



**Dawn Breaker**  
The Newsletter of  
AAUW Maine  
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**President's Message**

From Betty-Jane Meader

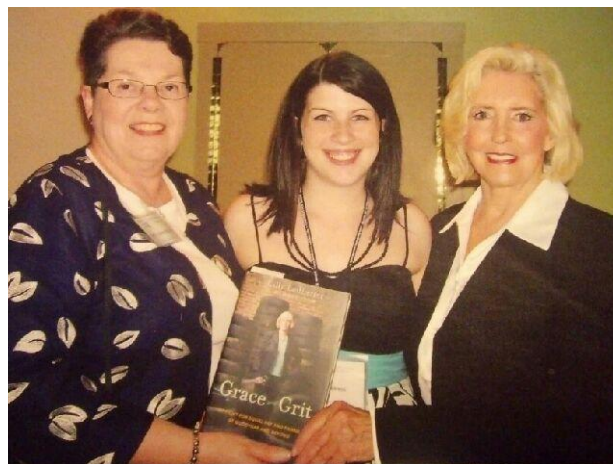
AAUW of Maine is moving forward! To accomplish this goal, we must think positively and act now. At the 2012 summer board meeting, Carolyn MacRae led us through a productive exercise that resulted in three suggested action plans that will move us forward.

First, collaboration with other organizations with similar goals is extremely important. For example, Bets Brown, public policy chair, represents AAUW at meetings of the Coalition of Maine Women (CMW) and on the Maine Choice Coalition. The CMW is sponsoring a forum featuring Maine's U.S. Senatorial candidates at the University of Southern Maine on October 4 (refer to article elsewhere in newsletter). AAUW of Maine is co-sponsoring the event and setting up a table displaying AAUW materials. Anyone interested in the selection of our next U.S. Senator and his/her view of rights for women and girls should attend the forum. Please contact Bets at wilbro@fairpoint.net, if you would like to assist with this event.

Secondly, a comparative analysis of women's organizations in Maine would be useful in determining AAUW of Maine's competitive strengths. Carolyn MacRae agreed to direct this project. Please send names of these groups, such as the League of Women Voters, to her at carolyn.macrae@yahoo.com.

Thirdly, we need to make young women leaders aware of AAUW. For example, the Maine NEW Leadership summer institute at the University of Maine provides leadership education for selected college women. On June 2, several AAUW members attended the banquet featuring Lilly Ledbetter, author of *Grace and Grit*. AAUW of Maine donated \$400 to help support a young leader. Judy Dinmore and I are composing a letter introducing AAUW to participants in the 2012 Maine NEW Leadership institute and to the scholarship recipients of the Mid-Coast Branch. If you know of other ways to reach young women leaders, please contact me at meaderb@gmail.com. People associated with colleges and universities will be particularly helpful with this effort.

These are three actions that will increase the visibility of AAUW and attract new members now and in the future. At the next AAUW of Maine board meeting on Saturday, Sept. 29, from 10 a.m. to 2 p.m., we will continue to discuss our vision. Do join us at this meeting and potluck luncheon at the home of Kristin Sweeney on 167 Caleb Street in Portland. All AAUW members are welcome.



Betty-Jane Meader, Jami Childress, Lilly Ledbetter  
Maine NEW Leadership Program, Orono

**Sylvester Is First Maine NEW Leadership Participant  
to be Nominated for House of Representatives**

By Betty-Jane Meader

In July, the Democrats from House District 55 nominated Amy Sylvester as the party's candidate for House of Representatives. According to Mary Cathcart, she is the first Maine NEW Leadership (2011) participant to run for the Legislature.

Sylvester is a graduate of Erskine Academy and is enrolled in her last semester at Thomas College. She is an Alpha Chi National Honor Society member and an e-student affiliate of AAUW. A resident of China, Sylvester is the former media and field coordinator for Matt Dunlap's Senatorial campaign.

While AAUW does not endorse candidates, we do encourage women to pursue leadership roles. For that reason, we are delighted for Amy Sylvester.

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**Grace Perkins Passed Away**

Grace Perkins (103) died on July 7, 2012, in Bangor. According to her obituary, she served as president of the Waterville Branch and Bangor Branch, as well as president of AAUW of Maine.

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## Vacant Positions on AAUW of Maine Board

By Betty-Jane Meader

If interested in working with a group of dynamic AAUW members throughout the state, do consider volunteering to serve on the AAUW of Maine board. Vacant standing committee positions include communications and parliamentarian. According to the bylaws, "the Nominating Committee shall be composed of one member from each branch who will serve for a one-year term." Please submit the designated person from your branch to Betty-Jane Meader, AAUW of Maine president, at meaderb@gmail.com. Members of the Nominating Committee will select a chair. The immediate past president, Charlene Goehring-Fox, will serve as an ex-officio member.

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## Achievement Citation Award Update

By: Kristen Sweeney



At the AAUW of Maine board meeting on March 10, 2012, then President of AAUW of Maine Charlene Goehring-Fox charged a subcommittee of the Achievement Citation Award Committee to come up with a new concept for the award. Betty-Jane Meader and Carolyn MacRae volunteered to be on the subcommittee and met with Kristin Sweeney, still the chair of the committee, on June 19, 2012.

They presented their ideas to the AAUW of Maine board on July 12, 2012. After a discussion, the board has determined that the new format for an Achievement Citation Award will be: a "young leader" who is 25-40 years old, someone who is eligible to join AAUW, and someone whose accomplishments are consistent with the AAUW mission and public policy positions. The person who receives the award will be expected to speak at the annual convention.

