



Lompoc-Vandenberg Inc. (CA) Branch

From Dianne's Desk...

Our first meeting and program of the 2015-16 AAUW year on September 17, featured our five Tech Trek campers and Aurora, who attended the National Conference for College Women Students Leaders (NCCWSL) at the University of Maryland in late May. Our five Tech Trek campers were thoughtful, well-spoken and very grateful to have been chosen to attend the week long STEM camp at UCSB in late July. It was a life changing opportunity for them to live in a dorm and they had fun learning math, science, physics, coding, and engineering! Thanks to Wynn for guiding this "labor of love" for many years. This year one of our alternates was able to attend at the last minute. With Wynn's help, she and her parents were ready for camp within 24 hours!

Aurora's experience at NCCWSL was an empowering one! Her PowerPoint pictures and joyful story telling made us feel like we were there with her and her new friends as they visited all the monuments in DC riding bicycles from monument to monument so they could see them ALL. The sessions with distinguished women leaders and the powerful workshops encouraged Aurora to do more in her community and in the world. She has set a goal to encourage more young women student leaders to attend from the Central Coast next year in June. We will invite Aurora to speak at our Central Coast Fellows Luncheon on February 27th. Save the date!

Please join us for our Monday, October 5th meeting at the Lompoc Library (details can be found on page 2). We are pleased to have Alicia Hetman, National AAUW VP and Title IX expert join us as well as Arthur Diaz, Title IX coordinator for the LUSD. We have invited our neighboring branches and the community to join us for this important meeting. Bring a friend and/or a potential member! Hope to see you on Monday, October 5.

Dianne Owens, President

Programs

Equal Opportunity in Education Act, aka Title IX

Monday, October 5, 2015

Title IX is so much more than giving females equal access to school sports.

The law states: **"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance."**

Although the most well-known application of Title IX regards athletics, there are several protections the law specifically delineates. Section 106.40 protects pregnant and parenting students from discrimination based on pregnant status, marital status, or parenthood.

Come hear our featured speaker, **Alicia Hetman, AAUW Vice President, Education Consultant, California Department of Education, 1993 - 2011 and Title IX expert** who will be joined by LUSD Title IX coordinator, Art Diaz, to outline the law and how it's being implemented locally.

We will meet Monday, October 5, 2015 at the Grossman Gallery, Lompoc Public Library 501 E. North Ave. Lompoc. **The public is invited.** We will start at 6:30p.m. for a short branch meeting followed by our speakers at 7:00.

Please contact Cathy for reservations, so we can set up enough chairs and your name tag will be ready for you. If you would like a ride to any event, please let Cathy know! .

Cathy, Program VP

News & Events

2015-16 Directories

The 2015-16 Directories will be available for you to pick-up at our Monday, October 5 meeting. Please support our sponsors who have paid for ads in our directory for the second year. Thanks to Pat, Mary, Cathy and Kari for obtaining a record number of ads this year!

Thanks to Barbara for her help in putting the Directory together and delivering so many. If you haven't received your Directory by October 7, please call Dianne.

News & Events (Continued)**Tech Trek Camper Thank You Notes 2015**

Dear SpaceX and AAUW Lompoc-Vandenberg Branch,

I just wanted to say thank you so much for letting me get the opportunity to participate in this amazing camp, Tech Trek.

Thanks to you guys, I've had the opportunity to learn so many new things. For example, I've learned a lot about marine science, my core class. One fact that I really think is amazing is that a kind of fish species called sheep fish can switch sexes. All of its kind are female except one and that is the dominant male. However, once the male disappears, then the biggest female changes into a male. If the dominant male comes back, then the female that switched to male turns back into a female.

I also learned more about how to be more confident, about colleges, about teamwork, and how to make an ROV, remote operated vehicle.

Thanks again SpaceX for helping me get this amazing experience.

Love, Denise

Dear SpaceX and AAUW Lompoc-Vandenberg Branch,

Thank you for giving me this opportunity and providing the money so I can come to Tech Trek. I had a wonderful time and an amazing experience.

My favorite parts were meeting my dorm group and becoming friends with all of them. I also liked the chemistry lab because of the liquid nitrogen experiment. The math class was fun too, because the teacher told us stories about math but in a funny way.

I had a great time singing the Tech Trek songs with all the girls. We were put in project groups, and our group made an ROV, remote operated vehicle, and a presentation.

