



Lompoc-Vandenberg Inc. (CA) Branch

From Dianne's Desk....

AAUW Lompoc-Vandenberg has some exciting programs planned for February and March! The month of February is devoted to Healthy Hearts and on Saturday, February 20 we will learn how to keep our hearts and our bodies healthy with exercise and good eating habits. Read the details from Cathy on page 5. Visit <https://www.goredforwomen.org/wear-red-day/> to see what the American Heart Association has planned for February. I hope you will join us for this fun morning complete with a healthy breakfast! Wear something red!

Our AAUW Fellowships and Grants program is the Heart of AAUW and we will be celebrating with the San Luis Obispo County branches at the Madonna Inn in San Luis Obispo on Saturday, February 27 from 11:00 am to 2:00 pm. We will learn about a Community Grant awarded to the Paso Robles Branch and hear from a young woman from Pasadena pursuing a master's degree in nonprofit management. Our NCCWSL scholarship recipient will also speak at the luncheon. Please see the flyer on page 3 for reservation details. We will arrange carpools.

The selection process for our five (5) Tech Trek campers will begin soon as well as the selection process for our two (2) high school scholarship recipients. Thanks to Wynn and Joyce for heading up these two important endeavors. We are having an Applebee's breakfast fundraiser for Tech Trek on Saturday, March 5, see details on page 2.

Our January 15 International Night potluck was a big success thanks to Joyce, International Chair and all of our great cooks. Julie, Cyndi and Maureen gave an interesting travelogue of their trip from Budapest to Amsterdam on the European Rivers last summer. Hope to see you soon!

Dianne Owens, President

News & Events

Highlights of January 5, 2016 AAUW Board Meeting

AAUW Fund Discussion: The Board discussed our Branch Named Gift recipient for 2016 which is due to CA AAUW in early February. It was decided that Betty and Dianne would work on this decision with input from all of our members. The Named Gift recipient will be honored at the Annual Meeting/Installation in early May. We also discussed fundraisers for next year's contribution since we no longer participate in the Flower Festival.

Tech Trek Discussion: The Board discussed plans for the Applebee's breakfast fundraiser on Saturday, March 5. Wynn is making plans with Applebees and will distribute tickets in January. Each member will receive 4 tickets to sell. Our Tech Trek "Lean In Circle" was discussed and Kristen volunteered to draft a letter to the parents of our Tech Trek Alumni for permission of the girls to join. 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.

AAUW Forum Discussion: A supervisorial forum was discussed as the 4th and 3rd Districts could be decided at the Primary election. We are planning a March 24 forum at the Lompoc Library. More discussion and planning will take place at the February 2 Board meeting.

Nominating Committee: The nominating committee for 2016-17 Branch AAUW Officers will begin their work very soon! It is important for our branch to fill the positions of President, Program VP, Secretary, Treasurer in order for us to keep growing our membership and to bring valuable and needed programs to the community! Have you been thinking of volunteering to be on the Board next year? If so, please email Dianne at dianneowens9@gmail.com or call 805-733-1734/805-570-9192. I know you are out there and I would love to hear from you!

Next Board meeting: February 2, 2016 at 6:45 pm at Dianne's home.

Websites: 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://lompocvandenbergaauw.net> site and our Facebook page at Lompoc-Vandenberg AAUW.

Dianne

News & Events (Continued)



Please come join us for

IBC-Fellows Luncheon

Sponsored by Santa Barbara & San Luis Obispo County
Interbranch Councils

AAUW SUPPORTS YOUNG WOMEN

*Come hear from our California Central Coast fellows what your
local support means to them:*

- Ashley Greenway, Community Action Grant Recipient
- Aurora Ruvalcaba, NCCWSL Recipient
- Nicole de la Loza Rivera, Career Development Grant

Also speaking:

Sharon Westafer, CA AAUW Funds Chair
Kathleen Doty, AAUW California, President
Susan Pease, Tech Trek Director, UCSB



Madonna Inn, Garden Room

San Luis Obispo, CA

Saturday, February 27 – 11:00 AM-2:00 PM

Enjoy a delicious Italian buffet - \$25

Mail checks to Dianne Owens by Friday, February 12

70 Aldebaran Ave., Lompoc

805-733-1734/805-570-9192

News & Events (Continued)

Tech Trek

It is time to begin our search for the 2016 campers. I have delivered the teacher recommendation packets to the middle schools. Once the math and science departments make their nominations, I will meet with the girls and explain the Tech Trek experience and hand out applications. When the applications are returned we will interview the girls and make our selections. January thru March is very busy.

