

SANDSCRIPT



MAKING WAVES TO EMPOWER WOMEN AND GIRLS IN VIRGINIA BEACH

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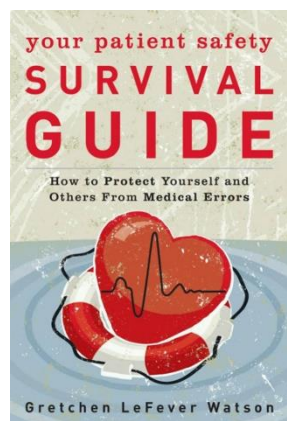
November Branch Meeting

Wednesday, November 15, 2017

7 p.m.

Guest Speaker: **Gretchen LeFever Watson, Ph.D.**

**President, Safety & Leadership Solutions,
a change management consulting firm**



Gretchen LeFever Watson is a clinical psychologist whose research and intervention projects have received international, scholarly, and media attention. She has held healthcare, academic, and civic leadership positions. She is currently president of SLS, a consulting firm for organizational safety and change management. She is author of [*Your Patient Safety Survival Guide*](#) (2017)—a book that includes sections on the overuse of stimulant drugs and opiate painkillers and healthcare's role in ADHD drug abuse on college campuses and the nation's heroin crisis. Gretchen will have copies of the book on hand for purchase at the meeting.

**Location: ODU/NSU Virginia Beach Higher Education Center
1811 University Drive
Virginia Beach VA 23453**

Parking Lot 3



PRESIDENT'S PONDERINGS

Last month, a handful of branch members, including myself, attended the Virginia Women's Conference, hosted by Senator Mark Warner. DameChangers was the theme for the conference, now in its eighth year, and the day was full of energizing and inspiring workshops and speakers.

For me, a highlight of the day was a workshop titled Negotiating Authority. Hosted by Lynda McNutt Foster, who became an entrepreneur at 20 years old, the workshop focused on reminding us women that we don't need competence to have confidence. She talked about aligning responsibility you've accepted with what you will be held accountable for in order to be successful. This certainly applies at work, but it also is true at home, in social circles and in volunteer roles. I also attended workshops about advocacy and building community, and I left with a new sense of motivation.

We have a lot more planned for this year in AAUW—all opportunities for you to take on a task and achieve. Especially with STEM4Girls on the horizon, we need our branch's DameChangers (read: everyone) to step up and take part.

Here's to continuing to make waves to empower women and girls in Virginia Beach!

Kaitlin

THIS MONTH IN WOMEN'S HISTORY

In November 1872, Susan B. Anthony was arrested, along with 15 other women, in New York for casting a ballot.



TWO-MINUTE ACTIVIST

As a Two-Minute Activist, you will receive urgent email notices when your advocacy is needed most. We'll provide all the tools you need to call or send messages to your members of Congress, write letters to the editor for your local newspapers, contact your state legislators about pressing issues and more.

Sign up today! <http://www.aauw.org/what-we-do/public-policy/two-minute-activist/>

November 2017 Membership Matters



Our membership is increasing one by one. To date we have 61 members. New members come, thanks, often, to you inviting friends and our events attracting new folks. If you haven't been to branch meetings lately you are missing terrific speakers. Come to branch meetings, expand your horizons, and discover what other women are doing in non-traditional careers and on their unique paths to empower women and girls.

Our MAL Reception was October 7th at the Bayside Special Services Library. Our goal was to invite AAUW Members at Large/MAL who were only national members, not state or local members, to check out our branch. We invited all the MALs we could contact who live in Virginia Beach or Chesapeake where there is no local branch. We are very appreciative of several VB members who came to welcome our guests: Kaitlin Smith, Patty Smith, Mary Pat Liggio, Jeanette Olson, Sally Daniel, Kathleen Stasulis, Anne Boyd, and Sally P. Two MALs came. One joined! Welcome, Barbara Woodlee to our branch. She moved to Virginia Beach after retiring as a community college president. The other woman is from Chesapeake and wants to receive our meeting information. We learned a lot at this event. We enjoyed tasty autumn snacks and shared our personal favorite activities as members of AAUW Virginia Beach with our guests.

Our **Directory** was distributed by email and USPS. As expected, there are a few corrections and additions. Check your information in case you need to correct or add your birth month and date and/or your college/university and degree(s) in what subject.

