

***From Pat...***

By the time you read this we will all have been in semi-quarantine for over 7 weeks. So much has changed for us so rapidly in the past weeks and we need to gain the perspective that these changes may be modified, but some will be with us for many more weeks. AAUW-CA recently issued a policy that we will not have any in person meetings at least until Governor Newsom changes the “Stay at Home” orders. I’ve been watching some of his news conferences and he has outlined indicators that will be followed to determine when restrictions can be modified and I think this will be a slow process. In our “Zoom” board meeting this last week we discussed and decided to cancel all programs for the remainder of my year as president—that means no annual meeting and installation of officers in May as we have done in past years. We still need to have an election, so I will be sending a survey out by email on election of officers. Please respond to the survey so that we can have new officers as required by our by-laws. I am hoping to do this by “Survey Monkey” so it should be an easy task to respond.

I was reading some information published by Cottage Health on “How to Stay Emotionally Fit during Quarantine” and these tips were given by Dr. Paul Erickson, Medical Director of Psychiatry and Addiction Services at Cottage Health:

- Get plenty of sleep
- Stay socially connected by reaching out to family and friends
- Exercise every day – take long walks or participate in online yoga or fitness classes
- Eat healthy – prepare nutritious meals to fuel your energy
- Try out new interests or ventures – learn a language, play music, read, find an online community

***From Pat...(Continued)***

He recommends keeping a schedule, even on a calendar, so that we can establish routines—that helps us feel that we are in control, and keeps us grounded. I've been trying to follow his recommendations and have enjoyed some "Zoom" social meetings. I find it is nice to see others and talk, even if it is virtual. I have my routines of walking with my dog, phone calls, and have tried some new recipes. I've dusted off jig saw puzzles, and am about to request a new supply of books. I've accumulated several cloth masks and even made one myself and am wearing them when out in public. So my recommendation is don't give up, we are not through this yet. We can do this for our own protection and the protection of others in our community. As the saying goes Keep Calm and Carry On. I hope that you are all staying well and look forward to seeing you in person sometime in the future.

***Pat, President***

**Branch Programs**

Due to the Covid-19 pandemic, programs — including the May 2020 Installation of Officers - are canceled until further notice, as per AAUW Guidelines.

***Pam, Program VP***

**Membership**

Dear Fellow Members,

It is membership **renewal** time!

Fiscal year 20-21 will begin on July 1st, but you can send in your dues any time before then. Do so by either sending a check to our P.O. Box 2523, Lompoc 93438, or by logging on to your account at [aauw.org](http://aauw.org). The Member Services Database (MSD) allows you to manage your membership online. If you have not been to the website lately, it has changed. Look for a tab at the top called "Membership", click on it and it will give you the option to enter the MSD. As always, do not hesitate to contact me for assistance.

Regular renewal \$99 / lifetime member \$40 / honorary member \$20. Once paid, your membership will be good until June 30, 2021.

Any **NEW** member joining our branch now is eligible to pay the full amount of dues (\$99.00), which will cover his/her dues for the remainder of the current year AND the following fiscal year. As a reminder, our fiscal year begins on July 1st and ends on June 30th.



### **Give a Grad a Gift**

I would like to remind you of the opportunity to provide a **national** membership at no cost to new graduates. If you know someone who has graduated from college this past semester, introduce him or her to AAUW.

To submit the request online, go to <https://ww2.aauw.org/grad-gift/> (if you need assistance with this, please contact me). Members may give as many free gifts as they like. **Give a Grad a Gift** is a great way to introduce any recent college graduate to AAUW and any time is a good time to be a sponsor.

***Barbara, Membership VP***

### **AAUW Speech Trek**

On April 18, 2020, Olivia Berman - a senior at Dunn High School in Los Olivos - was announced as first place in the Eleanor Stem Allen Memorial Speech Contest during the virtually-held annual meeting of the American Association of University Women California (AAUW CA). Olivia was one of three finalists in the competition at the State level and will receive a \$1,500 cash award. Jackson Patten of Stockton took second place (\$1,000), while Carter Hill of Foothills of El Dorado County took third (\$500). Honorable mentions: Namita Shyam (4th Place - \$250 award) and Gelasia Tiwana (5th Place - \$150).

High school students from throughout California are invited to compete annually. The topic "Are men and women truly equal today, or are the suffragettes of 1920 still suffering in 2020?" inspired lively speeches in the year of celebrating the 100th anniversary of the passing of the 19th Constitutional Amendment. The statewide contest begins at the AAUW branch level. Videos of the first-placed branch winners were submitted to CA AAUW for judging in March and the three finalists had been invited to speak at the annual AAUW CA Convention, which was then canceled due to the Covid-19 crisis. Judges from AAUW (outside of California) viewed the YouTube videos of the three finalists, the ballots were tallied and the results announced during the virtual CA AAUW Annual Meeting.

Olivia Berman has not made a final decision yet, but she will likely be attending Oklahoma State University in Stillwater majoring in Agricultural Communications. Olivia has been a member of the Lucky Clover 4-H club for nine years and is the club's president this year. She is also a Santa Barbara County 4-H Ambassador. Olivia has accumulated over 500 hours of community service with 4-H. This earned her the honor of being one of two "Youth in Service" award winners this year for the Santa Ynez Valley Foundation.

