



WORDS TO THE WISE²

WOMEN IN SEARCH OF EDUCATION AND EQUITY

Volume 29, Issue 3

November, 2024

VOTE on November 5!!!

December Meeting

**November Meeting
Play Fundraiser**

**100 Children's Books in
Spanish Project**

Wednesday

November 6, 2024

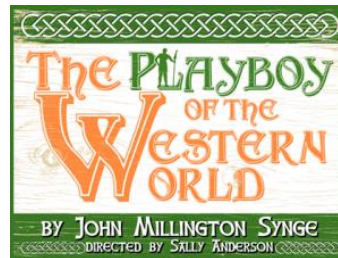
**8:00 p.m. Tickets \$25.00
Winchester Little Theatre
315 West Boscawen Street**

Saturday

December 14, 2024

**12:30 p.m. – 2:30 p.m.
*NOTE CHANGE IN TIME!***

**Bowman Library
871 Tasker Road
Stephens City, Virginia**



Our annual scholarship fundraiser is *The Playboy of the Western World* on Wednesday, November 6, 2024, at 8:00 p.m. and will be considered our November meeting. This play is being co-sponsored with Literacy Volunteers Winchester Area. All the proceeds from the AAUW sales will go to our local Mary Froehlich scholarship fund. Our responsibility is 52 tickets to sell at \$25.00 each. Please consider purchasing at least two tickets for this event for yourself, selling some to your friends, or making a comparable donation.

Information concerning refreshments may be found on page 2.

An Irish band will start playing at 7:30 p.m. They are also on set as the Pub band. Come early to hear some Irish music!

Please note the change in time for this end-of-year meeting: **12:30 – 2:30 pm**, at Bowman Library in Stephens City.

At our last meeting for this calendar year, we will hear from representatives of the three organizations that collaborated on a project to donate 100 children's books in Spanish to the Winchester Little Libraries. We have invited representatives from the Winchester Little Libraries organization and the HJH Libraries for All Foundation, which donated the books that were distributed through the Winchester Branch of AAUW to Little Libraries. Please join us and learn a little more about this project to bring books to Spanish speaking families in our area.

Read more about this project on page 3.



Winchester (VA) Branch

MISSION

To advance gender equity for women and girls through research, education, and

Winchester, Virginia, Branch
<http://winchester-va.aauw.net/>

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Board Meeting

Wednesday, November 20, 2024

Zoom 6 p.m.

All members are invited to attend.
(Contact Marsha Gochenour for Zoom details.)

WLT Play Refreshments

AAUW is responsible for the refreshments and Literacy Volunteers for the beverages (wine, water) and paperware. There will be approximately 90-95 people in attendance. We figure we need five people to bring savory treats and five people to bring sweet treats. Please let Marsha Gochenour or Martha Prusch know what you will be able to supply.

So far we have:

Savory – Jane Parrish, Theresa Merkel, Tess Thome.

Sweet – Ann Poling, Sherry Lloyd, Marsha Gochenour, Martha Prusch.

Treasurer's Report



Marsha Gochenour

As of October 28, 2024:

\$553.49	Checking
185.00	Woman of the Year
174.87	AAUW Funds
682.74	NCCWSL
155.00	Dr. Amy @ SU
355.00	Orndoff @ SU
4,157.27	Froehlich Memorial Scholarship (local)
4,200.67	CD, 1-year
<u>2,211.92</u>	General Savings
\$12,675.96	Total

Figures will be updated following the November play fundraiser.

Please note that the proposed budget for 2024-2025 is on page 5. This will be approved at an upcoming branch meeting.

Evening Book Group

Marsha Gochenour

Monday
November 18, 2024
6:00 p.m. Zoom



With the time change, we will revert to Zoom meetings for the next four meetings (Nov, Jan, Feb, Mar). There is no December book. Our last scheduled book selected is for January, 2025. We will be selecting books for the first half of 2025 at that meeting. Send suggestions to Marsha Gochenour and she will compile a list and book summaries to send out in early January for voting at our January meeting.