Brief nominations will be solicited from branches, as well as other sources, as needed. Branches need only provide a name, age and why they think the candidate's accomplishments merit this award. The Achievement Citation Committee will do further research on each nominee.

Nominations may be submitted at any time (the earlier the better) to Kristin Sweeney at [kgsweeney@gwi.net](mailto:kgsweeney@gwi.net). Nominations from branches will close on December 31, 2012, since more work will be required of committee members with this new model.

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## Keep AAUW of Maine Connected Thanks Contributors

By: Carolyn MacRae

For the past several years, AAUW of Maine has conducted a development campaign to supplement the state budget and

provide some financial assistance for AAUW of Maine Board members for their travel to regional and national AAUW meetings that benefit all of us. The following members contributed to the **Keep AAUW of Maine Connected** campaign in FY 2012: **Bets Brown, Susan Landry, Deborah Melvin, Ann DeWitt, Betty-Jane Meader, Kristin Sweeney, Judy Dinmore**, and one anonymous donor. Thanks to all of you for your support of our state officers and activities. A total of \$555 was contributed during FY2012 (July 1, 2011-June 30, 2012).

These contributions have helped AAUW of Maine officers and members continue activities and accomplishments that benefit us all. They include ongoing partnering and networking with the Maine Women's Lobby, the Maine Women's Policy Center, the Maine Choice Coalition, and the Coalition of Maine Women; receipt of two national impact grants from the Association, which were used by branches to sponsor Get-Out-the-Vote activities and to raise awareness of wage equity through collaboration with the WAGE Project and the Maine Department of Labor; and maintenance of a long-standing Maine AAUW-Canada CFUW connection. AAUW of Maine appreciates your support.

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## National Board Briefs

By: Charlene Goehring-Fox

Your AAUW Board of Directors met in Chicago in June for our quarterly board meeting. Along with a lake cruise with area donors and Legacy Circle members to recognize and thank them for their contributions, we had a full 1 ½ days of AAUW business.

Here are some highlights:

- We approved the 2013 budget and two new online branches (NY and CO).
- Staff presented a preview of enhancements to our national website.
- Plans are underway to re-define and re-launch the Leadership Corps.
- Governance committee members and staff are working on proposed bylaws changes for 2013. We're also still updating our policies to conform to changes in the DC corporate code.

Start planning now to attend the 2013 national convention in New Orleans. The schedule will be a little different this time because it begins on a Sunday evening (June 9), giving you the weekend to see the sights in this amazing city. I am serving on the convention planning taskforce and if we can secure the desired keynotes, you won't want to miss this event!

This is now the time to exercise your "One Member, One Vote" privileges. You may suggest and discuss bylaws changes online as well as apply to run for the board of directors. The deadline for your application is October 1. After that date, all the candidates will be featured on our website so

you may get to know them. I plan to run for re-election and hope I will have your support!

As always, it is a pleasure for me to serve you in this capacity. If you have questions or concerns, please let me know! I will be more than happy to find an answer for you or pass along a concern. I can be reached at [charminme@yahoo.com](mailto:charminme@yahoo.com) or 756-0406.

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### **AAUW Funds Report**

By: Susan Landry

Thanks to all! The basket raffle at our 2012 convention yielded a total of \$645, about \$100 more than last year's. Thank you, everyone! I'm especially grateful to those members who sent contributions despite being unable to attend the convention...particularly if that meant taking the trouble of mailing them to me. Do know that your participation is appreciated, and important to our overall effort. Our funds were sent off to D.C. to be divided evenly between the Educational Opportunities and Legal Advocacy Funds.



We had positive responses to our slight revision in basket format. Instead of contributing one overwhelmingly large basket, branches were asked to provide smaller ones in greater number. It was left to the branches to decide whether to do 2-3 baskets on one theme, or to take advantage of the chance to use several good ideas generated by their membership. This allowed for more winners and more physically manageable baskets—the latter point especially helpful to folks schlepping home in one vehicle the haul of several winners! At any rate we plan to continue doing our baskets this way not only for our own individual convenience but also because we feel it helps increase proceeds. Please feel free to offer suggestions for further improvements.

I had hoped to receive Maine's 2<sup>nd</sup> quarter report so I could provide an update here, but it hasn't come in yet. I will remind you that members with internet access can view their giving histories online by getting into the Member Services Database on the AAUW website. You will need to log in with your member number (or register first if you're a new user). Once you're in, clicking on "My Profile" will bring you to your giving history.

#### Applications and Deadlines

Go to <http://www.aauw.org/about/deadlines.cfm> to look for available grants and scholarships and determine when applications are due. Some programs with upcoming due dates are as follows.

**Elect Her-Campus Women Win** (August 27–September 30)  
Apply to bring Elect Her — Campus Women Win to your

campus. This program encourages and trains young women to run for student government on their campuses.

**Student Advisory Council** (August 27–September 30)  
Become an AAUW ambassador and provide AAUW staff with essential firsthand accounts of student needs and ideas for combating sex discrimination in higher education and the workplace.

**Campus Action Project applications** (October 19)  
Teams of faculty and students from U.S. colleges/universities can submit proposals for projects that address the gender pay gap and its relationship to student debt. Selected teams will receive up to \$5,000 to implement their project during the 2013 spring semester.

**American Fellowships** (November 15)  
American Fellowships support women scholars completing doctoral dissertations, conducting postdoctoral research, or finishing research for publication.

**Eleanor Roosevelt Fund Award** (November 15)  
The Eleanor Roosevelt Fund Award honors 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, educational and research contributions, and legal and legislative work in equity for women and girls. While the award focuses on education, the recipient need not be an educator.

