

✦ ***From the President...***

Cathie Boivin, Co-President

Feminism ... I think the simplest explanation, and one that captures the idea, is a song that Marlo Thomas sang, 'Free to be You and Me.' Free to be, if you were a girl—doctor, lawyer, Indian chief. Anything you want to be. And if you're a boy, and you like teaching, you like nursing, you would like to have a doll, that's OK too. That notion that we should each be free to develop our own talents, whatever they may be, and not be held back by artificial barriers—manmade barriers, certainly not heaven sent.

Ruth Bader Ginsburg



You aren't ever going to hear about me flying an airplane, swimming the English Channel, or climbing Mt. Everest. I wasn't ever a teenaged sleuth like Nancy Drew or a student nurse like Sue Barton or Cherry Ames, but I loved to read about women and girls having adventures. When I was 9 or 10, my grandparents gave me one of the best birthday gifts of my life, a subscription to the "We Were There" books. I'm sure many of you are somewhat familiar with these books that highlighted exceptional achievements in history. I think I received one a month. So I was vicariously there with the Lafayette Escadrille, on the Nautilus going under the polar ice pack, and with Florence Nightingale in the Crimea. (As an interesting aside, when I lived in Istanbul, we frequently passed Miss Nightingale's former hospital barracks in Scutari (now Üsküdar) where she implemented her reforms. I believe it eventually became a school!) I particularly enjoyed the few books in the series that featured brave women. Even at that young age, I did wonder why there were so many tales about men and boys and so few about women and girls, because, as we all know, women were there, too.

When I was contemplating the topic for this month, I researched a lot of women who have made history. Curiously what struck me was how relatively recent many of those "firsts" were. Many were in the 19th and 20th century although quite a few of them have occurred in my lifetime. Women doctors, congresswomen, women pilots in the military, women on the Supreme Court, female astronauts, and so on. I'm still thrilled when I read or learn about women who have broken barriers (aka The Glass Ceiling) and are competently doing what we once were led to believe was only doable by men.

(continued on page 2)

AAUW National Website: <https://www.aauw.org/>

AAUW-VA Website: <https://aauw-va.aauw.net/>

Springfield-Annandale Branch Website: <https://sprann-va.aauw.net/>

AAUW Mission Statement

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

Vision: Equity for all. Values: Non-partisan. Fact based.

AAUW Diversity Statement

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, or socio-economic status.

From the President...

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Recently my younger daughter attended the air show at Joint Base Andrews where the featured elite USAF Thunderbirds performed. In the Thunderbirds' 72 year history, there have been only seven female pilots. The most recent, Major Laney Schol, flew in the 2025 air show. Less than 11% of pilots are women and only 3% are fighter pilots, according to the 2024 FAA's civil airmen statistics. These thunderbird pilots fly 18" apart nearly at the speed of sound. An incredible feat! Thunderbird pilots serve a two year tour. (Information courtesy of Victoria Sanchez, ABC7 news.)

Our September meeting featured Officer Julia Cole, a policewoman in the Culpeper Police Dept. She is the first in our "Breaking Boundaries" speaker series for this year. Ms. Cole shared her path to law enforcement and offered insights on what it is like to be a woman in a traditionally male environment. This month, we will feature Ms. Kate McDonald, a partner-in-charge of McDermott's Healthcare Practice in Washington D.C. She will inform us about various health care initiatives and strategies for women.

We in AAUW are all advocates of equality. That is, gender and race shouldn't matter as regards access to education, certification and jobs. The important criteria is the ability to accomplish your goals. It is a waste of talent, innovation, mastery, and brain power to limit access to training and professions simply because someone was born female. I won't be entirely happy until we no longer have to list "first" in front of a woman's name. The gender, race, or status of the hiree is immaterial. What matters is the ability of that person to excel!

2000-2025 History Documentation - Seeking Information

Judy Titterton, Acting Historian

I am still seeking the information on the Newsletters as listed in the September UPDATES.

