



**Dawnbreaker**  
The Newsletter of  
AAUW Maine  
Spring 2013  
Volume 61, Number 1



**President's Message**

From Betty-Jane Meader



The AAUW of Maine board is on fire! Based on Susan Howlett's book *Susan Landry* purchased at the workshop "Boards on Fire! Inspiring Leaders to Raise Money Joyfully," board members should engage in "rich, satisfying conversations about topics that further the mission, vision and strategic goals" of the organization. At our last board meeting in February, 11 board members participated in animated discussions.

For example, board members discussed fundraising efforts to support programs such as Maine NEW Leadership, a six-day summer institute free to Maine undergraduate women who are empowered to become civic and political leaders. Keep Maine Connected is one way to raise funds for events/programs co-sponsored by AAUW of Maine. According to Howlett, those closest to the organization are the most likely prospects/donors. She noted board members are typically expected to make a personal financial contribution based on their means. As an AAUW member, you know who we are and what we do, so please donate to Keep Maine Connected.

Board members also discussed distributing the *Dawnbreaker*, the AAUW of Maine newsletter, online to save money. Members without access to a computer would receive a hard copy from the branch president/liason/administrator. At the state convention, we will vote on this proposal.

In addition to lively discussions, Howlett says, "Building community increases accountability on a board." Board members who become connected tend to be effective and follow through. For example, she believes "every board meeting should have food." When board members arrived at the February meeting at the University of Maine, I served fresh fruit, blueberry muffins, sour cream coffee cake, orange juice and coffee. Howlett also adds, "Meetings should begin with introductions." Each board member introduced herself and mentioned her position on the AAUW of Maine board and her branch affiliation.



Every board member has a stake in the organization's success, according to Howlett. Lindsey LaChance has produced three impressive issues of the *Dawnbreaker* and is organizing the program at the AAUW of Maine Spring Convention on April 26 and 27 at the Hutchinson Center in Belfast. Do plan to attend this important event.

At the February board meeting, Joan Sanzenbacher produced and distributed an AAUW of Maine Directory. If you would like an online copy, please contact her at [jhsanzenbacher@colby.edu](mailto:jhsanzenbacher@colby.edu).

Carolyn MacRae reviews the treasurer's report and budget she creates and reports on an analysis of competing organizations at each meeting. Minutes prepared by Kristin Sweeney capture the details of our meetings. She also serves as the chair of the Achievement Citation Award Committee.

Bets Brown, public policy chair, keeps us informed about legislative issues and attends Coalition for Maine Women and Maine Choice Coalition meetings in Augusta. In addition, she updates the AAUW of Maine website; check it out at <http://aauw-me.aauw.net>. As the immediate past president, Charlene Goehring is ex officio of the Nominating Committee and is contacting committee members representing four of the six active branches.

Susan Landry is responsible for the AAUW Funds; once again, she is organizing the raffle of baskets, a fundraiser at the state convention. She also attended and reported on the workshop on fundraising at the University of Maine (UM). Mary Ireland is collecting AAUW materials for the archives at UM; she suggested selecting a 2013-2014 historian who lives near Orono. Betsy Eggleston continues to encourage branches to submit their updated bylaws. She is proposing changes to the AAUW of Maine bylaws at the state convention.

The co-president of the Bath-Brunswick Branch, Joanne Bollinger, attended her first board meeting in February; she commented, "I was impressed." Judy Dinmore, the administrator of the Mid-coast Branch, is introducing AAUW to their scholarship recipients and has attended all three of the board meetings. Liaisons/Presidents who have been unable to attend board meetings due to scheduling conflicts include: Janet Givens from the Penobscot Valley Branch, Marilyn Leimbach from the Waterville Branch and Darylen Cote, president of the Caribou Branch.

As the president, I represented AAUW of Maine at the U.S. Senate Candidates' Forum, Maine Women's Day, the 40<sup>th</sup> anniversary celebration of Roe v. Wade, the hearing and news conference on early voting, and Girls' Day at the State House. I have attended Coalition for Maine Women and Maine Choice Coalition meetings in Augusta, as well as branch meetings throughout the state (Penobscot Valley, Bath-Brunswick, Hancock County and Waterville so far).

The board members have added value to the organization and helped sustain AAUW of Maine. When you see them at the state convention, please thank them for their efforts and their passion for AAUW.

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## Achievement Citation Award Update

From Kristen Sweeney



Our Achievement Citation Award recipient this year is **Shenna Bellows**, nominated by the Penobscot Valley Branch. Ms. Bellows grew up in Hancock County and earned a degree in International Politics and Economics at Middlebury College in Vermont in 1997.

Her first job was as a researcher and recruiter for Economists Incorporated (1997-1999). She next served in the Peace Corps in Panama (1999-2001), where she facilitated the development and execution of a micro-credit lending program for artisan groups and also served as Co-President of Women in Development/Gender and Development. Her first association with the American Civil Liberties Union (ACLU) was as National Field Organizer at the ACLU Legislative Office in Washington, DC (2001 – 2003). At that time she worked to defeat constitutional amendments that would have undermined the criminal justice system, freedom of speech, and LGBT rights. She then participated in AmeriCorps VISTA at Community IMPACT! in Nashville, TN (2003 – March 2005). Since March 2005 she has served as the Executive Director of the ACLU of Maine.

She is a member of Emerge Maine (Women Leaders for a Democratic Future) Class of 2010. In 2010, she also received the Maryann Hartman award, University of Maine's Women in the Curriculum and Women's Studies Program, which recognizes distinguished Maine women and their accomplishments in the arts, politics, business, education and community service. This was followed in 2011 by the Mabel Sine Wadsworth Leadership Torch Award, which is granted to a Mainer who has demonstrated remarkable contributions to ensuring women's reproductive rights in the state.