**International Fellowships** (December 1)  
International Fellowships are awarded for full-time study or research to women who are not U.S. citizens or permanent residents. Fellowships support graduate or postgraduate studies at accredited institutions.

**Career Development Grants** (December 15)  
Career Development Grants support women who hold a bachelor's degree and are preparing to advance or change careers or re-enter the work force. Primary consideration is given to women of color, and women pursuing their first advanced degree or credentials in nontraditional fields.

**International Project Grants** (December 15)  
Intended for former AAUW International Fellows living and working in their home countries, the International Project Grants program supports community-based projects that benefit women and girls.

#### The Latest from LAF

Branches interested in hosting a screening of *The Invisible War* can download a new AAUW Program in a Box that provides complete background and tools to help members plan a successful event. AAUW members and college/university partners can show the film for \$150, with a detailed discussion guide accompanying the DVD. **GOOD NEWS: there will**

**be a showing at the University of Maine!** If you would like to be notified about this event once details are worked out, let me know and I will be sure to get the information to you as soon as it becomes available.

Remember that without our financial support, LAF cannot carry out its mission to partner with other civil and women’s rights organizations in supporting strategic litigation affecting women in all workplaces. Through its campus programs and online resource library, LAF educates campuses and the general public about barriers faced by women and the legal rights, policies, and strategies that can help to eradicate sex discrimination in higher education and the workplace. Your tax-deductible donations to LAF help balance the scales of justice for women.

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Susan Nolan Landry, AAUW Funds Liaison  
email : susan.landry@umit.maine.edu  
phone: 207/581-1509 Mon-Fri 9-4  
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**Facebook Anyone?**  
AAUW of Maine has a Facebook site, 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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**NFL Allows First Female Referee**

Last month, Shannon Eastin became the first female to referee a National Football League (NFL) game. The Associated Press



reported that she "broke the NFL's on-field gender barrier" while officiating a preseason game between the Green Bay Packers and San Diego Chargers. Eastin is a former judo national

champion, and she has previously been an official in the NCAA Division 1-AA (now known as the Football Championship Subdivision).

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**New Study Finds Students with Disabilities Suspended Twice as Often**

A new report discovered that students with disabilities are almost twice as likely to be suspended from school, with even higher rates among black students with disabilities. Various school districts were also found to suspend a disproportionately high number of black students overall, with or without disabilities. Suspensions are cause for concern, as

students with suspensions face greater risks of dropping out or future incarceration. Some advocates suggest that school districts with high suspension rates for students with disabilities should look to schools with lower rates on how to best support their students without disproportionate or inappropriate punishment.

AAUW is committed to ensuring adequate, equitable, and quality educational opportunities for all students. AAUW believes additional support is necessary to provide students with disabilities with a comfortable and successful school atmosphere. AAUW is concerned that many school districts seem to overlook the needs of students with disabilities, and we will continue to work to combat these inequalities through legislation and expansion of quality educational programs.

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**AAUW Stands with Women of Wal-Mart, Aims for Legislative Fix**

AAUW joined members of Congress and lead plaintiff Betty Dukes this week to introduce legislation that will restore workers’ rights eroded by the Wal-Mart v. Dukes Supreme Court decision. On Wednesday – the one year anniversary of the decision – Dukes

and AAUW Director of Public Policy and Government Relations Lisa Maatz spoke at a press conference with Sen. Al Franken (D-MN), Sen. Richard



Blumenthal (D-CT), and Rep. Rosa DeLauro (D-CT) to announce the Equal Employment Opportunity Restoration Act, which would help ordinary Americans stand together to challenge company-wide discriminatory employment practices. Earlier that day, AAUW hosted a rally in front of the Supreme Court to demand equal pay for equal work. DeLauro also spoke on the House floor this week about the bill.

AAUW has been a leader in the fight to close the wage gap in both the public arena and in the courts. The AAUW Legal Advocacy Fund provided case support to Wal-Mart v. Dukes, signed an amicus brief in support of the plaintiffs, and provided funding for the lead plaintiffs to attend oral arguments at the Supreme Court in March 2011. AAUW continues to offer case support to Dukes' smaller class-action lawsuit, which she filed in California in October 2011. AAUW believes that equal pay for equal work is a simple matter of justice for women. Wage discrimination impacts the economic security of families today and directly affects retirement security as women look down the road.

Take action! Ask your members of Congress to cosponsor this important legislation!

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### Feature Your Activities on the AAUW Member Showcase

Want to share your latest program with others or get ideas for an upcoming event? Check out AAUW's Member Showcase! The Member Showcase is a great way to let other AAUW members know what your branch or state is up to. From book sales to Equal Pay Day events and discussion groups to garden tours, the Member Showcase is here as a resource for you!

To publicize your events, email [aauwcalendar@aauw.org](mailto:aauwcalendar@aauw.org), or for more information, read the Member Showcase FAQ.

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### SAVE THE DATE

#### U.S. SENATE CANDIDATES' FORUM ON WOMEN AND GIRLS

By: Bets Brown, Public Policy Chair, AAUW of Maine

AAUW of Maine is a co-sponsor of the upcoming U.S. Senate Candidates' Forum on Women and Girls to be held on **October 4**. All of the candidates for U.S. Senate have agreed to attend. Susan Sharon of MPBN has agreed to be the moderator. **The event will be held at the University of Southern Maine's Hannaford Hall, 88 Bedford Street, Portland.** The reception will begin at 6 pm. The Forum will run from 7 pm-8:30 pm.

Women make up more than 53% of the registered voters in Maine, and women's issues continue to dominate political debate at the state and federal level. This Forum provides an opportunity to allow candidates for U.S. Senate to discuss a wide range of issues that affect Maine women and girls, including economic security, freedom from violence, healthcare, and civil rights.