I Swear Politics is Messier Than My Minivan

Author: Katie Porter

An honest, inspiring, and laugh-out-loud funny memoir about re-energizing our politics and standing up to corporate America while carting three kids around in a minivan. Never having run for office before, Katie Porter charted a new path in 2018 when she was elected to Congress as a Democrat in historically conservative Orange County, California. Underestimated as a single mom and chided for her progressive values, Katie defied expectations. Then, using her signature whiteboard, she began to take CEOs and corrupt government officials to task in Congressional hearings. The videos went viral,

introducing Americans to her no-bullshit style, and making her a coveted guest on cable news and late-night television.

CLEO

(Classy Ladies Eating Out)

Marsha Gochenour

Monday, 6:00 p.m.
December 2, 2024
Umberto's Pizza and Pasta
170-4 Delco Plaza
Winchester, Virginia



Please note the change in schedule. The fourth Monday in November is the week of Thanksgiving, so we decided to skip until the next week. Also, we will not be meeting at the end of December because of the holidays.

Call Marsha (533-8069) if you plan to attend so she will have a head count.

Membership

Laurie Gaulke

Our Branch Is Growing!

Are you someone who enjoys communicating via email? With all the new women we are meeting, I could use some help following up with emails and I'm happy to share the details. Let's GROW our branch together! Please call/text me at (908) 591-7595 or email me at: laurie.mg96@gmail.com



National Honor for One of Our Own

Dr. Cee Ann Davis, a long-time member of the Winchester Branch of AAUW, has been awarded the National Award for Excellence in Public Health Ethics at the annual American Public Health Association Conference in Minneapolis. This is a cherished award for Cee Ann as ethics seems to be a major issue in society today. All your Winchester AAUW colleagues are so **PROUD** of you and offer our heartiest congratulations.

https://royalexaminer.com/dr-cee-ann-davis-receives-national-award-for-excellence-in-public-health-ethics/?fbclid=IwY2xjawGQeTxleHRuA2FibQIxMQABHUGy1RxXZfWX8gFywN4sYIjTuJgARBNoFx5zxXJoX-n4mHqaZV3TdO8yzw_aem_xx39mpfv328sNxMPBk0tPw

AAUW Scholarship Recipient Receives VA Educators' Award

Annamarie Noonan, a PhD candidate in Educational Leadership at Shenandoah University, received the Winchester Branch 2023 Amy Parker Endowed Scholarship. In October 2024, Annmarie was honored with the Virginia Educational Research Association (VERA) Brenda Loyd Outstanding Dissertation Award for her dissertation titled *Teacher and Principal Perceptions of Collective*

Efficacy and Its Enabling Conditions.

The Brenda Loyd Outstanding Dissertation Award, presented annually, recognizes dissertations that make significant contributions to the field of education. VERA promotes educational research and fosters collaboration among educators, researchers, and policymakers in Virginia. They organize conferences, offer professional development opportunities, and support the dissemination of research findings to enhance educational practices.

100 Children's Books in Spanish to Honor AAUW of Virginia's Centenary

In honor of the 100th Anniversary of AAUW in Virginia in 2025, each local branch has been asked to donate 100 of something to a charitable organization or activity in their local community. At the August 21 Winchester AAUW board meeting, members agreed that our branch would "investigate the possibility" of donating 100 children's books in Spanish to the Winchester Little Libraries organization, which is led by Branch member Athena Michael. The mission of Winchester Little Libraries is "to advance literacy throughout lower-income areas of Winchester by the use of community space" by providing neighborhood free libraries. Rosemary Green, who is on the board of the [HJH Libraries for All Foundation](#), contacted the Foundation to request the books. In less than 48 hours, Rosemary was able to arrange a donation of 100+ books, and Marsha Gochenour's employer agreed to contribute the cost of shipping the books. Athena

responded that this would be a timely donation because the local Campaign for Grade Level Reading Board recently asked that Little Libraries provide more children's Spanish language books in area neighborhoods. With this donation, Winchester Little Libraries will be able to offer several early reading and primary books in Spanish.