I had the best week of my life and want to come again. Thank you for the opportunity

Sincerely Yours, Bella

techtrek!
science & math camp for girls

News & Events (Continued)

Tech Trek Camper Thank You Notes 2015 (Continued)

Dear SpaceX and AAUW Lompoc-Vandenberg Branch,

Thank you so much for funding me to come to Tech Trek. I have had a lot of fun and have learned a lot.

These are some of the things I really liked: the food, coding, the boat trip, when women with jobs related to STEM came and spoke to us. I liked the food because of the ice cream and the actual food. I loved coding—it was fun making apps then trying them out. It was interesting to pull in all the Blocks which actually made the app work. The boat trip was so fun, because I have only been in a paddle boat and a canoe. On this boat you could feel the wind in your face and the rocking of the boat. We got near an oil rig, Platform Holly. As we got close, we could see natural oils coming up from under the sea. The ladies with jobs related to STEM gave a lot of advice and told us their experiences in their fields. There was a trauma nurse, three engineers, and two who were doing computer programming.

It was a pretty cool and fun experience this week. Again thank you very much for sending me.

Sincerely Yours, Your Next Scientist, Onyi

Dear AAUW Lompoc-Vandenberg Branch,

Thank you for letting me experience Tech Trek. It was really fun. My favorite experience was the boat ride. On the boat we decorated cups and put them deep in the ocean.

I loved my core class, physics. In physics we made a lot of toys, like frisbees and Rube Goldberg machines. We were assigned groups. We made a trifold and a powerpoint. We went to chemistry and saw really cool experiments. I learned to not give up and about new chemistry. I also learned how pressure affects objects. We built our own ROV's, remote operated vehicle. Testing the ROV's was really fun. I am so glad I had physics.

I met a lot of new people and made a lot of new friends. I am so glad I got to experience Tech Trek.

Thank you for letting me attend. Also, thank you for funding me.

Sincerely, Victoria

News & Events (Continued)

Tech Trek Camper Thank You Notes 2015 (Continued)

Dear AAUW Lompoc-Vandenberg Branch,

I send all my appreciations for this marvelous experience at Tech Trek. I thoroughly enjoyed every single second, hour, day here at UCSB.

I enjoyed our group project a lot, although it was a bit frustrating at times. I learned at our Math Core Class about the number sequence...the golden spiral that is almost in everything.

It was fun because I got to meet new people almost every single day and eat with them. I got to experience amazing classes. My dorm honestly was fantastic. I had a lot of friends, but I have to admit it's quite hard to remember all their names.

I especially liked the boat ride because it was my first time. We did various experiments, such as how ocean pressure shrinks styrofoam cups.

Once again, thank you for this wonderful opportunity that had an impact on not only my academic way of thinking, but social too.

Yours sincerely, Karla

AAUW Funds

On September 17, Aurora, a former Allan Hancock College (AHC) student and now a student at UCLA, spoke to our branch about her experiences at NCCWSL, the National Conference for College Women Student Leaders. Aurora won a National AAUW scholarship to attend the conference at the University of Maryland outside DC in late May. Our branch suggested she apply and we supported her with spending money for the trip by member donations. AHC Student Association paid for Aurora's transportation to the conference.

In case you haven't heard much about NCCWSL, here are a few facts:

- NCCWSL celebrated its 30th Anniversary at the May 2015 Conference.
- NCCWSL is where college women make their future what they want.
- As America's premier conference for college women, NCCWSL provides a transformative experience for attendees and prepares them to be the next generation of leaders. Each attendee becomes a part of the conference's [30-year legacy](#).

News & Events (Continued)

AAUW Funds (Continued)

At this two and a half day conference, students:

- Choose from more than 50 [workshops](#) that prepare them for life after college.
- Meet inspiring role models, including Women of Distinction [awardees](#) and [speakers](#).
- Make connections for life.
- Discover their future from 100 [graduate schools and employers](#).
- Gain the confidence and skills to return to their campuses and communities ready to take action.

The 2016 Conference will be held June 2-4, 2016 at the University of Maryland, College Park. AAUW will host nearly 1,000 college women from every state and from around the world.

For more information, please go to www.aauw.org.

Betty, AAUW Funds VP

Membership

Thank you for promoting equity for women and girls by supporting AAUW's crucial work! Your membership needs to be renewed annually and is tax deductible. Did you know you can renew online at www.aauw.org by clicking on the Join or Renew button?

