

Alabama Daybreak

Volume 61

Summer 2010

Issue 1

President's Message

Sometimes in the summer, it is hard to sit down and make plans for the coming year. The sky is blue, vacation destinations beckon, and the wide range of fun activities to do make it tough to focus on anything serious.

Yet each day, women and girls continue to face challenges affecting their jobs, pay, education, health and family life, and that keeps many from enjoying the carefree days that beckon to the rest of us in summer.

As discussed at our state convention in April at the University of Montevallo, women now make up 50 percent of the workforce in the United States.

Working parents must still cope with workplace policies from 50 years ago designed around families with a male breadwinner and a stay-at-home mom.

Yet working parents must still cope with workplace policies from 50 years ago designed around families with a male breadwinner and a stay-at-home mom. And even though many more women are now primary or co-breadwinners, we still receive, on average, 22 percent less pay than men.

The fall election season is approaching, and the last session of the 111th Congress is coming to an end. So, the time has come to start raising our voices (again) and let our elected officials know what is important to us, even if we know they disagree with our position.

Below is a list of some bills in Congress that you can speak up about if they are important to you. They are also potential topics for an Issues Forum or Women's Summit in your community.

1) Pay equity is still an issue affecting women of all ages and occupations. The Paycheck Fairness Act (H.R. 12 and S. 182) still needs to get passed by the Senate this year, or we have to start over again. However, with the tough economy, opponents will say this will inhibit job creation.

This Act strengthens the existing 1963 Equal Pay Act and eliminates many loopholes. http://www.aauw.org/act/issue_advocacy/actionpages/upload/PayEquity111.pdf

2) The Healthy Families Act (H.R. 2460) would allow for workers to accrue seven paid sick days per year.

See AAUW Sick Days Resource Kit: http://www.aauw.org/act/issue_advocacy/actionpages/upload/paidSickDays_ResourceKit.pdf

3) The Safe Schools Improvement Act (H.R. 2262) will help schools have the resources they need to develop effective policies to prevent and respond to bullying and harassment in schools.

Other important legislation includes H.R. 5116 (and S. 3564), the America COMPETES Reauthorization Act of 2010 (which promotes STEM education programs), and H.R. 2074, the Pathways Advancing Career Training Act (STEM for women).

You can communicate your feelings about all of these to your legislators by contacting them directly or using The Two-Minute Activist tool available from the

AAUW Action Network:
<http://capwiz.com/aauw/home/>

In addition, I hope that you will support our efforts to get an Equal Pay Commission reauthorized here in Alabama.

Staying Healthy

While we wait for the programs enacted by the Health Care Reform bill to evolve, AAUW members can do a few things to improve our health and lower our own medical expenses.

Some of us may not yet have major health problems but still are not in the best of shape, due to inactivity, aches and pains, and weight issues. If you are where I was last year, you may be on the verge of heart, liver or breathing problems or diabetes. But by participating in a regular mild exercise program, AAUW members can improve or maintain their fitness, and possibly delay the onset of some serious problems.

At State Convention, I shared the journey I have traveled since last summer to lose weight and improve my fitness. This includes walking and then running, and now triathlons, and has helped me to lose almost 60 pounds so far, toward a total weight loss goal of 100-120 pounds.

As a way to entice AAUW members to start their own fitness journey, I have set up an AAUW team to participate in the Susan G. Komen Race for the Cure in Birmingham on October 9th. This fundraiser to support breast cancer prevention and awareness programs is a 1 mile or a 3.1 mile event that you can run or walk.

I encourage you to participate, and more information is on page 4. I hope that you will join me.

So, enjoy the rest of the summer, but get ready to get active when you return!



That's me at Iron Girl Sprint Triathlon, Atlanta, June 2010

Jo Ann Cummings,
AAUW of Alabama President

Branch News

Huntsville

The Huntsville Branch will be hosting North Alabama AAUW Cluster Meeting. AAUW members from the North Alabama area are encouraged to attend this special Saturday meeting.

The meeting will be held at Grace Presbyterian Fellowship Hall in Madison on **November 6, 2010** from 10:00 a.m. – 1:00 p.m.

For lunch reservations please contact Lois Guendel, Reservations Chair, by phone at (256) 880-8643 or by email at herb.guendel@knology.net

Decatur

On Mother's Day weekend, the AAUW Decatur Branch held its Spring Used Book Sale at the Decatur Mall. With the net proceeds from this sale, the branch was able to send three sixth grade girls from Oak Park Middle School to the Summer Robotics Tech Camp at Calhoun Community College.



The three girls, Maia McDaniel, Jaden Boyd and Osiris Vasquez, were very excited to participate. As the only girls to attend the camp, they had a great time working together as a team to build robots that competed with the other campers.

Additionally, with proceeds from the December Book Sale, the branch was able to award \$500 scholarships to two women to attend Calhoun in 2010-11. These recipients are women over 25 who are returning to school after an extended absence. The Decatur Branch encourages all AAUW of Alabama branches to seek out similar opportunities to help girls within their local community and find ways to provide similar support

Convention Report – AAUW of Alabama

The AAUW of Alabama 2010 state convention, held April 16-18 at the University of Montevallo, was a high-energy event—enthusiastically received, informative, and well-attended by around 95 people at one point or another. Attendees included 23 college students, 12 Upward Bound Leaders of Tomorrow from area high schools, all our speakers and panelists, as well as several spouses and other family members. We recovered our convention expenses and were able to make a donation of \$1,125 to AAUW Funds, as well as paying one student's expenses to NCCWSL. We even had convention T-shirts designed by Mary Jo Buff!

