



Lompoc-Vandenberg Inc. (CA) Branch

From Dianne's Desk....

AAUW activities for March have fallen into place with our General Meeting and Planned Parenthood program planned for Saturday, March 12 at Stone Pine Hall. Once again we will sponsor, in conjunction with the League of Women Voters, Santa Maria, the 3rd and 4th District Supervisorial forums. The forum for the 4rd District candidates will be held on Thursday, March 24 at the Lompoc Library and the forum for the 3rd District candidates will be held at Providence Landing Clubhouse on Thursday, April 7. Read all the details on page 3.

Our Applebee's breakfast fundraiser for Tech Trek will be held on Saturday, March 5 from 8-10 am. This year we are selecting five girls from the two middle schools to attend the STEM camp at UCSB this summer. A very special thanks to Space X for sponsoring three (3) girls again this year! It is an honor for AAUW Lompoc-Vandenberg and Tech Trek to be the recipients of their support!

Have you thought about volunteering to be a member of the Santa Barbara Civil Grand Jury for 2016? This body of 19 citizens of Santa Barbara County will keep watch over numerous government entities. They will investigate, evaluate and make recommendations to any county, city or special district that receives county funds. Did you know that two of our members, Maria and Barbara, are completing their second year of duty on the Grand Jury? Please visit <http://www.sbcgj.org> or call 805-568-2291 for more information.

Our February 20th "Healthy Me" program was lots of fun and brunch was delicious! Thanks to Melinda, Charlie, Kristen and Cathy for all their hard work. Hope to see you on March 12!

Dianne Owens, President

News & Events

Highlights of February 2, 2016 AAUW Board Meeting

Program and Membership Discussions: The Board discussed future meeting dates and programs for the rest of the AAUW 2015-16 year. Kari, Membership VP verified that we have 116 members as of February. There are some prospective members that will join at the March 12 meeting.

Tech Trek and Scholarship Discussions: The Board discussed plans for the Tech Trek Applebee's breakfast fundraiser on Saturday, March 5. Tickets were distributed by Wynn in January. Joyce will send out a fundraising letter to all members for the local scholarship fund. Applications for the 2016 scholarships are ready for distribution and the selection process will follow.

Next Board meeting: March 1, 2016 at 6:45 pm at Dianne's home.

AAUW Fund

In 1881, 17 college alumnae met to discuss the needs and opportunities of women with a college education. From this meeting AAUW was formed. One of their main goals was the establishment of fellowships to advance women who gave promise of scholarly distinction. AAUW Research draws national attention to issues of gender equity in education and workplace. It influences policy makers, as well as educators and serves as a catalyst. On February 27, we were able to hear three recipients of some of these Fellowship and Grants at our annual Central Coast Fellows Luncheon. It reinforced the value of the money we give to the Fund and made us proud to be AAUW members.

Betty, AAUW Fund VP

Membership

Show your lifelong commitment to advancing equity for women and girls through Advocacy, Education, Philanthropy, and Research. **BECOME AN AAUW PAID LIFE MEMBER!**

Stand up and be counted....Join more than 10,000 women and men who have already made the AAUW lifetime commitment. Receive your Life membership acknowledgment letter and your lifetime membership certificate. Your AAUW benefits will continue for the rest of your life!

Visit www.aauw.org and upgrade to a life membership!

Did you know that new members who join after March 15th are good for the rest of the year, plus all the next year? So if you know someone who would like to join, have them come to any of our local events.

Kari, Membership VP

Programs

This is a great time of year to invite a prospective member to an event. Plan ahead and invite them now!! Those who join after March 15 will get 3 ½ free months of membership.

Saturday, March 12, The Lompoc-Vandenberg Branch will host Jenna, PhD, President and CEO Planned Parenthood Santa Barbara, Ventura & SLO at a brunch meeting.

Join us at 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

We 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.

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

Reservations are a must for this event. Contact Cathy *by Monday, March 7th* to save your spot.

It would be impossible not to know its election time. Our Branch has a rich history of presenting issues and candidates for the past 50+ years. 2016 is no exception.