This event is a collaboration of organizations of the Coalition of Maine Women (CMW), of which AAUW of Maine is a member. During the event, various members of the CMW will have tables with information. AAUW of Maine members will have a table with the usual AAUW brochures and banner along with voter registration cards. There will be a press release or two as well as a press conference. AAUW members are needed to (a) help with the table and (b) participate in the audience. **MARK YOUR CALENDARS.** If you would like additional information, please contact me (Bets Brown, [wilbro@fairpoint.net](mailto:wilbro@fairpoint.net), 207-445-4967 or 207-620-6309).

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### CELEBRATING THE 40<sup>TH</sup> ANNIVERSARY OF ROE V. WADE

By: Bets Brown, Public Policy Chair, AAUW of Maine

AAUW of Maine is represented on the Maine Choice Coalition by Sharon Barker and myself. I have volunteered to sit on the planning committee for the 40<sup>th</sup> anniversary celebration of the Roe v. Wade decision. The celebration will take place in January 2013, and planning has just begun. At our first meeting of the committee, we brainstormed numerous ideas for ways to bring visibility to this important Supreme Court decision. While nothing is final at this time, you can expect to see activities at the Maine Capital, Internet activity, opportunities to express your views, and more. You will receive details through email, the December *Dawn Breaker*, the Facebook page of AAUW of Maine, and, if we get there in time, the new AAUW of Maine website. Stay tuned for this lively celebration.

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### SOCIAL MEDIA UPDATE FOR AAUW OF MAINE

By: Bets Brown

Communications among members statewide has always been a challenge. The *Dawn Breaker*, letters, and telephone used to be our only media. In recent years, members use email for most communications. To facilitate more rapid communication, we have established a system whereby the communications officer of each branch forwards any emails sent meant for the branch members. This works fairly well as long as the communications officer of the branch is not on vacation or busy with work or living such that she hasn't time to check her email frequently enough to forward the information.

About two years ago, AAUW of Maine began a Facebook page with the help of Jean Lotz, AAUW member in North Carolina. Jean and the national office post information there. Charlene Goehring-Fox and I have the ability to post information there and, of late, I have begun using that site for the purpose of AAUW of Maine business.



With the help of Sue Owen, AAUW of Maine's first website was established. That is now defunct. Marilyn Leimbach carried on the work of a website. The national office is working with us to develop a new and improved website. I have agreed to work with the national office to get this website launched. At that time, I will begin posting information on both Facebook and the new website. When the website is ready, I will send an email to the communications officers to let you know and will publish the information in the *Dawn Breaker* in December to let you know. I hope that you will use these sites to identify information you need. Please let me know if you have any ideas, items you want posted on either site, or additional thoughts about ways of communication among AAUW members in Maine. I can be reached at [wilbro@fairpoint.net](mailto:wilbro@fairpoint.net), 207-445-4967, or my cell 207-620-6309.

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## **Marriage for All**

By: Bets Brown

AAUW's national policy supports Marriage for All. Given the current marriage equality referendum on which we will be voting this fall, I am working with the national office to encourage passage of the referendum. If you are interested in expressing your support for this effort, please go to the following website to sign a pledge of support: <http://action.mainersunited.org/page/s/vow>. The pledge, which will show your commitment to winning the freedom to marry in Maine, simply states the following:

"I support the freedom to marry for gay and lesbian couples. Two people in a loving, committed relationship deserve the dignity, support and recognition that only marriage can provide. I pledge to support the freedom to marry in Maine and to talk to my friends and family about this important issue."

The time has come to make this happen in Maine! For questions, contact me: [wilbro@fairpoint.net](mailto:wilbro@fairpoint.net).

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## **Democratic Party Platform to Include LGBT Rights**

The Democratic Party platform drafting committee officially approved key LGBT rights positions, including marriage equality, among the party's platform. A staff member of the Democratic National Committee (DNC) indicated that the committee included provisions supporting the Employment Non-Discrimination Act and marriage equality, as well as an explicit rejection of the Defense of Marriage Act (DOMA), which recognizes only heterosexual marriage. President

Obama endorsed marriage equality earlier this year, and Democratic representatives have urged the courts to overturn DOMA.

AAUW strongly supports the committee's decision to advocate for LGBT rights, since our 2011-2013 Public Policy Program expresses our commitment to civil rights, liberties, and equality for all citizens. AAUW supports marriage equality, as expressed by our Director of Public Policy and Government Relations before the Senate Committee on the Judiciary.

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## **Gabby Douglas is First Black Woman to Win Gold in Gymnastics All-Around**

Sixteen-year-old Gabby Douglas became the first black woman to win a gold medal in the individual all-around gymnastics competition at the Olympics this summer. She finished with 62.232 points overall and became the third consecutive American woman to win the individual gold

medal, following Nastia Liukin and Carly Patterson. The U.S. women's gymnastics team won the gold medal two days earlier, with an overall score of 183.596 points. Russia and Romania won silver and bronze, respectively.

In 1996, Dominique Dawes became the first black person to win an Olympic gold medal in gymnastics, as part of the "Magnificent Seven." She was also the first black woman to win a silver medal in the individual all-around competition, and she credits Title IX for making her legacy in women's athletics possible.

AAUW applauds Gabby Douglas and Dominique Dawes for breaking through barriers in women's athletics. AAUW strongly supports Title IX and opposes any efforts that would weaken its effectiveness. AAUW believes that expansion of athletic opportunities for girls and women must continue at both the high school and college levels because it is important not only for the participants themselves but for the benefit of the greater community as well.

