



THE VIEW

FROM SAN RAMON

Volume 32, Number 3

November 2015

simplify Your Life

Saturday, November 21

10:00 AM–12:00 PM

**Featuring Joy Perkins,
Professional Organizer**



San Ramon Community Center

Morning Refreshments Served

Open to the Public

(See page 4 for details)

AAUW MISSION AND DIVERSITY STATEMENTS

American Association of University Women advances equity for women and girls through advocacy, education, philanthropy, and research. AAUW values and seeks a diverse membership. There shall be no barriers to full participation on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

2015–2016 Board

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AAUW San Ramon Information

Websites:

Branch Website: www.sanramon-ca.aauw.net

Webmaster: Isabel Lau

Association website: www.aauw.org

CA State website: www.aauw-ca.org

Branch mailing address:

P.O. Box 336, San Ramon, CA 94583

Branch email address:

aauwsr@gmail.com

Facebook:

San Ramon University Women/AAUW

Appointed Officers

ART & WIND FESTIVAL

OPEN

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Lois Kamoroff

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NEWSLETTER

Marsha Froines

Carol Lombardi

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Jeanne Benedetti

Debra Marconi

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Renee Coles

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President's Pen

Happy November!

It's hard to believe we are approaching the end of 2015! As I'm writing this, we are still enjoying warm weather. It feels like the seasons will go from summer to winter...no fall in between!

Many thanks to Chris Burchik for planning our October program. Mayor Clarkson and Librarian Nancy Kreiser provided an informative overview of many exciting changes in San Ramon. We thank them for taking time from their busy schedules to provide us with an update.

Look for more details on our **November program** where **Joy Perkins** will present helpful hints on staying organized. It seems we can all use suggestions on how to remove some of the "clutter" from our lives. Hope to see you there.

Please mark your December calendar to keep **Wednesday, December 2** open for our **Annual Holiday Auction**, which raises money for scholarships given to high school and college students. This fun event gives you an opportunity to purchase wonderful items from local businesses. Many thanks go to the committee members who work very hard to make this event successful.

And, if you have your 2016 calendar available, please mark **January 31** as the date for the Contra Costa Interbranch Council program on sexual harassment. The movie *The Hunting Ground* will be shown followed by a panel discussion on sexual harassment on campuses. There is a lot of recent news on the topic—this is an opportunity to learn more about it. Details to follow in the near future.

As a reminder, all of our programs are open to the public. We do our best to share the information with the community. Friends, family, neighbors, and co-workers are all welcome to attend our events. And if you have a suggestion for a program, please don't hesitate to contact Chris Burchik or me.

Finally, please take time during this very busy season to **thank your family, friends, co-workers, neighbors, and service providers—anyone that helps make your life a brighter place.** Margaret Cousins said, "Appreciation can make a day—even change a life. Your willingness to put it into words is all that is necessary."

Many, many thanks to my AAUW friends who support our mission of advancing equity for women and girls through advocacy, education, philanthropy, and research.

Cindy Alpert
President

AAUW Funds

Call for Donations to AAUW Funds

Every year, our branch sends a donation toward increasing the opportunities for women to engage in graduate studies and/or to embark on a new career or community project. The donation is due on December 1. At our next Board of Directors meeting, we will discuss our options for directing our branch donation.

Please consider writing a check to AAUW Funds and sending it to our Vice President of Finance, Diane Griffiths, for deposit to our Funds account. Diane's address is 284 Casper Place, San Ramon, CA 94583 or you can mail your donation to our post office box at San Ramon AAUW, P.O. Box 383, San Ramon, CA 94583.

Donations of any amount are appreciated. If you donate \$100 or more, you will receive special recognition. If you are thinking about year-end charitable donations, remember that donations to AAUW Funds are tax deductible and an excellent charity to consider.

You are welcome to attend the board meeting (scheduled for Tuesday, November 10) and give us your opinion regarding where we might direct our branch donation.

Many thanks for considering this. If you have questions, call Margie at 925-448-8065.

