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2024/2025 Executive BoardCo - Presidents

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<https://lompocvandenberga.aauw.net/>

**Co-Presidents' Report**

Happy New Year! We are hoping that each member had a wonderful holiday and are now set to enjoy a terrific 2025. And what a way to start...we received fantastic news in December from AAUW National. Based on the outstanding work by our branch in five pivotal categories which advance and improve the lives of women and girls in FY24, the branch received National's highest recognition: **the 5 Star Award!** As one of the few branches to be awarded this recognition, our Lompoc-Vandenberg branch will be highlighted on National Website along with highlights of the branch's work. We are awaiting details about how many branches received the 5 Star Award nationally and, in the state, so stay tuned.

The logo consists of the text 'THE AAUW' in white, a central circular emblem with a '5' and 'STAR' inside, and the word 'PROGRAM' in white, all set against a dark blue background.

Here are a few wonderful shots from our holiday party where music and fun reigned supreme and the holidays were made brighter for kids in Lompoc through the generous donations of toys by our members to Toys for Tots!



Lucy Thoms-Harrington: Co-President
Kay Duffy Taylor: Co-President





Happy New Year



Programs

Women in the World Through a Feminist Lens Potluck Brunch
Saturday January 25, 2025 from 11am to 1:30pm
St. Mary's Church: 2800 Harris Grade Road, Lompoc.



Please bring a dish or beverage to share. We could also use paper plates, napkins, plastic ware, etc. Travel the world vicariously as we learn from each other about places we've visited, how we were transformed, and how we contributed to those around us. Let me know if you plan to attend and/or would like to present on a trip you've taken.

Dinah ph: 805-588-0775, lockhartdinah@yahoo.com

Program Committee Members Needed for 2025!

This is a perfect time to get involved with AAUW and help plan and participate in upcoming events for 2025! Upcoming events include: Presentations on Reproductive Rights, Women in STEM, and Speech Trek 2025 (The Last Rodeo!) among others. Planning will be kicking into high gear in January, and we welcome your input. If you have a concept for an AAUW group activity, let me know.



Dinah Lockhart: Programs VP

Membership

If your renewal is up, you should have received an email from the [American Association of University Women](#) with the subject line: AAUW: It's Time to Renew Your Membership! You can renew at the links below - or in your AAUW renewal reminder email. You can also write a check and we will be happy to do the rest for you.

On line at: <https://www.aauw.org/resources/member/why-join/>

By mail: By Check: As always, making a check payable to your AAUW branch and mailing it to: AAUW, Lompoc-Vandenberg, P.O. Box 2523, Lompoc, CA 93438

Have questions on renewing? Please call or email Mischa Dalcerci, Membership VP at 805.588.0645 or mischadalcerci@gmail.com.

We very much value your membership in AAUW!!!

We have **84 Total Members** (+5 from State).

We have 3 Memberships that are Expired and 1 membership in Grace period to renew.



Mischa Dalcerci: Membership

AAUW Funds

Our AAUW Fund fiscal year has come to a close. Thank you to our members who contributed to the Fund. Our branch donations were below last year's. It might be good to research what these funds support so I am including this article from the State level. **Click** on the link below to read about all the fellows and the work they are doing. Thank you to those who have already donated.

IS IT REALLY 2025? What now?

The 31 recipients are listed [HERE](#). With the assistance of the communications team and Sandi Gabe, the Fund committee has posted the recipients' videos on the website. If a video has been posted, you will find it noted at the end of the recipient's information. This list reveals such a wealth of talent – watch, learn, and enjoy.



Marell Brooks: AAUW Funds VP

Speech Trek 2025:

The planning is underway for the last Speech Trek Program under AAUW CA. The topic is Climate Change and its Impact on Women in the US and globally. Speech Trek offers high school aged students, all genders, to learn how to use their voice and deliver a 5-6 minute original speech to a panel of community leader judges and the community itself. There will be prizes awarded for the top 3 local speeches; the video of the top speech goes on to compete at the state level for additional cash awards. There have been winners from our branch who have gone on to win and place at the state competition. There are students who have participated in our past Speech Treks who credit the experience as having informed their future career/education paths.



Look for more information in the January and February newsletter. Recruitment of student participants is underway!! Want to join the committee who'll make the magic happen?

Email me at lth.terralink@gmail.com

Lucy Thoms-Harrington: Acting Speech Trek Coordinator

TECH TREK

WE ARE BACK AT UCSB IN 2025!

There will be 1 session with 100 campers. I will request at least 4 camper slots. The new requirement for sending campers in July 13th – 19th, 2025 will be that each branch has to send volunteers to work at camp. The good news is that the volunteers can include past campers. We usually have at least one member volunteer so I am hoping that we can continue to count on member participation. The camper fee has gone up to \$1,200.00.



Because of your past support for TT, we will not need to fundraise this year. Past fundraisers will cover the cost for 2025. Thank you all for your continued support. TT has been a life changing experience for our Lompoc campers.

I will be contacting the teachers at each middle school to get recommendations for next year. We are fortunate to have supportive teachers and counselors helping with our selection process.



Wynn Clevenger, Tech Trek Chair

AAUW Interbranch Brunch

When: February 8, 2025 from 11:30 - 1:30pm

Where: Crafthouse at Corque, 420 Alisal Rd, Solvang

Price: \$40 (includes beverage, tax and tip)

RSVP by January 26, 2025 and send your check made out to AAUW Lompoc-Vandenberg with IBC brunch in the memo line to AAUW, PO Box 2523, Lompoc, CA 93438

Hear from an AAUW fellow on ground breaking research funded by AAUW at the Interbranch Council (Lompoc-Vandenberg, Santa Maria and Santa Barbara-Goleta branches) brunch in February! Look for details about the speaker in our next newsletter. Did you know that AAUW is the largest funder of post graduate research in the country. **Wow!!** Join us at this inspiring and fun event!