I wish all members of AAUW of Alabama had been able to attend this convention. Its theme was “Alabama’s Women in Transformation,” AAUW of Alabama’s own follow-up to the landmark California Women’s Conference of 2009 that resulted in *The Shriver Report: A Woman’s Nation Changes Everything*. The convention was an intergenerational dialog in which participants heard outstanding speakers and listened to and spoke with one another in a deep and heartfelt way that I believe moved and raised the consciousness of us all.



Participants in Eleanor Roosevelt/
Rosa Parks Walk/Run,
AAUW State Convention 2010

Pre-convention activities Friday included a Ready to Run™ student workshop, a presentation by Jeris Burns on “Armed for Success: Salary Negotiation and Financial Management Skills for Graduates,” and a student dinner/mixer and discussion of “Modern Media Images of Women,” as well as the Eleanor Roosevelt/Rosa Parks Wake-Up Walk/Run Saturday morning.



Susan Pace Hamill

Highlights Saturday included Susan Pace Hamill's keynote speech, “One Mother’s Story: From Law Practice to Law Teaching to Divinity School to Candidate”; JoAnn Cumming's presentation, “A Man’s World or a Woman’s Nation: The Potential Power of an ‘Equal’ Workforce”; the film *Open Secret* by Melanie Jeffcoat, a reenactment taken from transcripts of the 1901 Constitutional Convention, followed by a panel discussion; and panel discussions of “The Challenge of Today’s Reality: Balancing Work, Family and Health” and “Speaking Up for Change: Promoting Legislation, Education, Negotiation and Practical Workplace Policies.” During the dinner program, Bette Yeager brought Hallie Farmer to life in a special adaptation of her moving one-woman play, *Women Great of Heart*. Hallie Farmer taught for many years at Alabama College (now the University of Montevallo), played an important role nationally in AAUW, and

fought without ceasing for state political reform.



Jo Ann Cummings

The business meeting was held Sunday morning, with a national update by Connie Hildebrand, member of the national AAUW board; JoAnn Cumming's president's message; and officer elections. Three officers were nominated for a second term: JoAnn Cummings as President, Wanda Foster as Program Vice President, and Sarah Barbré as Communications Director. Amanda Melcher was nominated for the position of AAUW Funds Vice President. All nominees were accepted by acclamation from the membership and will serve from 2010-2012. Other state officers serving through 2011 are Janet Smith, Membership Vice President; Veronica Bryant, Finance Director; and Jimmie Anderson, Recording Secretary.



Mary Jo Buff, Sandra Lott

The Montevallo committee did a masterful job of hosting the convention. Sandra Lott and Mary Jo Buff, Co-Presidents of the Montevallo Branch, served as co-chairs of the Branch Convention Committee. They worked ceaselessly to make the convention a success. Special thanks go to Faye Roberts, Barbara Broadhead, and Becky Cox Rodgers for handling hospitality;

Karen Neal for pre-convention registration; and Judy Rogers, Becky Cox Rodgers, Helen Moshkovich, Maggie Daum, and Dorothy Grimes for on-site registration. Additionally, Carrie Robbins coordinated the Student Advisory Council; Carolyn Miller Kirby and student interns Haley Dennis and Jami Carlee were in charge of the Eleanor Roosevelt/Rosa Parks Run/Walk. A number of Upward Bound students, including Tiffany Robinson and Kelsey Dobyne, worked on numerous aspects of the convention, and Upward Bound Leaders of Tomorrow from area high schools also worked on logistics throughout the weekend, including providing transportation to more distant parts of the campus.

JoAnn and I also want to thank Christy Bratton and the staff at Ramsay Conference Center and caterer Joan Spiess of Southern Sweets, as well as members of the UM Physical Plant. There are others I am undoubtedly failing to credit, but they have AAUW of Alabama's heartfelt thanks.

I also want to extend great thanks to all of our excellent speakers, workshop leaders, panel moderators, and most especially Bette Yeager, who waived her customary performance fee.

The Montevallo campus was a perfect backdrop to our convention. Designed by Frederick Law Olmsted, designer of Central Park and the grounds at the Biltmore estate in Asheville NC, it was at its most beautiful during the conference.

Wanda Foster
Program Vice President

State Convention - Student Report

The 2010 state convention at Montevallo had a successful turnout of 23 intelligent and energetic ladies, representing community colleges and universities across Alabama. The schools represented were the University of Montevallo, the University of Alabama at Birmingham, the University of South Alabama, the University of Alabama, Southern Union, Reid State, and the University of North Alabama.

The theme of the state convention revolved around *The Shriver Report: A Woman's Nation Changes Everything*, by Maria Shriver. One aspect the report addressed was how women are depicted in the media. Our student panel focused on this theme. We had a panel of individuals currently working in the media who shared what they have experienced and witnessed while working in the male-dominated media industry.

The women's image in media discussion helped everyone critically analyze how female anchors are being presented to the rest of society, such as: standards of beauty women aspire to, how some groups of women are being represented while some women are not being represented, and gender inequalities female anchors face within both the workplace and the home.

The dialogues that were exchanged during the meeting were insightful. Many of the ladies brought their personal experiences both from within their field of study and personal life.

Overall, I was given the impression that many of the participants found the conference to be both informative and inspirational.



Student Discussion Group
on Women In Media,
AAUW State Convention 2010

Many seemed like they were going to become more active in their branch once they returned home, and they seemed motivated to recruit their friends to join AAUW.

Carrie Robbins,
University of Montevallo,
AAUW of AL Student Advisor
Council Coordinator

Local Schools Need Supplies!

The start of school is just around the corner here in Alabama. Our state budget has been stretched so tight that schools are very low on supplies needed for teachers and to help low income students.