Margie Goldware,
Vice President, Funds

Happy November Birthdays

Carolyn Fishel	11/05
Tracey Casey	11/06
Sydney Allison	11/09
Harry Sachs	11/10
Carol Callaway	11/16
Pauline Nolte	11/16
Cheryl Thomas	11/17
Linda Louie	11/21
Nydia Perry	11/30

Program

**Simplify Your Life
Featuring Joy Perkins,
Professional Organizer**

**Saturday, November 21
10:00 AM to Noon**

**San Ramon Community Center
Open to the Public**

Join us for morning refreshments and learn some easy ways to simplify your life with Joy Perkins, a Professional Organizer in the Bay Area for over 10 years. Her company, Omnibus Organizing, has tackled everything from an 850 sq. ft. loft in San Francisco to a \$20 million dollar home in Atherton. Joy will share concrete steps you can take to improve your organization at home, including available local resources, record keeping, decluttering, and *keeping* organized. She will also talk about some interesting challenges she has helped her clients conquer.

You may be familiar with Marie Kondo's book, *The Life-Changing Magic of Tidying Up*, which has sold over 2 million copies! Invite a friend or neighbor and find out how *you* can improve your own life!



Don't miss this opportunity to learn simple, manageable ways you can take control and make your life less stressful!

Branch members who need a ride can contact Marsha Froines at msfroines@att.net.

Another November Event!

November 7 and November 8

**Weekend Open House in Danville
Honors Veterans
and Focuses On
"Women in the Military"**

San Ramon Valley veterans will be honored at a special two-day open house in Danville just prior to Veterans' Day in November. The public is invited to this "do-it-yourself museum" event to be held inside the main auditorium of the Veterans Memorial Building at 400 Hartz Avenue in Danville. It promises to be an engaging and educational experience for young and old.

"Women in the Military" is this year's theme and provides an opportunity to acknowledge women veterans for their service. **The highlight of the weekend will be a panel discussion by women veterans starting at 1:00 PM on Saturday with special emphasis on illustrating the many diverse ways women are serving in the military throughout the world.**

The expansive exhibit will include artwork by women veterans, uniformed mannequins, military memorabilia, hands-on communication gear, historic posters and lithographs, patch collections, propaganda leaflets, and photos.

Admission is free. The entire community is encouraged to attend.

Where: The Veterans Memorial Building, 400 Hartz Avenue in Danville

When:

- Saturday, November 7 from 9:00 AM to 4:00 PM (panel discussion begins at 1:00 PM)
- Sunday, November 8 from 10:00 AM to 3:00 PM.

Docents will be available to guide guests around the permanent museum displays.

For questions about either program, please contact me at chrisburchik@comcast.net.

Chris Burchik
Vice President, Program

Local Scholarship

**Coming in December!
Silent Auction Gala!
Wednesday, December 2
7:00–8:30 PM**

We look forward to seeing everyone at the Silent Auction Gala on Wednesday, December 2 at the San Ramon Community Center Terrace Room from 7:00–8:30 PM. This is our major fundraiser to raise scholarship funds for local high school students and Renaissance Scholars at CSU East Bay.

Close to 100 great items have been donated to our auction from Tri-Valley businesses in San Ramon, Danville, Dublin, Pleasanton, and Livermore. Look for the list of donated items that will be sent via e-mail before the auction for your perusal. You can plan ahead to bid on items you're interested in. A few of the items include gift certificates for Cheesecake Factory, Giuseppe's, Brass Door, Esin Restaurant, Los Panchos, Three Brothers, Amber Bistro, Forbes Mill Restaurant, Peet's Coffee & Tea, Sky Terrace Vineyard, Trader Joe's Market, Dublin Bowl, Petco, four hours of organizing by Joy Perkins of Omnibus Organizing, Buckhorn Grill, and a golf outing for four at Crow Canyon Country Club.

We'll also be featuring delicious cakes from local bakeries.

Enjoy light appetizers, desserts, coffee, and sparkling cider while you bid. Wine will be available for purchase.

The drawings for the theme baskets will begin at 7:25 PM. Come at 7:00 to look at the beautiful baskets donated by the interest groups, AAUW members, and friends as well as all of the other auction items. It will be a fun evening! Bring a friend or two with you and, of course, your checkbook!

