



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

As we start a new year it is a good time to review some of our accomplishments so far this year. Our Branch is active with a membership that hovers around 100. New members are always welcome and they just have to be invited to join. We have had some outstanding programs so far this year starting with the Tech Trek get together with the Women of Insight Team. Although I was unable to attend, I heard that it was a terrific program for past and current Teck Trek campers as well as members. In September and October we sponsored four forums for the elections including mayor and city council candidates, school board candidates, 35<sup>th</sup> CA District Assembly, and information on the LUSD School bond as well as AHC School Bond. In October our speaker was Dr. Lata Murti, Associate Professor of Sociology at Brandman University and she discussed Intersectionality: What Is It? And Why Does It Matter to All of Us? Members sponsored a bake sale and had a fundraiser at Wild West Pizza in October that provided funds to help sponsor our programs and other expenses. In November we had our own Ann, Executive Director of The North County Rape Crisis and Child Protection Center, tell us about her organization and some of the programs that they provide. Our Holiday party was in December hosted by Joyce—it is always nice to welcome in the holidays with other members. Elena Jones provided some very nice door prizes to make the event special. We have submitted our branch contribution to AAUW Fund. Our small groups have also been active and provide another opportunity for members to socialize.

With the new year we will see the results of the November election. The City of Lompoc has elected one of our members as Mayor (Jenelle) and we will see who is appointed to complete her term as city council member. In Congress the House of Representatives will now have a Democratic majority with quite a few more women also being elected. It will be interesting to see how Congress and the President interact as well as the impact on some of the issues that are important to

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us like Title IX and Health Care particularly as it impacts women's health. Please stay in touch with our elected officials to let them know your opinions. Our work as an organization certainly is not complete—there is still a significant gender pay gap and women's student loan debt is higher than that of men's.

I hope that all of you have enjoyed the AAUW year so far and will join us as we continue with other programs and events. I wish you all the best as we start this new year and am confident that our branch will continue to make an impact on the lives of women in our area.

***Pat Grijalva, President***

**News and Events****AAUW Speech Trek Contest - February 8, 2019**

Planning for Speech Trek, February 2019, continues with over 35 students from Lompoc through Santa Ynez expressing interest — not confirmed. Applications/consent forms are due on January 11, 2019. At that time, we will have the actual number of those committed to participating in the contest, and a semi-final round may need to be held prior to the February 8, 2019, Branch Final Contest.

Thank you to all the members who are serving on the committee: Lucy, Elena, Lorraine, Mayra, and Mayor Jenelle. Also, thanks to others who have signed on to mentor, or help at the event: Anne, Claire, and Sarah. Mayra has four Toast Master members on board to mentor students. Kyle Abello (Director of Buellton Parks and Recreation) has happily agreed to assist with mentoring students in that area. Please contact Pam if you'd like to assist with mentoring, help with the workshop, semi-final round (to be determined), or the contest on February 8.

***Pam, Speak Trek Coordinator***

**SAVE the DATE for February 9, 2019**

What? AAUW Central Coast Fellows Luncheon

Where? Hilton Garden Inn, 6878 Hollister Ave., Goleta, CA 93117

Date: February 9, 2019

Start Time: 11 am registration ends around 3 pm

Speaker: Current AAUW Fellow--- in progress (more details later)

## Tech Trek

Lucy and I wanted to bring the past Lompoc High Tech Trek campers together with the girls enrolled in the STaRS Academy. We met with the academy teachers and decided to meet on December 11<sup>th</sup> for a lunch get together. All ten previous campers attended. One is also enrolled in the STaRS Academy. The girls shared their plans after high school. We brainstormed some ideas for future meetings and decided to meet once a quarter. It was great to hear the girls share how their TT camp experience was pivotal to their continued interest in STEM classes, which supports all our work to send them to camp.

Once again, it is time to turn our attention towards Tech Trek 2019. Thanks to your generosity, our past Applebee's breakfast fundraisers have been very successful. We met our commitment to send two campers to UCSB each time. I have reserved **March 16, 2019** from **8am-10am** for our next breakfast event.

I will be sending you 2 tickets (tickets are \$10.00) with the hope that you will continue to support Tech Trek, as you did last year, by contributing **\$40.00**. You can let me know how many will actually be using the tickets for breakfast in order to give Applebee's an accurate count. All donations are tax deductible, and I will need to have your money or tickets back by **March 1<sup>st</sup>**. Make checks out to Lompoc-Vandenberg Branch AAUW...Tech Trek on memo line.

We are still waiting to hear the final decision from SpaceX, but they sound positive about continuing their support for 3 campers in 2019.