Appointments include the Maine Right to Know Advisory Committee (2005-2012) and Board of Directors, Maine Freedom of Information Coalition (2011-2012). She is also active in the Maine Immigrants Rights Coalition, the Coalition for Maine Women and the Maine Choice Coalition. She co-chaired the successful 2011 Protect Maine Voting Rights campaign to preserve same day voter registration. After seven years on the Executive Committee of the Maine Freedom to Marry Coalition, she then served on the Executive Committee of the 2012 Mainers United for Marriage campaign and on November 6, 2012, Maine became the eighth jurisdiction in the United States to extend the freedom to marry to same-sex couples.



Ms. Bellows has a long history of fighting to protect Maine women's reproductive rights. Her leadership was crucial in

defeating five anti-choice bills before the Maine Legislature in 2011. In addition, she facilitated editorial board meetings, held several press conferences for reproductive rights, spoke at Mabel Wadsworth Center's Champions for Choice rally and personally lobbied for pro-choice issues. She is readying herself and her organization for similar challenges during the 2013 session. She remains deeply committed to ensuring the rights of all Maine people.

AAUW of Maine is delighted that Ms. Bellows has agreed to be the moderator for the panel, titled "Can't Keep a Good Woman Down," at the 2013 Annual Convention.

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## Changes to AAUW of Maine Bylaws

From Betsy Eggleston, Bylaws Chair

Changes to the AAUW of Maine Bylaws to be voted on at the AAUW of Maine State Convention on April 27, 2013.

In reviewing the AAUW of Maine State Bylaws, two items, concerning quorums of board meetings and state meetings were found to be outdated. The two changes were discussed and the new wording was approved at the Winter Board Meeting on Feb 2, 2013. According to our bylaws it is necessary to report changes to our bylaws at least 30 days before a vote.

Item 1.

### ARTICLE XII. BOARD OF DIRECTORS

Old wording:

Section 6. Quorum. The quorum for a meeting of the board shall be 12 members.

New wording:

Section 6. Quorum. The quorum for a meeting of the board shall be a majority of the board members attending the meeting, provided a minimum of half of the active branches are represented or 40 percent of the total number of board members are present.

Item 2.

### ARTICLE XV. MEETINGS OF THE STATE

Old wording:

Section 8. A quorum shall be a majority of the voting body registered as attending, provided that a majority of the branches are represented.

New wording:

Section 8. A quorum shall be a majority of the voting body registered as attending, provided a minimum of half of the active branches are represented.

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**AAUW of Maine Opposes Single-Sex Education in Public Schools**

From Bets Brown

On March 11, AAUW of Maine joined ACLU in opposing LD 699, an Act to Allow Public Schools to Offer Limited Classes to Students of a Single Gender. This action aligns well with the national AAUW policy again single-sex education in public schools.

Historically, public single-sex education has often harmed girls by depriving them of equal educational opportunities. Where programs are established separately for both boys and girls, they have tended to be distinctly unequal, with fewer resources allocated for girls' programs and stereotypical notions limiting their vocational options. As a result, the U.S. Supreme Court, relying on the U.S. Constitution and Title IX, struck a careful balance, placing strict limits on the availability of public single-sex education while at the same time explicitly allowing for such programs if they were carefully constructed to remedy existing or past discrimination.

Recent Title IX regulatory changes have removed these previous restrictions on public single-sex education; whether these changes will stand up to constitutional muster is an open question. However, one point remains clear and is underscored by the U.S. Department of Education's own research: single-sex education is not a silver bullet to improving performance in our public schools.

To learn more about this issue and the stereotypic thinking that boys and girls learn differently, visit: <http://msmagazine.com/blog/2011/12/15/is-there-a-girl-brain/>.

Do not hesitate to contact your Maine legislators and let them know that you are in opposition to this bill.

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**Facebook Anyone?**

AAUW of Maine has a Facebook site which is maintained by administrators Jean Lotz, Charmin Goehring-Fox, and Bets Brown. Please send contributions to Charmin (charminme@yahoo.com) or Bets (wilbro@fairpoint.net) for publication. Please visit the site and let everyone know you like it.

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**Maine Women's Fund Involves AAUW Members in Assessing Regional Needs**

From Betty-Jane Meader

The Maine Women's Fund (MWF) creates social change for women and girls, mainly through grantmaking. In the fall of 2012, the Fund piloted a needs assessment throughout the state.

On Feb. 25, 2013, Bets Brown, AAUW of Maine public policy chair, and Betty-Jane Meader, AAUW of Maine president, participated in the Kennebec County assessment. Under the direction of Dr. Georgia Nigro, professor of psychology at Bates College and a member of the Grantmaking Committee, and Kate O'Halloran, facilitator and MWF board member, the participants examined statistical data compiled by the Fund and identified regional priorities.

The group identified seniors in poverty as one of the issues of concern in Kennebec County. According to a handout distributed by O'Halloran, "In Maine, 8.6 percent of all families live in poverty." Sharon Abrams, executive director of the Maine Children's Home for Little Wanderers, mentioned the all-day conference on poverty organized by Emily Shaw, a Waterville Branch member, and other faculty members at Thomas College that she and Betty-Jane Meader attended.

Using the regional priorities, the MWF Grantmaking Committee will make the final decisions about grants. The MWF will "provide grants to the organizations that most effectively address the needs of women and girls in Maine."

