

***From Pat's Desk.....***

Welcome to the new AAUW year! We start our year with 122 members and have a very strong and active branch. I am excited to be serving as your new president this year and welcome suggestions and ideas to make our branch fun and interesting while still serving the goals and ideas of AAUW. As a reminder, we will be having a planning meeting on July 9 beginning at 9AM at Valley of the Flowers Church and all are encouraged to attend.

Serving with me on the board this year are Dianne Owens, immediate past president and taking over as Program VP; Kari Rosson, Membership VP; Jenelle Osborne, Secretary; and Kristin Lewis, Treasurer. Kati Smith will take over the AAUW Fund position, Julie Davis will stay on as Parliamentarian, Marell Brooks on Public Policy, Barbara Bolton as our College-University Liaison, Wynn Clevenger as Chair for Tech Trek, Joyce Barker on Scholarships and International, Mary Vossler on Communication, Julie Schneringer on the newsletter, Leslie Sevier and Billye Iverson head up the dine out group, Sally Prentiss heads up Arm Chair Travelers, Kristin Lewis for Healthy Gourmet, and the Book Groups are headed by Carol Ann Johnson, Cathy Rudolph, Billye Iverson and Gail Meehan. Hopefully we will have a new wine interest group starting this year as well as a Game Night group.

For those of you who don't know me well I will give you a little background. I have only been a member of AAUW for about 5 years, but have come to enjoy the programs, the fellowship and the goals of AAUW. I joined after retiring from civilian employment with the Air Force as a Human Resource Director. I am a fellow South Dakota native along with Dianne Owens and Fran Dyste. Lompoc has been my home for the past 24 years and I feel it is a great place to live.

I hope all of you are having a wonderful summer and I plan on seeing you at some of our upcoming events such as the planning session July 9 and Membership Event August 20.

Pat Grijalva, President

News & Events

June 21, 2016 Board Meeting Highlights

- A quorum was present and the minutes from the May 3 Board meeting were approved.
- Treasurer, Pat Grijalva, reported \$1,897.08 in the General Fund and \$3,789.57 in the AAUW Fund (Tech Trek and Fellowships and Grants/Legal Advocacy).
- Board discussed the Branch Planning Meeting for all branch members on July 9 at the Valley of the Flowers Church, 9 am to noon. Breakfast will be furnished by the Board.
- The Saturday, August 20 Membership Event was discussed with several options for the location. It will have a Kentucky Derby theme—hats and all....
- Board voted to use the proceeds from the PCPA production, “Shrek the Musical” for our AAUW Fund, Fellowships & Grants/Legal Advocacy.
- Next Board meeting will be Tuesday, August 9 at 6:45 pm at President Pat Grijalva’s home.

Branch Planning Retreat, Saturday, July 9

ALL members are invited to our annual Branch Planning Retreat on Saturday, July 9, 9 am to noon, at the Valley of the Flowers - United Church of Christ, 3346 Constellation Road, South Vandenberg Village. This is your opportunity to give input on the program and activities for 2016-17. It will be a fun morning with lots of brainstorming and creative ideas flowing freely! I will facilitate the morning using the ICA method of group planning!

Please join us for a light breakfast at 9 am, courtesy of the Board. If you RSVP by July 7, we will be prepared! Call me or email me at dianneowens9@gmail.com to make your reservations!! It will be a great start to our new AAUW year!

Dianne Owens, Program VP

Scholarship Fundraiser, Sunday, September 11

The Branch Scholarship Committee will host a Wine Tasting Fundraiser at Fiddlehead Cellars, Lompoc Wine Ghetto, 2-4 pm on Sunday, September 11. The cost per ticket is \$25.

A maximum of only 30 people may attend. The FINAL deadline for reservations is August 30. Please call Joyce Barker soon to reserve your seat!

Joyce, Scholarship Chair

News & Events (Continued)**SBC Interbranch Council, PCPA production, Saturday, July 23**

"SHREK the Musical" is our chosen Summer PCPA production on Saturday, July 23 in Solvang. All three AAUW branches, Santa Maria, Santa Barbara-Goleta Valley and our branch will come together to enjoy the play and each other's company. This will be a fun play which appeals to all ages.