Please, make note of the following changes in your Directory. Soon we'll send an updated version incorporating these changes:

Dana Henning: 390-4355

Chris Medlin: cmedlin8491@gmail.com. And join date to Sept 1987

Karen Perkins: birthday: 03.07, degrees: ODU BA in Math and IL Benedictine U Grad cert. in Organization Development

Leslie Tourigny: ltourigny@gmail.com

In It for Life? Make It Official

Empower future generations through your lifetime membership in AAUW! Show your commitment to advancing equity for women and girls. Join us or [upgrade your existing membership](#) today and receive a letter of recognition, a certificate, and a lapel pin that you can wear proudly knowing that you've put your values into action to advance AAUW's mission. Lifetime membership in AAUW is a one-time, fully tax-deductible gift of \$980. [Become a life member today!](#)

A very Happy Birthday to:

Ginny Werner

November 8



ALLOCATION OF AAUW FUNDS

Throughout an AAUW year from July 1 to June 30, the Virginia Beach branch earns considerable money to support our projects. At some point, the Board of Directors approves a budget which determines how these funds are allocated. I ask you to consider the following.

Many members think local scholarships and awards provide more visible community outreach, give the branch more control over use of the money we earn, inspire young girls, and give women in need the financial support that enables them to return to college to complete their degrees. Nationally, our branch is one of many that feels this way.

Others point out that Virginia Beach branch has contributed much to the national organization. We've supported AAUW research on relevant topics and have contributed to multiple AAUW endowments that support, and will continue to support, post graduate education for women. It's long been felt that AAUW's support for post graduate education is a strong driver of systemic change because the women selected to receive this money are among the best and the brightest women whose future work may well impact millions of people.

Another AAUW iron in the fire includes support for female college educators justifiably seeking but denied tenure, redress for discrimination, and justice in sexual harassment cases. Often women are not able to stand up alone against a college or university's money and power. Virginia Beach branch has regularly contributed funds for this work, as well.

Most recently, AAUW launched a series of far-reaching projects aimed at young women, projects focusing on STEM education, landing a good job, how to negotiate fair pay, how to run for political office, and more. What a boost for this population!

What I've written thus far might not include all we have done, but what is accurate is that we are a branch of AAUW, not an independent club. We subscribe to AAUW's mission, goals, and efforts to support women and girls. Without AAUW we'd simply be another gaggle of women, a small group with relatively small clout, and likely a group destined for the dust heap. Through its extensive network, trusted national reputation (especially on Capitol Hill and through our research) and multiple diverse efforts to support women and girls, AAUW gives us life, and a highly respected life at that.

Bottom line, let's continue to support the many talented women and girls who've come before our branch and wowed us with their determination and accomplishments, but let us never forget the true source of our widest reaching, greatest successes for women, AAUW.

Neola Walker



Be Part of Advocating for Women in Court Cases!

Women are in the courts suing to find justice in their lives with cases involving pay equity and sexual assault and discrimination...YOU can help them out!

Back your Legal Advocacy Fund to help AAUW help these women with your [purchase of Autobell Gift Cards](#).

Look at the women and their cases supported by AAUW National LAF:

<https://www.aauw.org/what-we-do/legal-resources/>

Each gift card is \$20.00 of which \$10.00 goes to LAF. Use your gift card towards any car wash type. Autobell gift cards do not expire. Email Sally P. pattisonsj@gmail.com to order and state whether you prefer we mail your gift cards(s) or deliver them at a branch meeting.



Gift cards will also be for purchase at the branch meetings where you can pay by credit card, cash or check. If purchasing by mail, send your check to Tammie Rice at 1010 Barnacle Court, Virginia Beach, VA, 23451. Please write Autobell in the check's memo line.

Every Car Wash includes the following. Upgrades do more.

- Interior vacuum of carpets and seats
- Exterior wash including wheels
- Dash, door panel, and console wiped down
- Interior window cleaning
- Hand-dried

Use at any Hampton Roads Location

- Chesapeake: 925 N. Battlefield Boulevard
- Chesapeake: 4010 Portsmouth Boulevard
- Chesapeake: 3245 Western Branch Boulevard
- Hampton: 1411 N. Armistead Avenue
- Newport News: 13698 Warwick Boulevard
- Norfolk: 5840 E. Virginia Beach Boulevard
- Virginia Beach: 528 First Colonial Road
- Virginia Beach: 1060 Independence Drive

Ladies of Virginia Beach! Let's show our appreciation for Virginian Women fighting for women's rights and be at this monumental event for all Virginian! Check your calendars and sign-up at November branch to join other AAUW VB women for this event. We can carpool if you like.



