



U P D A T E S

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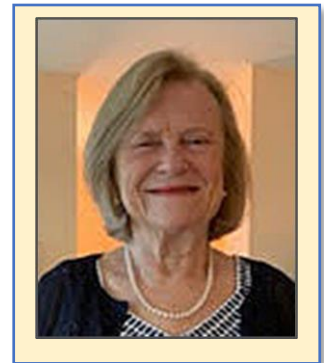
Issue 07

President's Message

Ann Sauberman, Co-President

One of the most important missions of the AAUW is to promote economic security for women. This was emphasized at my first Springfield-Annandale meeting in the early 1970's. I was a mother of two small children and a friend, invited me to come to a meeting. I had just moved from Falls Church and wanted to change my AAUW affiliation to a closer branch. As I listened to the monthly speaker, I felt like she was speaking directly to me. She emphasized that as young women, we needed to become economically equal and secure. We needed to understand Virginian law. Many of us in those days were staying home and caring for our children. We were not prepared in case anything happened to our husbands, including death, divorce, or a job loss. The speaker emphasized that we needed to establish our own credit and prove that we could pay bills and manage the budget. I was shocked and never thought that my economic world could crash or become unstable.

I went home and thought about it for days. As a result, I applied for my own credit card and paid some bills on my own to establish my credit. I opened my own bank account, so if I had to face my husband's death, I would have some funds before a will was probated.



President's Message continues on page 2.

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

Springfield-Annandale Website: <https://sprann-va.aauw.net/>
Like us on Facebook. Search *Springfield-Annandale AAUW*

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.

President's Message *continued from page 1*

On February 17, Amy Crolius and Irene McGhee presented a meeting that again made me think. Would I be able to continue my families' investing plan, if something happened to my husband, who is the chief investor and financial planner in my world? I definitely know more about economics now than I did in the 1970s, but I do not make the important economic decisions on investing. Two wonderful speakers discussed the need for women to get economically involved in planning their futures. Sylvia Auton described the shock when her husband died and the serious questions on how she would continue his investing. Michelle Massey, financial officer at Merrill Lynch, stressed the need for financial planning in each period of a person's life.

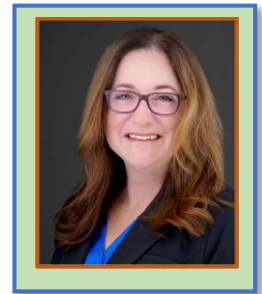


Sylvia Auton

Sylvia Auton wrote *Grandma Sylvia's Guide to the Stock Market* to share with women how to feel comfortable in investing in the stock market and "win the Great Game and sleep well at night." After her husband's death, she first thought that she would have to hire an investment counselor to continue her husband's investments. She had no knowledge of how to make investment decisions and to buy and sell stocks. As she began to go through the steps of choosing a consultant, she decided that instead she wanted to learn and gain the confidence to invest on her own. First, she began to learn the vocabulary of investing and how to determine the amount of risk one is comfortable with. She spent months of studying and then decided to invest in index

funds. She did not want to pick individual stocks and buy and sell. Instead, she wanted to buy into the entire stock market. Other new investors might choose another plan. The importance is to gain confidence, study and be willing to try. I recommend her book which is so easy to read. It shares her experiences and gives you many tips on how to wade into the investment world. After her presentation, I did not come home and take over the family investing, but I have started to talk to my husband and find out his strategies. I think, I am more interested in becoming involved in the family economic decisions and investing.

Michele Massey stressed that every individual or family needs to have an economic plan. You need to plan on your financial journey and realize that no two journeys are the same. It is important to work on accumulating the assets to live comfortably. This requires effective planning and financial planners can be very helpful. Feel free to read financial books and talk to financial planners. It is important to realize that we are living longer and families change. There are more family members that quickly become single and then find themselves alone or in blended families. Plans can change and people need to be flexible. Women are three times more likely to become the caregivers of their parents. Many people find themselves responsible for their elder's, as well as their children. It has been called the sandwich generation. Education of children is becoming so much more expensive and needs to become part of the overall plan. Family plans must determine lists of goals and priorities. It is necessary for many families to establish estate planning, health care directives, durable powers of attorney, and update wills and trusts. It was very interesting that Michelle advocates that economic planning needs to be shared with the children of the family. They must learn how much it costs to live and how important it is to plan. Young children can be involved in age-appropriate decisions.



Michelle Massey

Both speakers stressed that women need to take a more active role in their family's economic decisions. It is important to learn and to become more directly involved. We must follow the AAUW mission to promote economic security for women, in our families, our community, and our world.