I am encouraging those branches or individual members who have the resources to adopt one or two local schools in low-income areas and help them out with supplementary school supplies. With all of the back-to-school sales going on, it is easy to pick up some extra pencils, paper, art supplies and notebooks when you shop, and then drop them off at your favorite school. I am sure that all donations would be appreciated. And remember Alabama's Sales Tax Holiday, August 6-8, which applies to clothing under \$100, school supplies under \$50, books under \$30, and computers/computer equipment under \$750.

Jo Ann Cummings

Public Policy

Health Care Reform Update

In March, Congress passed the health care reform package called **Patient Protection and Affordable Care Act (PPACA)**. It includes significant changes to Medicare, the federally run health insurance program for the elderly and disabled. This article describes some reform provisions that affect Medicare beneficiaries. There are no cuts to traditional Medicare benefits.



Medicare has four divisions:

Part A – primarily for inpatient services

Part B – for outpatient services like doctor visits

Part C – for private insurance that provides Medicare benefits, known as Medicare Advantage

Part D – for outpatient prescription drugs

Most beneficiaries are in traditional, fee-for-service Medicare, where health providers bill the government directly for services covered by Parts A and B. About 25 percent of beneficiaries are enrolled in Medicare Advantage.

What's Changed?

Expanded prescription drug coverage: Medicare Part D, as originally structured, included a “doughnut hole” that varied from year to year. In 2010, after beneficiaries accrue the first \$2830 in covered drug costs, they must pay 100 percent of costs until the drug cost total reaches \$6154. At that point, Medicare’s 95 percent catastrophic coverage begins. This year, PPACA will provide a \$250 rebate for beneficiaries falling into this coverage gap. In 2011, beneficiaries will get drugs at half-price. By 2020, the “doughnut hole” will disappear and Medicare will cover 75 percent of drug costs.

Improved low-income subsidy for drug-coverage: Medicare subsidizes drug benefits for people whose incomes are at or below 150 percent of the federal poverty level and who have limited assets. PPACA improves this subsidy and also provides funding to publicize the availability of the subsidy.

Expanded coverage of preventative services: Medicare now covers only certain preventative services, such as mammograms and colonoscopies, with beneficiaries paying 20 percent of the allowed charges. But in January 2011, that coverage will improve and beneficiaries will receive these and other preventative care services for free. Medicare also will begin paying for annual physical exams, or wellness visits, and this should help improve the overall health of elderly people.

Offering these and many more benefits, the health care reform law demonstrates a goal to improve the physical and financial health of Medicare beneficiaries. To learn more, visit medicare.gov and eldercare.gov.

For the rest of us:

As of July 1, more than 1 million Alabamians with pre-existing conditions now can purchase health insurance through the new federal high-risk pool.

For more information on PPACA and Alabama, visit: <http://bit.ly/bdvkLc> (AL Arise resources).

Here is a great link about what health care reform means to women: <http://nwlc.org/reformmatters/shareresources.html>

Anna Blair

Public Policy Chair, AAUW AL



Alabama Arise Update

Alabama Arise promotes state policies that improve the lives of low-income Alabamians. It hopes that any issues it works on will be revenue neutral for the state budget. Its nonprofit arm is called the Arise Citizens' Policy Project (ACPP).



It is comprised of about 150 community groups as well as individual members. AAUW of Alabama is a member. I have been an individual member for several years and am pleased to be able to serve as the AAUW of AL liaison to that organization. There is also a non-tax deductible arm that lobbies the legislature during its sessions.

Last September members met to determine the priorities for 2010. These are: adequate state budgets, tax reform, Katrina relief, worker savings incentives, Constitutional reform, a death penalty moratorium, and a housing trust fund.

In addition, the ACPP endorses two other policy goals: dedicated state funding for public transit and the establishment of an equal pay commission to study wage disparities between men and women and between minority and majority racial/ethnic groups and to recommend solutions.

The next annual meeting, where the priorities for 2011 will be set, will be held in Montgomery on

Saturday, September 18, from 9 a.m. until 3 p.m. A priority for AAUW of AL is to get the Alabama Legislature to support a resolution or bill to reauthorize the Pay Equity Commission. Our own state president, Jo Ann Cummings, was appointed to the last one, but the full commission was never selected. Since pay equity is an AAUW priority, we would like to get Alabama Arise to make this a top priority. In order for that to happen, we need to have representatives from the branches that are members and from those individuals that belong. So please mark your calendar to attend. It will be held at the **St. John AME Church**, located at 807 Madison Ave. Montgomery, AL. Lunch will be provided for a \$7.00 donation. Carpools can be set up.

Other branches and individuals can join Alabama Arise between now and the meeting and plan to attend. Go to <http://www.arisecitizens.org/> and click on how to join or call 1-800-832-9060. The dues for the branch would be \$100 and individuals can join right now for a special rate of \$15.

During the Alabama Legislative session, Alabama Arise will be sending information as bills pertaining to the priorities work their way through the legislative process.

As I receive emails from Alabama Arise, I will pass them on to my email lists. If you would like to be included, please let me know at elienau@yahoo.com.

Ellie Lienau
AAUW of AL Arise Liaison

Summer Meeting Set for August 7

AAUW of Alabama will hold its summer meeting for the Executive Committee and the Board of Directors on Saturday, August 7, at the Robert Trent Jones Golf Course Clubhouse at the Oxmoor Valley location near Birmingham.



The Executive Committee will meet from 9:00 a.m. to 11:30 a.m. and the Board of Directors will meet from 12:30 p.m. to 3:00 p.m. All AAUW of Alabama members are welcome to attend the Board Meeting, as we will be reviewing our budget and planned activities for the coming year. Member input is always encouraged and if you are interested in working on statewide AAUW activities, then you are very welcome to attend this meeting. Student Advisory Council members are also encouraged to attend to begin planning for student recruitment for the upcoming year.

If you plan on attending, please contact Jo Ann Cummings. Lunch will be available from the clubhouse cafeteria.