SAVE THE DATE!

Join the Women's Monument Commission as we break ground on the first phase of the Women's Monument Plaza.

December 4, 2017

10:30 a.m.

Capitol Square

Preceded by a fundraising breakfast. Tickets available after October 26 at www.virginialegacy.com.



Pennies for Prescriptions - \$15 for 15 years

Can you do it? If you have been around as long as I have, perhaps you remember back in 2003, when we began "Pennies for Prescriptions." Many loved the idea and within the first two years, we collected more than \$1000. At that time, we were funding up to one annual \$50 pharmacy voucher per person via VB Social Services. That means a \$1000 contribution would cover AT LEAST 20 vouchers and maybe more. Most who benefited were single mothers and children. Later, the Board opted to assist the Virginia Beach Free Clinic. This year, in celebration of this project, let us see if we cannot each collect \$15. In years past, banks let us put out collection jars, people solicited their friends and faith groups, employers were supportive, people raided couch cushions and glove boxes and the funds streamed in. One of my favorite donors was a co-worker who contributed a 1950s Coleman picnic thermos filled to the brim with coins she had inherited from her father. She was so glad to hand it over. People were generous and we had fun. I have my \$15 ready and I hope you will join me!



Christine Medlin

JOIN US ON SUNDAY, JANUARY 28, 2018

Fun for a Cause

Little Theatre Virginia Beach
550 Barberton Drive
Virginia Beach VA 23451



Ten guilty strangers are trapped on an island. One by one they are accused of murder; one by one they start to die. In this superlative mystery comedy statuettes of little soldier boys on the mantel of a house on an island off the coast of Devon fall to the floor and break one by one as those in the house succumb to a diabolical avenger. A nursery rhyme tells how each of the ten "soldiers" met his death until there were none. Eight guests who have never met each other or their apparently absent host and hostess are lured to the island and, along with the two house servants, marooned. A mysterious voice accuses each of having gotten away with murder and then one drops dead - poisoned. One down and nine to go!



AAUW Holiday Luncheon

December 9, 2017

11:30am-2 pm

Cocktails 11:30-Noon

Lunch Noon-1:30 pm

Location

Virginia Beach Resort Hotel and Conference Center
2800 Shore Drive Virginia Beach VA 23451

Menu

Vegetable soup

Sautéed chicken breast with wild mushroom sauce

Mashed Yukon Gold potatoes

Chef's choice vegetable

Or a Vegetarian Option

Bakery fresh rolls with sweet cream butter

Coffee and tea

Dessert

Price: \$24 per person

Checks made payable to AAUW delivered to Tammie Rice

RSVP by November 30th

Basket Raffle

Proceeds are for the Linda Todd Scholarship Fund

1 ticket for \$1, 6 for \$5 or 20 for \$15

Contacts: Holiday Luncheon Chair

Karen Perkins : 512-698-7784/ Karen_virginia3@yahoo.com

Tammie Mullins-Rice : 630-7097/ tammieaaauw@cox.net

MORNING BOOK GROUP

November 2

The Spy

By Paulo Coelho



Pop's Diner
7:30 am

December 12



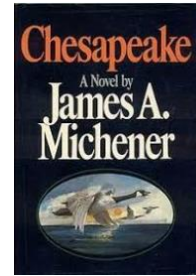
**HOLIDAY
BOOK CLUB
POTLUCK**

June Lam's
1420 Cooper Circle
Virginia Beach, VA 23454
4:30 pm
(please bring appetizers or desserts to share)

January 4

Chesapeake

By James Michener



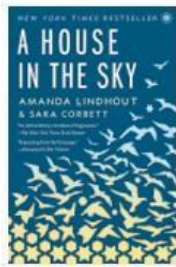
Dish
8:00 am

ADELANTE BOOK GROUP

November 16

A House in the Sky: A Memoir

By Amanda Lindhout and
Sara Corbett



Hostess: Barbara

December 12



**HOLIDAY
BOOK CLUB
POTLUCK**

June Lam's
1420 Cooper Circle
Virginia Beach, VA 23454
4:30 pm
(please bring appetizers or desserts to share)

