



# Kensington-Rockville Newsletter

American Association of University Women

Website: [kensingtonrockville-md.aauw.net](http://kensingtonrockville-md.aauw.net)

Volume 17 No. 4

December 2018

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## Kensington-Rockville January Branch Meeting

**Branch Meeting**

**Saturday, January 12, 10:00 a.m., Fox Hill,**

**8300 Burdette Road, Bethesda**

**Bridging the Sex and Gender Gap in Cardiovascular Health**

**Dr. Nakela Cook**

**National Heart, Lung and Blood Institute**



Dr. Cook is the chief of staff in the Immediate Office of the Director (IOD) of the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH). She provides leadership for the strategic direction of the women's health research agenda at NHLBI and serves as a spokesperson related to the health of women for the Institute.

Dr. Cook is board certified in cardiology. She received a Bachelor of Science degree in materials science and engineering from the University of Alabama at Birmingham, a Doctor of Medicine from Harvard Medical School, and clinical training in primary care/internal medicine and cardiology at Massachusetts General Hospital (MGH). Dr. Cook completed a fellowship in Health Services Research at the Harvard School of Public Health. She is also an alumnus of the Commonwealth Fund/Harvard University Fellowship in Minority Health Policy and completed her Master of Public Health with a concentration in health care policy as part of this fellowship.

## Presidents' Message

### A New Year's Message

As we begin another year for AAUW Kensington-Rockville Branch, I would like to say thank you to all who made 2018 a particularly successful year for our branch. Our branch is blessed to be made up of leaders who lend their time, talent and treasure to provide outstanding programs, interest groups, and advocacy opportunities throughout the year.

It remains a trying time for women in Maryland and across the country. Chaos and crisis seemed to be the news every day. It was impossible to ignore yet more school shootings, family separation at the border, sexual assault allegations alleged against powerful men (including President Trump and Supreme Court Justice Kavanaugh), a roll-back of Title IX protections against campus sexual assault, and more. Perhaps it was inevitable that the 2018 elections would result in a dramatic change in both the Congress and the Maryland General Assembly -- with voters electing historic high numbers of women and defeating incumbents previously thought untouchable.

Meanwhile, our KR Branch members continue to fight back. Many joined AAUW Lobby Corps to advocate for equal pay, against the confirmation of Justice Kavanaugh, for paid sick leave, and more. Still others testified in Annapolis on legislation to end parental rights for rapists, ban salary history questions in employment, provide emergency contraception for college students, extend child support orders for purposes of higher education, and more. Maryland AAUW members sent thousands of emails to Congress and the Maryland General Assembly to make our voices heard through action alerts on these issues.

While advocacy tends to get top billing at AAUW, it is really the relationships we build through programming and interest groups that feeds the soul of our membership. Anita Rosen and Pat Ameling engineered monthly meetings with interesting speakers and lively conversation. Sylvia Crowder and Martisa George hosted a fabulous new member tea that is sure to become an annual event. Our interest groups, led by Parma Holt, Marianne Jacobs, Ruth Spivack, Margaret Schweitzer and Judy Burr, continue to delight and bring new members to our branch. Our branch consistently brings the most members to state meetings and conventions. Bottom line, we are an active bunch who love each other's company.

All branch activities take a lot of work. In addition to our board and interest group leaders, I would like to take this opportunity to thank my "Unsung AAUW KR Branch SHero" of 2018, Margery Sullivan, our Newsletter Editor. Margery puts several hours a month into the thankless job of corralling branch members to write content for our monthly newsletter and putting out the newsletter in electronic and print format (with help from Ruth Spivack). Margery's a stickler for a deadline, but she also provides the inspiration and motivation needed to prioritize the

importance of communicating. There's so much going on in our branch and it is nice to rely on Margery to pull everything together to keep us informed.

Our branch is so lucky to have Margery and all the other unsung heroes who plan programs, collect our membership dues, balance our books, recruit new members, raise funds for scholarships, and more. Because of their contributions, we finish 2018 stronger and even more committed to our vision of equity for all.

Best wishes for a wonderful New Year!

Yours in AAUW sisterhood,

Erin Prangley

## AAUW Funds Chair

Ella Iams [ella.iams@verizon.net](mailto:ella.iams@verizon.net)

The Kensington-Rockville Branch board has set a major goal for 2018-2019 to have one hundred percent (100% participation of the board and fifty percent (50%) of branch members contribute to AAUW Fund 4355; the AAUW National Conference for College Women Student Leaders (NCCWSL Women of Distinction Ceremony Fund). This year the Woman of Distinction Honor is going to Judy Carbone from Garrett County.