Thursday, March 24th, we will hold a forum, in conjunction with the League of Women Voters, Santa Maria, for District 4 candidates for the Santa Barbara County Board of Supervisors.

We will meet at Grossman Gallery, Lompoc Library at 7:00 pm.

Thursday, April 7, we will hold a forum for District 3 candidates for the Santa Barbara County Board of Supervisors at Providence Landing Clubhouse at 7:00 pm.

The public is *definitely* invited to join us for both forums. No reservation needed!!

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Programs (Continued)

Mark your calendar for upcoming events so you don't miss out.

****Wednesday, April 20th**, Grossman Gallery at the Lompoc Library: The sticky business of immigration. 6:30 pm business meeting, 7 pm program.

****Thursday, May 12th** Branch Annual meeting and Installation of our new board. Join us to salute our outgoing President, Dianne Owens, after four years as our President. We will meet at the new home of our Membership Vice President, Kari in the new development of Eagle's Crest, by the Country Club off St. Andrews.

Cathy, Program VP

Public Policy

Now that election season is upon us, it's time to think about what we value in a candidate. And it's time to encourage everyone who is eligible to vote to make sure they are registered.

AAUW Action Fund provides Quick Fact Sheets on several of our priority issues, to include Reproductive Rights. In the most recent edition, the Action Fund lists various 'attacks on Reproductive Rights'.

- **Affordable Care Act Restrictions.** The law requires insurance companies providing abortion coverage to collect two payments from each enrollee: one for the portion of the premium covering abortion care, and one for the remainder of the premium. Additionally, members of Congress have targeted many of the Act's tax provisions to limit women's access to abortion coverage.
- **Constant Legislative Attacks.** Members of Congress have attempted to roll back reproductive rights. One example is mandating parental consent for minors receiving reproductive health services.
- **Personhood Initiatives.** Anti-choice activists have attempted to elevate the status of a fetus under federal law, undermining women's right to choose. Personhood initiatives have been on several state ballots.
- **Court Challenges.** Anti-choice advocates are actively seeking cases to send to the Supreme Court to weaken Roe v. Wade.

The Fact Sheet also lists "Opportunities to Improve Reproductive Health"

Public Policy (Continued)

There are several policies that Congress could enact to improve women's health and reproductive rights:

- Improve Public Funding for Reproductive Health. Increased Title X funding will improve women's access to basic health care and reproductive health care services.
- Invest in Medically-Accurate, Age-Appropriate Comprehensive Sex Education. Programs must include information about both abstinence and the full range of contraception.
- Support International Family Planning. Federal funding for comprehensive international family planning programs benefit millions of women worldwide.
- Ensure Access to Contraception and Emergency Contraception. In many states, pharmacists can refuse to fill contraception prescriptions if they have a religious or moral objection.

As you are talking with your neighbors and friends about important issues facing our candidates, keep in mind what AAUW advocates. Check out the AAUW websites which contain invaluable information. And, of course, help to [Get Out the Vote](#) by participating in voter registration drives.

Hope to see you all at the AAUW Candidate Forums on March 24 and April 7. Remember that even local elected officials can influence policy and funding to support areas of concern for women and families.

Marell, Public Policy Chair

Interest Groups

Roaming Readers (1st Monday of the month)

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

March 16, 7 pm, "Presence" by Amy Cuddy; Dianne's home; Treats??; Beverage??



April 20, "My Reading Life" by Pat Conroy; location??; Treats??; Beverage??
This date conflicts with the Branch meeting at Grossman Gallery. We either need to skip this month or meet one week later. Please e-mail me your wishes and we will discuss at our March 16 meeting.

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".