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## **Paid Sick Days Linked to Better Health**

A recent study concludes that lack of paid sick days for employees serves as a barrier to cancer screenings and routine health care access. Researchers used data from the National Health Interview survey to examine the link between paid leave status and the number of workers who sought mammograms, Pap tests, blood testing, and other medical care. The study found that 38 percent of American workers did not have paid sick days and that those workers were significantly less likely to have visited a health care provider during the previous year than workers allotted paid sick days.

AAUW firmly believes in allowing all employees access to paid sick days. AAUW strongly supports a work environment that allows employees to balance the responsibilities of work and family, which is critical to women's equitable access and advancement in employment. AAUW has testified before the Senate Health, Education, Labor, and Pensions Committee on the importance of paid sick days, and our members have taken action on the issue by urging their members to vote for paid sick days legislation. Learn more about paid sick days, and discover how you can become an activist with AAUW's Paid Sick Days Resource Kit.

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## **Long-Acting Birth Control Methods Make Gains**

A study by the Guttmacher Institute shows that the use of long-acting birth control methods in the United States has increased in the past decade but is still underused by women who could most benefit. Among women using contraception in the U.S., Guttmacher found an increase from 2.4 percent using long-acting intrauterine devices (IUDs) in 2002 to 8.5 percent in 2009. IUDs are placed inside the uterus and can prevent pregnancy for up to 10 years.

AAUW believes that contraception and related outpatient services are basic health care for women. We support the right of every woman to safe, accessible, affordable, and comprehensive family planning and reproductive health services.

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Preventive services are critical to a woman's health, and cost has remained a burden for far too long. With the Department of Health and Human Services regulations going into effect on August 1, the following services will now be available without co-pays:

- \*Breastfeeding support, supplies, and counseling;
- \*Screening and counseling for interpersonal and domestic violence;
- \*Screening for gestational diabetes;
- \*DNA testing for high-risk strains of HPV;
- \*Counseling regarding sexually transmitted infections, including HIV;
- \*Screening for HIV;
- \*Contraceptive methods and counseling; and
- \*Well woman visits.

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### **Public Universities Suffer During Recession**

Publicly financed state universities are increasingly appealing as a lower-cost route to higher education, and competition for both in- and out-of-state seats is on the rise. However, the recession has led many states to slash the amount of funding they provide to schools such as Ohio State, Penn State, and the University of Michigan. All three schools now receive less than 7 percent of their budgets from state appropriations. Researchers point out that reduced state assistance has led schools to increase tuition and accept more out-of-state students while at the same time cutting programs and increasing class sizes.

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### **Obama Creates Teacher Corps Program to Boost STEM Education**

The Obama administration announced a \$1 billion Master Teacher Corps program for teachers, which will focus on improving student success in science, technology, engineering, and math (STEM). The Master Teacher Corps program will select 2,500 STEM teachers from all 50 states to share knowledge and skills with each other in an effort to boost student success. As an incentive to join the program, teachers in the Corps receive a \$20,000 pay raise. The Master Teacher Corps is part of the administration's ongoing efforts to produce 100,000 additional math and science teachers in the next 10 years to help close the gap between American

students' success in STEM and that of their international peers.

AAUW strongly supports efforts to incentivize STEM teaching and promote STEM education. The shortage of American scientists threatens our nation's ability to compete and innovate in the coming years. Efforts like the Master Teacher Corps program will help increase America's competitiveness by enhancing STEM education for all students and hopefully encourage more girls to pursue these fields. Supporting women and girls in studying STEM fields is a vital part of AAUW's mission. Keep up to date on AAUW's advocacy for women in STEM with our Spotlight on STEM newsletter, and learn more about our various programs to promote STEM education.

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### **Mainly Girls**

By: Antoinette Santos  
(referred by Judy Dinmore)

Mainly Girls is a state-wide, non-profit organization with a two-part mission: to work with rural communities to assist them in focusing on girls' needs in a preventative and proactive manner, and to work on the state level to bring about positive change for girls.

Founder and director, Mary Orear, is an educator who taught elementary, middle and high school students for 23 years before leaving teaching in 1996 to fill an important void and act as a spokesperson for Maine girls and their issues. Mainly Girls (MG) is a visionary organization, often addressing concerns that others haven't yet been identified or addressed by others.

Mainly Girls addresses issues of girls in rural areas by helping communities identify the specific needs of their girls and young women and, in response to those needs, organize programs to improve the environment in which their girls grow to maturity. We have addressed girls' needs and the needs of those who work with and for girls through publications, conferences, research, consulting, support groups and annual activities.

During the past sixteen years, MG has established itself as a leader in girls' advocacy and programming, creating models to address issues that impact the lives of Maine girls. Initially MG focused on sexual harassment, acquaintance rape, bullying, and gender discrimination and inequality within schools and in the criminal justice system. We have offered a wide variety of programs for girls and those who work for and with them, programs such as our "Girl-to-Girl Mentoring Program" which connected older trusted women in the community with at risk girls from Troy Howard Middle School, and our annual girls' conference attended each year for 16 years by as many as 500 middle and high school girls, etc.

In addition, we have provided encouragement, support and guidance for many of today's girls' programs in Maine from their moment of inception – programs such as Coastal Studies for Girls, Hardy Girls Healthy Women, and Zoey's Room. For the last several years, our efforts and resources have been focused in two areas: eating disorders, which so disproportionately impact girls, and our Girl's Point of View Book Club program for girls grades 4-12 in communities across Maine.

