

The Sandscript

The Newsletter for the Virginia Beach Branch
the American Association of University Women

March 2025

Join us for our next meeting:
(Visitors welcomed!)

Saturday, March 15, 2-4pm
Sentara Virginia Beach General Hospital,
1060 First Colonial Road, 23454



Saye Arluk, MS, RDN, Nutrition and Wellness Coordinator for the Sentara Brock Cancer Center will speak at our March 15 meeting. As a registered dietitian/nutritionist, Shaye, a 20-year cancer survivor herself, helps to educate oncology patients and their families on ways they can fight cancer both during and after treatment by fueling their bodies with sound nutrition. Everyone in our group is either fighting, has fought cancer, or stood beside someone who has been challenged by it. Shaye will impart some of the advice and wisdom she has gleaned from her own experience as well as the many patients she has helped. After her presentation on practical ways to follow the American Cancer Society's nutritional guidelines, she will field as many questions as our time will allow. Some of our members met her at the *Her Health 4 All Seasons* day of information in the Fall, and reported that she has much to offer.

Message from Co-Presidents

As you may know, March is Women's History Month. This year's theme for the month is "Women Who Advocate for Equity, Diversity, and Inclusion", and this is exactly what we do through our work with AAUW. Women have played a vital role in all aspects of society, and we want to recognize these contributions and achievements. Despite systemic barriers, women have fought to make advancements in medicine, law, business, and the arts. By celebrating women like Sojourner Truth, Marie Curie, and Ruth Bader Ginsburg, we are reminded that progress is only possible when all voices are heard and valued. Let's commit to uplifting and empowering women not just in March but every day of the year.

We look forward to seeing you at our next meeting.

Jeanette Olson

Maria Kronenburg

Co-Presidents

Members Enjoy a Sunday Afternoon Play

We sold all 20 tickets for *Top Girls*, a play featured at the Norfolk Little Theater. Since we made \$11 per ticket, we raised \$220 for our Scholarship Fund.

State Conference

Although it is too late to register for the State Conference to be held on March 29, you can still be a part of the fun! Virginia Beach has agreed to donate two baskets for the basket auction. One will be wine (what else?). So far, we have two bottles but would like a few more. The other will have a beach theme. We have already flip flops, sunglasses, a beach ball, a sand shovel, a hat, beach-themed hand towels, a beach-themed puzzle...can you donate something else that you think someone would like to have at the beach? If you want to donate something, call Sally D. If you want her to shop for you, give her a call! We will collect your "offerings" at our March meeting! Thanks for your help.

AAUW Empowers Women!

(taken from the AAUW-VA website)

We're including this for 2 reasons:

Sometimes members need to remember the good works of our organization!

This is a good way to explain why our friends should join us in AAUW!

AAUW has been empowering women as individuals and as a community since 1881. For more than 130 years, we have worked together as a national grassroots organization to **improve the lives of millions of women and their families.**

The American Association of University Women (AAUW) is the nation's leading voice **promoting equity and education** for women and girls. Since our founding, AAUW members have examined and taken positions on the fundamental issues of the day — educational, social, economic, and political.

Mission

AAUW advances equity for women and girls through advocacy, education, and research.

Value Promise

By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women and girls have a fair chance.

Vision Statement

AAUW empowers all women and girls to reach their highest potential

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 socioeconomic status.

The AAUW Annual Report is now available on line:

https://www.aauw.org/app/uploads/2025/02/Annual-Report-Final-1.5.25-1-compressed_1.pdf?emci=ca330047-2eee-ef11-90cb-0022482a94f4&emdi=41189187-96ef-ef11-90cb-0022482a94f4&ceid=25108045



District Meeting on Saturday, February 22

Twenty-two branch members and four guests represented the S.E. District. We had a great discussion about Ranked Choice Voting. There were many questions. The two representatives of UpVote Virginia did an excellent job explaining the process as well as advantages to using Ranked Choice Voting, as well as disadvantages. It was a useful and informative session.

Our speaker shared with us communities in Virginia who are currently using the System for local City Council and School Board elections. Two states now use it for statewide elections.

There were great exchanges of information among branches as each of the branches got to tell one another about some of the activities they have initiated.

