



Lompoc-Vandenberg Inc. (CA) Branch

From Dianne's Desk....

The month of January gives us an opportunity to reflect on what we have accomplished last year and to set new goals for the New Year! We ushered in the 2015 holiday season with a fun get together at Fran's home. The food was delicious, as always, and the activities were fun. Thanks, Fran, Cathy and Kari for pulling it all together for us.

Pat sent an email to everyone in early December suggesting that you might want to make an end-of-the-year donation to help fund a camper to attend Tech Trek at UCSB next July. Thanks to your generosity, we raised \$900 -- the price for one camper. We are planning a Tech Trek fundraiser in March—details coming later. Our goal is to send five eighth grade girls this year.

At Kristen's suggestion, we are starting a "Lean In Circle" with our Tech Trek alumni and AAUW mentors. Some Air Force members and Space X employees have also joined the "Tech Trek Lean In Circle." The Circle can be as big as we like, so please call or email Kristen to let her know you are interested. This will be an important project for our Tech Trek girls and all of us!

Don't forget that 2016 will begin with our International Meeting on January 15. Details for this annual event can be found on page 3. Our Central Coast Fellows Luncheon will be held in San Luis Obispo on Saturday, February 27. Details on speakers, food, reservations, etc, will be available in mid-January.

Please visit our www.aauw.org, www.aauw-ca.org websites to keep in touch with our national AAUW and California AAUW! Also, don't forget our <http://lompocvandenberg-ca.aauw.net/> site and our Facebook page at Lompoc-Vandenberg AAUW.

Happy New Year! Dianne Owens, President

News & Events

AAUW Funds

You can continue AAUW's crucial work to empower women and girls. Just look at what your support has helped us accomplish together this past year:

- **We awarded more than \$3.7 million in fellowships and grants** to 241 women during the 2015–16 academic year.
- **We tackled the gender pay gap on a bigger scale than ever before with the AAUW Work Smart salary negotiation program in Boston**, which will train more than 85,000 women in that city by 2020.
- **We fought to keep girls safe in classrooms and on campus** by pushing for enforceable regulations to support the Campus SAVE Act.
- **We continued to bring women and girls into STEM fields** through our AAUW National Tech Trek and Tech Savvy programs and our acclaimed research report *Solving the Equation: The Variables for Women's Success in Engineering and Computing*.

With your ongoing support, we'll be in a strong position in 2016 to continue making America's classrooms and workplaces fair for all women and girls. [Please take advantage of this month's gift-matching opportunity by making a generous, tax-deductible gift to AAUW today.](#)

Betty, AAUW Funds VP

Highlights of December 1, 2015 AAUW Board Meeting

AAUW Fund Discussion: The Board voted unanimously to send \$750 designated to the Alicia Hetman Research & Projects Grant and \$250 to the Legal Advocacy Fund for the Branch 2015 contribution to AAUW Fund. Discussion followed about fundraisers for next year's contribution since we no longer participate in the Flower Festival. A Named Gift recipient will be selected in February.

Tech Trek Discussion: A fundraiser is planned in March. More details will be available at the January 5th Board meeting. A "Tech Trek Lean In Circle" will be formed at the suggestion of Kristin. All Board members agreed this would be a good idea. All Tech Trek girls from 8th grade through high school will be invited to join as well as AAUW members, Space X employees and AF personnel.

Next Board meeting: January 5, 2016 at 6:45 pm at Dianne's home.

Dianne Owens

Membership

Tis the Season for Membership Discounts.

Recruit new branch members with half-off national dues, and submit the memberships between January 1 and March 15 for the discounted national rate of \$24.50. This offer applies to the 2015–16 fiscal year, so memberships will expire June 30, 2016. If we have an upcoming event that's open to the public, we will use the [Shape the Future campaign](#) to double the discount! That means our Lompoc Branch can offer **new memberships** for just \$12.25 — that's 75 percent off the regular rate! Regular student affiliate dues of \$17 are also eligible for these discounts. Please review the chart below to see how and when national discounts apply.

	Full-Year Dues Mar 16–Dec 31	Half-Year Dues Jan 1–Mar 15	Shape the Future Campaign
Branch Member	\$49	\$24.50	\$24.50 (3/16–12/31) \$12.25 (1/1–3/15)
Student Affiliate	\$17	\$8.50	\$8.50 (3/16–12/31) \$4.25 (1/1–3/15)
College/University Partner Member	*\$125	n/a	n/a
Graduate Student	*\$18.81	n/a	n/a

Kari Rosson, Membership VP

Programs

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 Cathy.

Cathy, Program VP

Public Policy

AAUW is urging Congress to pass funding legislation that protects important programs and avoids ideological policy riders.

In a suggested letter to members of legislature, AAUW asks that appropriations for FY2016 promote access to education, defend civil rights, protect women's health, and reject ideological riders. AAUW opposes cuts to the Pell Grant programs, which allow more than eight million low- and moderate-income students to attend and complete college. They ask that any funding bill also protect the Violence Against Women Act programs, which improve the system-wide response to domestic violence, dating violence, sexual assault, and stalking.

To protect civil rights AAUW asks that Congress ensures adequate enforcement of all laws through sufficient funding of federal agencies. The Equal Employment Opportunity Commission (EEOC) protects equal opportunity in employment for all workers. Without additional resources the EEOC would be limited in efforts to ensure that women receive equal pay. In addition, the Department of Education's Office for Civil Rights needs increased resources to continue its vigorous work on Title IX.