Branch Program Meeting – ERA – February 17

Irene McGhee, Amy Crolus, Co-Vice Presidents for Programs

The Branch Meeting via Zoom in February featured Georgia Fuller, a retired women’s activist. It was an eye opener and reminder of our call to action to support our mission for women’s equity.



Georgia took us through the history of ERA starting with Alice Paul, then took us through her personal participation in the ERA movement locally, starting in the 80’s with a 100+ mile walk from here to Richmond to encourage the passage of ERA Amendment, since Virginia had not yet ratified it. The women were not well received. This was the beginning of several acts of civil disobedience, which deepened the awareness of ERA in trying to close in on a seven-year Congressional expiration of ratification time. Some of the women’s courageous acts of defiance included: chaining the GOP Headquarters’ doors with amazingly strong chains; painting the Archives’ doors with red paint and blood; and chaining themselves to the White House

fence (same one as the early Suffragists) and blocking the street in a sit-down fashion, and finally, climbing over the White House fencing, ending in arrest, of course. This action did draw attention to the issue and yet, and yet, ERA is still not “FULLY RATIFIED.”

AAUW women still are lobbying on Capitol Hill and in Richmond. Think of how long it has been trying to dismantle the chains on all women. Georgia shared stories and her personal involvement in protest, spoke of her true AAUW heart as an activist and champion of women’s rights. It was a great meeting!

Northern District Meeting – March 9

The next Northern District Meeting, Saturday, March 9, 10:30 AM – 1:00 PM will be at the Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. The library has a parking lot, and can be entered through the side door from the parking lot. The meeting room is accessible by an elevator or up one flight of stairs.

Diana Parsell, author and member of the AAUW McLean Area Branch, is the featured speaker. She will introduce us to Eliza Scidmore, the AAUW member behind Washington's cherry blossoms.

As Diana’s book reveals, Scidmore was an extraordinary journalist and travel writer who got her start as a newspaper correspondent in Gilded Age Washington in the 1870s. She wrote authoritative books on Alaska, Japan, Java, China, and India; was an activist in the burgeoning U.S. conservation movement, in association with major figures like John Muir; and was the most influential female at the early National Geographic, as the first woman elected to the board (in 1892) and to publish photographs in the magazine. In 1920, Scidmore became an AAUW member. Copies of the book will be available for sale.

A business meeting will follow. A flyer is included at the end of this newsletter.

Student Inclusion Award
information sent to
Annandale, Lake Braddock, John Lewis,
and West Springfield High Schools
with March 15 application deadline

Branch Program Meeting – Global Health Equity – March 14

Irene McGhee, Amy Crolus, Co-Vice Presidents for Programs

Women are leading the Global Health Equity charge when it comes to advancing health equity, yet factors are inhibiting our progress. We also know that on a global scale both women’s health and financial wellness vary widely further causing inequities.

Mary Stutts, CEO of the Healthcare Businesswomen’s Association will speak to the reasons and offer solutions that will drive meaningful change, and pave the way forward for improved financial well-being and enhanced health outcomes for women globally. This meeting is virtual on Thursday, March 14, 7:00 P.M. Watch your email for the Zoom link.



Mary Stutts

AAUW-VA Conference 2024

The AAUW-VA Conference 2024 brochure with the current information about the event in Lynchburg on April 12 is available here: [Conference-2024-Brochure-FINAL.pdf \(aauw.net\)](#). The Keynote Speaker is Dr. Alison Morrison-Shetlar, the first woman president of the University of Lynchburg.

Preconference activities on April 11 are also described. A registration form is included, along with hotel reservation information. You can register online here: [AAUW 2024 Conference Registration Form | of Virginia](#).

Lobby Day

Janine Greenwood, Denise M. Murden, Co-Vice Presidents for Public Policy, AAUW of Virginia

Lobby Day in Richmond was a great success. Over 30 members gathered and reached out to offices of nearly 80 legislators. That was amazing. AAUWVA members were recognized on the floor of both the Senate and the House of Delegates.



Public Policy

Public Policy is beginning to work on plans for our Get Out the Vote strategy this year.

Sharpen your colored pencils and get out your markers because postcarding will be an important part of that effort. We know we can count on our members who sent out over 3,000 postcards last year

Proposed Bylaws Changes

Lane Stone, Sarita Gregory

Voting on AAUW National bylaws changes will begin in April. This is a good time for you to be sure you are receiving emails from national. If you have unsubscribed in the past, consider re-subscribing so you will receive an electronic ballot.

Spring Fling – Speaker Announced

Ann Sauberman

You've seen her at the Grammys! You've heard about her Teacher of the Year Award!
Now, you can hear her in person!