We have not heard from SpaceX yet concerning the number of campers they will support this year.

We are planning a Flapjack Fundraiser in order to send two campers supported by our branch. Applebee's will provide the breakfast and we sell the tickets and provide volunteers to act as greeters, servers, and bussers. Some of you may already have your tickets to sell—the rest will be in the mail soon. Tech Trek is a life changing experience for our campers, and I hope you will help support our eighteenth year of participation in TT. Thank your for your continued support.

Wynn, Coordinator

Membership

Membership total: We have a verified 116 members at this moment!

Reminder: 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.

Kari, Membership VP

Programs

Heart disease is the #1 killer of women and is more deadly than all forms of cancer combined!!!!

Join us Saturday, Feb. 20th for our Healthy Me morning to help combat this nasty menace. We all have a reason to live a healthy, longer life, no matter what age!

Feb. is Go Red For Women month, so

Wear something **red** with your exercise clothes, athletic shoes and let's learn some new, or practice some old favorite low key exercises we can do in the privacy of our own home or TV chair that will lead to a healthier heart.

Then, we feed you. Let us treat you to some tasty, heart healthy, dishes with recipes included. The menu will be Veggie frittata, Egg muffins and chicken/turkey balls, Fruit salad, Healthy chocolate cupcakes, juice, coffee, tea and water.

Members Melinda, dietician and fitness instructor, and Charlie, fitness instructor, will share their tips and tricks to healthy living.

The fun begins at 9:00 a.m. at the Providence Landing Clubhouse at 699 Mercury Avenue in South Vandenberg Village. Please RSVP by Mon Feb. 15th to Cathy and don't miss out on the great information our experts will share.

Cathy, Program VP

Public Policy

Forty three years ago this month, Roe v. Wade became the law of the land, taking women out of back alleys and promising them the fundamental right to make choices about their own health care. Soon, the Supreme Court will hear a case that is a direct threat to Roe v. Wade and the women of America: Whole Woman's Health v. Cole. This law targets women's health care providers with intentionally burdensome requirements that have one goal only -- to shut down clinics and deny rights. The stakes couldn't be higher, and we cannot afford to sit on the sidelines and remain silent.

AAUW has always fought for women's healthcare and women's rights. In the year 2016, we cannot go back to those dark days of back alley abortions. We cannot deny women access to family planning and other critical reproductive health care.

Public Policy (Continued)

On March 12, our branch will host the executive director of Planned Parenthood SB/SLO/Ventura at a brunch meeting. I hope many of you will attend this program to learn more about programs offered in the Lompoc area and some of the challenges PP faces both here and on a national level.

Here are the details for the March brunch.

Saturday, March 12th

9:00 a.m. with breakfast served at 9:30 a.m.

A bountiful catered breakfast from American Host will be served with items for every palate.

\$15.00 per person.

Stone Pine Hall

200 So. H St. Lompoc

March is Women's History Month, so plan to attend this event as a way to commemorate women's work over the years.

Marell, Public Policy Chair

Interest Groups

Armchair Travelers (4th Thursday of the month)

February 25: Nancy will give a talk on her trip to Egypt at 7 pm. Sally will send an email with the location.

"I traveled to Egypt in 2008 with friends. We started in Cairo and visited the Museum of Antiquities where King Tut's funeral mask resides. I learned that Egypt was a Christian nation before being conquered by the Arabs. There are still Christian churches and I visited one where it is said that Mary, Joseph, and baby Jesus hid for awhile from King Herod. We went to Giza and saw the pyramids and, yes, they're awesome, but there were spectacular sites throughout Egypt. We flew to Aswan and I was not prepared for the spectacular size of the statues we saw, and how the tombs in the Valley of the Kings actually still had painted pictures on the walls.

I learned the names of many gods, rode a camel, won a belly dancing contest, and saw a man who let a scorpion climb on his nose. We cruised Lake Nassar, which was created by the Aswan Dam, I rode a felluca on the Nile. Our last stop was Alexandria, home of the largest and most unusual library I had ever seen. I look forward to sharing my fantastic adventure."