Fourth Annual Bailey Thomson Awards Luncheon



The Alabama Citizens for Constitutional Reform Foundation invites you to invest in Alabama's future by taking part in the Fourth Annual Bailey Thomson Awards Luncheon. This celebration was established to honor the people and institutions that have continued the effort to write a better Alabama Constitution.

The Constitutional Reform Movement would not be where it is today without the work of Bailey Thomson, whose deep love for the state gave him the determination to educate Alabamians on the need for constitutional reform. With his life cut short in 2003, these awards serve as a memorial for the tremendous impact he has had on this state and its citizens.

This year's celebration will take place on **Thursday, August 19** in Tuscaloosa's Bryant Conference Center (240 Paul W. Bryant Drive). Registration for the luncheon begins at 11:30 with the luncheon starting at noon. The keynote address will be given by former University of Alabama President David Mathews. Dr. Mathews was born and maintains a family home in Grove Hill, Alabama, and currently serves as President and CEO of the not-for-profit research organization, the Kettering Foundation. He also served as the Secretary for Health, Education, and Welfare in the Ford Administration.

There are four awards to be given at this year's luncheon. This year's honorees:

Edgar C. Gentle III: Bailey Thomson Award

A Birmingham attorney and Rhodes Scholar, Mr. Gentle is an active proponent of constitutional reform who takes his message around the state, educating Alabama citizens about the urgent need to build a modern framework that will enable our state to reach its full potential.



Melanie Jeffcoat: Educator of the Year

An experienced filmmaker, Ms. Jeffcoat researched and co-produced Open Secret, an award-winning documentary that persuasively advocates for reform of the 1901 Alabama Constitution. The film has been screened to enthusiastic audiences statewide since its premiere in February, and was shown at our state convention in April 2010.

Hill Carmichael and Mark Berte (AAUW member): ACCR Foundation Spirit Award

Committed supporters of constitutional reform, Hill Carmichael and Mark Berte have been at the forefront of grassroots efforts for many years. Influential and articulate, they are credited with developing and implementing creative strategies to build public support for a new constitution.

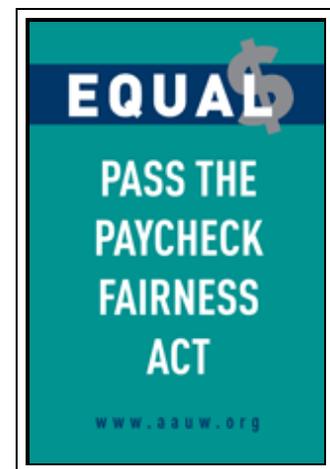
Community Foundation of Greater Birmingham: Partner of the Year

A vital ACCR funding partner, the Community Foundation of Greater Birmingham helped underwrite the mock constitution convention as well as the Bring It Back Home grassroots education project. The Foundation's generous support is integral to growth of reform efforts.

Individual seats are \$50 (open seating) and a table of 8 is \$400 (reserved seating). Please consider attending. If enough plan to attend, we will try to get one or more AAUW tables.

Please make your own reservations but also let me know (Ellie Lienau, 256-852-4802, or elienau@yahoo.com). You can make your reservations from the ACCR Web site (<http://www.constitutionalreform.org/>) or by calling 205-514-3074.

ACCR is one of the organizations that AAUW of Alabama supports. Our own Audrey Salgado is president of the ACCR Foundation board and several AAUW State members are active in the ACCR movement



AAUW of Alabama Participates in Susan G. Komen Race for the Cure!



As part of an effort to encourage AAUW of Alabama members to get fit and to get involved with important social causes, I have set up a State Team to participate in the Susan G. Komen Race for the Cure event on Saturday, October 9, 2010 in Birmingham. AAUW members can join in the 5K (3.1 mile) or 1 mile run or walk, be a stay-at-home “Sleep-In” participant, or just donate on behalf of an AAUW team or team member.

We have many breast cancer survivors among our members, and this celebrates and recognizes their struggle. You may have other friends or family members who have also faced this disease. What better reason can you think of to inspire your personal fitness program than to train for this event? You will be taking the first step to improving your own health while commemorating those who face much tougher challenges.

About Race for the Cure:

Susan G. Komen for the Cure was established in 1982 by Nancy Brinker to honor the memory of her sister, Susan Komen, who died from breast cancer at the age

of 36. Twenty-eight years later, Susan G. Komen for the Cure is the global leader in the fight against breast cancer and is the world’s largest private funder of breast cancer research and community outreach programs.

The North Central Alabama Affiliate serves 38 counties throughout North Central Alabama and strives to fulfill the Komen promise to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cures. This is the only Komen Race scheduled in 2010 for Alabama.

Seventy-five percent of the money we raise stays in North Central Alabama to provide life-saving screening, treatment, and education programs. Twenty-five percent of the money is contributed to the Susan G. Komen Research Program, with some of that actually returning here to Alabama. The Komen Research Program has funded nearly \$14 million in breast cancer research at the University of Alabama Birmingham to date.

AAUW Members can help:

This is a great opportunity for branches to take up the Race for the Cure as a local event by raising funds, honoring breast cancer survivor branch members, or participating at a statewide level. Those who don’t go to the race can support those who do. You could even set up your own branch team of 10 or more members, drawing in family, members-at-large, and students who are affiliates or Student Advisory Council members. This also increases awareness among members and their friends about the Susan B. Komen cancer fundraising efforts.

So what do you do next?

I hope that you will participate as a registered runner/walker, a registered “Sleep in for the Cure” participant or a donor to support an AAUW of Alabama team or one of its members.



If you participate as a Breast Cancer Survivor, you get special honors at the event, and survivors are the only ones who can wear pink shirts.