January 25

*When Everything Changed: The
Amazing Journey of American
Women from 1960 to Present*

By Gail Collins



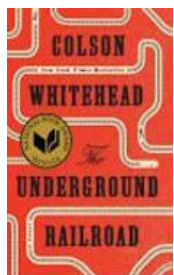
Hostess: Carole

EVENING BOOK CLUB

November 14

The Underground Railroad

By Colson Whitehead



HOSTESS: Jane Martin
4:30 p.m.
Tea time

December 12



**HOLIDAY
BOOK CLUB
POTLUCK**

June Lam's
1420 Cooper Circle
Virginia Beach, VA 23454
4:30 pm
(please bring appetizers or desserts to share)



POSITIONS ELECTED		Contact Information	
SLATE OF OFFICERS	ELECTED OFFICERS	EMAIL	PHONE NUMBER
PRESIDENT	Kaitlin Smith	Kaitlinsmith89@gmail.com	H: 757-646.3947
MEMBERSHIP VP's			
Co-Mmbrshp VP:	Kathleen Stauslis	stasulisss@hotmail.com	H: 757-486-5485 C: 757-576-5485
Co-Mmbrshp VP:	Sally Pattison-Cisna	pattisonsj@gmail.com	H: 757.340.2829 C: 757.378.8527
FINANCE OFFICER	Tammie Rice	tammieaauw@cox.net	757-630-7097
RECORDING SECRETARIES			
Branch	Louise Wild	mslouisew27@yahoo.com	H:757-422-1948
POSITIONS APPOINTED			
SLATE OF OFFICERS	POSITIONS APPOINTED		
AutoBell Coupons for LAF	Sally Pattison-Cisna	pattisonsj@gmail.com	757.340.2829
Bylaws Chair	Neola Waller	wallerwn@wcbeach.com	757-217-2356
College/University Chair	Sally Daniel	swdaniel01@gmail.com	757.495.4349
Historian	Linda Todd	readertodd@cox.net	757-467-1119
Hospitality Chairs			
Branch Hospitality Present	Fran Adams	bikalot@cox.net	757-467-2775
Holiday Luncheon Present	Karen Perkins	karen_virginia3@yahoo.com	757-233-7613
May Luncheon Present	Karen Perkins	karen_virginia3@yahoo.com	757-233-7613
Linda T. Todd Scholarship Chair	Tammie Rice	tammieaauw@cox.net	H: 757-428-7303 C: 757-630-7097
Newsletter Editor (1yr)	Patty Smith	fislarsmith@hotmail.com	H: 757-646-3946
Public Policy Co-Chairs (1yr)			
Co-Chair Public Policy	Mary Pat Liggio	mpliggio@cox.net	757-363-2295
Co-Chair Public Policy	Maria Fornella	mfornella@gmail.com	H:757- 373-5378
Publicity/Communications Chair	Fran Adams	bikalot@verizon.net	H: 757-467-2775
Hard copy	Fran Adams	bikalot@verizon.net	757-467-2775
Website	Tammie Rice	tammieaauw@cox.net	757-630-7097
Facebook	Tammie Rice	tammieaauw@cox.net	757-630-7097



AAUW Virginia Beach members and their friends support the Linda Todd Scholarship at Paint and Sip



MARK YOUR CALENDAR

Wed., November 15- Branch Meeting

Wed., November 29- Board Meeting

Sat., December 9- Holiday Luncheon

Sat., January 20- Branch Meeting

Wed., January 24- Board Meeting

Sun., January 28- Little Theatre

Sat., February 17- Branch Meeting

Wed., February 21- Board Meeting

Wed., March 21- Branch Meeting

Wed., March 28- Board Meeting

Tues., April 4- Equal Pay Day

Wed., April 11 – Branch Meeting

Fri., April 20- Sun., April 22- AAUW of Virginia Conference

Wed., April 25- Board Meeting

May TBD- May Banquet

Wed., May 17- Board Meeting

Dates subject to change.



Virginia Beach (VA) Branch

*Providing women and girls
waves of support in
Virginia Beach*