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

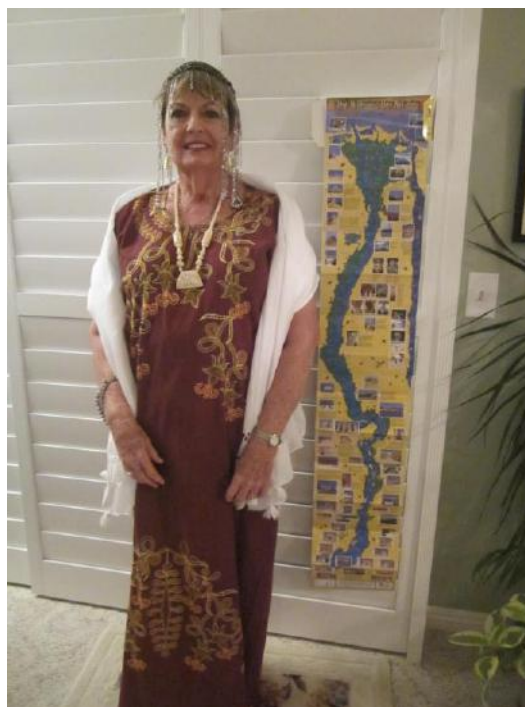
Gail, Chair**Armchair Travelers (4th Thursday of the month)**

In February, Nancy gave a wonderful presentation on her 2008 trip to Egypt. She had visuals and even dressed up in Egyptian attire.

March 24th: we will not meet as there will be a candidate forum at the library.

April 28: Sally will share her South American cruise, including Antarctica.

May 26: Pat traveled to Guatemala again to help build a school. She will share another area of this country with us. Last time she talked to us about Guatemala was June 2014.

Sally, Chair

Interest Groups (Continued)**Insights from Healthy Gourmet: *The Health Benefits of Peas***

Peas offer many health benefits. Fresh peas are easy to grow and readily available all year round. Fresh, frozen and canned peas:

- ✓ are an excellent source of Polyphenol which protects against stomach cancer
- ✓ contain many antioxidants and anti-inflammatory nutrients that lower risk of heart disease, type 2 diabetes and arthritis.

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

Cajun Chicken Paella***Ingredients***

1 Pollo Asada
 1 Pkg Chicken Andouille Sausage – sliced
 1 Yellow Onion – diced
 2 Red Bell Peppers – sliced in strips
 1 Pkg Frozen Peas
 ½ Cup Fresh Cilantro
 1 15 Oz Can Diced Tomatoes – undrained
 1 ½ Cup Brown Rice
 ½ Cup White Wine
 1 ½ Cup Chicken Stock
 Tony Cachere's Cajun Seasoning – to taste
 3 Tablespoons Olive Oil

Directions

Sauté onion and peppers in olive oil in a large sauce pan or electric skillet for 5 minutes. Add sliced sausage and chicken and brown for 10 minutes. Add cilantro, peas, rice, wine, stock and Tony's. Stir then simmer for one hour or until rice is done.

Enjoy! Kristen

Learning About Wine In 2016

We are still planning to meet to discuss and plan a new interest group that is interested in learning more about wine. The AAUW calendar has suddenly gotten more crowded, but April looks promising. I will let those that are interested know by e-mail where and when we will meet for the first time. Please call Dianne if you are interested and haven't told me yet.

Dianne Owens

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

This month on March 10th, the second Thursday, we will meet at Sissy's Uptown Cafe on South I Street at 6:00 p.m. We will make reservations for 10 to 12.

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

Leslie & Billye, Chairs

Board Game Night

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

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

March 1	Board meeting, Dianne's home
March 5	Tech Trek Fundraiser @ Applebee's
March 7	Roaming Readers, "The Nightingale" by Kristen Hannah
March 10	Dine Out Group: Sissy's
March 12	Brunch Meeting with Planned Parenthood President & CEO, Stone Pine Hall
March 16	PM Book Explorers, "Presence" by Amy Cuddy
March 24	District 4 Supervisorial Candidate Forum, Lompoc Library
March 29	Board Game Night
April 4	Roaming Readers, "Dead Wake" by Erik Larson
April 5	Board meeting, Dianne's home
April 7	District 3 Supervisorial Candidate Forum, Providence Landing Clubhouse
April 15-17	AAUW CA Convention, San Mateo Marriott
April ?	PM Book Explorers, "My Reading Life" by Pat Conroy
April 20	Program on Immigration, Grossman Gallery
April 28	Armchair Travelers: Sally will share her South American cruise including Antarctica
May 12	Annual Meeting & Installation, Kari's home
May 26	Armchair Travelers: Pat traveled to Guatemala again to help build a school.
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.