Annie Ray

Annie Ray, Annandale High School Orchestra teacher, Fairfax County Public Schools 2023 Outstanding Secondary Teacher of the Year Award, and winner of the GRAMMY Music Educator Award is the featured speaker at Springfield-Annandale's Spring Fling

This always popular event is scheduled for

May 3, 11:00 A.M. – 3:00 P.M., at Springfield Golf and Country Club.

Ms. Ray, the Orchestra Director at Annandale High School is also the school's Performing Arts Department Chair, and she created the *Crescendo Orchestra* program to teach high school students with severe developmental or intellectual disabilities.



Fairfax County Public Schools has presented Annie Ray with a 2023 Outstanding Secondary Teacher of the Year award. At the awards ceremony at George Mason University, FCPS called Ray “a passionate advocate for universal access to quality music education.”

She also created the FCPS Parent Orchestra which helps more than 150 parents learn to play their child's instrument, allowing them to support and connect with their student.

For more information on Annie Ray, search for her on YouTube

The time has come to invite your friends and family to our Spring Fling. The event will start with a Silent Auction, followed by a delicious lunch, and then our presenter, Annie Ray.

See the flyer attached at the end of this newsletter for more information. Annie Ray's official biography is attached at the end of this newsletter.

The Annual Spring Fling is our main fundraiser and supports the National AAUW as they advance equity for women and girls through advocacy, education, and research.

Silent Auction Update

Karen Flann, Sallie Williams, Silent Auction

Thanks in advance for your participation in raising money for our Branch!

Collection of Donations

Gift cards and other types of donations can be made at any time; make arrangements through Karen Flann, Wendy Cleland-Hamnett, or Ginny Wells to hand them over.

Deadline: Saturday, April 20

Gift Cards

Gift cards are the biggest source of funds for our branch.

Some Hot Tips for Obtaining Gift Cards:

- Please pitch in. It's not too scary....
- Print out and keep three copies of the business letter in your car.
 - ✓ The UPDATED business letter is at the end of this newsletter.
- If a business donated last year, start by thanking the owner/manager for their donation.
- In your pitch
 - ✓ Highlight that part of the funds from our auction goes to area students from four local high schools for their work on inclusion.
 - ✓ **Mention that this year our guest speaker will be Annie Ray**, the performing arts department chair and orchestra director at Annandale High School in Fairfax County, Virginia. She was honored for her efforts to make music accessible to all students, particularly those with disabilities. She was also honored with the 2024 Music Educator award at the GRAMMYS.

Donating Items for Auction

Over the years, we've found a lot of categories that won't sell at the auction, includes silver that has to be polished, and holiday items.

Our Cash and Carry section did well recently, so don't be afraid to donate something from downsizing. We will sort through and if we can't use an item, we will find a good home for it.

What sells:

Jewelry!! fine and not-so-fine

Unique items from travel

Throws

???

Online Donations

Sallie has already made online requests for donations and has started the databased to organize everything.

Experiences

The business that donated a wine tasting last year has reached out to Sallie and donated again!

What experiences would be of interest?

I won the Paint Party last year and invited 6 friends to join me. It was a lot of fun!

Play Tickets

Cooking/baking lesson

A Storyteller

Tickets to a sporting event

A Game Party

A Crafts Party

A vacation home for a weekend or other period of time



Evening Book Group – Virtual

The Evening Book Group will meet via Zoom Thursday, **March 7**, 7:00 P.M. The topic book is *The Personal Librarian*, by M. Benedict & V. Murray. Beth Von Holle is the scheduled reviewer. This is a schedule change - note it in the Directory.

The group will meet virtually **April 4** for a discussion of *Demon Copperhead*, by Barbara Kingsolver. Susan Burk is the scheduled reviewer. Contact Debbie Gilligan for more information.

Movies at Midweek

Bev Wise and Helen Cassidy, Movie Mavens

The next meeting of Movies at Midweek is **March 20**. Watch your email on the Friday preceding for the movie selection.

Morning Book Group – Live

The Morning Book Group will meet live **March 14**, 10:00 A.M. and review *Dragon Teeth*, by Michael Crichton. Deborah Dodd will lead the review and Wendy Cleland-Hamnett will host the meeting

The group will meet **April 11**, and review *The Japanese Lover*, by Isabelle Allende. Ginny Wells will review and Irene McGhee will host. Contact Jo Domingues for more information.