Of course, the many different kinds of Girl Scout cookies that comprised our snack were appreciated as we supported girls and women.

Help Our Branch Keep Its 5-Star Rating!

Our Branch has been designated a “5 star” branch for the past 3 years (for as long as this designation was available). To meet our Advancement Goal under the 5 Star Program FY 25, we need to raise an average of \$30 per member. Since July 1st we have only raised \$210. So to meet our goal, we need each member to donate just \$30 to the greatest need fund online or mail a check to me at 1010 Barnacle Court, VB 23451. Make all checks payable to AAUW of VB. Be sure to write Greatest Need Fund in the memo line. You can make the donation directly by using this link: <https://my.aauw.org/donation-product-detail>

Here’s National tax id is 52-6037388 if you need it or your job does matching gifts.

Tammie Mullins-Rice
Branch Treasurer



Movie Sisters

Mark your calendars for Zoom Movies Sisters next month, we're watching *Twisters* (2024) on **Saturday, March 8th 3pm**. We hope to see you there, stay tuned for a more detailed invitation to come. This movie features a woman scientist.

-Marissa & Sally P

Book Club Meetings:

Adelante Book Club: March 31, 7pm at Ginny Werner’s house, *Girls Like Us: Carole King, Joni Mitchell, Carly Simon and the Journey of a Generation* by Sheila Weller.

Literary Lunchers: March 11, *Accidental President: Harry S Truman and the four months that changed the world* by Baime, J.J. For more details, contact Chris Medlin

April 8, *The Rediscovery of America: Native Peoples and the Unmaking of America* by Blackhawk, Ned. Contact Daisy or Alice for details.

Membership Renewals

We currently have 39 active members.

With the new “rolling enrollment” period, some of us don’t know when our membership is about to expire. Luckily, we have Trusty Tammie to keep us up-to-date. Thanks, Tammie! We’re so happy that the following women have renewed their membership. We wouldn’t be the same without you!

- Sandra Brandt
- Ginny Werner
- Alice Forrest
- Pamela Katrancha

Speaking of rolling membership renewals, the following folks need to renew (please!)

January 31 Emily Dreyfus

February 28 Kim Anderson

April 30 Caroline Campbell

Expired: (we’re sorry to see them go!). Brita Hampton and Staci Martin

Dues are \$101 or \$18.81 for Student.

You can renew online or through Tammie. To renew online, click, [HERE](#) to enter and confirm a new password and access your Personal Snapshot. Click forgot password if you have never done this before. In your Personal Snapshot, click the RENEW button at the bottom of the screen to update your profile and renew your AAUW NATIONAL, BRANCH and STATE memberships!

If you want Tammie to process your renewal, mail a check (payable to AAUW Virginia Beach) to 1010 Barnacle Court, Virginia Beach, VA 23451

We’re Happy That You Were Born!!!! Here Are Our March Birthdays

- ◇ **Jane Martin** **3/3**
- ◇ **Jeanette Olson** **3/3**
- ◇ **Caroline Campbell** **3/15**
- ◇ **Dana Henning** **3/23**

Walking for a Purpose

The Sentara “Don't Sit on Colon Cancer” 5k and Walk will be held from 9 am – Noon on March 22, 2025 at the Princess Anne Hospital, 2025 Glenn Mitchell Dr. Virginia Beach, VA 23456.

It is a special event focused on getting the word out about colorectal cancer prevention and life-saving screenings. The race brings together survivors, family, friends and community supporters who are passionate about fighting colon cancer.

Colon Cancer Statistics From the American Cancer Society:

“The American Cancer Society’s estimates for the number of colorectal cancers in the United States for 2025 are:

About 107,320 new cases of colon cancer (54,510 in men and 52,810 in women)

About 46,950 new cases of rectal cancer (27,950 in men and 19,000 in women)

The rate of people being diagnosed with colon or rectal cancer each year has dropped overall since the mid-1980s, mainly because more people are [getting screened](#) and changing their [lifestyle-related risk factors](#). From 2012 to 2021, incidence rates dropped by about 1% each year. But this downward trend is mostly in older adults. In people younger than 50 years of age, rates have increased.