If you wish to run or walk, there is a 5K (3.1 miles) or 1 mile event on October 9th at Linn Park in Birmingham. You can raise funds by asking friends, family and branch members to donate for your efforts.

If you wish to register, but cannot be there due to time or travel constraints or physical limitations, you can join a team and register as a “Sleep in for the Cure” team member for just \$30.

If you don’t want to register, but wish to donate as an AAUW member, select an AAUW State or Branch Team, and then donate on behalf of a team member or the whole team.

Here is how to participate:

- Link to Susan G. Komen Race for the Cure:

<http://2010komenalabamaraceforhecure.kintera.org>

- Select “Search for a Team”, then select “AAUW of Alabama” (or Branch Team). So far, there are 2 Branch teams (Huntsville-

“Chargers for the Cure” and Montevallo), plus the state team.

- If you wish to join a Team as runner/walker or “Sleep-In” participant, **select “Join our Team”**, then fill out the registration.

- You can also just sponsor an individual or a team

There is additional information about your other participation options at the State Website: <http://www.aauw-alabama.org/documents/Komen%20Race%20for%20Cure%20Programo.pdf>.

If you need information on programs that help you to train to walk or run 3 miles, this page has several links to reference websites, including many programs designed for seniors.

I recently went to a Team Captain’s meeting and it was very moving, because everyone there was either a breast cancer survivor, or the friend or family member of someone who didn’t survive. ***This isn’t just a walk or run to improve your health*** – it is so much more. It is an investment in your future and an event to honor our sisters – an event that you may never forget.

I hope that you choose to meet this challenge to get fit and to raise funds for breast cancer research, while honoring the fight of those many women who have won or lost that battle. **COME JOIN ME!**

Jo Ann Cummings,
Team Captain
AAUW of Alabama Angels

Alabama's Girls Need Your Help!



Letha Granberry is one of AAUW’s Diversity Outreach Liaisons for the National Girls Collaborative Project (NGCP) who is seeking help in getting more programs from Alabama registered in NGCP’s program directory.

Alabama has six programs registered and Letha would like to help increase that number. Currently, NGCP has 1,705 programs registered, fifty-five new programs since April.

The NGCP does not work directly with girls, but brings together organizations throughout the U.S. that are committed to encouraging girls to pursue careers in Science, Technology, Engineering, and Mathematics (STEM). NGCP does this by maximizing access to shared resources with public and private sector organizations through the program directory and workshop projects. We are committed to having available resources that would have an impact on women and girls in STEM majors and careers.

If you know of any programs, send the contact information to Letha or encourage the organization to visit NGCP’s web site at www.ngcproject.org and register their programs. There is no fee for registering a program.

Letha Granberry

National Girls Collaborative Project & AAUW Diversity Outreach Liaison, TN
901-853-9307 HM
901-292-9293 Cellular

Expanding Your Horizons for All of Alabama

During the last week of April, four “Expanding Your Horizons” workshops were held at the Sci-Quest Museum in Huntsville, and almost 1000 sixth grade girls from schools throughout North Central Alabama attended.

These EYH workshops are designed to introduce middle school girls to careers in STEM (Science, Technology, Engineering and Math). Professional women in these careers gave inspirational speeches about their career paths or led one of the five hands-on science workshops that showed these girls that science can be easy and fun to do. AAUW members provided over \$800 in sponsorship for the event.

As a way to further AAUW’s goal to promote STEM careers for young women, I would like to get additional EYH workshops established in three other areas of Alabama: Birmingham, Mobile and Montgomery/Tuskegee.

To work on a committee to help get this started, please contact Jo Ann Cummings at joannc1972@charter.net. For more information about EYH, visit: <http://www.expandingyourhorizons.org/>

Membership

A Message from Janet Smith, the Membership Vice-President

With 2010 half-gone, it's time to really focus on AAUW membership programs. Members and donors are the heart of AAUW. You have the power to make a difference and contribute to the growth of the AAUW community. Several initiatives are available to help your branch increase membership:

❖ Keys to the Future: Member-Get-A-Member - Assure the continuation of AAUW's unequalled legacy of involvement and advocacy as an active participant in our campaign to invite someone to join AAUW or by giving the gift of membership. Receive recognition and awards for your efforts



❖ Shape the Future - Help your branch recruit new members by offering reduced membership rates for new or lapsed members to join on the spot during AAUW-sponsored activities. Branches build their member base and earn up to three free memberships annually to use any way they wish.

❖ Give-a-Grad a Gift - AAUW members can now give a recent grad — a friend, daughter, granddaughter, or niece — a free AAUW membership. At no cost to you or her! SAC Students – if you have friends who just graduated, let an AAUW member know and we will sponsor their membership!

❖ 50 Year Honorary Life Membership - Available for those who have been members of AAUW for 50 years or more.

❖ Want to do something quickly? Send an e-card to a friend, encouraging them to join AAUW via the web!

My personal tips:

❖ MAL - If you're an officer, you can access the Member at Large (MAL) listing and contact those to see if they would be interested in joining a branch.

❖ Try It Out - If you have the money in your branch treasury, give a free membership for the first six months. If they like it, they'll stay and pay for the next year.

❖ BOGO – Buy one membership, and get one free. Get two new members. (The branch should pay for the second membership.)

More information on these programs can be found on AAUW's national website at: www.aauw.org. Go to the Member Center, click on Membership Campaigns, and find more information.

Annual dues were due June 30th. To renew using the MPP (Membership Payment Program):

- Go to www.aauw.org.
- Click on the Member Center link. The AAUW Member Login page will display.
- Enter your member number. If it is unknown, click on the Member ID Lookup link located on this same page and then enter the information requested to view your member number.

- Click on Enter Member Center to load your member number into the login window. Click on Log In. Welcome to the Member Center!

Or you may still write a check to your branch finance officer if your branch is not yet participating in MPP.