I am also seeking **Board Meeting Minutes** as follows:

Electronic copies (I have some of these in paper) of Membership Years 2000-2001 through 2008-2009

Paper or electronic copies for Membership Years 2009-2010 and 2015-2016

Thank you in advance for your help on this project.

Program 2025-26: Women Breaking Boundaries

Amy Crolus and Beth Boivin, Co-Vice Presidents of Program



We had a wonderful first program for this year, on Wednesday, September 24, featuring **Sergeant Julia Cole of the Culpeper Police Department**. Sergeant Cole shared with us her path to the profession and some history of women in law enforcement.

This was also our first ever **hybrid** program! Thanks to member JJ Dickinson who works at the Pohick Regional Library for her assistance in providing access so we could have virtual attendees for our in-person program. We do plan to offer the hybrid option for our next program in October.

As we are still celebrating 100 years of AAUW, we will have some commemorative items as door prizes at our programs this year. Congratulations to Debbie Gilligan and Christine Getek who won our first two prizes on September 24!

October 29 at 7 p.m.: Pohick Regional Library

Kate McDonald represents clients across the healthcare industry on complex regulatory matters and high-stakes mergers, acquisitions, affiliations, and other investments. As partner-in-charge of McDermott's healthcare practice in Washington, DC, she provides strategic counsel on federal and state laws affecting health insurers and HMOs, with particular focus on downstream impacts for provider organizations, vendors, and reimbursement under federal healthcare programs. She has extensive experience navigating Medicare Advantage, Medicare Part D, and Medicaid managed care programs, partnering with health plans, providers, technology start-ups, private equity funds, and retailers to benchmark risks, solve regulatory challenges, and structure transactions involving federal and state programs. Kate also advises on state risk-bearing regulations, complex reimbursement arrangements, investments in highly regulated healthcare sectors, and DC certificate of need (CON) laws. A contributing author to key healthcare law publications, she is a frequent speaker at leading industry forums and was the inaugural recipient of the McDermott Will & Emery Client Service Award in 2019.



Remaining Program Dates for 2025-26:

December 6, 11:30 a.m. - 2 p.m. - Holiday Lunch at PJ Skidoos
January 21, 7 p.m. (Zoom) - Program
February 25, 7 p.m. (Zoom) - Program
March 21, 9 a.m. - 1 p.m. - Spring Fling
April 22, 7 p.m. (Hybrid) - Program
May 30, 12 p.m. - Picnic



Inclusion Committee Updates

Irene McGhee and Ann Sauberman, Co-Coordiators

We had a wonderful meeting on September 12 for those interested in our inclusion initiatives and enhancements to the Inclusion Award process. **Irene McGhee and Ann Sauberman** were named Co-Coordiators of the committee.

The committee determined monthly meetings will be held moving forward, alternating in-person and virtual (Zoom). The next meeting will be held **October 15 at 7 p.m.** via Zoom.

Committee members will help shape the Inclusion Award process, including preparing submission materials, promoting the award at local schools and in the community, and reviewing submissions. This year, juniors at eight local high schools will be eligible to submit a video demonstrating how they value inclusion and demonstrate it in their everyday lives. The top three submissions will receive an award with First Place receiving \$1000, Second Place \$750 and Third Place \$500. The committee will also offer Honorable Mentions to other significant submissions.

To celebrate their efforts, all awardees and their families will be invited to our end-of-year picnic on May 30, 2026, where they'll be recognized by the full branch community. It promises to be a wonderful way to highlight the next generation of leaders who are making inclusion part of everyday life.

Northern District Updates

The Northern District meeting will be held on **November 1 at 12:00 p.m.** at Pohick Regional Library. Shirley Marshall, author of *A Radical Suffragist in Washington D.C.* will be the guest speaker, followed by a business meeting to talk about upcoming events. **This meeting will be in lieu of a branch program for the month of November.** See the flyer at the end of this newsletter for more information.