”Source: <https://amp.cancer.org/cancer/types/colon-rectal-cancer/about/key-statistics.html>

Linda Todd Scholarship is Open!

We generally give 2 \$1000 scholarships. Spread the word!

Here are the guidelines (more information on our website)

1. Resident of Virginia Beach
2. At least 23 years of age or older
3. Be currently enrolled in an undergraduate program in Hampton Roads and have completed a minimum of 12 credit hours at an accredited two- or four-year institution (this does not include accredited career colleges)
4. Have returned to school after a lapse of time
5. Have a G.P.A. of 2.75 or greater.

SCHOLARSHIP INSTRUCTIONS—READ CAREFULLY

1. All information submitted online or via the application form must be typed or printed.

2. The following information must be included:

***Latest official transcript** that includes **all** grades from college/university

***Two letters of recommendation:**

One from a teacher; **One** from one of the following: Counselor, employer, or clergy

***Personal evaluation**- Provide in one page or less, information concerning career goals and any special circumstances or information that the scholarship committee should consider. Include any extra curricular activities (i.e., student government, awards, publications, clubs, associations, or community service).

MAIL ALL INFORMATION TO LOCAL BRANCH CONTACT:

AAUW Virginia Beach Scholarship Committee
1152 Treefern Drive
Virginia Beach, VA 23451

Materials (including transcript & recommendations must be postmarked on or before April 15, 2025

What's Coming Up?

Nominations for Board. Yes, it's that time again. We're looking for some members to step up to a leadership position. Please do not shy away from this opportunity. You will have plenty of help. We will be seeking co-presidents (or a president and a v.p.), a membership chair, and a few other positions. Let one of our co-presidents know if you are burning with the desire to lead! You'll be glad for the experience! The new Board members will be voted on in April and introduced at the May Banquet. Their terms will begin in July.

May Banquet. We have traditionally gone out to lunch in May to celebrate the year and to elect our officers for the next year. Last year, we did something different: we held a pot-luck. It is a less-expensive option, but no decision has been made. If you have any ideas about what we should do, bring them to the March meeting!!!

Virginia Beach Branch Board

2024-2025

Officers, Elected Positions

Co-President	Jeanette Olson	olsonej@verizon.net	757-663-527
Co-President	Maria Kronenberg	makronstats@gmail.com	757-650-7112
VP--Membership			
VP—Programs	Carole Szetela	karolka@verizon.net	757-681-4191
Secretary	Kathleen Stasulis	stasultiss@hotmail.com	757-576-5485
Finance Officer	Tammie Mullins-Rice	tammieaauw@gmail.com	757-630-7097

Other Important Positions

AAUW Funds	Carole Szetela	karolka@verizon.net	757-681-4191
By-Laws Chair			
College-University Liaison	Barbara Woodlee	barbarawoodlee@gmail.com	207-649-9711
	Sally Daniel	swdaniel01@gmail.com	757-495-4349
REACH Liaison	Chris Medlin	Cmedlin8491	757-361-5826
Fund-raising			
DEI	Maria Kronenberg	makronstats@gmail.com	757-650-7112
Newsletter	Sally Daniel	Swdaniel01@gmail.com	757-495-4349
	Marissa Rice	Mr686@cornell.edu	757-636-9136
Social Media	Tammie Mullins-Rice	tammieaauw@gmail.com	757-630-7097
Hospitality	Sally Daniel	Swdaniel01@gmail.com	757-495-4349
Adalante Bookclub	Barbara Paige	bpaigebateman@gmail.com	757-481-0580
Literary Lunchers	Chris Medlin	Cmedlin8491	757-361-5826
Public Policy	Sandra Brandt	brandt@theelectivegroup.com	757-467-0422
	Barbara Woodlee	barbarawoodlee@gmail.com	207-649-9711
Scholarships	Linda Love	loveshacklj@hotmail.com	757-575-4555
Movie Sisters (Zoom)	Marissa Rice	Mr868@cornell.edu	757-636-9136
Movie Sisters (in person)	Kathleen Stasulis	stasuliss@hotmail.com	757-576-5485
Pennies for Prescriptions	Toni Lohman	tlohman@verizon.net	757-463-1135