In the field of eating disorders, MG has organized the first in the nation statewide network of treatment providers. These trained teams of medical providers, mental health professionals and registered dietitians are now in place in 27 communities across Maine to diagnose and treat those with eating disorders close to home and early on in their illness, when treatment is most effective.

Currently, our major girls program is A Girl's Point of View Book Club. The program boasts a phenomenal library of over 150 sets of books, with 15 copies of each, housed in Down East Magazine's warehouse. (Annotated bibliographies are on our website.) The program can accommodate as many as 50 Clubs, serving as many as 750 girls and women, in Maine schools and public libraries across the state.

A Girl's Point of View Book Club offers girls opportunities to delve into contemporary, award-winning fiction that focuses on issues they face today. With their courageous female characters and age-appropriate storylines, the books provide role models of strength and a starting point for discussing the challenges inherent in growing up female in the 21st century.

A Girl's Point of View Book Club is a safe space where girls can feel comfortable being themselves and discussing their goals, desires, concerns and fears; celebrate their own uniqueness and the individuality of their friends and peers; be supported by other girls and women from their community, regardless of cliques or generation gaps; and learn about and analyze stereotypes and inequality in their own and other cultures. In this all-girl environment, frequent meetings and focus on relevant literature provide girls an opportunity to share their thoughts and insights, ask their questions, speak their minds, and develop their voices while forging important connections with club facilitators and each other.

At the 4th – 5th grade level, Clubs are a preventative activity, strengthening girls' sense of self as they are about to enter puberty. At the middle school level, Clubs support girls as they enter this challenging time, providing a community where girls can attempt to make sense of the confusing messages of early adolescence. For high school girls, Clubs strengthen those who are still in connection with their authentic selves and help return a voice or sense of self to those who have lost them. Participants report that Book Club is incredibly meaningful for them. Recently one girl wrote us, "Book Club has influenced the way I see myself and my life. I realized I am important in this world, and I affect everyone."

Clubs are offered as extracurricular activities in high schools, middle schools, and 4th and 5th grades at schools and libraries throughout the state. Each Club is relatively autonomous. They range in size from six to fifteen girls, and are typically run by one or two adults - often librarians, teachers, counselors, or active community members. Logistics - where to meet, how often, which books to read, etc.—are decided together by the girls and facilitator(s). (Most Clubs meet after school and read and discuss between one and four books a month, based on a reading schedule they set themselves.) Upon request, Mainely Girls mails sets of books directly to the facilitator. In addition, a 45 page Facilitator's Handbook is provided which has useful information about Club start-up, recruiting girls, guiding discussions and Club development.

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### A Message from the AAUW President

It's back-to-school time, at least according to advertisers. The sales are everywhere, even though it feels like summer just started yesterday. Most of us are also seeing lots of political advertisements, too. Now that Congress is in summer recess, not to return to our nation's capital until after Labor Day, campaigns are in full swing in anticipation of the November elections.

The AAUW Action Fund's "It's My Vote: I Will be Heard" campaign and back to school are merging in a very important way. Why? Because AAUW branches nationwide have adopted the effective tactic of attending college freshman orientations, fall new student events, move-in days, and other activities to ensure these newly relocated millennials are registered to vote. You'll see in this edition of our "Campaign Update" that working with our college/university partners (or using the campaign to recruit them!) has become a favorite AAUW tactic.



This is very happy marriage between voter registration and college campuses. According to HigherEdJobs, the federal Higher Education Act requires that registration materials be readily accessible on college and university campuses. Many colleges now promote web pages to help students register. They've also provided some other great ideas for registering students that our AAUW states and branches could easily adopt, such as:

\*Include voter registration information and forms in "welcome packages" for newly-admitted students, and make voting information visible in college dorms and university classrooms.

\*Hand out voting information to students as they wait in line for their college ID photos (we all remember how long that line can be!). Some college administrators shaking hands in those lines ask, "Are you registered to vote?" which can be



especially helpful. Apparently administrators and professors are even more persuasive in getting young people to register than we are!

Our friends at the Brennan Center also have state-specific information critical to students. Other guidance, consistent with federal requirements under the Higher Education Act, can help you pitch these ideas to your local campuses. In this way, AAUW is providing a real service to our college/university partners, both recruiting more of them and helping the millennial generation have a real impact this fall.

Yours in AAUW,  
Carolyn Garfein  
President

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

#### **Bath-Brunswick Branch**

By: Debbie Schall

The Bath-Brunswick Branch ended last year by awarding scholarships to two non-traditional students attending University College at Bath/Brunswick. One recipient hopes to complete her degree so that she may pursue her dream of being a professional journalist. She has already published a children's book, and has another in process of publication. The second recipient hopes to earn a bachelor's degree in computer information technology with the goal of starting her own web design company.

Over the summer, Charlotte Price and Deborah Cravey worked with a team of branch members to plan all programs for the coming year. Our theme, "Crossing the Line", begins with the September program celebrating the 50th anniversary of the publication of *Silent Spring* by Rachel Carson with speaker, Anne Gilmore of the Rachel Carson National Wildlife Refuge. In October we revisit Title IX at 40 years with Maine sports law attorney, Janet Judge. November will bring us CeCe Camacho of SHE (Sustainable Health Enterprises) who will tell us about an interesting project for girls and women in Rwanda. December brings our Holiday Party and Greens Event, our long running fundraiser that is supported by donations from branch members.

We have been fortunate that our newest fundraiser, a Harvest Bake Sale and Open House has been such fun and such a success the past two years, that we will have our third on Saturday, October 13. The special part of the sale is that it takes place at Growstown School, the 1850s one-room schoolhouse in which our branch runs a very successful living history program for area fifth graders. It is a treat to see former students return to the school during the open house and bring their own children who are eager to attend when they reach fifth grade.

