

***From Pat...***

I hope that everyone is doing well. I feel like I have been a little out of touch with everyone. I finally went on vacation this past month and spent a week in Oceanside with my sister and brother-in-law from Pennsylvania, then two weeks with them in Hawaii. It had been 21 months since I had last seen them in person so it was really nice to be able to have the time with them and not feel rushed. I think this is one of the things that makes me feel happy—spending time with family and friends.

I've been listening to some TED podcasts recently while I do my morning walks with my dog. One interesting one was about the difference between being happy and having meaning in life. Happiness is the state of comfort and ease, feeling good in the moment. It is a positive emotion. Having a meaning in life was more complex and was defined as having four pillars: belonging, purpose, transcendence, and story-telling (the story you tell yourself about yourself). Having a meaning in life often leads to that happiness that we all pursue. (If you are interested in this podcast go to TED talks and search for Emily Esfahani Smith, "There's more to life than being happy".)

Being part of AAUW may give us that sense of belonging and may also give us a purpose. We all enjoy getting together and feel that sense of community when we do. We have joined AAUW for various reasons, but we all like some of the things this organization stands for and pursues—it gives us a purpose. Our goals of advancing gender equity through research, education and advocacy not only join us but also give us something to advocate for meaningfully. I am encouraged by some of the legislation that is nearing passage in the House—parental leave and child care credits. It will make life easier for many women and help with the "motherhood penalty". While progress is slow, I do feel there is some progress.

From Pat...(continued)

I truly appreciate your continued support of AAUW and its goals. This past year and half have challenged us all in many ways not the least of which is the ability to gather safely. Hopefully we will see improvement in this aspect of the pandemic and I will be able to see each other in person more often.

Pat Grijalva, President

**AAUW Fund**

AAUW Fund Fun!

Join us on Sunday November 7th at Marell's house (718 St. Andrews Way) to socialize and tune into a Zoom Webinar and Learn about AAUW Fund.

Webinar: Watch the AAUW California 2021 Fund Luncheon

November 7, 2021 @ 1:00 pm – 3:00 pm

Meet our 2021-22 AAUW California Fellows/Grant recipients at a virtual event which showcases their backgrounds and studies. See your donations at work.

Please RSVP to mebrooks@sbceo.org. or call at 805-733-3462. AAUW COVID-19 protocols apply.

Lompoc Vandenberg donated more than \$5000 last year to AAUWFund. Our goal this year is 10% more and right now we are only at 20% of our goal. Thank you to those who have already sent a donation via national appeals. I have a record of those. November has traditionally been our biggest month for AAUW Fund donations. If you can't attend the event on the 7th, you may send your checks to me at 718 St. Andrews Way. Checks must be made out to AAUW Fund. They are sent directly to National.

Mary Ellen Brooks, AAUW Fund Chair

Branch # CA0130





Membership

Dear Fellow Members,

As November is here, let's remind ourselves what we are thankful for. As the AAUW Membership VP, I am thankful for those who have paid their dues on time and support an organization that has a mission for supporting all women.

Our membership renewal campaign has ended, but for those who have yet to pay their dues, please do so right away either online at **AAUW.org** or by check to:

AAUW Lompoc-Vandenberg
P.O. Box 2523, Lompoc, CA 93438

**Membership fees are: \$102.00 (\$20 branch, \$20 AAUW California, \$62 AAUW National).
Student affiliates pay \$48.81 (\$20 branch, \$10 AAUW CA, \$18.81 AAUW National).**

If any of your contact information has recently changed, or if you need assistance, please contact us. We are here to help!

AAUW is working with partners across communities, cities, and states to offer free salary negotiation workshops and to eliminate the gender pay gap for good. To participate in the free online workshop and to learn about In-Person workshops, visit: <https://salary.aauw.org/>

Applications for 2021-2022 Fellowships and Grants Now Open. Do you know any women pursuing postgraduate studies or furthering their careers or working on a program to benefit women and girls? Pont them to AAUW's Fellowships and Grants applications. Deadlines run from November to December.

If you know of a member whom you haven't heard from in a while, please reach out and make a phone call or even send them a note? Currently our membership stands at 53 members with 22 non-renewed members. Sometimes it just takes a kind word of interest to keep our Branch Brave, Bold and Strong!

Kari Rosson, Membership Chair



Programs

AAUW Program Committee Report

By Dulcie Sinn and Lucy Thoms-Harrington Co-VPs of Programs

SPARKing Excitement!