AAUW-VA Updates

AAUW-VA All-District Program

AAUW-VA is hosting a virtual All-District program on **Tuesday, October 14 at 7:00 p.m.** The program is **"One Person, One Vote: The National Popular Vote vs. The Electoral College,"** presented by Jane D. Newell, AAUW-VA Greater Richmond Branch AAUW Funds Chair, AAUW Honorary Life Member, and League of Women Voters of Virginia Director of Transformation. See the flyer at the end of this newsletter for more information and the zoom link.

2026 AAUW Virginia State Conference April 18, 2026

The Northwest District is hosting the next AAUW-VA State Conference—the first conference of our second century. They have secured the venue so please Save This Date—**Saturday, April 18, 2026**, at the Drury Plaza Hotel Richmond in Glen Allen, VA 23060. There will also be pre-conference activities on Friday, April 17, 2026. Further information will be distributed as it is available on the [AAUW Virginia webpage](#).

Membership Updates

Deborah Dodd and Debbie Gilligan, Co-Vice Presidents of Membership

We are excited to have another two new members join us - **Catherine Gilbride** and **Christy Plunkett-Barese**. **This brings us to 62 members!**

An email was sent on **September 7** to all current branch members with information as to how to access the annual Membership Directory on our website. As a reminder, you can access it by clicking on <https://sprann-va.aauw.net/members-only/> and entering the password **AAUWSPRANN** (case sensitive) when prompted.

If you requested a hard copy, they were available at the September 24 program and will be available for pickup at the October 29 program as well. Please contact Debbie or Deborah for more information.

Public Policy Updates

Susan Burk, Public Policy Chair

Continuing Challenges to Higher Education

National Student Parent Month. AAUW recently emailed members with the following message on the occasion of September being National Student Parent Month:

One in four college students and one in three graduate students are parents. For decades, the Child Care Access Means Parents in Schools (CCAMPIS) program has helped fund campus-based child care – a critical support for student parents that can mean the difference between earning a degree and being forced to abandon their education. But as student parents return to campus this fall, the Department of Education still hasn't opened the CCAMPIS application for schools to receive funding – putting students' and families' futures at risk. Earlier this year, Congress successfully pushed the Department of Education to release long- delayed K-12 funding. Now it's time to stand up for higher education – rally your members of Congress and take action today! [Ask Congress to urge the Department of Education: open the CCAMPIS application so parenting students can stay in school.](#)

Decision by Department of Education to End Discretionary Grant Programs for Minority Serving Institutions

In September 2025, the U.S. Department of Education announced it was ending approximately \$350 million in discretionary grant funding for Minority-Serving Institutions (MSIs). The decision cited that the programs, which restrict eligibility based on an institutions racial makeup, are discriminatory and unconstitutional. As a 1976 alumna of Trinity College (now Trinity Washington University) I was proud to see Trinity's President Pat McGuire interviewed by CNN on this issue. (Pat was two years ahead of me and served as our RA while she was attending Georgetown University Law School.) Here is the report from Trinity:

President Patricia McGuire appeared on CNN This Morning with Victor Blackwell on Saturday, and said that Education Sec. McMahon does not "speak for my students or the students in these other institutions." The Department of Education, last week, announced that they were ending some discretionary grant programs for minority serving institutions, which include Trinity Washington University. Trinity is the only institution in the Washington D.C. area that has been designated as both a Predominately Black Institution, and a Hispanic Serving Institution. Trinity is one of the top local destinations for college-bound graduates from D.C. Public Schools, and we're proud of long being considered one of the most well-known Minority Serving Institutions in the nation. Trinity's financial aid programs are the most generous in the District, allowing for college hopefuls from traditionally underserved communities, and first generation college-bound young folks the chance to be able to afford a quality higher education in their own backyards. "It's a disgrace because its sending a message that black and brown students are not really welcome in higher education," President McGuire told Blackwell. [Watch the clip of President McGuire on CNN This Morning.](#)

Virginia Women's Conference November 15

The 13th Annual Virginia Women's Conference will be held Saturday, November 15, 2025 from 8 a.m. - 3 p.m. at George Mason University. Visit [Senator Mark Warner's webpage](#) for more information.