During our last function we hosted Tech Trek campers and NCCWSL, and AAUW gained another two members! That brings our Lompoc-Vandenberg Branch up to 116.

Welcome New Members

Monique

Cecilia

Please add Monique and Cecilia to your 2015-16 Directory.

Thank you, Kari, Membership VP

Public Policy

Here are some quick facts about Title IX, which is the subject of our program on Monday, October 5 at the Library! Please take time to peruse these before our meeting! Thanks!

- Decades have passed since Title IX was first implemented. But sex discrimination is still rampant in classrooms and on campuses across the country.
- Every school is required by U.S. law to appoint a Title IX coordinator — but until recently, these coordinators didn't have the necessary resources to do their crucial work. And girls and young women suffered.
- **Title IX coordinators are responsible for so much more than equity in athletics. They also monitor the gender ratio in science, technology, engineering, and math (STEM) courses; work to end sexual harassment and violence; support pregnant and parenting students and more.**
- Still, nearly half of girls in middle and high school report facing sexual harassment. And the gender ratio in nearly every STEM class still favors boys and men.
- **Last year, the Office for Civil Rights received nearly 6,000 Title IX complaints-more than ever before in a one-year period. That number is both astonishing and frustrating. We must do better for women and girls. Together, we will make the world a more equitable place for our daughters, nieces, granddaughters, and friends.**

Marell, Public Policy Chair

Interest Groups

New Interest Group

Several members have mentioned that they would enjoy a new interest group that involves wine tasting, learning more about wine, etc. If you are interested in joining this group, let me know and we will set up a planning meeting at D'Vine or someplace similar. Call Dianne at 805-570-9192 (cell) or dianneowens9@gmail.com to express your interest and to suggest a time and place that works for you! We will build it and they will come!

Dianne

Want to come over and play games?

Our new **Game Night** interest group will meet quarterly, with the next meeting in January. If you were unable to attend our initial get together, please contact Cathy to share your input or for more information.

Cathy

Interest Groups (Continued)**Armchair Travelers**

A BIG Thank You to Stacey and Kari, both Cabrillo H.S. teachers, for sharing their travel adventures. Everyone loved their presentations.

October 22 at 7:00 p.m: Sally will share her trip to Ireland she took in May of this year. Come and have an Irish Adventure: learn about the ancient castles, see the “Wild Atlantic Way;” hear Irish music; talk about the “Troubles” and the “Plantation System.”

November 19: Shereen will speak about her ancestral home, Iran, after being gone for 37 years. We will learn about her family and everyday life there.

December: dark

January 28: Nancy will share her trip to Egypt.

Please let Sally know if you would like to present your trip or if you know of anyone that would be willing to present to our group.

Sally

Roaming Readers

October 5	Some Luck (Jane Smiley)	Teny
November 2	Never Let Me Go (Kazuo Ishiguro)	Carol Ann
December 7	All the Light We Cannot See (Anthony Doerr)	Eileen
January 4	The Wright Brothers (David McCullough)	Cathy
February 1	Hissin' Cousins (Marc N. Peyser)	Judy
March 7	The Nightingale (Kristen Hannah)	Dixie
April 4	Dead Wake (Erik Larson)	Julie

Roaming Readers meets the first Monday of each month (unless that falls on a holiday, in which case we meet the second Monday) at 9:00 a.m. for breakfast at the restaurant of the moderator's choice. All AAUW members are invited to attend. Contact info: Carol Ann or Cathy

Co-chairs: Carol Ann and Cathy

Interest Groups (Continued)**P.M. Book Explorers**

October 21, "Still Alice" by Lisa Genova; Location - Kristin Lewis', Treats and Beverage??

November 18, "The Boys in the Boat" by Daniel James Brown; Location - ??; Treats and Beverage??

December 16, "The Rational Optimist" by Matt Ridley; Location - ??; Treats and Beverage??

We usually meet the 3rd Wed. of each month at 7 p.m. Members whose homes are not convenient can volunteer to bring treats or beverage. The hostess will provide water and tea. Please e-mail me if you would like to volunteer treats or beverage and possible book choices. The following books have been suggested: "Guns, Germs, and Steel", "Sarah's Key", "The Wright Brothers", "All the Light We Cannot See". Check these out to see if you would like to add them to our reading list.