To view Olivia Berman's winning speech, go to [www.aauw-ca.org](http://www.aauw-ca.org) (Mission Based Programs). Requests for additional information may be sent to Marlene Cain, AAUW CA Speech Trek Coordinator, at [speechtrek@aauw-ca.org](mailto:speechtrek@aauw-ca.org). Information on AAUW Lompoc-Vandenberg can be found at <https://lompocvandenberg-ca.aauw.net/>.

***Pam, Speech Trek Coordinator***

### **Tech Trek**

All the camps have been cancelled for 2020 due to COVID-19 concerns. Our funds will stay with the camp treasurer until next year. SpaceX has agreed to rollover their sponsorship to 2021. We are in good shape for next year. Thanks for all your continued support.

***Wynn, Tech Trek Coordinator***

### **AAUW Fund**

I have received several solicitations from National in the past week. There is a matching program for the next few weeks. All money donated by our members counts toward our AAUW Fund branch contribution as long as our members tell AAUW that our branch should be credited. If you donate on line, that question is asked and you should fill it in. Here is a link to the form to use and information about donations on the new website! Take a look!

<https://www.aauw.org/resources/member/contribution-report-form/>

Here is the e-mail that came from Kim Churches that explains why these donations are so important at this time:

"As we all try to adjust to life during this unprecedented health crisis, I want you to know that despite these uncertain times, AAUW's work is more critical than ever. We cannot stop our fight for women and girls — particularly during this time. Why?

- Women hold the majority of part-time work and make up the majority of the low-wage workforce.
- So many women lack basic benefits like paid sick leave or family leave.
- Retired women are twice as likely as men to live at or near poverty.
- Women are more likely than men to be poor or struggling, especially women of color.

Equal pay isn't only about the size of a paycheck, and COVID-19 is giving us an up-close-and-personal view as to why the issues we advocate for at AAUW are so very relevant and critical now.

That's why, from now through May 30, our board of directors and national committee leaders will provide a 100% match for all gifts to AAUW up to \$18,000.

I am so grateful to the board and committee chairs for this tangible recognition of the important work AAUW must continue to do. I too am participating in this match because I am immensely proud of the work AAUW does. AAUW members and supporters, both women and men, have always been leaders willing to step up to help make sure the needs of women and girls are not forgotten. That leadership is particularly important now. I know we are all grappling with fear, loss and confusion now. But I also know there is unprecedented opportunity for us to make a difference for women and girls through the work we do at AAUW."

***Marell, AAUW Fund VP***

### **Public Policy**

Have you seen the new AAUW website? It was introduced a few weeks ago and you really need to look it over. Go to [aauw.org](http://aauw.org) to see all the new features and to pay your dues for 2020-21! All members are invited to vote for new Board members until May 18! LOOK, PAY and VOTE all in one visit!

After you have seen all the new features, go to the AAUW Action Fund to learn the latest public policy news. You can find it by going to the AAUW.org home page or by going to [aauwaction.org](http://aauwaction.org). "It is My Vote" is a priority for the next 6 months. As a branch, we need to decide how to proceed with enrolling new voters as schools reopen in August/September. This is an important election and every vote counts. Voter guides are available and Congressional Voter Guides are posted!

AAUW is holding a series of webinars on voting and other issues. They are usually about one hour in length and highly informative. Check them out here:

<https://www.aauw.org/resources/events/equity-network/events/>

Hope to SEE you soon!

***Dianne, Public Policy Chair***

### **Interest Groups**

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

Due to the fact that restaurants are closed and we can't be within six feet of each other, formal Dine Out is canceled for May.

But, please support our local restaurants by ordering take-out. There are two places to find out who is serving and what you can order. The first is the Lompoc Chamber of Commerce and the other is the Lompoc Restaurants Facebook page.

Thanks everyone.

***Leslie & Billye, Co-Chairs***

### **P.M. Book Explorers (3<sup>rd</sup> Wednesday of each month)**

Please contact P.M. Book Explorers members for future books and locations.

We usually meet the 3<sup>rd</sup> 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. If you suggest a book, please check to see if it is in paperback or available through the library. Please feel free to contact me for further information.

***Gail, Chair***

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

Please contact Roaming Readers members for the future books and locations.

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

Roaming Readers usually 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 Ann and Cathy, Co-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. If you are interested in walking on the weekends, please let the group know.

**Calendar of Events**

May 4	Roaming Readers: TBD
May 20	PM Book Explorers: TBD
May 22	Cancelled: <del>Installation of Officers</del>
June 1	Roaming Readers: TBD
June 17	PM Book Explorers: TBD
July 11	Annual Branch Planning Meeting
September 20	Scholarship Fundraiser at Longoria Winery

**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: [Lompoc-Vandenberg AAUW](https://www.facebook.com/Lompoc-Vandenberg-AAUW)  
Instagram: [@aauw\\_lompocvandenberg](https://www.instagram.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**