



Lompoc-Vandenberg Inc. (CA) Branch

From Dianne's Desk....

In keeping with tradition, all Branch members are invited to a Holiday Social on Sunday, December 6 from 2-4 pm at Fran's home. Please see the details on page 2. I hope to see you there!

Thanks to the hard work of Kristen and Wynn, our mentoring program for our Tech Trek campers, past and present, got off to a great start with a tour of the Space X facility on South Vandenberg AFB on Saturday, November 7. It was an exciting day for both the Tech Trek girls and the AAUW mentors. Ongoing activities will be planned for the rest of the year.

Our Wednesday, November 4 meeting/program featuring the documentary, *THE HUNTING GROUND*, took us straight to the heart of a shocking epidemic of violence and institutional cover-ups sweeping college campuses across the country. We want more people to see this film, so please spread the word to other groups. Ask them to contact me for availability.

Our new year, 2016, will begin with our International Meeting on January 15 and February brings us the Central Coast Fellows Luncheon in San Luis Obispo on Saturday, February 27. Save the dates, please!

Please visit our www.aauw.org and www.aauw-ca.org websites to keep in touch with our national AAUW and California AAUW!

Happy Holidays and Happy New Year!

Dianne Owens, President



News & Events**American Fellowships**

American Fellowships support women scholars who are completing dissertations, planning research leave from accredited institutions, or preparing research for publication. Applicants must be U.S. citizens or permanent residents. Candidates are evaluated on the basis of scholarly excellence; quality and originality of project design; and active commitment to helping women and girls through service in their communities, professions, or fields of research.

Our Branch contribution to AAUW Funds is due in December. The Board will discuss the amount of our contribution and where it should be designated on December 1.

Betty, AAUW Funds VP

Scholarship Fund Raiser

The Annual scholarship fund raiser wine tasting on September 13, 2015 was a successful event. Despite a relatively low turnout of 13 participants, fun was had by all and the results are below.

Donations to buy food (non-participants)	\$200.00
Auction	\$580.00
<u>Reservations (13 x \$25)</u>	<u>\$325.00</u>
Total Income	\$1,105.00
<u>Expenses (Food/lunches)</u>	<u>(\$112.67)</u>
Proceeds	\$992.33

Joyce, Scholarship Chair

Membership

National AAUW has stated we are growing and **Our Vision is Simple:** We bring people together for the common goal of breaking through educational and economic barriers for women and girls. Our 170,000 members and supporters span local and virtual communities, cities and college campuses, all over the world. On campuses, we foster the next generation of women in leadership and in the workplace. After graduation, we mentor, fund, and support educational and

Membership (Continued)

professional development. From college through career and beyond, we're working to change the future.

Thank you, Kari Rosson, Membership VP

Programs

The Holidays are Upon Us, so Let's Celebrate

Sunday, December 6, from 2-4p.m. at the home of member Fran, Vandenberg Village. Those who wish may participate in an ornament exchange by bringing a wrapped ornament not to exceed \$10.00 in value. Everyone, please bring a tasty holiday finger food item to share. Beverages will be provided.

Please RSVP to CathyTrevino47@gmail.com or 805-757-3677 to reserve your spot. This would be a fun event to invite a prospective member to attend.

Annual International Potluck/ Grand European Tour

Join us for the highlights of an 18 day cruise from Amsterdam to Budapest presented by members, Julie, Cyndi and Maureen.

Friday, January 15, 2016 starting at 6:00 p.m. we will gather at the Valley of the Flowers Church at 3346 Constellation Rd. in South Vandenberg Village. Please bring a dinner or appetizer item to share. You don't want to miss our great program and all the good food! Your RSVP will allow us to properly set up the room; so kindly reply to CathyTrevino47@gmail.com or [805-757-3677](tel:805-757-3677).

Cathy, Program VP

Interest Groups**Roaming Readers (1st Monday of the month)**

<u>Date</u>	<u>Book</u>
December 7	All the Light We Cannot See (Anthony Doerr) Eileen
January 4	The Wright Brothers (David McCullough) Teney
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

P.M. Book Explorers (3rd Wednesday of each month)

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

January 20, "All the Light We Cannot See" by Anthony Doerr; Location - Billye; Treats??; 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", "Circling the Sun" and "My Stroke of Insight", "Stones in the River", "In Dubious Battle". Please read any reviews you can find so we can decide what we would like to read for January and February.

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

Gail, Chair

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

December 10th - Thursday we will go to Trattoria Uliveto in old Orcutt. This restaurant is owned by members of the same family who own Grappolo's in Santa Ynez . . . hashtag YUM!
<http://www.trattoriauliveto.com/pages/menu.html>

We will meet at St. Mary's Church at 5:30 p.m as reservations are for 6:00 p.m.

Those who would like to attend can let Leslie or Billye know.

Leslie & Billye, Chairs

Armchair Travelers (4th Thursday of the month)

December: Armchair Travelers will be dark.

January 28: Armchair Travelers will go to the General Meeting and International Potluck.

February 25: Nancy Straight will give a talk on 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, Chair

Mission Walkers Group (Weekdays)

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.

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 Owens

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 Trevino to share your input or for more information. CathyTrevino47@gmail.com or 805-757-3677.

Cathy

Healthy Gourmet: *Wonderful Pumpkin*

Pumpkin Facts

Pumpkin is a delicious, colorful squash containing many nutritious ingredients. Here are just a few:

- Vitamin A – vision and immune health
- Vitamin C – immune and cardiovascular health
- Vitamin E – skin health
- Fiber – gastrointestinal health; weight loss, health cholesterol levels
- Potassium – nerve and muscle health

Ingredients:

- 2 cups gluten free all-purpose flour
- 2 cups buckwheat flour
- 1 1/3 cups firmly packed light brown sugar
- 2/3 cups granulated sugar
- 2 tablespoons baking powder
- 2 teaspoons salt
- 2 teaspoons cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1 cup melted butter
- 1 14 oz. can pumpkin
- 2/3 cups milk
- 4 eggs
- 2 cups semisweet chocolate chips

Gluten Free Pumpkin Chocolate Chip Muffins – (makes 2 dozen)

Directions: Heat oven to 360 degrees. Grease 24 muffin tins. Combine all dry ingredients, except chocolate chips, in a large mixing bowl and evenly disperse with a whisk. Combine all wet ingredients in another bowl and blend until combined with a whisk. Add wet ingredients to dry ingredients and stir just until combined. Quickly stir in chocolate chips and spoon into muffin tins. Bake for 20 – 25 minutes or until firm and beginning to brown.

Enjoy!

Kristen A.

Calendar of Events

December 1	Board meeting, Dianne's home
December 6	Holiday Social, Fran Dyste's home
December 7	Roaming Readers, "All the Light We Cannot See" by Anthony Doerr
December 10	Dine Out Group: Trattoria Uliveto
December 16	PM Book Explorers, "The Rational Optimist" by Matt Ridley
January 4	Roaming Readers, "The Wright Brothers" by David McCullough
January 15	International Pot Luck
January 20	PM Book Explorers, "All the Light We Cannot See" by Anthony Doerr
February 27	Central Coast Fellows Luncheon, Madonna Inn, SLO
April 15-17	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/>

LV Branch Mailing address: P.O. Box 2523. Lompoc, CA 93438

Facebook: Lompoc-Vandenberg AAUW

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research. AAUW values and seeks a diverse membership. There is no barrier to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, or disability.

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