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**AAUW of Maine Receives Fundraising Award**

From Betty-Jane Meader

The generosity of Maine AAUW members placed AAUW of Maine in ninth place in state per capita giving. In August 2012, Executive Director Linda D. Hallman notified Charmin Goehring, immediate past president of AAUW of Maine, that AAUW of Maine received a 2011 Fundraising Award

Hallman commented in her letter, "Top Ten Branch and State Fundraising Awards are among AAUW's highest branch and state honors." She enclosed a certificate in appreciation of Maine's significant contributions to AAUW Funds. After members see the certificate at the state convention, it will be placed in the archives at the University of Maine.

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**The American Association of University Women (AAUW)**

empowers women and girls through advocacy, education, philanthropy, and research. Our nonpartisan, nonprofit organization has more than 150,000 members and supporters across the United States, as well as 1,000 local branches and 700 college and university partners.

**Have general questions about the American Association of University Women (AAUW)?**

Please contact connect@aauw.org or call 800/326-2289 between 10 am and 5 pm Eastern, Monday through Friday.

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## How to Hold a Meeting with Your Elected Officials

From Bets Brown

Connecting with your elected officials about AAUW issues in a face-to-face meeting is a great way to develop a relationship with them and work to influence the positions they take on issues important to you. Below are some helpful tips for before, during, and after a visit prepared by Deborah Swerdlow in the national office.

### Requesting the Visit

- Make your request in writing and follow up with a call to the scheduler. Make sure the scheduler knows that you are a constituent.
- Let the person know what issue and legislation (give the specific bill number, if you have one) you wish to discuss.
- If you want to try to meet with your members of Congress instead of their staff, request an appointment when they are home on long weekends or during congressional recesses. Congress typically convenes in early January and adjourns in early October. Dates vary, but recesses generally take place around the following times: President's Day, Easter, Memorial Day, Independence Day, the month of August, and Labor Day.
- Be persistent — legislators' offices receive a lot of incoming communication, so you may need to make a number of calls to arrange a meeting.

### Preparing for the Visit

- Decide who will attend the meeting. It can be a group of AAUW members, or a coalition of people who represent different groups that have an interest in the legislation.
- Gather information. Learn about your elected officials' records on AAUW issues. Become familiar with the opposition's views and arguments on the issues to help you answer questions. Bring polling data, news clips, examples of when a similar idea was pursued in the past, and other forms of evidence to back up your arguments.
- Agree on three main talking points. Keep your message simple and to the point.
- Decide what you want to achieve. What is it you want your elected official to do – vote for or against a bill? Co-sponsor a measure? Sign a pledge?
- Be sure that you lay out the agenda for the meeting, including who will start the conversation, who will make the key points, and who will make the “ask” of what you want the elected official to do.
- Prepare materials to leave with the elected official or staff. Relevant AAUW position papers, the AAUW Public Policy Program brochure, or a fact sheet are good examples.
- If you recruit a large group of people, local media might be interested in covering your visit. Please contact us at [advocacy@aauw.org](mailto:advocacy@aauw.org) if you are interested in getting media attention for your visit.

### During the Visit

- Before you enter the office, gather outside the entrance with your group and take a picture holding an AAUW sign or a sign with your ask for the elected official. This will provide a powerful visual for your action and help us create a story that can be shared nationally. Feel free to take pictures once you enter the office as well, if the staff will allow it.
- Make introductions and be clear who is a constituent in the meeting. Make sure to also identify yourself as an AAUW member. Describe AAUW nationally and locally.
- Stick to your talking points! Personalize your comments and provide local context.
- State your ask. If you don't directly ask your legislator if they support your position, you may never actually find out what they think and what they intend to do. **THE ASK MUST BE CLEAR.** After you ask, pause. Let them answer and clarify if their response is not clear.
- If the elected official supports your position, then say “thank you.” Be a resource. If the elected official needs additional information or help, offer to make it available.
- If the elected official opposes your position, stay cordial and friendly. Keep the door open to working together in the future.
- If the elected official is undecided, ask if you could provide additional information, and get it to them in a timely manner.
- The legislator's response won't always be clear, so listen carefully. What is the person saying about the issue? What questions or concerns do they have that might be answered? Pay attention to the direct and indirect statements of support or opposition.
- If you don't know the answer to a question, tell them you'll find out. Saying “I don't know” can be a smart political move. You don't need to be an expert on the topic you are discussing. This gives you the chance to follow up with them about the issue after the meeting.

### After the Visit

- Right after the meeting, compare notes with everyone in your group to confirm what the elected official committed to do.
- Each person who took part in the meeting should promptly send a personal thank you letter to your elected official. Remind the elected official of anything he or she may have agreed to do.
- Follow up in a timely fashion with any requested materials and information.
- Share the results of your meetings with your branch, your state public policy chair, and with AAUW public policy staff. You can file your report by sending an e-mail to [advocacy@aauw.org](mailto:advocacy@aauw.org).
- Knowing what arguments your member of Congress used, what issues are important to him or her, and what positions he or she took will help us make our national lobbying strategy more effective!

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### Questions Related to Roe v. Wade

Directions: Select the **best** answer.