CALENDAR

March 7, 7:00 P.M.	Evening Book Group Meeting – Virtual	page 7
March 9, 10:30 A.M.	Northern District Meeting – Live	page 3
March 14, 10:00 A.M.	Morning Book Group Meeting – Live	page 7
March 14, 7:00 P.M.	Branch Program Meeting – Global Health – Virtual	page 3
March 20	Movies at Midweek	page 7
April 4, 7:00 P.M.	Evening Book Group Meeting – Virtual	page 7
April 11, 10:00 A.M.	Morning Book Group Meeting – Live	page 7
April 12	AAUW-VA Conference – Lynchburg	page 4
April 18, 7:00 P.M.	Branch Program Meeting – Student Inclusion Awards	
May 3, 11:00 A.M.	Spring Fling	page 4
June 8	Branch Picnic at Occoquan Regional Park	

AAUW's *Why So Few? Women in Science, Technology, Engineering, and Mathematics* and *Solving the Equation: The Variables for Women's Success in Engineering and Computing* became sentinel publications in identifying the gaps keeping women from the STEM fields and igniting efforts for change. *Our Deeper in Debt: Women and Student Loans* report documented how much more debt women incur than men.

Today, more than a third of American women get a college education, a larger percentage than men.

The number of women in the workforce is above 50%.

[\(www.aauw.org/about/history/\)](http://www.aauw.org/about/history/)

— Judy Titterton, Editor

Newsletter articles for April UPDATES are due March 26



Northern District Meeting

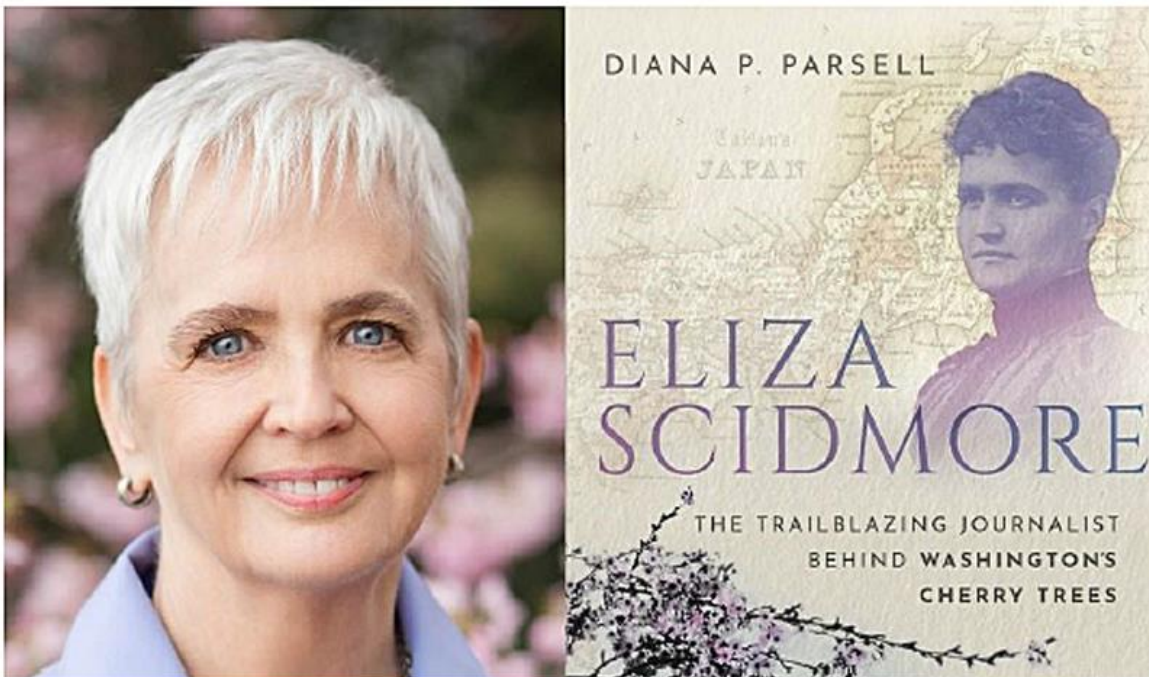
Saturday, March 9, 2024

10:30 AM – 1:00 PM

Ellen Coolidge Burke Branch Library

4701 Seminary Road, Alexandria

Just in time for Cherry Blossom Season in Washington, DC.!



- Diana Parsell, author and member of the AAUW McLean Area Branch, will introduce us to *Eliza Scidmore, the Early AAUW Member Behind Washington's Cherry Blossoms*.