✦ Other Branch Activities

Movies at Midweek

All branch members are invited to Cinema Arts theatre the **third Wednesday of the month** to see a film, followed by lunch at nearby First Watch. This month the movie date is **October 15**.

Details of the selected film are sent via email to all branch members by the Friday of the previous week.

Book Groups

All members are invited to join the branch book groups! The **evening book group meets via Zoom at 7 p.m. the first Thursday of the month** and the **morning book group meets in-person at 10 a.m. the second Thursday of the month**. Full selections and schedules for the year can be found in the Membership Directory.

Evening Book Group

The Evening Book Group will meet on **Thursday, October 9** to discuss *Tom Lake* by Ann Patchett. Nancy Miller will be the reviewer.

Morning Book Group

The Morning Book Group will meet on **Thursday, October 9** to discuss *The Devil's Teeth* by Susan Casey. Judy Titterton will be the hostess and reviewer.



Branch Calendar: October 2025

October 2, 7 p.m.	Evening Book Group - Zoom (page 5)
October 9 , 10 a.m.	Morning Book Group - In-person (page 5)
October 14, 7 p.m.	AAUW-VA All-District Program - Zoom (page 4)
October 15	Movies at Midweek (page 5)
October 15 , 7 p.m.	Inclusion Committee Meeting - Zoom (page 3)
October 21, 1 p.m.	Board Meeting - Zoom
October 24	UPDATES Articles Due for November Issue
October 29, 7 p.m.	Branch Program/Meeting at Pohick Library - In-person (page 3)
November 1, 12 p.m.	Northern District Meeting at Pohick Library - In-person (page 4)

**UPDATES Articles for November
due October 24**



2025 White House Christmas Ornament Sale

Celebrating the 150th anniversary of State Dinners at the Executive Mansion

All proceeds go to the AAUW Greatest Needs Fund which provides immediate funding for emerging challenges and opportunities

\$24

Features two of the sixteen State Services of White House China.

**Contact
Susan Burk or
Sharon Draper
to order.***

Each ornament has its own exclusive serial number that can be registered and authenticated.

Hand assembled, the ornament design is cut from delicate brass, etched, and printed with enamel ink and finished with 24-karat gold for the ultimate holiday shine.



Includes an illustrated booklet detailing 150 years of White House State Dinners and the history of White House State China Services.

Adorned with a red and gold twist cording for elegant hanging on your tree, it comes packaged in a beautiful keepsake gift box.

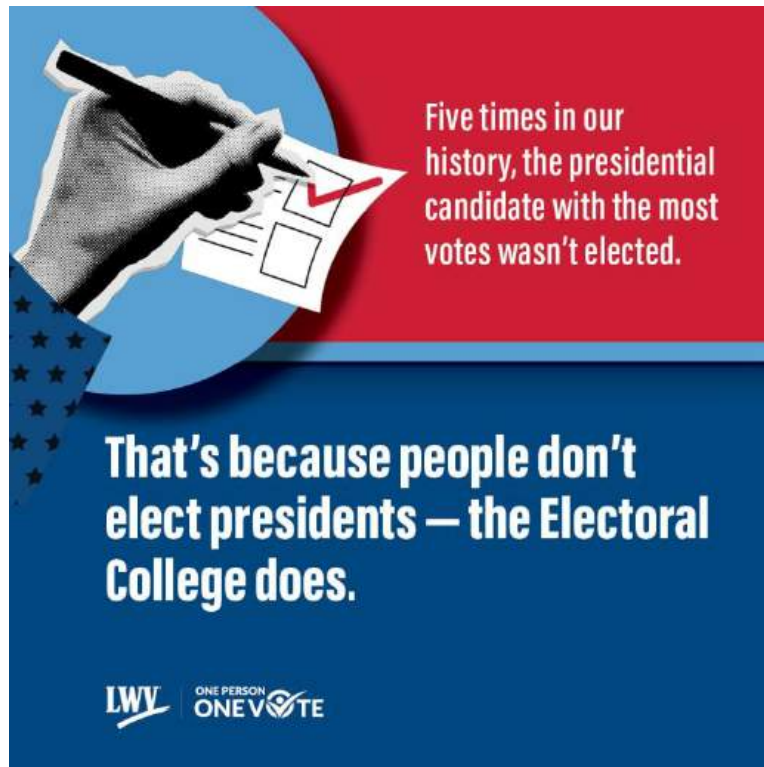
Made in the USA - Designed, crafted, and packaged entirely in the United States.