1. The U.S. Supreme Court issued its rulings on Roe v. Wade on:  
(a) Jan. 25, 1973 (b) Jan. 24, 1973 (c) Jan. 22, 1973 (d) Jan. 23, 1973.
2. The Supreme Court chose to base its decision on the:  
(a) Thirteenth Amendment (b) Tenth Amendment (c) Twelfth Amendment  
(d) Fourteenth Amendment.
3. When the Supreme Court issued its decision, the vote in favor of Roe was:  
(a) 9-0 (b) 7-2 (c) 8-1 (d) 6-3.
4. Jane Roe is the pseudonym for:  
(a) Norma McCorvey (b) Janet Smith (c) Nancy Doe (d) Barbara True.
5. Advocates of Roe describe the Supreme Court decision of Roe v. Wade as vital to the preservation of all of the following **except**: (a) dignity (b) women's rights (c) personal freedom (d) privacy.

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### Sen. Olympia Snowe: 2013 AAUW Achievement Award Winner

For the first time in six years, AAUW is honoring an Achievement Award Winner. Recently retired Sen. Olympia Snowe (R-ME) is the third longest-serving woman in the history of Congress and is only the fourth woman to be elected to both houses. Snowe built a reputation as one of Congress' leading moderates, and during her tenure, she co-chaired the Congressional Caucus for Women's Issues and provided leadership in establishing the Office of Research on Women's Health. Snowe joins the ranks of past award winners including Madeleine Albright and Gloria Steinem. The AAUW Achievement Award was established in 1943 and is presented to an

individual whose record of achievement advances AAUW's mission.



Register today, and be sure to purchase a ticket for the AAUW Banquet on Tuesday, June 11th so that you can hear first-hand from this inspiring leader and advocate for women and girls."

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### Bits & Pieces from AAUW

-Sen. Rob Portman (R-OH) became the first sitting Republican senator to support marriage equality. He said his change of heart was prompted by his son coming out to him and his wife.  
-A study published this week and conducted by former AAUW fellow Christina Gamba found that postmenopausal women who regularly took aspirin had a lower risk of melanoma.

-This week Vice President Joe Biden and Attorney General Eric Holder announced a new federal initiative to reduce domestic violence and gun violence by identifying women who may be in fatal abusive relationships and connecting them with law enforcement officials who can get them the help they need.

---The same day, advocacy groups launched "No More," a new symbol to raise awareness of domestic violence and sexual assault and unite all groups working to end these problems.

-A Chicago study found women are less likely than men to get approved for mortgages. Although the authors conceded that other factors may explain some of the difference, the findings do follow the pattern of gender bias and discrimination throughout the country and in other areas such as the workplace.

-A Pew Research Center study released Thursday found a greater percentage of working mothers say they want full-time jobs (37 percent, up from 21 percent in 2007). Researchers observed that the increase came during the economic recession, which means it may have more to do with the weak economy than an increased desire for career advancement.

-On Thursday, the Center for Law and Social Policy (CLASP) reported that the majority of tax-based student aid, such as the American Opportunity Tax Credit, benefits families in the higher income tax brackets. CLASP suggests simplifying and targeting tax-based aid to make it more similar to grant aid, such as Pell grants, which have been shown to increase enrollment and decrease drop-out rates among lower and moderate income individuals.

-On International Women's Day, advocates for the UN Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) renewed their call for the U.S. to ratify the treaty, which AAUW supports.

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AAUW-ME has a new website: <http://aauw-me.aauw.net/>  
Check it out!

**President: Betty-Jane Meader**  
meaderb@gmail.com

**Program Vice President: Lindsey LaChance**  
lindsey.lachance@umit.maine.edu

**Past-President: Charmin Goehring**  
charminme@yahoo.com

**Corresponding Secretary: Joan Sanzenbacher**  
jsanzen@colby.edu

**Recording Secretary: Kristen Sweeney**  
kgsweeney@gwi.net

**Treasurer: Carolyn MacRae**  
carolyn.macrae@yahoo.com

**Public Policy Chair: Bets Brown**  
wilbro@fairpoint.net

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**Is It Time for an AAUW of Maine Lobby Corps?**  
From Bets Brown

As AAUW of Maine's Public Policy Chair, I have thought seriously about how we can be more effective in bringing the messages of AAUW's policy to our local, state, and national legislators. Our state legislators live in our districts, so we do not have to travel to Augusta to talk with them. We also can be more effective in our letter writing and emailing.

We have a plethora of support from the national office in making such steps happen. If you are interested in taking a few steps to make our voices heard more, please contact me. I promise I will not inundate you with things to do. My approach is to let you know what can be done and, when possible, we can work together to be heard.

If you are interested in engaging in new ways with AAUW's mission and policy, please contact me: [wilbro@fairpoint.net](mailto:wilbro@fairpoint.net) or 207-445-4967.

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**AAUW, Clinton Global Initiative Form Strategic Partnership: Working Together to Engage the Next Generation of Leaders**

The American Association of University Women is a Strategic Partner of the Clinton Global Initiative and the Clinton Global Initiative University (CGI U), a move that brings together two leading organizations dedicated to making a tangible impact on the world.

"We are thrilled about this new partnership with the Clinton Global Initiative and CGI U, which expands AAUW's campus leadership and provides opportunities for global outreach and collaboration," said AAUW Executive Director Linda D. Hallman, CAE. "We have been helping women blaze new trails for more than a century. Through this partnership we will continue that wonderful tradition in a fresh and exciting way."

"We are excited to welcome AAUW as a sponsor of CGI University this year as we mobilize more than 1,000 young leaders from around the world to create positive change," said Robert S. Harrison, chief executive officer of CGI. "AAUW's experience, knowledge, and leadership ... will serve to enhance CGI U's ongoing focus on empowering the next generation of girls and women, which we believe is critical to future prosperity for everyone. We look forward to their participation and insight as we help students turn their ideas into action at Washington University in St. Louis in April."