Please make your contribution either by check or on-line and be sure to indicate Fund 4355 and our Branch code (MD2030). Our branch has made a contribution to both Fund 4355 and to a fund that helps defray the cost of the conference for the student leaders attending the conference.

## BECOME A TWO-MINUTE ACTIVIST

**Action Network** is the cornerstone of AAUW's e-advocacy efforts. By signing up, you will join **AAUW Action Network** and receive urgent e-mail notices to contact your elected officials. With our online Two-Minute Activist tool, it takes just minutes to make your voice heard!

To sign up, go to [www.aauw.org](http://www.aauw.org). Scroll down on right side of screen to "TAKE ACTION." Click on and then scroll down to "Become a Two-Minute Activist" and register.

## Join the AAUW Archives Corps!

Does the Past stir your juices? Are you curious about what AAUW has done to keep women loyal and committed for 136 years, and counting? Have you ever wondered who all those thousands of women were, and would become, that we have supported with AAUW fellowships and grants since 1888? Do you enjoy piecing together long-forgotten stories from fragile, faded papers?

**Join the AAUW Archives Corps** to work with other local members, under staff direction, to rediscover, process, and preserve for future use the documentary record of AAUW's extraordinary history. Archives volunteers commit to one partial day per month, usually the first Monday or Tuesday. Intrigued? Query Dian Belanger, [dobelanger@comcast.net](mailto:dobelanger@comcast.net).

## Join the AAUW Lobby Corps!

Does the Future push your buttons, especially the future for women and girls? Do you care about Title IX, sexual harassment, pay equity, voting and human rights? Does today's political atmosphere keep you up at night? Would you like to rationally promote and influence nonpartisan progress at the highest level?

**Join the AAUW Lobby Corps** on Capitol Hill to inform and urge legislative action for a more just world. Volunteer lobbyists, trained and briefed by AAUW public policy staff, commit to Thursday mornings when Congress is in session. Impassioned? Query Erin Prangley, [erin.prangley@gmail.com](mailto:erin.prangley@gmail.com).

## Interest Groups

### *GREAT DECISIONS*

Marianne Jacobs  
[AAUWKenRock@gmail.com](mailto:AAUWKenRock@gmail.com)

TBA

### *Le Groupe Française*

Ruth Spivack

We meet in the evening to read and discuss French literature and culture. For more information, please contact Ruth Spivack  
[AAUWKenRock@gmail.com](mailto:AAUWKenRock@gmail.com)

### *The Afternoon Literature Group*

Margaret Schweitzer  
[AAUWKenRock@gmail.com](mailto:AAUWKenRock@gmail.com)

Jan 15, 2019, the group will be discussing **The Summer Before the War** by Helen Simonson. Contact Margaret for details.

### Lunch Bunch

Parma Holt [AAUWKenRock@gmail.com](mailto:AAUWKenRock@gmail.com)

No lunch in January

**Deadline for the February Newsletter is January 20.**

## Upcoming Events

### **January 27, Women's Legislative Briefing, 12:30–6 pm, The Universities at Shady Grove, Bldg. II 9630 Gudelsky Drive, Rockville, MD**

The Montgomery County Commission for Women and many co-sponsoring organizations including AAUW Maryland and Kensington-Rockville Branch, invite you to the 2019 Women's Legislative Briefing. The purpose of the Briefing is to inform the residents of our state about legislative proposals before local, state, and national legislative bodies that address issues of specific concern to women. This exciting event brings national state and local elected officials as well as experts in areas such as health, education, pay equity, legislative advocacy, immigration, older women's issues, workplace issues, family issues, justice, human rights, and poverty.

**For program and registration information (\$30 advanced registration, \$40 at the door), go to:**  
<https://www.eventbrite.com/e/2019-womens-legislative-briefing-tickets-50422826030?aff=erelexpmlt>

February 8: MLAW Legislative Reception, Miller Senate Office Building, 11 Bladen Street, Annapolis, MD

April 12-13: AAUW Maryland State Convention Hosted by Garret County Branch in McHenry, MD

May 11: K-R Branch's Annual Business Meeting. Pot-luck. Anita Rosen's home, Silver Spring, MD

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

**AAUW has been empowering women as individuals and as a community since 1881. For more *than 135 years*, we have worked together as a *national grassroots organization to improve the lives of millions of women and their families.***

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***The American Association of University Women (AAUW) advances equity for women and girls through advocacy, education, philanthropy, and research.***

***AAUW Vision Statement: AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.***

**Newsletter Editor**

Margery Sullivan

**Circulation**

Ruth Spivack

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