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#### **Mid-Coast Branch**

By: Judy Dinmore

Our Branch had the pleasure of awarding three \$1,000 scholarships to graduating high school seniors this past Spring. Amelia Chambers from Lincoln Academy plans to attend Colby College and major in Biology. Hayley Aydelott, a student from Camden Hills High School, is off to the University of Vermont where she will have a double major— animal science and community entrepreneurship. She has high hopes of becoming a veterinarian. Emily Blood from Belfast High School plans to enter the veterinary program at the University of Maine in Orono this fall. Our best wishes for their success go with them. Our June luncheon was a success. We had a gorgeous day in a beautiful setting. There was lots of socializing among members and our three guests: Sue McCullough, Director, University of Maine Frederick E. Hutchinson Center, Associate Dean, Division of Lifelong Learning, Nancy Boyington, Assistant Director, University of Maine's Hutchinson Center and Maggie (Margaret) Raymond, a student and recipient of an AAUW scholarship. Maggie highlighted the importance of our scholarship program and its significant positive in the life of an individual and a community. Sue impressed us with the success that the Hutchinson Center has achieved in its short history. Our next meeting is scheduled for September 19th at the home of our Treasurer, Mary Ireland.

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#### **Penobscot Valley Branch**

By: Janet Givens

The first Fall meeting of the Penobscot Valley Branch was a dessert meeting on September 12, 2012 at 7:00 p.m. at the Church of Universal Fellowship in Orono with AAUW of Maine president, Betty Jane Meader, as the featured speaker.

The Leadership Team met in August to make program plans for the upcoming year including A Review of Political Issues, Women's Healthcare, a winter brunch, Women's Role in Peacekeeping and an annual meeting and dinner.

In June, eight branch members attended the Maine New Leadership Conference dinner and speech by Lilly Ledbetter. Branch member, Mary Cathcart, was co-director of the conference. Lilly Ledbetter shared her appreciation of the support from AAUW during her long court battle, which led to the passage of the Lilly Ledbetter Fair Pay Act.

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#### **Waterville Branch**

By: Jennifer Strode and Bets Brown

The Waterville Branch of AAUW welcomes first-year Colby women to its September meeting for "Stories Seldom Told: Alcohol and Women's Lives." Four panelists, with a moderator, will be discussing issues relating to women and the use and abuse of alcohol. The focus is on how alcohol use has

different implications and consequences for women. Topics covered will include: female biology and the chemistry of alcohol; the double standard of alcohol use; and how women cope with the unintended consequences of drinking. The issue of alcohol use intersects with many of the advocacy issues championed by AAUW including: women's health and healthcare; freedom from violence, rape, and bullying; and reproductive rights. The program resulted because of concerns raised by first-year women self-reporting an increase in at-risk behavior when under the influence of alcohol.

In October, we hope to hear from the Oak International Fellow at Colby College.

In November, we will hear from Dr. Tracey Horton of Thomas College, who specializes in criminal psychology.

In December, our annual fundraiser will be a holiday auction led by outstanding auctioneer, Betty-Jane Meader.

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### **Air Force Appoints Woman to Take Over Basic Training after Sexual Assault Allegations**

Following dozens of sexual abuse allegations at Lackland Air Force Base in San Antonio, Texas, the U.S. Air Force has appointed a woman to take over its basic training unit. Col. Debora Liddick will take Col. Glenn Palmer's place on the base, which conducts training for all new Air Force members. As many as 42 women have been identified as potential victims in a large sexual assault scandal on the base. Trials are currently underway, and Congress is expected to hold hearings on the scandal.

AAUW proudly stands with the female trainees who are courageously speaking out. AAUW adopted a legal case last year, *Cioca v. Rumsfeld*, involving military sexual assault. Read AAUW's blog about the case, and learn more about how AAUW combats all forms of sexual assault.

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### **New Census Data Shows No Progress in Closing Wage Gap**

This Wednesday, the U.S. Census Bureau released 2011 income data revealing that women continue to earn only 77 cents, on average, to every dollar men earn, virtually unchanged over the last decade. The numbers are worse for black and Hispanic women, who make an average of 64 cents and an average of 55 cents, respectively, for every dollar paid to white, non-Hispanic men.

AAUW believes that equal pay for equal work is a simple matter of justice for women and as such has been at the forefront of research and advocacy on pay equity for many decades. The 2011 Census data demonstrates the need for Congress to pass the Paycheck Fairness Act – **use AAUW's Two-Minute Activist Network to urge your elected officials**

**to support the Paycheck Fairness Act and help us achieve pay equity nationwide.**

You can also learn more by reading AAUW's research reports, and you can spread the word about pay equity by sharing AAUW's e-cards – check them out on the *It's My Vote: I Will be Heard* Tumblr and the special feature on Jezebel!

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### **Study Highlights What Raising the Minimum Wage Would Mean for Women**

A new study from the Economic Policy Institute found that women would make up more than half of the workers affected by a raise in the federal minimum wage. Additionally, 70 percent of those affected would be families that make less than \$60,000 a year. Currently, the federal minimum wage stands at \$7.25/hour.

AAUW believes raising the minimum wage is an important step toward increasing the economic security of working women and their families. In addition to advocating for an increase in the federal minimum wage, AAUW works to end wage discrimination and promote equal pay for equal work. Wage discrimination impacts the economic security of families today and directly affects retirement security as women look down the road.