We are always looking for additional "explorers" so please feel free to contact Gail

Gail, Chair

Mission Walkers Group

Join the AAUW women who walk the La Purisima Mission every Monday through Friday at 8:30 am. Just show up to enjoy the walk and company. If you need more information, contact Marell Brooks. If you are interested in walking on the weekends, please let the group know.

Dine out, Food, Fun and Friends Group (2nd Thursday of the month)

Floriano's has opened in their new location, the old Carrows building by Embassy Suites Hotel. The October dine out group will meet there at 6:00 pm on October 8.

Reservations can be made in any of the following ways:

Email Leslie

Call Leslie

Text Leslie

Email Billy Iverson

Call Billye

Text Billye

Hope to see you there!

Leslie & Billye, Chairs

Interest Groups (Continued)**Healthy Gourmet Interest Group**

INSIGHTS FROM HEALTHY GOURMET - Amazing Bell Peppers Bell Peppers pack a powerful nutritional punch in a miniscule amount of calories. Not only are bell peppers good for you, they are also inexpensive and available all year round. Bell Peppers:

- ✓ Are low in calories
- ✓ Contain lots of vitamin C
- ✓ Are good for your skin
- ✓ Contain beta-carotene with antioxidant and anti-inflammatory benefits
- ✓ Contain capsaicin which reduces bad cholesterol, controls diabetes, relieves pain and controls inflammation
- ✓ Contain flavonoid
- ✓ Contain sulfur which protects from some cancers
- ✓ Contains vitamin E which is good for skin and hair
- ✓ Contain vitamin B6 which is good for the nervous system and renews cells
- ✓ Contain lutein which protects eyes from cataracts and macular degeneration

Enjoy bell peppers in the recipe below, and please share your own favorite bell pepper recipes with Healthy Gourmet.

Confetti Stuffed Peppers

2 – 3 Tablespoons Olive Oil
 3 Bell Peppers – 1 each red, yellow and orange; seeded and halved (Trader Joe's organic pack)
 4 – 5 Baby Bell Peppers – red, yellow and orange; seeded and diced (Trader Joe's organic pack)
 1 Medium Yellow Onion - diced
 1 ½ Cups Fresh Italian Parsley – stems removed, not chopped
 1 lb Chicken Sicilian Sausage – casings removed
 1 Teaspoon Dried Basil
 ½ Teaspoon Dried Oregano
 1/8 Teaspoon Ground Cloves
 12 Oz Freshly Grated Parmesan Cheese – 1 ½ wedges
 1 Cup Quinoa
 1 14 Oz Can Diced Tomatoes – do not drain
 1 Cup Chicken Stock

Directions

Place Bell Pepper halves in large mixing bowl in sink. Pour boiling water over peppers and blanch for 5 minutes. Drain water and set pepper halves in rectangular casserole dish.

Sauté onion, baby peppers, parsley, basil, oregano, cloves, and sausage in olive oil until sausage is brown and vegetables are translucent. Add tomatoes, quinoa, and stock to pan; bring to a boil; cover, and simmer until quinoa is done and liquid is absorbed.

Mix in 8 ounces (1 wedge) shredded parmesan cheese.

Fill peppers with filling and distribute extra around sides. Sprinkle 4 ounces shredded parmesan on top and bake for 30 minutes at 350 degrees.

Kristen

Calendar of Events

October 5	Roaming Readers, "Some Luck" by Jane Smiley
October 5	Program: Title IX and the Lompoc Unified School District and Beyond
October 6	Board meeting, Dianne's home
October 8	Dine Out Group: Floriano's
October 21	PM Book Explorers, "Still Alice" by Lisa Genova
October 22	Armchair Travelers – Sally will present Ireland
November 2	Roaming Readers, "Never Let Me Go" by Kazuo Ishiguro
November 3	Board meeting, Dianne's home
November 18	PM Book Explorers, "The Boys in the Boat" by Daniel James Brown
November 19	Armchair Travelers – Shereen will speak of Iran
December 1	Board meeting, Dianne's home
December 6	Holiday Social, location to be announced
February 27	Central Coast Fellows Luncheon, Madonna Inn, SLO
April 15, 16, 17	2016 AAUW CA Convention, San Mateo Marriott
July 23	PCPA "Shrek the Musical," SBC IBC Theater Night

Lompoc-Vandenberg AAUW Branch Information

LV Branch Website: <http://lompocvandenberg-ca.aauw.net/>

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