Established in 2005 by President Bill Clinton, the Clinton Global Initiative (CGI) convenes global leaders to create and implement innovative solutions to the world's most pressing challenges. Hallman, representing AAUW, attended the recent CGI winter meeting in New York. CGI Annual Meetings have

brought together more than 150 heads of state, 20 Nobel Prize winners, and hundreds of leading CEOs, heads of foundations and NGOs, major philanthropists, and members of the media. To date, CGI members have made more than 2,100 commitments, which are already improving the lives of nearly 400 million people in more than 180 countries. When fully funded and implemented, these commitments will be valued at \$69.2 billion.

From April 5 to 7, 2013, President Clinton will host the sixth annual meeting of CGI U at Washington University in St. Louis where student leaders, including those from the AAUW community, as well as NGO representatives, topic experts, and celebrities will gather to address global challenges with practical solutions. Each CGI U student must make a Commitment to Action: a specific plan of action that addresses a pressing challenge on campus, in the community, or in a different part of the world.

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**Kudos to Betty-Jane Meader & Co.**  
From Bets Brown

While I was down for the count in January 2013 having a knee replacement, our state president, Betty-Jane Meader, took over the Public Policy Chair reins for two major events. First, on January 15, along with a few AAUW members, she represented AAUW of Maine at the capital in Augusta as part of the Coalition for Maine Women's Day at the State House. Our members had a display at a table, talked with legislators, and participated in the press conference.

On January 23, AAUW members, led by Betty-Jane, joined the Maine Choice Coalition in celebrating 40 years of Roe v. Wade. The event was held at the State House in Augusta. There's a photograph of her at the AAUW of Maine website.

Betty-Jane has also agreed to join the Maine Women's Lobby, to which AAUW of Maine belongs, in helping with Girls Day at the State House on March 21. Several hundred girls from all over Maine participate in learning about state government. This is the second year that AAUW of Maine has stepped up to participate. Our members have enjoyed the energy and enthusiasm of the girls.

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**Answers to Questions Related to Roe v. Wade**

- 1: C**
- 2: D**
- 3: B**
- 4: A**
- 5: A**

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**Keep AAUW of Maine Connected in 2013!**

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AAUW of Maine needs your help. State dues have not been raised in many years, and the state budget for FY 2013 continues to be truly bare bones. In these hard times, the Board has voted to continue this development campaign rather than propose a dues increase. Donations provide extra support in order to continue AAUW of Maine partnering relationships with other state organizations that share our goals and to provide financial assistance for AAUW of Maine Board members for travel to regional and national AAUW meetings that benefit all of us and Keep AAUW of Maine Connected.

In the past, AAUW of Maine has been viewed nationally as an important state because of its outstanding leadership, programs, and events. AAUW of Maine activities and accomplishments over the last few years include:

-Ongoing partnering and networking with the Maine Women’s Lobby, the Maine Choice Coalition, and the Coalition for Maine Women. As a result, AAUW of Maine participated this year in Maine Women’s Day, the Roe v. Wade 40th anniversary celebration, Girls Day at the Statehouse, and a hearing and news conference on Maine’s early voting initiative.

-Cosponsoring the 2012 U.S. Senatorial Candidates Forum at USM.

-Supporting Maine NEW Leadership, a six-day leadership training program for undergraduate college women experiential training in many aspects of politics and policy making. We extended an invitation to all attendees to join AAUW.

-Receiving two impact grants from AAUW to assist branches in sponsoring Get-Out-the-Vote activities and raising wage equity awareness through collaboration with the WAGE Project and the Maine Department of Labor.

-Maintaining a long-standing Maine AAUW-Canada CFUW connection.

-Please consider sending a contribution—above and beyond the \$10.00 state dues that you have already paid—to help AAUW of Maine continue to stay connected.

Please make your check payable to “AAUW of Maine” and send it to: Carolyn MacRae, Treasurer  
17 Martin Avenue,  
Waterville, ME 04901

Check for: ( )\$10 ( )\$25 ( )\$50 ( )\$100 ( ) Other \_\_\_\_\_  
Name: \_\_\_\_\_  
Branch: \_\_\_\_\_

Contributions will be acknowledged in future issues of the Dawnbreaker and at the AAUW of Maine annual convention this spring.

**Coalition for Maine Women and Maine Choice Coalition**  
From Bets Brown, Public Policy Chair

One Monday a month, I represent AAUW of Maine at two meetings that take place back-to-back: first the Coalition for Maine Women and then the Maine Choice Coalition. Other AAUW members that attend are Ruth Lockhart, Sharon Barker, and Betty-Jane Meader.

Our last meeting of the Coalition for Maine Women on March 18 focused on discussing our priorities for the year. We briefly discussed the hearing on the proposal to have single-sex classrooms in public schools. AAUW of Maine submitted written testimony against this based on our national policy statement. We reviewed progress of the hearings for LD156 that would allow early voting, which is different from in-person absentee voting. Two other bills were discussed. The Coalition will be supporting LD830, “An Act to Further Protect Pregnant Women Under the Human Rights Act” and LD777, “An Act to Protect Working Mothers Who Breast Feed.” We discussed the proposed changes to General Assistance and the proposal that families who time off TANF (Temporary Assistance for Needy Families) might be ineligible for General Assistance. This budget cutting measure would hurt these families. We also learned that minimum wage is being considered for an increase. Also, banning BPA from baby food is also being considered.

At the Maine Choice Coalition meeting, we quickly reviewed several anti-choice bills and strategies for addressing them. At this point in time, there are no specific actions needed by AAUW.