Deadline for reservations is Wednesday, July 6th with checks mailed directly to Jeni, P.O. Box 1742, Santa Maria, CA 93456. Cost is \$45.00 per person and includes a light dinner, drinks and dessert at 6:30 pm with the show beginning at 8 pm. Please see the flier for all the details. Please call me with any questions or comments. Our branch will be furnishing paper goods and desserts for the evening. I will contact you prior to the event to ask what you would like to bring!

P.S. I read recently that in preparation for the play, it is a great idea to watch the three Shrek movies!

Dianne Owens, SBC IBC Chair

Membership**Membership Event, August 20th**

Get ready, Ladies, to have some fun Kentucky Derby style on Saturday, August 20th with our annual membership drive and kick off for our new AAUW year!

If you were here last year, you remember our Hawaiian style Luau with a personal BINGO game and door prizes.

Well, this year will not be a disappointment. Get your fancy hats or decorate one up for a chance to be crowned Miss Kentucky Derby!

Tables will compete their horse against other tables in a Kentucky Derby race for a chance to win fun door prizes! Bring a prospective member to join and you can earn extra votes for your hat!



Meet at the Valley of the Flowers Church, 3346 Constellation Road, Vandenberg Village at 9:30am. Please bring a breakfast side dish to share, as we open the buffet line at 10:00am. Coffee and other refreshing drinks will be available.



RSVP to Dianne Owens at dianneowens9@gmail.com or call 805-733-1734 by Thursday, August 18th, so we will be ready for you!

**AAUW Santa Barbara County
Inter-Branch Council Fundraiser**

Join us for this wonderful musical under the stars preceded by a meal of substantial appetizers, desserts, wines and other beverages.

When: Saturday, JULY 23rd, 2016

Time: Social Gathering 6:30pm

Where: Solvang Theater Patron Garden

Show: 8pm

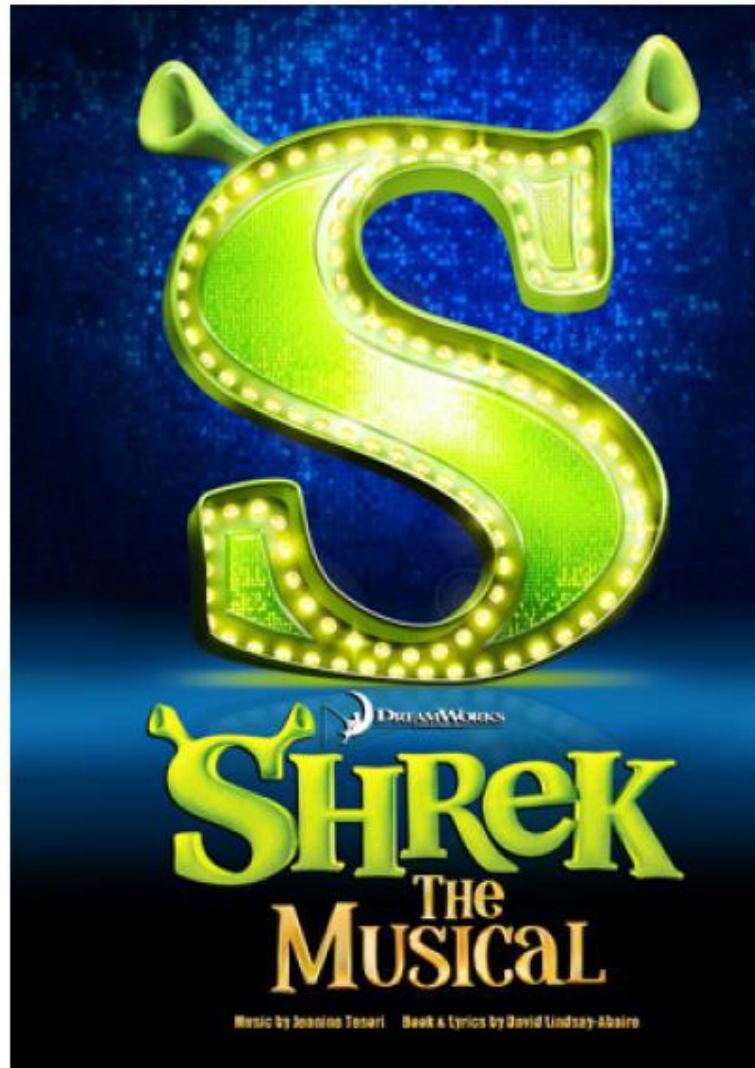
Cost: \$45.00 per person for social gathering and show ticket

Social only: \$20.00(no show ticket)

Profits divided among the branches in proportion to the attendance from each branch.