Lucy, Kay, Dianne, Terry and Jan
(your representatives on the IBC council)

AAUW IBC FELLOWS LUNCHEON

Sponsored by the Santa Barbara County Interbranch Council

Saturday, February 8, 2025
11:30 a.m. - 2 p.m.

Craft House at Corque CRAFT HOUSE
420 Alisal Rd, Solvang AT CORQUE

Tickets: \$40

includes the All-American Breakfast Menu:

- Scrambled Eggs
- House Smoked Bacon
- Beyond Sausage
- Breakfast Potatoes
- Fresh Seasonal Fruit
- Sourdough & English Muffins
- Freshly Squeezed & Chilled Fruit Juices
- Coffee & Hot Tea Service

Fellows
Speaker
to be
announced

RSVP to Treasurer Terry Forss
tlforss@hotmail.com

Please, send checks made payable to:
AAUW Lompoc-Vandenberg
PO Box 2523, Lompoc, CA 93438
NO LATER THAN January 26, 2025



Interest Groups

Mission Walkers Group (Weekdays)

Join the AAUW women who walk the La Purisima Mission every Monday through Friday at 8:15 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.



Dine-out, Food, Fun and Friends Group

Dine-out meets the **third Thursday** of every month at 12:30 p.m.

We had a grand time at Billye's beautiful condo for the December dine-out. One would think we had real chefs in our group with the wonderful treats everyone brought.

We kicked around the idea of having an "at-home" dine-out occasionally changing from one home to another. We will keep you posted.



January will be back to a restaurant - Chef Rick's Ultimately Fine Foods on January 16th at 12:30. This time, we will need reservations as we would like a separate room for our group. Please let Billye Iverson know if you can come.

January 16, 2025: Chef Ricks Ultimately Fine Foods
135 East Foster Road, Santa Maria
www.chefricks.com



February 20, 2025: Valle Eatery and Bar
Hilton Garden Inn
1201 North H Street, Lompoc
www.valleeatery.com



If you have any questions, please don't hesitate to call Billye Iverson or Leslie Sevier.



Billye Iverson and Leslie Sevier: Co-Chairs

Roaming Readers (1st Monday of the month)

January 8: Reader's Choice



Roaming Readers is open to all AAUW members; we welcome anyone interested to visit a meeting. We meet at 9:00 a.m. on the first Monday of each month (on the second Monday if the first is a holiday). We meet in rotating members' homes in person and via ZOOM. For general information or to arrange a visit to a specific meeting, please call Cathy Rudolph.



Carol Ann Johnson and Cathy Rudolph: Co-Chairs

Communications**Phone Tree**

Want to make an impact in our branch in 2025? Please consider a role as the branch **Communications' Chair**. It should only take an hour or less every 6 weeks or so. Effort would include occasional posting on our social media channels and when needed, engaging the telephone tree committee for calls to members about upcoming events. **Interested?** Please let Kay or Lucy know before 31 January.

Many thanks to our previous chair, Samantha Scroggins, for all of her work. Samantha is stepping down from the role as she starts her new position for the School District in SM in Jan.

Lucy Thoms-Harrington: Co-President

**Calendar of Events**

- Jan 25** Where in the World Brunch: Through a Feminist Lens: 11am-1:30pm: Location St. Mary's Episcopal Church: 2800 Harris Grade Rd, Lompoc
- Jan** Women March and Tech Trek Recruit: Location TBD
- Feb 8** IBC Brunch: 11:30-2:00pm: Craft House at Corque: 420 Alisal Rd, Solvang
- March 6** Speech Trek 2025 Contest: 4:30-6:30: Lompoc Library Grossman Gallery
- Mar TBA** Women's Health (PP & Savie): Location TBD





Mary Schaefer: January 31st

Recipe Corner

Easy Chicken and Broccoli

(will only take 20 minutes)

Ingredients

- 1/2 c. low-sodium chicken broth
- 1/3 c. reduced-sodium soy sauce
- 3 cloves garlic, finely chopped
- 3 Tbsp. honey
- 2 Tbsp. cornstarch
- 1 Tbsp. finely grated peeled ginger
- 2 tsp. toasted sesame oil
- 1 Tbsp. neutral oil
- 1 lb. boneless, skinless chicken thighs or breasts, cut into 1/2" pieces
- 2 medium heads broccoli, cut into bite-sized florets

Cooked brown or white rice and toasted sesame seeds, for serving

Directions

Step 1: In a small bowl, whisk broth, soy sauce, garlic, honey, cornstarch, ginger, and sesame oil until cornstarch is dissolved.

Step 2: In a large skillet or wok over high heat, heat neutral oil. Cook chicken, undisturbed, until it easily releases from pan, 1 to 2 minutes. Stir and continue to cook, stirring occasionally, until golden brown on all sides and just cooked through, about 5 minutes more. Transfer to a plate.

Step 3: In same skillet over medium-low heat, toss broccoli in broth mixture. Cover skillet and let broccoli steam until crisp-tender, 2 to 3 minutes.



Step 4: Uncover and return chicken and any accumulated juices to skillet. Cook, stirring, until sauce is thickened and chicken and broccoli are well coated, 1 to 2 minutes more.

Step 5: Divide rice among plates or bowls. Spoon stir-fry over. Top with sesame seeds. Enjoy!!



[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: Kari Rosson



THE AAUW  PROGRAM