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**Leadership Styles: AAUW of Maine State Convention**

On Saturday morning of the 2013 AAUW of Maine, a panel of experienced women leaders from diverse professions will present their views of leadership and engage the audience in a discussion of engaging, new ideas in this arena.

Our panelists will include:

- Kathleen Brogan, J.D., Vice President of Public Affairs of Family Planning Association of Maine
- Kathryn Foster, PhD, President, University of Maine at Farmington
- Karen Kusiak, M.Ed., State Representative and Colby College Faculty member
- Suzanne Uhl-Melanson, Principal/Owner, Uhl-Melanson Investor Services

Be sure to attend!! Shenna Bellows, President of ACLU of Maine, will moderate. Looking forward to seeing you there.

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## AAUW of Maine State Convention

### Friday Night Program

6:00-6:30 "Happy Hour" Welcome Reception  
6:30-7:30 Dinner Buffet  
7:30 Welcome Address from State President  
7:45 Welcome to National Member Peggy Williams  
8:00 Achievement Citation Award: Shenna Bellows

### Saturday Program

8:00-8:30 Registration  
8:00-9:00 Breakfast Buffet  
9:00-9:15 Welcome from State President  
9:15-10:15 National Report from Peggy Williams  
10:15-10:30 Break  
10:30-12:00 Panel with Discussion  
12:00-1:00 Buffet Lunch  
1:00-2:00 Business Meeting  
2:00-2:30 Public Policy/Activism Activity  
2:30-3:00 Basket Raffles and Wrap-Up

**RSVP BY WEDNESDAY APRIL 17, 2013**

**Hotel Rooms are available for a discounted rate of \$65.00/night (+tax) at the nearby Comfort Inn – please call to make a reservation and mention you're with AAUW at the Hutchinson Center to get this rate: 1.207.338.2090.**

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#### Registration Fees:

- ( ) Friday Only: \$25.00
- ( ) Saturday Only: \$39.00
- ( ) Friday & Saturday: \$59.00

Please make your check payable to "AAUW of Maine" and send it to:

Carolyn MacRae, Treasurer  
17 Martin Avenue,  
Waterville, ME 04901

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## Convention Panel

### Title: "Can't Keep a Good Woman Down"

**Panel Moderator:** Shenna Bellows  
**Panel Members:** Kathleen Brogan, J.D.  
Dr. Karen Kusiak  
Dr. Kate Foster  
Suzanne Uhl-Melanson

\***Shenna Bellows** has served as Executive Director of the ACLU of Maine since 2005. Before that, she worked for the ACLU in Washington, D.C. as a National Field Organizer. She is also active with the Coalition for Maine Women, Maine Immigrants Rights and the Maine Choice Coalition.

\* **Kate Brogan** is the Vice President for Public Affairs at the Family Planning Association of Maine. Prior to this, she served as Legal Counsel to the Maine Senate President. She has an extensive public policy background.

\***Karen Kusiak** is an Assistant Professor of Education at Colby College and also serves as the House Representative for District #84. She has also been a public school teacher and special education administrator.

\*Prior to accepting the presidency at the University of Maine at Farmington, **Kate Foster** served as a visiting fellow at the Brookings Institution in Washington, D.C. She has held numerous academic leadership positions, including six years as director of the University at Buffalo Regional Institute.

\***Suzanne Uhl-Melanson** founded Uhl-Melanson Investor Services, LLC in January of 2005. She serves individual clients and small businesses with wealth management, small business solutions, retirement planning, lifestyle planning, life and long-term health care strategies, estate issues, and consulting services.

### National Board Member

Peggy Ryan Williams was President of Ithaca College in New York. She is active in higher education programs, serves as a trustee for St. Michael's College in Vermont and enjoys sports and travel.

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**AAUW of Maine's Social Media**  
From Bets Brown

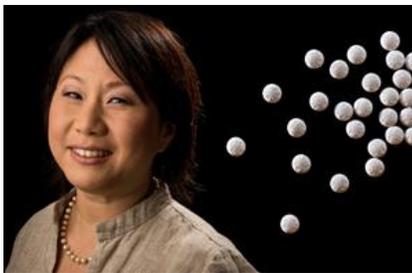
I have been coordinating both the AAUW of Maine website as well as our AAUW of Maine Facebook page. Please contact me with ideas, contributions, and suggestions. Thanks. I can be reached at [wilbro@fairpoint.net](mailto:wilbro@fairpoint.net).



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*(AAUW Selected Professions Fellow from last year, Christina Gamba, was the lead author on this new study.)*

**Study finds aspirin reduces risk of melanoma in women**  
BY ELIZABETH DEVITT



In the largest study ever to explore new ways to prevent melanoma, researchers at the Stanford University School of Medicine have discovered that

women who took aspirin on a regular basis reduced their risk of developing this skin cancer. Results also showed that the longer women took aspirin, the lower their risk.

The study was published online March 11 in the journal *Cancer*.

The data for the study were drawn from the Women's Health Initiative, a broad demographic of postmenopausal U.S. women ages 50-79 who volunteered to provide information about their lives — such as diet, activity, sun exposure history and medication — for an average of 12 years to help researchers understand factors that may affect the development of cancer and other diseases.

The Stanford study focused on the data of roughly 60,000 Caucasian women who were selected because less skin pigment is a risk factor for melanoma. The Stanford researchers found that those who took aspirin decreased their risk of developing melanoma by an average of 21 percent. Moreover, the protective effect increased over time: There was an 11 percent risk reduction at one year, a 22 percent risk reduction between one and four years, and as much as a 30 percent risk reduction at five years and beyond.