***Wynn, Tech Trek Coordinator***

## Holiday Affair Cozy and Festive

On December 9, the Lompoc - Vandenberg Branch celebrated the season at Joyce's beautifully decorated home in the Country Club. Santa's helpers brought goodies and a raffle produced gift baskets for all crafted by Elena. The contributions totaled \$435 toward our annual gift to AAUW Fund (national). We now have \$755 in our account towards the 2019 contribution, thanks to your generosity.

If you wish to donate, please send your check, noting AAUW Fund in the memo line, to our Treasurer, Mary Beth, Lompoc CA 93436. If your check is dated in 2018, it could be a deduction on your taxes for 2018 as allowed by law.

The Branch also mailed the yearly gift to AAUW Fund (national) for 2018 in mid-December. Together with two member contributions received prior to the Holiday Affair, we contributed \$2000.

***Kati, AAUW Fund VP***

## Membership

Dear Fellow Members,

2019 marks 55 years of our branch advocating for equal rights and helping to improve the lives of women and their families, while networking and also having fun.



As the new year unfolds, we have the opportunity to learn more about a returning AAUW member, Cecilia:

"I was born and raised in Lompoc. I went to school at UCLA where I graduated with a degree in Spanish language and literature. After college, I taught English in Komatsu, Ishikawa, Japan for two years. I loved traveling through Japan and Okinawa while I was there (if you're planning a trip let me know - I'd love to share recommendations). After Japan, I came back to Lompoc and worked at Skydive Santa Barbara, where I learned to love my hometown. Currently, I work at Santa Barbara Cottage Hospital as a trainer for the EMR team. I recently bought a house and got engaged! If you have any tips on staying sane while wedding planning, please share them!"



**Call for artists:** Remember to enter the 2019 Art Contest opening on January 8 at <https://www.aauw.org/contests/>. This year, special preference will be given to submissions that reflect **AAUW's mission and values**. Let us know that you've entered the contest, so we can vote for your artwork!

***Raquel, Membership VP***

## Branch Programs

January 11, 2019, 6:00 - 8:00 pm - International Program: Greece  
Valley of the Flowers Church of Christ, 3346 Constellation Road

Please plan on attending January 11, 2019, as we ring in the New Year with our International program featuring a potluck (Greek Foods), and a presentation by Kari on her visit to Greece. It's a great occasion to invite a friend who might be interested in joining AAUW, or who might just like to share the evening.

Potluck dinner featuring Greek foods will begin at 6:00 pm, followed by a brief business meeting, then the presentation on Greece.

Please RSVP to Pam by January 10, 2019: email: [lompocvandenbergc@aauw.net](mailto:lompocvandenbergc@aauw.net).

***Pam, Program VP***

## **Public Policy**

One reason I support AAUW is their strong position on reproductive health. I have included some information from the national website which summarizes the AAUW position on Health Care.

The American Association of University Women believes that everyone is entitled to high-quality, affordable, and accessible health care.

Health care security is intrinsically tied to economic security, and this relationship is particularly true for women who earn less than men on average and are therefore less able to afford insurance or care. Despite massive spending, health care outcomes in the United States continue to lag behind many other Western nations. But more Americans are now able to access affordable health insurance and the preventive care they need thanks to the Affordable Care Act (ACA), which passed into law in 2010.

The implementation of the ACA has begun to make significant progress in reducing the number of uninsured Americans.

- In 2009, 50.7 million Americans were uninsured—nearly 17 percent of the nation.
- In 2015, the uninsured rate hit a historic low; only 9.1 percent of Americans remain uninsured.
- The ACA was making progress in reducing ethnic disparities in health care access, with 5.2 percent more young women, 5.1 percent more black women, and 6.5 percent more Hispanic women gaining access to a regular source of care.

The Affordable Care Act has made a significant impact on women's health.

- Fewer women of reproductive age are uninsured. The number of uninsured women ages 15–44 has dropped by 36 percent under the first two full years of ACA implementation. In the first year alone we saw a 20 percent decrease in the number of uninsured women living below the poverty line.
- The practice of “gender rating” ended. Gender rating is the process by which insurance companies charge men and women different premiums for individually purchased health care plans. Under the ACA, gender rating was banned for plans offered in both the individual and small group markets (defined as organizations employing 100 or fewer persons) beginning in 2014. This discriminatory practice was costing women approximately \$1 billion more than men for health coverage, which the ACA has eliminated.
- Coverage of women's reproductive health services is required. Under the ACA's coverage of contraception, 67 percent more women have been able to access birth control without a copay. In addition, 87 percent of insured women no longer pay out of pocket for a hormonal IUD. An increased use of contraception has led to a decline in the number of unplanned pregnancies.

## **Public Policy (Continued)**

- The ACA ensured access to and coverage of preventive services and care. The ACA has secured preventive services to women including contraception, breastfeeding support, and sexually transmitted infection and HIV screenings. About 137 million Americans now have access to preventive services without cost sharing, including 55 million women.