Nancy

Sally, Chair

Interest Groups (Continued)

Board Game Night

Game Night Is A Happening Evening - The first Game Night for 2016 took place in January. We played a couple of rounds of Rummikub, talked, had tea, munched and had a great time.

The next scheduled Game Night is Tuesday, March 29th at 6:30 pm. Mark your calendar now. We will be playing Apples to Apples, way too much fun to miss. Contact Cathy for further information. Let us know if you would like a ride and we can set that up.

Cathy

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

The Dine Out Group will meet at Chow Ya California Asian Fusion Kitchen at 6:00 p.m. on Thursday night, February 11. This restaurant offers Appetizers, Salads, Various Bowls, Fried Rice and Noodles, and Noodle Soups. The prices are reasonable. It is located on the north side of East Ocean between A and B Streets. Parking is tight, so try to carpool. See you there! Enjoy your meal - in Japanese . . . お食事をお楽しみ下さい

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

Leslie & Billye, Chairs

Learning About Wine In 2016

The Board discussed this new interest group and suggested since the first three months of 2016 are very busy that we plan an organizational meeting later in the spring. I will 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)**Insights from Healthy Gourmet: *The Health Benefits of Tomatoes***

Tomatoes offer many health benefits. Fresh tomatoes are easy to grow and readily available all year round. Tomatoes:

- ✓ are an excellent source of the antioxidants which combat cancer-causing free radicals;
- ✓ contain lycopene and beta-carotene which may help prevent colon and prostate cancer;
- ✓ contain potassium which may help control blood pressure and reduce risk of stroke;
- ✓ contain folic acid which may help with depression by preventing the formation of excess homocysteine;
- ✓ contain choline which may help with sleep, muscle movement, learning, memory, fat absorption and inflammation;

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

Stuffed Tomatoes***Ingredients***

2 Tablespoons Olive Oil
 4 Large Ripe Tomatoes – top and insides removed
 1 Small Yellow Onion – diced
 1 Bag Baby Spinach – stems removed
 ½ Cup Fresh Basil – stems removed
 1 Teaspoon Oregano
 1 ½ Cups Whole Grain Quinoa
 1 Can Diced Tomatoes – undrained
 1 Wedge Asiago Romano – grated
 2 Cups Chicken Stock
 1 lb. Chicken or Turkey (sweet) Italian Sausage – casing removed

Directions

Remove insides of tomatoes and set aside. Sauté sausage, onion, spinach, basil, and oregano in olive oil until sausage is cooked through and spinach is wilted. Add quinoa, diced tomatoes (including liquid), and chicken stock. Bring to a boil, lower heat, cover, and simmer until quinoa has absorbed all liquid.

Shred cheese. Add half of cheese to filling and blend until distributed evenly. Place tomatoes in square casserole dish and fill, and then spoon extra filling around tomatoes. Sprinkle with remaining cheese and bake for 45 minutes at 350 degrees.

Enjoy! Kristen

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

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

February 17, "Circling the Sun" by Paula McLain; Location, Cathy's; Treats??; Beverage??

March 16, "Presence" by Amy Cuddy; 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", 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 April and May.

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

Gail, 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 great 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

February 1	Roaming Readers, "Hissin' Cousins" by Marc N. Peyser
February 2	Board meeting, Dianne's home
February 11	Dine Out Group: Chow Ya
February 17	AHC Bow WOW Day, Lompoc campus
February 17	PM Book Explorers, "Circling the Sun" by Paula McLain
February 20	Program: Healthy Me Morning, Providence Landing Clubhouse
February 25	Armchair Travelers: Nancy Talking on Egypt
February 27	Central Coast Fellows Luncheon, Madonna Inn, SLO
March 1	Board meeting, Dianne's home
March 5	Tech Trek Fundraiser @ Applebees
March 7	Roaming Readers, "The Nightingale" by Kristen Hannah
March 12	Brunch Meeting with Planned Parenthood Executive Director, Stone Pine Hall
March 16	PM Book Explorers, "Presence" by Amy Cuddy
March 24	Supervisory Forum, Lompoc Library
March 29	Board Game Night
April 15-17	AAUW CA Convention, San Mateo Marriott
May 12	Annual Meeting & Installation, Kari's home
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