“There's a lot of excitement about this because aspirin has already been shown to have protective effects on cardiovascular disease and colorectal cancer in women,” said Jean Tang, MD, PhD, an assistant professor of dermatology and senior author of the study. “This is one more piece of the prevention puzzle.”

Stanford medical student Christina Gamba was the lead author of the study. The findings also show that it's important to invest in long-range studies because so much information can be gleaned from them, Tang said.

The WHI participants provided information at the beginning of the initiative and then at follow-up clinical visits. Researchers verified whether they actually used aspirin or a nonaspirin, nonsteroidal anti-inflammatory drug by having them bring in the bottles of their medication. Based on that information, the participants were divided into three groups: aspirin users, nonaspirin NSAID users and nonusers of NSAIDs/aspirin. Dermatologists evaluated or confirmed the melanomas reported during the initiative.

The findings of the Stanford study are important because aspirin is known to have other protective effects in women, said Tang. So if aspirin can also reduce the risk of melanoma, then it may play a more important role in strategies for preventing other kinds of cancer. The overall incidence of melanoma has been reported to be increasing, with the highest risk in younger women and older men.

One way aspirin may prevent melanomas is through its anti-inflammatory effects, Tang said. Even though non-aspirin NSAIDs also reduce inflammation, they don't use the same pathways that aspirin uses to become activated in the body. That difference may be the key to aspirin's effectiveness.

Although the study results are promising, Tang isn't ready to say an aspirin a day will keep melanomas away. “We don't know how much aspirin should be taken, or for how long, to be most effective,” she said. There are also downsides to aspirin use: stomach complaints, ulcers and bleeding are all potential side effects. However, she noted that 75 percent of women in the study were taking regular or extra-strength aspirin, not baby aspirin.

These results conflict with previous studies that showed no effect of alternate-day, low-dose aspirin and vitamin E intake on melanoma risk or other cancer incidence. But Tang said the aspirin dose in those studies may have been too low to have any impact.

One drawback of this study was it was based solely on self-reporting. Researchers relied on participants to report actual aspirin intake, sun exposure and other lifestyle choices that could have affected the results. The gold standard is a “proof of concept” clinical trial in which researchers link a specific medication directly to reduced melanoma risk, Tang said.

There also were significantly fewer women taking nonaspirin NSAIDs enrolled in the study, which may have led to the lack of a measurable effect for nonaspirin NSAIDs as a whole. A comparable group with longer-term, nonaspirin NSAID use would have been valuable to assess because other studies have found that NSAIDs can help prevent cancer.

An eight-week trial of the NSAID sulindac, conducted at Stanford, demonstrated its potential as a chemopreventive

agent for patients at increased risk for melanoma, noted Susan Swetter, MD, a professor of dermatology and co-author of the paper.

The researchers plan a longer-term clinical trial to determine whether sulindac helps reduce the risk of melanoma among patients with atypical moles on their skin. They then hope to conduct a study to see how that NSAID compares to aspirin in helping to prevent melanoma.

“We and other researchers are trying to identify commonly used and available vitamins, supplements and drugs, such as aspirin and other NSAIDs, that may prevent melanoma,” Swetter said. “Our aim is to find a drug or agent that is readily available, and which will be well-tolerated, safe to use and protective against cancer development.”

Other Stanford co-authors were professor of medicine Marcia Stefanick, PhD, and associate professor of medicine Manisha Desai, PhD.

The work was supported in part by the WHI, which is funded by the National Heart, Lung and Blood Institute and the National Institutes of Health (grants N01WH22110, 24152, 32100-2, 32105-6, 32108-9, 32111-13, 32115, 32118-32119, 32122, 42107-26, 42129-32, and 44221). It was also supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (grant 1K23AR056736-01), a Damon Runyon Clinical Investigator Award and a Selected Professions Fellowship from the American Association of University Women. Information about Stanford’s Department of Dermatology, which also supported the work, is available at <http://dermatology.stanford.edu>.

*Elizabeth Devitt is a science-writing intern for the medical school's Office of Communication & Public Affairs.*

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### **BASKET FUNDRAISER 2013**

Continuing with the format instituted last year, our annual raffle will feature smaller baskets but possibly multiple contributions from each branch. You’ll recall that we like this approach because it allows for more winners (so potentially more funds raised) and results in baskets that are more physically manageable than the ‘ginormous’ collections we’ve often seen in past years. Branches are welcome to offer two or three baskets on one theme, or they may prefer putting together two or three totally different assortments. The more baskets, the merrier! Note: because I will not be present Friday night and I don’t know whether we will have a meeting area that will be secure overnight, I ask that you plan to present your contributions for display on Saturday morning.

Remember why we do this raffle— besides to have fun, that is! Without our financial backing, AAUW would be unable to advance equity for women and girls through advocacy, education, philanthropy, and research. Our donations support

our belief that AAUW can break through educational and economic barriers so that all women have a fair chance.

Go to <http://www.aauw.org/what-we-do/educational-funding-and-awards/> to look for available grants and scholarships and determine when applications are due. You’ll also find out there how to serve on selection panels, and a recipient directory and alumnae links appear as well.

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phone 207/581-1509 Mon-Fri 9-4

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### ***Invisible War to be Shown in DPC 100*** From Sharon Barker

The military sexual assault documentary *The Invisible War* will be shown at 6:00 p.m. on April 10 in 100 D.P. Corbett Business Building at the University of Maine, with a panel discussion following. This film featuring the stories of our service men and women received an Academy Award nomination as Best Documentary Feature. For more information you can contact Sharon Barker, 207-581-1501 or [sharon.barker@umit.maine.edu](mailto:sharon.barker@umit.maine.edu). (Note, you can also rent this from Netflix and purchase it from Amazon.)