100 Children's Books in Spanish Project Report, October 23, 2024

Rosemary Green



On October 23, Becki Bronson, Rosemary Green, Marsha Gochenour, and Theresa Merkel met with Athena Michael in the Winchester Little Libraries' storage facility to view the children's books recently donated by the HJH Libraries for All Foundation and given through our branch to the Little Libraries. Allie Mondell with Literacy Volunteers of Winchester also attended today's meeting.

This was a very brief meeting, and we will present a fuller program at our December 14 meeting to introduce all the organizations involved in this project.

Barriers Broken, Barriers That Remain: Women's Healthcare Forum

Marsha Gochenour

Our second program in the series *Barriers Broken, Barriers That Remain*, was a powerful presentation centering on Women's Healthcare, and in particular Endometriosis. There were approximately 40 people in attendance at the Alamo Drafthouse Cinema. After a welcome from Michael Faison, President, NAACP Winchester Area and Theresa Merkel, VP-Programs, AAUW Winchester, Alena Curry started the program. Ms. Curry is a Certified Registered Nurse Anesthetist in Westwood MA, and suffered from endometriosis after the birth of her children. Endometriosis is a disease in which tissue similar to the lining of the uterus grows outside the uterus. It can cause severe pain in the pelvis and make it harder to get pregnant. Endometriosis can start at a person's first menstrual period and last until menopause. 1 in 10 women will have endometriosis in their lifetime.

We watched the documentary, **Below the Belt**, directed by Shannon Cohn. As four patients urgently search for answers to mysterious symptoms, **Below the Belt** exposes widespread problems in our healthcare systems that disproportionately affect women. From societal taboos and gender bias to misinformed doctors and financial barriers to care, the film reveals how millions are silenced and how, by fighting back, we can improve healthcare for everyone. Episodes from the movie are available to watch on PBS Passport.

Ms. Curry followed up the information in the film with research she has conducted. She urged us all to be advocates for our own health; to improve our eating and exercise habits; and to reduce antioxidants in our system. She recommended drinking hydrogen water and reading **Good Energy** by Dr. Casey Means.

Our healthcare professionals panel led a question-and-answer session for the participants. On the panel were:

Dr. Mercedes Abbet, Executive Director of Sinclair Health Clinic

Dr. Shyama Rosenfeld, team member of Sinclair Health Clinic

Lynn Altizer, Account Manager, American Red Cross

Alice Lees, an endometriosis sufferer

Lawrence Johnson, Community Relations Director for Wellness 8

Information booths from all the panel participants, as well as Vally Health, were set up in the lobby of the Alamo. AAUW and NAACP had tables directly in front of the movie theatre entrance. After the Valley Health swag raffle, the meeting was adjourned.



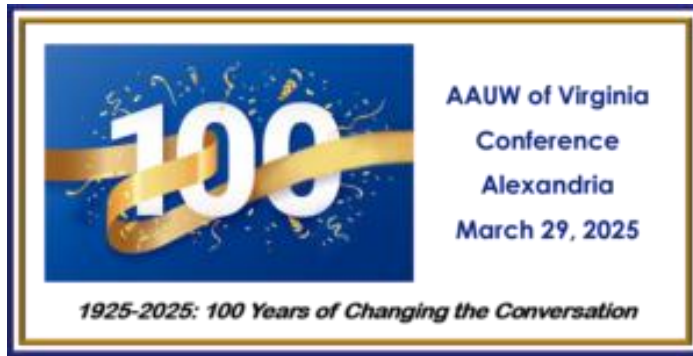
Winchester Branch of AAUW Proposed Budget 2024-2025

Receipts:

Dues: (40)	31 x \$95.00 Branch Members	\$2,945.00	
	1 x 18.81 Student Member	18.81	
	2 x 23.00 Life Member	46.00	
	6 x 8.00 Honorary Life	<u>48.00</u>	
	<i>Total</i>		\$3,057.81
Savings Withdrawal:			100.00
Newsletter Advertising:	6 ads @ \$25.00	150.00	150.00
Fundraising			
Woman of the Year Expenses	Donations	160.00	160.00
Zoom Renewal	Donations	157.00	157.00
Froehlich Memorial Scholarship:	Donations	750.00	750.00
AAUW Funds, Named Gift:	Donations	500.00	500.00
NCCWSL:	Donations	200.00	200.00
Dr. Amy Scholarship	Donations	200.00	<u>200.00</u>
<i>Total Receipts:</i>			\$5,274.81

Disbursements:

Dues:	31 x \$72.00 (AAUW)	\$2,232.00	
	33 x \$15.00 (AAUW of Virginia)	495.00	
	1 x \$18.81 (AAUW Student)	<u>18.81</u>	
	<i>Total</i>		\$2,745.81
Operating expenses:			
	Yearbook, Newsletters	150.00	
	Insurance	200.00	
	Programs	150.00	
	Membership	50.00	
	Woman of the Year Expenses	160.00	
	Zoom Renewal	157.00	
	Miscellaneous	<u>12.00</u>	
	<i>Total</i>		\$879.00
Donations:			
	Froehlich Memorial Scholarship	750.00	
	AAUW Funds, Named Gift	500.00	
	NCCWSL	200.00	
	Dr. Amy Scholarship	<u>200.00</u>	
	<i>Total</i>		<u>\$1,650.00</u>
<i>Total Disbursements:</i>			\$5,274.81



2025 AAUW of Virginia STATE CONFERENCE

On March 27-28, 1925, the seven already existing local branches of AAUW in Virginia met in Williamsburg. When they adjourned, the Virginia Division of AAUW was a reality.

On March 28, 2025, join us in Alexandria as the AAUW-VA centennial celebration begins, and we jubilantly begin our second century of women changing the conversation.

The conference is being hosted by the AAUW-VA Northern District branches at the Sheraton Suites Old Town Alexandria, 801 N St. Asaph Street, Alexandria 22314 on Saturday, March 29, 2025, with preconference activities on March 28, 2025.

Great news! It's not too early to reserve a room. Guest rooms will be available for March 28 & 29 (king/sofa bed or double/double) for \$159 per night plus tax, including a full hot breakfast for up to 2 people.

Use [this link](#) to reserve your room. Or you can call 1 (888) 236-2427 and use code *AAUW* to reserve a room. The rate is also available for 3 days before/after March 28 & 29 on a space available basis. First make a reservation for conference days & then for extra days email jrasolofoson@sheratonalexandria.com.

The earlier you book a room the better because the 2025 Conference will take place on the eve of Cherry Blossom season and rooms in the hotel will be booked early. Once our block is sold out, we might be able to add more rooms, but that will only be possible if the hotel is not already sold out.

***IMPORTANT NOTICE:** When making your hotel reservation, ignore any reference to a \$25 resort fee. You will NOT be charged this. The room rate is \$159 plus state and local

CALENDAR

- | | |
|-------------|---|
| November 6 | Play Fundraiser, <i>The Playboy of the Western World</i> , 8 p.m., WLT |
| November 18 | Book Group, <i>I Swear Politics is Messier Than My Minivan</i> , Zoom, 6 p.m. |
| November 20 | Deadline for December/January issue of <i>Words to the WISE²</i> |
| November 20 | Board Meeting via Zoom, 6 p.m. |
| December 2 | CLEO, Umberto's Pizza and Pasta, 170-4 Delco Plaza, 6 p.m. |
| December 14 | December Meeting, '100 Children's Books in Spanish', Bowman, 12:30 p.m. |

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