Questions/More info:

Jeni @ 805-928-2029



For Reservations, please send checks made payable to AAUW SBC-IBC to:

AAUW Event, Att: Jeni

P. O. Box 1742

Santa Maria, CA 93456 by July 6th,

Please include any special requests or needs, such as aisle seats for people with wheelchairs, walkers, crutches or canes.

Membership (Continued)

Dues Reminder

As a reminder, if you haven't paid your dues (\$86.00), please make sure you do either online at AAUW.org or send your check to me.

Thank you, Kari, Membership VP

Public Policy

Last Monday, the Supreme Court made history by overturning the Texas law (HB2) designed to close 75% of the state's abortion clinics by forcing them to meet the costly standards of surgical centers.

While this is a huge legal victory for women's reproductive rights, unfortunately the political battle isn't over - not at all.

AAUW members need to consider a vote for prochoice candidates in 2016. Newly appointed judges could overturn Roe v. Wade and criminalize abortion, sending ob/gyns to jail for murder - and possibly their women patients too.

Many state and local politicians are even fiercer in their opposition to abortion. They could vote to cut funding for Planned Parenthood, harass clinics, and coerce women into forced childbirth, even in cases of rape and incest.

AAUW supports reproductive choice and access to good reproductive health care for all women. There are several political races in our area where candidates hold certain views which are counter to AAUW policy priorities. Please ask these candidates about their views, look at their voting records, and vote accordingly.

AAUW is non-partisan but we do publish a review of voting records. Just google your candidate and search for how they voted on issues related to women's health and pay equity.

Marell, Public Policy Chair

What is the AAUW Fund?

The AAUW Fund is a general fund for unrestricted gifts, which are used when and where they are most needed. This prevents overfunded and underfunded areas that keep AAUW from reaching our full mission potential. By donating to the AAUW Fund, you are helping incubate and grow our highly successful, community-based, mission-driven programs, such as **Tech Trek** and **Tech Savvy**, **Start Smart and Work Smart**, **Elect Her**, the **Legal Advocacy Fund**, the **National Conference for College Women Student Leaders**, the AAUW National Convention, **research**, and other initiatives.

In the past, AAUW's national membership dues covered the costs of managing and running mission-based programs. Though membership numbers have remained steady the past several years, membership dues have remained the same, and program costs have risen annually. AAUW national membership dues cover just 30 percent of the funds needed to support the mission-based programs and advocacy efforts that are fundamental to AAUW's ongoing effectiveness.



Kati, AAUW Fund VP

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

<u>Date</u>	<u>Book</u>
July 11	The 100-year-old Man Who Jumped Out the Window and Disappeared (Jonas Jonasson), Mary
August 1	On the Move: a Life (Oliver Sacks), Eileen

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)

July 20, "Founding Brothers" by Joseph Ellis; Location - Billye ; Treats - ??; Drinks - ??

August 17, "The Little Paris Bookshop" by Nina George; Location - ??; Treats - ??; Drinks - ??

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", "My Stroke of Insight", "In Dubious Battle", "The Rocket Girls", and "My Reading Life". If you suggest a book, please check to see if it is in paperback. Some of our members do not use e-books and find hardbacks would not be their first choice to purchase if the book is not available through the library. The books listed are all available in paperback. We are always looking for additional "explorers" so please feel free to contact Gail for further information.

Gail, Chair

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

June 23rd Elena and her husband, Carl shared her native home, Italy. It was a most enjoyable evening seeing the pictures of northern Italy and Tuscany on their three week road trip. Snacks were outstanding too! Thanks again Elena.

July and August we will go dark as everyone is busy traveling.

*Reserve now Thursday, September 15, at 7:00 p.m. when we will celebrate the **100th Anniversary of the National Park Service.** Please review your memory and picture*



files so that you can share your favorite National Park. Sally will show her pictures of her trip to Utah in May when she camped at Bryce Canyon and Torrey Utah. She will show Pictures of Zion and Capitol Reef N.P. Let's have s'mores (I have a cookie recipe) and Peg Beebe reminded me that there is even S'more Ice Cream. So please bring a snack to share. Please RSVP to Sally.

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. We need a presentation for October 27. Enjoy your summer.