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### **“Laissez les bons temps rouler”**

Let the good times roll in vibrant and historic New Orleans!

Explore. Learn. Share. Join us in the Big Easy from June 9–12 for AAUW’s 47<sup>th</sup> National Convention. Engaging speakers, interactive workshops, and insightful panels will guide us in an exploration of Breaking through Barriers: Leading across Generations.

AAUW has been empowering women and girls since 1881 through advocacy, education, philanthropy, and research. For 131 years, AAUW has helped women advance through every stage of their lives. This June we will celebrate our accomplishments, reflect on our challenges, and explore our opportunities.

What’s New at Convention?

- \*4 workshop tracks, featuring more workshops than ever!
- \*Skill-building sessions to help you become a more effective member and AAUW leader
- \*A celebration of 125 years of Fellowships&Grants at AAUW
- \*A celebration of 50 years since the Equal Pay Act and 40 years of Title IX
- \*National updates and workshops to help you build a better branch
- \*Lots and lots of chances to network with other AAUW members and explore fabulous New Orleans

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## **Branching Out: News from Our Branches**

### **Hancock County Branch**

By: Betsy Eggleston

For many years and again this year, our January meeting has featured book reports by the members, suggesting books which we have read in the last year and which we think others might enjoy. A list is provided of these suggested books to all members. February's meeting is not a branch meeting but a planning meeting for spring events and fundraising.

Our March meeting celebrated Women's History Month by having members give short reports on women of their choice. We heard about Susan B. Anthony, Dorothea Dix, Elizabeth Ann Seton, Margaret Sanger and Isabella Greenway. We welcomed Betty-Jane Meader, our state president, who came to our meeting and shared the numerous state activities with us. Carolyn MacRae, our state treasurer, came also and enlightened us on the proposal to send the "Dawnbreaker" by email, rather than regular mail. This change would add a substantial amount to the state budget. Our members felt it was a good idea, instead of raising dues. Carolyn also promoted "Keeping Maine Connected".

April's meeting will be a speaker on Equal Pay which will be held at the Blue Hill Library.

May is our plant, food, books and white elephant sale to supplement our scholarship funds. Our annual meeting is a potluck at a member's home, to which we bring our reports, elect our next year's officers and enjoy over food the friendship of our members.

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### **Mid-Coast Branch**

By: Judy Dinmore

For the spring semester, our Branch awarded two lift-off scholarships to students at University College at Rockland. The Branch mourned the passing of two members, who made significant contributions over many years, Lila Magie and Margaret Shea. We welcomed two new members, Sue McCullough and Nancy Boyington. Branch members are making plans for the state convention that will be held at University of Maine's Hutchinson Center in Belfast on April 26th and 27th. Our annual June luncheon is scheduled for June 19<sup>th</sup> at the Waterfront Restaurant in Camden. Our speaker is Mary Cathcart, who will describe the Maine NEW Leadership program.

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### **Penobscot Valley Branch**

By: Janet Givens

In January branch members and guests enjoyed a delicious brunch at the home of Jean MacRae. Members shared some of their favorite AAUW experiences. The film, Half the Sky, was

shown at the March meeting, A sandwich buffet arranged by Mary Cathcart, Katherine Musgrave and Joanne Boynton was provided for members and guests from the University of Maine. A discussion of CEDAW was held, and a petition provided for signatures.

Our annual fundraiser, The Book Sale, is scheduled for April 6, 2013. There usually is 100 percent member participation, either financial or at the book sale site. Funds from the sale will enable us to give scholarships and support worthy projects.

In May the new Leadership Team will be introduced to the membership at our annual dinner meeting held at the Wells Conference Center at the University of Maine

We are happy to announce that our nominee for AAUW of Maine's Achievement Citation Award, Shenna Bellows, has won the award. She will receive the award at the state convention.

Member, Mary Cathcart, was elected to the Maine Women's Hall of Fame. We are proud of Mary and branch members, Katherine Musgrave, Sharon Barker and Ruth Lockhart who are also members of the Maine Women's Hall of Fame. We end the year with 39 members.

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### **Waterville Branch**

By: Marilyn Leimbach

Due to weather, (winter in Maine is so much fun!) our January meeting had to be canceled. In February, the Waterville branch heard from a teacher from Winslow about her trip to Japan. Lisa Ericson is an English teacher at Winslow Junior High and is an accomplished writer and poet. Last year, she spent two weeks in Japan as part of a Fulbright sponsored Japan-US teacher exchange. She was selected for participation from a national pool of more than 450 educators. Specifically addressed during these two weeks were issues relating to teaching about sustainability (food production, waste disposal, etc.) and global awareness.

In March, the branch will listen to a presentation about plastics, pesticides and pollutants in the environment and the effect on our health from Gail Carlson, a professor at Colby College. In April, we will learn more about Ninetta Runnels, who was one of the founding members of the Waterville branch almost 100 years ago.

We are putting together a basket of goodies for the raffle at the State Convention and expect to have a good sized contingent attend the Convention. In May, we hold our annual May Gala, which is a light hearted event with good food and conversation. The past several years, we have compiled a reading list of books that members enjoy – ever hopeful of more reading time in the summer!

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## **2013**

**March**      **Women's History Month**

**April 17**    **Equal Pay Day**

**June 9-12**   **National AAUW Convention, New Orleans**