online for state and national officials. She also announced this year’s named honorees. We have three from our branch, having \$1500 donated on the branch’s behalf to AAUW for 2018. They are: Frank Principe, Luke Torian, Ervinia “Venus” Miller, in memoriam. Susan Bardenhagen presented a report on this year’s Success Conference. She also discussed about future conferences. Susan Bardenhagen presented the list of nominees for the next election of officers. They are: Sandra Lawrence for President; Susan Bardenhagen for Vice-President for Membership; Suzanne Harvey for Recording Secretary. Susan Bardenhagen made a motion to accept the list of candidates. Sandra Lawrence seconded the motion. The motion passed. The meeting adjourned at 8:15. Submitted, John S. Starsiak, Jr.

## STEMM & STEAM Updates from Susan & Susan

The United States has the highest maternal mortality rate in the developed world, with some 700 women dying from pregnancy-related complications every year. But a new report published by the Centers for Disease Control and Prevention suggests the majority of lives lost—approximately three out of five, or 60 percent—could have been saved if the mothers had access to better medical care. *{Recall Susan B. 's report on the Communicator Awards from the National Academies of Science, Engineering, & Medicine Ceremony that included the awardees' article...}*

### **Women in Science Receive Less Grant Money Than Their Male Peers - Researchers found that on average, first-time male lead investigators were awarded \$41,000 more than their female counterparts**

A new study published in *JAMA* reveals a significant gender disparity between the size of research grants awarded to projects led by first-time investigators. As Andrew Jacobs writes for *The New York Times*, researchers from Northwestern University report that on average, the National Institutes of Health doles out an extra \$41,000 in grant money to applications listing men as their principal authors. According to the *Chicago Tribune's* Alison Bowen, the Northwestern team analyzed some 54,000 N.I.H. grants awarded between 2006 and 2017. Based on this data, the scientists found that female applicants received a median grant of \$126,615, while men received an average of \$165,721. Such gaps in funding place women at a disadvantage from the earliest stages of their careers, study co-author Teresa Woodruff explains in a statement. "With less federal funding, women can't recruit the same number of grad students to work on their research or buy the same amount of equipment as their male counterparts," Woodruff says. "A funding disadvantage in the formative years of a woman scientist's career can be especially handicapping because research shows that it is likely to snowball over time." *{excerpted from an article on Smithsonian.com}*



*Our branch member, Paige Epler graduated from George Mason University on May 17<sup>th</sup> earning high honors for her academic achievements and her research project. She has been accepted and will be attending Johns Hopkins University in the fall to earn a Master's degree in bio-medical engineering. She is already working on new presentations for SUCCESS! 2020 and has an AAUW university chapter in Baltimore, too! We wish her the best and look forward to updates on her career from Paige and her member mom, Pam. ☺*



## **HERstory – Writing Women into History for April**

**April 9<sup>th</sup>:** On this day in 1939, Marian Anderson dazzled the crowd at the Lincoln Memorial. Her concert would go down in civil rights history. {The Daughters of the American Revolution, DAR Constitution Hall, would not let an African American perform, so Eleanor Roosevelt changed the venue.} The outfit the singer wore that day made it into the collections of the Smithsonian National Museum of African American History and Culture.

**April 25<sup>th</sup>:** On this day in 1917, jazz singer Ella Fitzgerald was born in Newport News, Virginia. She started her singing career when she was 17 at the Apollo Theater's "Amateur Night" in Harlem.

Gender equity is not negotiable — but salaries and benefits are. Learn effective negotiation skills with Work Smart Online, a free online salary negotiation workshop from AAUW. [\*\*Sign up for AAUW Work Smart Online today!\*\*](#)



## **Calendar for 2019 Moving Forward**

**Tuesday, March 5: Asian American Women's Equal Pay Day** (Asian Women v. White, non-Hispanic Men - \$0.85)

**Tuesday, April 2: All women's Equal Pay Day** (Women overall v. Men overall - \$0.80)

**Friday, April 19: White women's equal pay day** (White, non-Hispanic Women v. White, non-Hispanic Men - \$0.77)

**Monday, June 10: Mom's Equal Pay Day** (\$0.69 - the symbolic day when mothers' average earnings finally catch up to the average wages of fathers from the year before. That's five months of extra work! This pay gap threatens women's economic security and can hinder women's ability to take care of their families.

**Thursday, August 22: Black Women's Equal Pay Day** (Black Women v. White, non-Hispanic Men - \$0.61)

**Monday, September 23: Native Women's Equal Pay Day** (Native Women v. White, non-Hispanic Men - \$0.58)

**Wednesday, November 20: Latinas' Equal Pay Day** (Latinas v. White, non-Hispanic Men - \$0.53)

American Association of University Women's Mission:  
*To advance gender equity for women & girls through  
research, education, and advocacy.*

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, and socioeconomic status.

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

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

Northern District Co-Representatives: **Sara Anderson** [sfpaaauw6382@aol.com](mailto:sfpaaauw6382@aol.com) and

**Kate MacLeod** [bobmacleod@verizon.net](mailto:bobmacleod@verizon.net)

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