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### **One Member, One Vote**

All members can help direct the future of AAUW by participating in our One Member, One Vote process. From now through November 15, 2012, you can propose bylaws amendments and resolutions on our website. Beginning in October, you can also propose changes to the AAUW Public Policy Program. In spring 2013, all members in good standing will be eligible to vote on those proposals and for candidates for national office.

In addition to proposing bylaws amendments, resolutions, and Public Policy Program changes, you can discuss these proposals and share your ideas with others online through our [One Member, One Vote](#) website. And, once the candidates are announced, you will also be able to "meet" them online through biographies, video, and candidate links. Stay tuned for frequent website and other online updates, and watch for important voter information in the upcoming Winter and Spring/Summer issues of *AAUW Outlook*.

In 2013, voting will take place online—because it is fast, easy, secure, and green!—but members may request to have a paper ballot mailed to them if needed. Online voting begins April 15, 2013, and closes at 9 p.m. CDT on June 10, 2013; online voting will also be available at the AAUW National Convention in New Orleans. The request period for paper ballots is April 1, 2013, through May 2, 2013; paper ballots

must be postmarked by 11:59 p.m. on May 17, 2013, to be counted.

All members are encouraged to explore the One Member, One Vote site and participate in the discussions about the 2013 election online. Here's how you can get started: From the AAUW home page, click on [Member Center](#) (in the top right corner), log in with your member ID, and then select [One Member, One Vote](#) from the list on the left. On the same page, you'll also see a link for [Frequently Asked Questions](#) (FAQ) if you need more information.

You can always find your member ID on the *AAUW Outlook* mailing label or by using [Member ID Lookup](#) available on the log-in page of the Member Center.

We look forward to your participation in AAUW's 2013 election!

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### U.S. Birthrate Hits Lowest in 25 Years

The U.S. birthrate has hit a 25-year low, and according to researchers, it could keep falling, given that the fertility rate may not rebound for at least two years. Demographers point to the poor economy as a reason why younger people have postponed having children.

The average number of births per woman fell from 2.12 in 2007 to a projected 1.87 this year. The greatest decline has occurred among less-educated groups and Hispanics, while the birthrate among college-educated, non-Hispanic whites and Asian-Americans has grown. The birthrate necessary to maintain the current population is 2.1 births per woman.

AAUW supports the right of every woman to dictate choices regarding her reproductive life without government interference.

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### New Bill to Promote Women in Peacemaking to Appear in Congress

The Women, Peace, and Security (WPS) Act of 2012 is set for introduction on Tuesday in both the House and Senate by Rep. Russ Carnahan (D-MO), Sen. Barbara Boxer (D-CA), and Sen. Kay Bailey Hutchison (R-TX). The WPS Act supports implementation of the U.S. National Action Plan on Women, Peace, and Security, launched through an executive order from President Obama last year. The executive order and the proposed law detail national policies to ensure women's participation in preventing conflict and building peace, as well as their protection during these times. Additionally, the WPS Act would introduce training programs to highlight the importance of women's participation in conflict resolution and prevention; encourage the U.S. to support female mediators; eliminate existing barriers preventing women's participation;

and require the secretary of state to work with the Pentagon and United States Agency for International Development (USAID) to complete an annual report on women, peace, and security.

AAUW proudly endorses the Women, Peace, and Security Act to promote the inclusion of women in governmental and peacemaking decisions. AAUW recently participated in *Women Lead: Civil Society and Peace-Building Worldwide*, a conference which focused on electing more women, leading local organizations pushing for reform, and promoting women's leadership in global peacemaking. Read more about AAUW's international work to promote equity for women and girls across the globe.

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### AAUW Member Publishes Report on Wage Gap

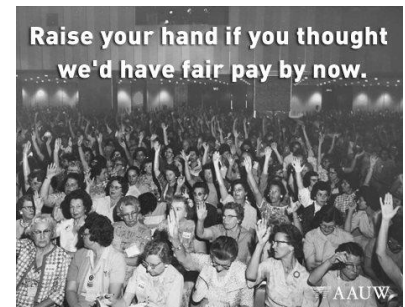
Dr. Maura Belliveau, Associate Professor at Long Island University and loyal AAUW member, recently published a research paper analyzing causes of pay inequity for women. Dr. Belliveau found that when given the opportunity to provide an explanation for their decision, employers gave women significantly lower raises. However, when deprived the opportunity to explain a pay raise decision, employers awarded roughly equal raises to men and women. Men's raises were also 2.5 times larger than raises for equally performing women.

AAUW has been on the frontlines of the pay equity battle for decades, issuing its first of several research reports on the wage gap in 1913. AAUW believes that equal pay for equal work is a simple matter of justice for women. Wage discrimination impacts the economic security of families today and directly affects retirement security as women look down the road.

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### New Pay Equity Image: Please Share Widely!

AAUW has been hard at work in utilizing various social media avenues to spread information and encourage participation in the 2012 election. AAUW uses [Tumblr](#), [Twitter](#), [AAUW Dialog](#) (our blog), [YouTube](#), and [Facebook](#) to quickly, concisely, and effectively spread information to millennial voters and generate excitement among young women. Check out our most recent AAUW image featuring a picture from the AAUW archives and highlighting the importance of pay equity in this election!



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**2012**

**Sept. 29**      **Fall Board Meeting of AAUW of Maine in  
Portland, 10:00-2:00**

**Oct. 11**      **Eleanor Roosevelt's Birthday (1884)**

**Nov. 6**        **ELECTION DAY – VOTE!!!**

**2013**

**Jan. 29**      **5<sup>th</sup> Anniversary of Signing of Lilly  
Ledbetter Fair Pay Act**

**March 8**      **International Women's Day**

**April 17**      **Equal Pay Day**

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