With so many members and friends reluctant to get together for large group parties, AAUW will be holding small group “SPARK” Talks. We need to SPARK interest in our mission, policies, activities, and leadership opportunities. By signing up to come to a small group, you will be connecting face-to-face with friends to learn about opportunities and help set our priorities for the coming year. Maybe bring along a prospective member??

SPARK

Show up – Participate – Advocate – Report & Keep It Short & Smart

Show up for a small group kitchen-table conversation (4-10 members & potential members) to connect over important issues of equality, education, and empowerment.

Participate by sharing your ideas, thoughts, opinions, and resources.

Advocate for the issues that are important to you personally and professionally.

Report to the Board and we will create a short and smart strategy for keeping our organization relevant, interesting, fun, and moving forward.

Contact the SPARK Talk host below directly to attend:

Sunday, November 7th 1-3pm at Marell Brook’s home. RSVP to <mailto:mebrooks@sbceo.org> or 805-733-3462. Watch party of AAUW California Fellows/Grant recipients and the AAUW fund (see AAUW fund report in this newsletter for more details!).

Thursday, November 11th 1-3 PM at Pat Grijalva’s home. RSVP to plgrijalva@msn.com or 805.708.4190

Veteran’s Day- Opportunity to write short notes to deployed military members while discussing AAUW topics. Bring holiday cards or other note paper—these will be included in holiday packing for “Support the Troops”. Light refreshments will be served.

Friday, November 19th 4 – 6 pm at Dulcie Sinn’s home. Dulcie.sinn@mac.com. 805.451.3414
11/19/2021 is a Full Moon night, join us to howl about the things we care about!!

Sunday, December 5th 2 -4 pm at Kari Rosson’s home. RSVP to <mailto:c2k288@comcast.net> 805-717-0670. Shout out to the holidays, share some cheer, bring a beverage/appetizer, and help get in the spirit to make 2022 a great AAUW year.

Programs (continued)

Coming Up:

Saturday January 22, 2022 11-1pm Potluck Brunch at the Events Mission Center

Where in the World???

Bring a dish to share along with your favorite souvenir from any travel experience to share with the group. There might even be some crazy prizes: funniest, farthest, and most fantastic! We'll also hear the reports back from SPARK sessions!

Dulcie Sinn and Lucy Thoms-Harrington, Co- Program VPs

**Interest Groups****P.M. Book Explorers (3rd Wednesday of each month)**

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

We usually meet the 3rd Wednesday 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 Gail Meehan for further information.

Gail Meehan, Chair

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

November 1: The Magpie Murders (by Anthony Horowitz) Myra Wapner

We meet in person or via Zoom at 9:00 a.m. the first Monday of each month, unless that's a holiday, in which case we meet the following Monday. Contact Cathy Rudolph for details. Guests or new members from AAUW are always welcome.

Questions can be directed to the co-chairs.

Carol Ann Johnson and Cathy Rudolph, Co-Chairs



Interest Groups (Continued)

Dine-out, Food, Fun and Friends Group (3rd Thursday of the month)

Dine-out will be at the Radisson Hotel at the Santa Maria Airport on Thursday, November 18th, at 12:30 p.m.

Please RSVP by Monday, November 15 by calling Leslie at 805-291-6095 or 805-733-0453. You can text or call Billye at 805-757-7165.

Leslie Sevier & Billye Iverson, 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 Brooks. If you are interested in walking on the weekends, please let the group know.



Writing Group

Carol Ann Johnson would like to form a writing group. Members could meet once a month and discuss their creative writings for positive and constructive comments only. Contact Carol Ann if you are interested.



Calendar of Events

November 1	Roaming Readers: The Magpie Murders (by Anthony Horowitz)
November 7	SPARK: AAUW Fund Fun / Virtual Event
November 10	Branch Board Meeting (Tentative)
November 11	SPARK: Notes to Military for "Support the Troops"
November 17	PM Book Explorers: Contact organizers
November 18	Dine Out Group
November 19	SPARK: Full Moon night
December 5	SPARK: Shout out to the holidays
December 6	Roaming Readers: TBD Book
December 8	Branch Board Meeting (Tentative)
December 15	PM Book Explorers: Contact organizers
December 16	Dine Out Group
January 22, 2022	Where in the World??? Potluck Brunch

**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
 Facebook: [Lompoc-Vandenberg AAUW](#)
 Instagram: [@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 Schneringer