For assistance on any of these issues, please email Janet Smith, Membership VP, at aauwmontgomery@gmail.com.

MONEY, MONEY, MONEY!!!

AAUW Fellowships and Grants

AAUW will award \$3.2 million in 2010-11 in support of 215 scholars, research projects, and programs promoting education and equity for women and girls. Building on its rich tradition of opening the doors of higher education and opportunity to women, AAUW has provided more than \$80 million to 11,000 fellows and grantees from around the globe since awarding its first fellowship in 1888. This year's awardees represent an outstanding group of accomplished women scholars, researchers, and nonprofit and community leaders from more than 25 states and a dozen countries around the world.

An additional round of fellowships and grants will be open August 1st, with various deadlines, depending upon the award. If you know anyone in Alabama who might be interested in applying for these, please let them know.

AAUW is seeking nominations for the 2011 Eleanor Roosevelt (continued on page 14)

You've Gotta See This!

AAUW.org is all new and now offers an easier to navigate, inviting site for newcomers and members to enjoy. The start page greets visitors with bright colors, clear logo's and an easy user interface of drop down tabs and quick links to popular pages.



Visitors to the site are able to learn more about AAUW through an interactive virtual reality experience! The town square has a community center, courthouse, university, library, town hall, and office complex each with listening activities and ways to explore the core values of AAUW.



Users are able to find out more by touring each building and clicking on one of the many turquoise bubbles. Each one leads to research statistics, fun quotes, slideshows, or other fun resources, links, and learning tools.



The picture below shows one of the many pages that will appear by clicking on a turquoise bubble. This particular page is located in town hall. It provides information about "The Power of One Vote" and links to access congressional voting records and other pertinent information.



So join the virtual AAUW community and go exploring!

Some other great features of the new website include free access the "The Chapter Leaders Playground", which is an expansive sister site with information that is beneficial for everyone involved on a branch board, in the workplace, or any other organization involvement. A wealth of information and learning tools are available to AAUW members at no additional cost!

The Playground offers webinars on helpful topics such as how to "Energize your Fall Kick-off Meeting", which is a 30 minute webinar.

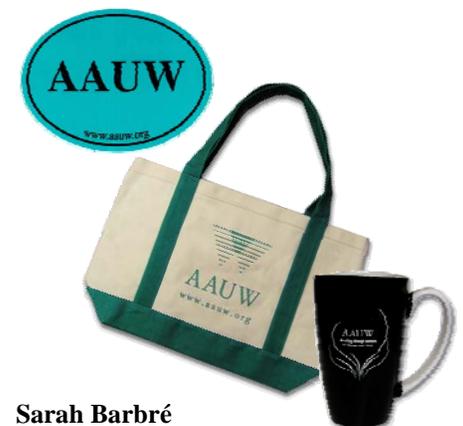
Best of all this is a FREE resource for AAUW members! Webinars cost \$25 for non-members. So, take advantage of this outstanding resource.



For Branch Presidents, updating your officers list is now easier than ever with a drop down tab system that automatically fills in the membership number and contact information for the officer of your choice when you choose the name of the branch member fulfilling each role on the board!



And don't forget about shopping! There are plenty of fun and fancy items to purchase such as note cards, coffee mugs, giveaway items such as brochures, mints, and bumper stickers. Purchase a banner or podium sign to help professionalize your meetings. There are so many ways to get more involved through the website! Go Explore!



Sarah Barbré
Communications Director
Huntsville Branch President

NCCWSL 2010

The 25th anniversary [National Conference for College Women Students Leaders](#), held June 3–5 at the University of Maryland, College Park, attracted nearly 500 students from the United States, Jamaica, and Nepal. The [support of AAUW states and branches](#) made this conference possible and helped send 53 scholarship recipients to the event.

Please enjoy all the [conference highlights](#), including [blog posts](#) from the event.

STUDENT REPORT



The 25th anniversary of the National Conference for College Women Student Leaders (NCCWSL) helped many young women discover we could excel as leaders. I attended this conference with Carrie Robbins as the student representatives for AAUW of Alabama. Also attending were UA Huntsville students Kate Blake and Tamara Hill, who were sponsored by the Huntsville Branch.

From the Women of Distinction Awards Ceremony to the individual workshops, the entire conference was full of ways to be empowered and know your privileges as women. The Woman of Distinction, Christina

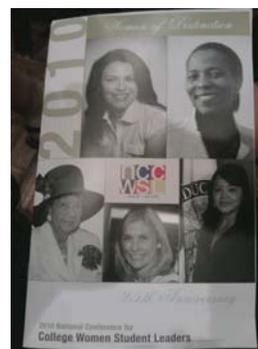
Lagdameo, stated: “Let your presence be your poetry, your spirit, your song, your life, your message, because we believe in you.” These words were uplifting and also invigorating. At that point, I realized that I was at the NCCWSL Conference because someone believed in me. As a leader on a college campus, I realize I also possess a presence that can carry the message Christina Lagdameo challenged us with.



Women of Distinction opening remarks, June 3, 2010.

Marie Tillman offered to the women of the conference a challenge to give our experiences meanings. Tillman stressed that the biggest lesson for women to learn was that “We all have choices to take experiences and grow from them, and make a difference in some part of your life.” As she closed her speech Tillman left the audience with the following statement: “You may face many challenges in life. You can either become victims or become empowered.” Hearing this, I realized that in life many women become victims and are not moving toward becoming empowered, mainly because of the lack of support.

Janice Ferriby, who accepted the award in honor of Soror Dorothy Height, encouraged young women to get prepared to step into greatness, and to make it an absolute passion to do the work they believe in. This further pushed me to go to excel in my major, as well as run for office.



Poster of this year's Women of Distinction.