Lastly, Congressional decision-makers are being asked to support funding for the Title X Family Planning program and other federally funded preventive services that helped to avoid 2 million unintended pregnancies in 2013. To avoid threatening the strength of the budget agreement and risk government shutdown again, Congress must avoid poison pill riders. This includes limiting women's access to health care and tying the hands of enforcement agencies. In addition, appropriators should not add the Scholarships for Opportunity and Results Act to a funding bill.

On a state level there were some gains and some disappointments. According to the AAUW CA website, a bill on closing the gender wage gap, that if the Governor had signed, would have made California first in the nation to have a bill prohibiting employers from using prior salary history to establish new pay (AB 1017 Campos) was vetoed, along with another progressive bill to attack the gender wage gap, AB 1354 (Dodd) requiring state contractors to have plans in place for fighting gender pay inequities.

"The vetoes occurred on the last day the Governor could act, October 11th, by citing our biggest victory of the year, Senate Bill 358 (Jackson), which he signed, as the reason. SB 358 was a sorely needed update to California's Fair Pay Act. Not only does it prohibit retaliation for disclosing wages amongst coworkers, but closes a huge loophole used by employers when employees sued for wage discrimination based on gender. This was a tremendous victory that received national attention, the importance of which should not be discounted amidst our disappointment with the vetoes; but we know from the AAUW Analysis of Gender Pay Laws by State that multiple avenues

Public Policy (Continued)

of addressing this problem are needed. This is particularly true after the recent disappointing news from the Census that the gender pay gap has barely budged in the last decade."

Marell, Public Policy Chair

Interest Groups**Armchair Travelers (4th Thursday of the month)**

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

February 25: Nancy 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

Board Game Night

Come on over and play for awhile. We have some fun games chosen for our meeting. Bring along your favorite, too. Play as long as you can.

We will meet on Tues. Jan. 26th starting at 7:00pm-8:30pm. The games will begin at Cathy's home in the South Village. Call and let us know to save a place for you at the game table.

Questions??? Contact Cathy. This will be a quarterly event, so don't miss out.

Cathy

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

Make a New Year's Resolution to join the dine-out group in 2016! On January 12, at 6:00 p.m. we are going to a local standard - La Botte Italian Restaurant - at 812 North H Street in Lompoc. www.labotteitalianrestaurant.com/.

You can make reservations by contacting Billye or Leslie. Hope to see you there!

Leslie & Billye, Chairs

Interest Groups (Continued)**Insights from Healthy Gourmet: *The Benefits of Brown Rice***

Brown rice is a highly nutritious whole grain with many health benefits:

- ✓ Lowers cholesterol
- ✓ Provides significant cardiovascular benefits for postmenopausal women
- ✓ Contains phytonutrients that reduce cancer risk
- ✓ Has low glycemic index reducing risk of insulin resistance
- ✓ Contains manganese providing energy production and antioxidant protection
- ✓ Contains fiber and selenium reducing risk of colon cancer
- ✓ Contains lignons that protect against heart disease
- ✓ Contains magnesium which regulates nerve and muscle tone

Enjoy brown rice in the recipe below, and please share your own favorite brown rice recipes with Healthy Gourmet.

Kristen's Arroz Con Pollo***Ingredients***

1 Pollo Asada
 2 Pkgs Chicken Jalapeno Sausage – sliced
 3 Tablespoons Olive Oil
 3 Bell Peppers – red, orange, yellow – strips
 1 Yellow Onion – diced
 3 Cloves Garlic - pressed
 1 14.5 oz Can Diced Tomatoes - undrained
 1 Cup Fresh Parsley – stems removed
 1 1/2 Cups Brown Rice
 1 Cup White Cooking Wine
 1 Cup Chicken Stock
 Tony's to taste (Tony Cacherre's Creole Seasoning)

Directions

Heat oil in large kettle or skillet with a lid. Sauté onion, peppers, and garlic until just starting to soften. Add Pollo Asada, sausage and cilantro and sprinkle with Tony's. Sauté chicken until just done. Add tomatoes, rice, wine and stock. Add more Tony's if needed. Bring to a boil, then turn to low, cover, and steam for 45 minutes or until all liquid is absorbed.

Enjoy! Kristen

Learning About Wine In 2016

We have enough interest to begin our Wine Group in late January. Several members have told me that they would like to join and there is still room for more. I will plan an organizational meeting and let those that are interested know by email where and when we will meet for the first time. Please call 805-733-1734/805-570-9192 or email dianneowens9@gmail.com if you are interested and haven't told me yet.

Dianne Owens

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

<u>Date</u>	<u>Book</u>
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)

January 20, "All the Light We Cannot See" by Anthony Doerr; Location – Billye's; Treats??; Beverage??

February 17, "Circling the Sun" by Paula McLain; Location??; 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: "Sarah's Key", "The Wright Brothers", "My Stroke of Insight", "Stones in the River", and "In Dubious Battle". Please read any reviews you can find so we can decide what we would like to read for future meetings.

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

Gail Meehan, 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. If you are interested in walking on the weekends, please let the group know.

Calendar of Events

January 4	Roaming Readers, "The Wright Brothers" by David McCullough
January 5	Board meeting, Dianne's home
January 12	Dine Out Group: La Botte
January 15	International Pot Luck
January 20	PM Book Explorers, "All the Light We Cannot See" by Anthony Doerr
January 26	Board Game Night
February 1	Roaming Readers, "Hissin' Cousins" by Marc N. Peyser
February 17	PM Book Explorers, "Circling the Sun" by Paula McLain
February 25	Armchair Travelers: Nancy Talking on Egypt
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.

Scattered Seeds Editor: Julie