Sally, Chair

Learning About Wine In 2016

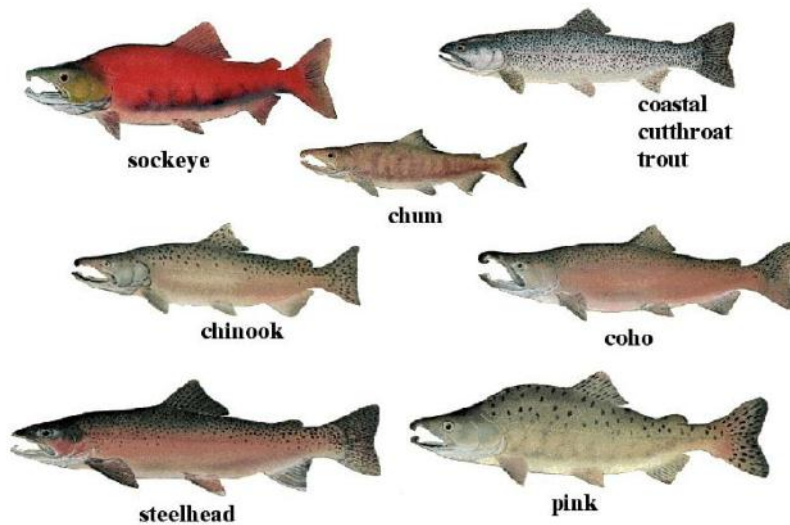
Let's meet in late July or August to discuss and plan this new interest group with the goal of learning more about wine, which is a major industry in our County. I will let those that are interested know by email where and when we will meet for the first time. Please call or email if you are interested and haven't told me yet.

Dianne

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

Salmon is a super food! Fresh salmon is available all year round and easy to prepare. Salmon is good for literally all of you because it is packed with nutrients. Fresh salmon contains:

- ✓ Omega 3 Fat
- ✓ Vitamin B12
- ✓ Vitamin D
- ✓ Selenium
- ✓ Vitamin B3
- ✓ Protein
- ✓ Phosphorous
- ✓ Vitamin B6
- ✓ Iodine
- ✓ Choline
- ✓ Pantothenic Acid
 - ✓ Biotin
 - ✓ Potassium



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

Walnut Crusted Salmon***Ingredients***

Salmon
 Olive Oil
 Walnuts – chopped (enough to completely cover salmon)
 Sea Salt – to taste

Directions

Coat casserole dish and salmon with olive oil. Chop walnuts and spread evenly on fish. Sprinkle lightly with sea salt. Bake at 350 degrees for 25 – 30 minutes depending on the thickness of the fish (20 minutes per inch of thickness).

Kristen

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

Dine Out for July will be on TUESDAY night, July 12th, (not the usual Thursday) because we are going to Pico's in Los Alamos. They have a "Locals Night" on Tuesdays when the entrees are half price. We have the large table in the front room which will seat 14. Exactly 14. Please let us know if you are attending - those who simply show up may not have a chair and there isn't a way to add one. 6:00 p.m. Carpoolers can gather at St. Mary's church parking lot at 5:15 p.m.

Thursday, August 11th will be in Solvang at the Mandarin Touch. This restaurant is located right on Mission Drive so carpooling is a must. Dinner will be at 6:00 p.m. with carpooling from St. Mary's at 5:15 p.m.

Please RSVP by contacting Billye or Leslie.

Leslie & Billye, Chairs

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

Calendar of Events

July 6	RESERVATIONS DUE for IBC at PCPA
July 7	RSVP DUE for Branch Planning Retreat
July 9	Branch Planning Retreat
July 11	Roaming Readers, "The 100-year-old Man Who Jumped Out the Window and Disappeared" by Jonas Jonasson
July 12	Dine Out Group: Pico's in Los Alamos
July 20	PM Book Explorers, "Founding Brothers" by Joseph Ellis
July 23	PCPA "Shrek the Musical," SBC IBC Theater Night
August 1	Roaming Readers, "On the Move: a Life" by Oliver Sacks
August 9	Board meeting, President Pat Grijalva's home
August 11	Dine Out Group: Mandarin Touch in Solvang
August 18	RSVP DUE for Membership event
August 20	Membership Event
August 30	RESERVATIONS DUE for wine tasting
September 11	Scholarship Committee will host a Wine Tasting Fundraiser at Fiddlehead Cellars
September 15	Armchair Travelers: Celebrate the 100 th Anniversary of the National Park Service.

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