As a history major planning to be a history teacher and perhaps an administrator, I have been told by many that my job is always put aside for men—particularly basketball and football coaches. The information learned from the powerful Women of Distinction was very valuable and will give me the tools to overcome any gender barriers in my education and future profession.

The workshops that were offered were full of new information that broadened my horizons. Woman of Distinction Nomfundo Walaza, a human rights activist, stated, “Walk in with nothing but knowledge to be humble.” I am humbled for the opportunity to attend NCCWSL as a Student Affiliate representing AAUW of Alabama. As the trip came to an end, I began to think about all the new people I had met and all the new connections I had made. It was a great experience to attend NCCWSL. As Woman of Distinction, Patti Solis Doyle, gave her speech, she mentioned that the answer to anything was HARD WORK.. That is what I plan to do—working harder than ever to achieve, overcome, and excel.

Kelsey J. Dobyne, Student Advisory Council, University of Montevallo

The Dreaded F-Word

June 8, 2010, by [AAUWguest](#)

On the first day of workshops at the National Conference for College Women Student Leaders, I attended the workshop “Female Empowerment: Reclaiming Feminism in 2010.” I chose to attend this specific workshop because feminism is something I’ve heard about quite a bit, but I still didn’t have a full grasp on what being a feminist really means.

However, let me tell you that when I walked out of that workshop, I was definitely more educated about the feminist movement and what it means to be a feminist. The women in the session with me were so motivating and inspiring, it amazed me! The presenter, Deborah Attewell from Step by Step Inc., started the workshop by asking, “Are you a feminist? Why or why not?” The women were then asked to take a few minutes and reflect on what being a feminist means to them and if they thought they were a feminist or not.



Secrets of Powerful Women session attendees.

After we finished answering the questions, we moved into a small-group activity. The ladies I worked with were the ones who truly inspired me. They were young but had such a strong grasp on what being a feminist is all about, and they really blew me away with some of the things they had to say. They spoke of how the word feminist had become somewhat of a “dreaded f-word.” When people heard it they immediately thought of bra-burning “feminazis” who hated men. However, this is far from true in many cases.

Just because a woman is a feminist doesn’t mean she hates men or that she tries to act like a man — “Feminists wear heels too!” one girl said. We discussed how the stereotypes that are given to feminist women because people simply don’t understand or aren’t educated on feminism, are some of the main causes for the poor image of feminism.

After breaking up from our small groups, we watched a video of a variety of people, men and women, who stated their thoughts on feminism. Just as we had discussed, about 90 percent of those interviewed had a poor image of feminists.



On the metro, in DC, UA Huntsville students Kate Blake & Tamara Hill.

We then moved into why feminism is necessary in today’s world. We talked about how society has created this “perfect girl syndrome” and that females, young and old, feel the need to be perfect or to reach some unrealistic standard.

The presenter showed us some alarming statistics that were relevant to problems that feminists are trying to address. For example, 7 in 10 girls feel they don’t measure up in one way or another to their cohorts. Also, 73 percent of violence victims are female, and the median average salary for women is still lower than that of men. These statistics reflect just a few of the issues that feminists are trying to address.

We then discussed the idea that, we’re feminists, now what?

I must say for coming in as someone who knew a little bit about feminism but not enough to call myself a feminist, I learned a lot through this workshop. The women that participated were extremely motivated and dedicated to their causes. They knew their beliefs and had done extensive research into their causes. I was truly inspired by them and applaud them for their outstanding dedication, motivation, and hard work!

This guest post is by Elizabeth Andrews, NASPA intern.

Posted in [Educational Programs](#), [NCCWSL](#), [Students and Educational Issues](#)

<http://blog-aauw.org/2010/06/08/the-dreaded-f-word/>

WE ARE FEMINISTS! NOW WHAT?

Tamara texted, quoting Janice Ferebee, who accepted the Women of Distinction award for Dr. Dorothy Height, who died this past April (she's the one in the hat in the poster pictured above):

... "speak life to our children for they become what we tell them" ...



Good Morning! Here is our breakfast group... this morning we are using Kate's good camera to take photos and we are individually interviewing other women to see what their favorite part of the seminar was... we'll put that together and present it to the branch when we get home... this has been SUCH an adventure!
--Tamara and Kate



Gwendolyn Dungy, executive director of NASPA

More on NCCWSL at <http://www.aauw.org/nccwsl/>.

Student Leaders of Today – Women Leaders of Tomorrow

AAUW is launching *Elect Her* — a new initiative — to expand the pipeline of women running for elective office, an effort that could change the face of politics in America. Women now hold just 17 percent of the seats in Congress and 24 percent of seats in state legislatures.

AAUW's new *Elect Her* initiative aims to close the long-standing political leadership gender gap by empowering and training women to run for office at all levels. The initiative consists of a full continuum of programming. The centerpiece is *Elect Her* — *Campus Women Win*, in which AAUW, in conjunction with Running Start, will train college women to run for campus-based elective office. Additionally, AAUW will promote Running Start's successful *Young Women's Political Leadership High School Program* and the Women's Campaign Forum's *She Should Run* campaign, which also has Running Start's support.

"AAUW, Running Start, and the Women's Campaign Forum are committed to helping women become leaders on their campuses and in their communities. We focus on the different aspects of the leadership gap, but our ultimate goal is to have better representation of women at all levels — from the highest halls of government to student government," said AAUW Executive Director Linda D. Hallman, CAE.

An application will be available in late August online for campuses to apply to be *Elect Her* – *Campus Women Win* sites in Spring 2011. The sites that held Campaign College trainings in Spring 2010 will receive updated program materials so they can begin to institutionalize the new program on their individual campuses.



Money, Money, Money!