As Diana's book reveals, Scidmore was an extraordinary journalist and travel writer who got her start as a newspaper correspondent in Gilded Age Washington in the 1870s. She wrote authoritative books on Alaska, Japan, Java, China and India; was an activist in the burgeoning U.S. conservation movement, in association with major figures like John Muir; and was the most influential female at the early National Geographic, as the first woman elected to the board (in 1892) and to publish photographs in the magazine. In 1920, Scidmore became an AAUW member. Copies of the book will be available for sale.

- A business meeting will follow.

Springfield-Annandale Branch
of AAUW of Virginia

presents

Spring Fling Luncheon

Friday, May 3, 2024

11:00 A.M. - 3:00 P.M.

Springfield Golf and Country Club
8301 Old Keene Mill Rd, Springfield 22152



Guest Speaker: Annie Ray

Annandale High School Orchestra Teacher,
Fairfax County Public Schools 2023 Outstanding
Secondary Teacher of the Year award, and
winner of the Grammy Music Educator Award!

Make your reservation no later than **April 22** to:

Rose Clark SpringflingAAUW@gmail.com

Let Rose know of your luncheon meal choice:

- Chicken Piccata with lemon butter sauce
- Salmon Filet with citrus beurre sauce
- Vegetable Ratatouille in a puff pastry

Coffee, tea, and iced tea are included

Also include Table Buddies ("seat me with") names and email addresses

Tickets are \$50.00

Pay By Check

\$50 check made payable to *Springfield-Annandale AAUW*

Mail to Rose Clark, 330 S. West Street, #303, Alexandria, VA 22314-5928

Pay By Credit Card +\$5.20 charge

<https://www.eventbrite.com/e/aauw-2024-spring-fling-luncheon-and-silent-auction-tickets-848538299897>

*Silent Auction
11:00 A.M. to 12:00 P.M.*



Spring 2024

Dear Business Owner,

The Springfield-Annandale Branch of the American Association of University Women (AAUW) is having a benefit luncheon on May 3, 2024, from 11:00 a.m. to 3:00 p.m. to raise funds to support AAUW-sponsored programs such as scholarships, leadership development, lifelong education for women and girls, and the Legal Advocacy Fund. The purpose of this letter is to request your support for this fundraising effort.

Our featured speaker will be Annie Ray, Chair of the Performing Arts Department and Orchestra Director at Annandale High School in Virginia's Fairfax County School (FCPS) system. Ms. Ray was honored with a 2024 GRAMMY Music Educator Award. Her advocacy for universal access to quality music education for students of all demographics led to an invitation to present a TEDx talk in 2022 and selection as the 2023 FCPS Outstanding Secondary Teacher of the Year.

At the luncheon, we will conduct a SILENT AUCTION and we are seeking donations of items or gift certificates for use at the auction. Companies/Businesses that donate will be acknowledged as contributors to the silent auction in the printed program.

We expect 150-200 people will attend this fundraising event, which will be held at the Springfield Golf and Country Club.

Thank you for considering our request. Responses may be addressed to ----

Sallie Williams
Silent Auction Committee
Springfield Annandale Chapter, AAUW
4406 Jayson Lane, Annandale, VA 22003
Sallie.williams@gmail.com
703-424-6625
<https://sprann-va.aauw.net/>
Tax Id# 54-6058154

Bearer of Letter is: _____

Annie Ray – Biography

Annie Ray currently serves as both the Orchestra Director and Performing Arts Department Chair at Annandale High School (AHS) in the Fairfax County Public School (FCPS) system. Annie is an advocate for providing universal access to quality music education and is known for founding and developing creative opportunities to make music accessible to students of all demographics. Her establishment of the FCPS Parent Orchestra teaches about 200 caregivers annually to learn to play their student's instrument and provides mentorship to upcoming music teachers. Annie also developed the Crescendo Orchestra program (inspired by Giving Bach and United Sound) to make Orchestra curriculum accessible to students with significant developmental or intellectual disabilities. In January 2022, this program was featured and acclaimed on the cover of the Metro section in *The Washington Post*. TEDx invited Annie to give a talk in April 2022, *The Sounds of Success*, based on her approach in the classroom and how to meet students where they are at. She has presented at numerous colleges and national/international conferences and was named the 2024 Grammy Music Educator Award recipient and the 2023 FCPS Outstanding Secondary Teacher of the Year for her work on equity in education. Annie is a member of the StringRise professional development team and was a 2023 Wolf Trap Educator Guarantee for the AHS partnership with Grammy-nominated artist Christylez Bacon. She is an active performing harpist and currently resides in Arlington, Virginia with her husband Dr. Irving Ray and their daughters Eloise and Millie. She is an adventurer at heart, and her biggest bucket list item is to one day win *The Amazing Race*.