*After order is confirmed, send a check made out to
Springfield-Annandale AAUW to:
Sharon Draper
6913 Pacific Lane
Annandale, VA 22003

AAUW-VA All-District Program

Tuesday, October 14, 2025, 7 PM via Zoom



Join your AAUW sisters from around the Commonwealth for an informative program on "One Person, One Vote: The National Popular Vote vs. The Electoral College," presented by Jane D. Newell, AAUW-VA Greater Richmond Branch AAUW Funds Chair, AAUW Honorary Life Member, and League of Women Voters of Virginia Director of Transformation. Jane will explore the League's plan to abolish the antiquated Electoral College, which has roots in racism. She'll discuss the history, impact, myths, and approaches to solving this election problem, including the National Popular Vote Interstate Compact.

[Join the Zoom Meeting](#)

<https://us06web.zoom.us/j/88994832700?pwd=BdMN1U3FAcsVgJEZgbp7bqKpEnHpWo.1>

Meeting ID: 889 94832700

Passcode: 503418

One tap mobile +13092053325,,88994832700#,,,*503418#US

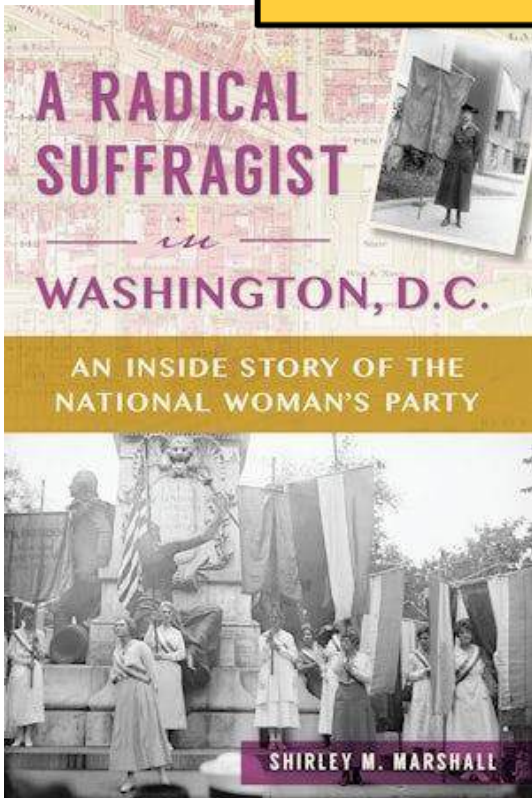
CO-Sponsors:



Pohick Regional Library

AAUW-VA Northern District Meeting
November 1, 2025, 12:00 p.m.

Pohick Regional Library
6450 Sydenstricker Rd, Burke, VA



Shirley Marshall will be talking about her book, *A Radical Suffragist in Washington D.C.* The book features letters from Elizabeth Kalb Green who worked and lived at the National Woman's Party Headquarters from 1918 to 1921. Her book will be available for purchase.

After Shirley's talk, we will have a short break and then a business meeting where branches can talk about upcoming events.

Set up/Meet and Greet: 12-12:30 p.m. Program starts at 12:30 p.m.

Open to the public. Bring your family and friends!