(continued from page 10)

Fund Award to honor an individual, project, organization, or institution for outstanding contributions to equity and education for women and girls. The award is given for a broad range of activities including classroom teaching, education and research, and legal and legislative work in equity for women and girls. While the award focuses on education, the recipient need not be an educator.

Visit the AAUW [website](http://www.aauw.org) to receive more information, including nomination forms.

Ready to Run



AAUW of AL Ready to Run™

On April 16, AAUW of Alabama's Ready to Run™ program presented a well-attended and enthusiastically received pre-convention workshop for students at the state convention in Montevallo. On May 8, Ready to Run™ participated, along with Birmingham-based Women of Will (WOW) and Alabama Citizens for Constitutional Reform Foundation (ACCRF), in a workshop held in Birmingham, with Alabama Representative Pat Todd as the keynote speaker. WOW, a statewide, nonpartisan organization, has a similar agenda to Ready to Run™, seeking to recruit women for leadership positions, appointed or elected, at all levels of government. Also in May, Susan Sheppard, project co-director, presented a Ready to Run™ program at the Birmingham Branch meeting.



Audrey Salgado

On Saturday, July 24, a Ready to Run™ workshop was held in the Montgomery area at the Robert Trent Jones Golf Trail Capitol Hill Prattville clubhouse. The Honorable Sharon Yates, district

judge of Montgomery County and former presiding judge of the Alabama Court of Civil Appeals, was the keynote speaker.

On September 11, Ready to Run™ is planning to hold a training session for current and future trainers at the Robert Trent Jones Golf Trail Oxmoor Valley site, near Birmingham. If you're interested in being a trainer or in attending future workshops, please contact Wanda Foster (wlfoster002@yahoo.com).

On October 16, Jean Sinzduk will be the keynote speaker at another Ready to Run™ workshop at the Robert Trent Jones clubhouse at Oxmoor Valley. Jean is project manager of the Center for American Women and Politics's (CAWP's) Program for Women Public Officials and manager of CAWP's New Jersey initiatives, including their Ready to Run™ and Bipartisan Coalition for Women's Appointments. AAUW of Alabama's Ready to Run™ project is in partnership with the Rutgers program. CAWP is part of the Eagleton Institute of Politics at Rutgers.

Wanda Foster and Susan Sheppard, co-directors of the Ready to Run™ project, were trained at CAWP, as was trainer Audrey Salgado. Other trainers include Cindy Bell (Birmingham), Anna Blair (Montgomery, though soon to be relocated to Huntsville), and Carrie Robbins (Montevallo).

A workshop is being planned for the Huntsville area at the Robert Trent Jones Hampton Cove site, the date to be announced. Other workshops will be announced later.

We're pleased to announce that AAUW of Alabama's Ready to Run™ will participate in CAWP's nationwide, nonpartisan "2012 Project" to identify and

encourage mature women (45+) to run for office. The program plans to capitalize on the large number of open congressional and state legislative seats expected to be created by post-census reapportionment. These women are likely to be advanced in their professions, have fewer family responsibilities, be financially stable, and have deep roots in their communities. The program is focusing on women from eight fields underrepre-



Wanda Foster

sented in government: energy and environment, finance, science and technology, health, international relations, and small business. CAWP plans to direct interested women who meet these criteria to training programs in their state. Audrey Salgado will be our Ready to Run™ liaison to the project. If you're interested in the program, contact Audrey at Audrey@constitutionalreform.org Audrey is also president of ACCRF and Immediate Past President of AAUW of Alabama.

In 2010, according to CAWP's statistics, Alabama remains ranked 48th in the nation for women serving in the state legislature (12.9 percent), with no women serving in the U.S. Congress. We have plenty of motivation to train to run for office or help in other women's campaigns. When women run, women win. Think about running for office yourself. Encourage other women to do so.

Wanda Foster
Co-Director, Ready to Run™

AAUW Events Calendar

Important Upcoming Meetings

Please mark your calendar for these meeting dates and events:

August 1, 2010

Educational Foundation Fellowships, Grants and Awards Applications Available

August 7, 2010

AAUW State Executive Committee and Board of Directors Meetings Robert Trent Jones (RTJ) Golf Trail – Oxmoor Valley Clubhouse 100 Sunbelt Parkway, Birmingham, 9:00 a.m. – 3:00 p.m.

August 19, 2010

Alabama Citizens for Constitutional Reform, Bailey Thomson Awards Luncheon, 11:30 a.m. – 1:00 p.m. *Bryant Conference Center, Tuscaloosa*

August 26, 2010

Women's Equality Day: 90th anniversary of passage of the 19th amendment, gave women the right to vote.

September 11, 2010

Ready to Run™ Training the Trainers Workshop RTJ – Oxmoor Valley Clubhouse, 9:00 a.m. - 3:00 p.m.

October 16, 2010

Ready to Run™ Workshop for women interested in running for office RTJ – Oxmoor Valley Clubhouse, 9:00 a.m. - 3:00 p.m.

November 6, 2010

North Alabama AAUW Cluster Meeting, hosted by Huntsville Branch- Grace Presbyterian Fellowship Hall, Madison, 10:00 a.m. – 1:00 p.m.

January, 2011

AAUW State Executive Committee and Board of Directors Meetings Date and Location TBD

April 9, 2011

AAUW of Alabama State Board of Directors and Business Meeting Hosted by Scottsboro Branch

June 16-19, 2011

AAUW National Convention, Renaissance Hotel, Washington DC

AAUW of Alabama
Sarah Barbré
Communications Director
331 Jasmine Drive
Madison, AL 35757

Address Service Requested

Non-Profit Organization
U.S. Postage
PAID
Permit No. 313
Huntsville, Alabama

AAUW Advances Equity for Women and Girls through Advocacy, Education, Philanthropy, and Research.

www.aauw-alabama.org