Despite these clear benefits from ACA for millions of Americans, Congress has repeatedly voted on repealing the law without replacing these critical policies and ensuring all Americans have healthcare coverage. A repeal of the Affordable Care Act would eradicate years of progress in expanding health care access to women. Birth control coverage, well-woman visits, and the end of discrimination are all at stake if the law is repealed. AAUW is committed to fighting against attempts to abolish women's health care access as we know it.

At their core, Medicaid and Medicare represent two crucial elements of the social safety net. They, along with the federal-state Children's Health Insurance Program, which has covered millions of previously uninsured children since its inception in 1997, are bedrocks of our health care system. Americans, especially women, rely heavily on the protections these programs offer and the services they provide. AAUW believes these programs must continue to be maintained and strengthened.

Some in Congress are also proposing to change the structure of Medicaid by converting it into a block grant. This means the federal government would shift from covering a set share of Medicaid costs for each state to covering a set dollar amount for each state. By changing how Medicaid works, states would gain the ability to restrict eligibility, cut benefits, and increase barriers to enrollment. One place this proposal has been detailed was in a House Budget Committee plan, which suggested cutting \$913 billion from the program and would result in 14 million people losing coverage or the ability to gain coverage in the future. The change in structure is detrimental to states and the millions of Americans who would lose crucial health care coverage or be deterred from enrolling. AAUW opposes attempts to further privatize our health care.

My resolution for 2019 is to support AAUW in its efforts to preserve the ACA.

***Marell, Public Policy VP***

## **Interest Groups**

### **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.

**Interest Groups (Continued)****P.M. Book Explorers (3<sup>rd</sup> Wednesday of the month)**

The PM Book Group will be meeting January 16, at the home of Billye. The book for this month is "The Dutch Wife" by Ellen Keith. Please let Billye know if you are planning to attend and if you would like to bring treats to share.

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: "My Stroke of Insight", "In Dubious Battle", "Rogue Lawyer", "Just Mercy", "Lessons from a Third Grade Dropout" and "Wonder". If you suggest a book, please check to see if it is in paperback or available through the library. Please feel free to contact Gail for further information.

***Gail, Chair***

**Roaming Readers (1<sup>st</sup> Monday of the month)**

<b>Date</b>	<b>Book &amp; Author</b>	<b>Host</b>
January 7	Reader's choice	Cathy
February 4	<i>The Good Neighbor: the Life and Work of Fred Rogers</i> by Maxwell King	Diane
March 3	<i>The Home for Unwanted Girls: A Novel</i> by Joanna Goodman	Shirley
April 1	<i>The Soul of America: the Battle for Our Better Angels</i> by Jon Meacham	Eileen
May 6	<i>The Last Juror</i> by John Grisham	Judy
June 3	<i>The Restless Wave</i> by John McCain	Betty
July 1	<i>Becoming</i> by Michelle Obama	Cathy

Remaining books: *The Girl on the Train* by Paula Hawkins, *An American Marriage* by Tayani Jones

Roaming Readers meets the first Monday of each month at 9:00 a.m. at a place of the host's choice. If a holiday falls on the first Monday of the month, we meet on the second Monday. Guests are always welcome. Questions can be directed to the co-chairs: Carol and Cathy.

***Carol Ann and Cathy, Co-Chairs***

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

The dine-out group will be in Lompoc for the January 10 dinner. We will meet at Scratch Kitchen, 610 N. H Street at 5:45 p.m. Please call Leslie for reservations. Or call Billye.

*Leslie & Billye, Chairs*

**Calendar of Events**

January 7	Roaming Readers: Reader's Choice
January 8	AAUW Art Contest Opening
January 10	Dine Out Group at Scratch Kitchen
January 11	International Potluck and Presentation: Greece
January 16	PM Book Explorers: "The Dutch Wife" by Ellen Keith
February 2	Healthy and Happy Me/Brunch/Program
February 4	Roaming Readers: "The Good Neighbor: The Life and Work of Fred Rogers" by Maxwell King
February 8	LV Branch Speech Trek Contest at Lompoc City Council Chambers
February 9	AAUW Central Coast Fellows Luncheon at Hilton Garden Inn, Goleta
March 16	Applebee's Breakfast Fundraiser for Tech Trek

**Lompoc-Vandenberg AAUW Branch Information**

LV Branch website: <http://lompocvandenberg-ca.aauw.net/>

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

LV Branch e-mail address: [lompocvandenberg-ca@aauw.net](mailto:lompocvandenberg-ca@aauw.net)

Facebook: <https://www.facebook.com/AAUW.LompocVandenberg/>

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**