Build-A-Basket

If you plan to help with this event by donating a theme basket for the raffle, I would love to hear from you. I would like the baskets by November 28 and would be glad to pick it up or help you arrange the items.

This subsection contributed by Sydney Allison
sydgara@sbcglobal.net

New Raffle Basket for 2015!

We are pleased to present a very special gift basket this year at our Silent Auction Gala on December 2. It's designed for those members who are not able to attend the event but want to support our scholarship fundraising.

Tickets will be available for purchase through December 1. They will also be available at our November 21 "Simplify Your Life" program.

For a donation of \$20.00, you will have the opportunity to win a beautiful bonus basket valued at \$100. Featuring dining, shopping, entertainment, and local products from various venues, it will provide a wonderful collection of items to experience the San Ramon Valley with family and friends. Contact Susan Walker-Christensen (828-0595 or csslchris@comcast.net) anytime before December 2 to purchase your ticket!

This subsection contributed by Susan Walker-Christensen.

Julie Gin
Co-Vice President, Local Scholarship with
Susan Walker-Christensen

Committee Members:
Sydney Allison, Sally Blackwell, Pat Campbell, Millie Kessler, and Sally Scholl

Membership

Membership Matters for November 2015

The **AAUW San Ramon Branch Directory** will be delivered via e-mail in early November. Please check your personal listing and verify that all information is current. Be sure to contact me by e-mail or telephone with any changes or corrections so that we can keep you updated on all of our wonderful programs and events.

In November, the AAUW national organization purges the records of all expired memberships from its database, and those names will be removed from our branch directory and all mailing lists (such as newsletter and special interest groups) as well, so please keep this in mind if you have not yet renewed.

Your support at the branch level is essential to accomplishing our mission—to promote equity for women and girls through advocacy, education, and scholarships—here in our own community.

AAUW's Newest Member Benefit: Office Depot and Office Max

AAUW has collaborated with Office Depot and Office Max to give members a discount savings of up to 80% online and in stores. This includes print orders as well! Shop or print your instore savings card now. Link: <http://www.officediscounts.org/aauw.html>

I wish everyone a Happy Thanksgiving!

Claire Mailhiot
Vice President, Membership

California Woman Suffrage 1870–1911 Exhibition

Glass House Museum
19953 San Ramon Valley Blvd.
(next to Forest Home Farms)

September 26–November 14

Saturdays at 2:00 PM

FREE* with Glass House Museum Tour

The "California Woman Suffrage" exhibition was created to celebrate the success of women gaining full voting rights in California. Today many of us take voting for granted although women's right to vote in the United States was gained after a long and often bitter battle. The first statewide vote for women's suffrage in California occurred in 1896, when the women of the state asked Susan B. Anthony to organize their campaign. Despite their efforts, the amendment failed. However, by 1911, California suffragists finally succeeded in getting the Progressive Republicans to place suffrage on the October ballot. The "California Woman Suffrage" exhibition captures and celebrates the fight for the enfranchisement of women and their banding together for a common cause.

Sponsored by the San Ramon Historic Foundation

**The exhibition is included FREE with our purchase of Glass House Museum Tour. Glass House Museum Tours are \$5 per person (age 3–up). Credit card only.*

Money Matters



The Power of Appreciation

You may think I'm talking about asset price appreciation since I'm a financial advisor, but in this month of giving thanks, I am talking about appreciating all of the things we have. There have been many studies that show by focusing on the good things in our lives, instead of the bad, we will actually feel happier and it is possible to set our innate "happy" level higher. How might you help yourself feel more appreciation?

1. How about writing five things that you are thankful for either first thing in the morning or last thing before sleep? By doing so, you are training your mind to seek out the positive each day because you will need something to write down when the time comes. As your mind begins to search for the positives, it will see more and more. According to *The Happiness Advantage* by Shawn Achor, "When our brains constantly scan for and focus on the positive, we profit from three of the most important tools available to us: happiness, gratitude, and optimism." If Shawn's answer doesn't work for you, remember that writing a gratitude journal worked for Oprah!
2. Did you know that social support has as much effect on life expectancy as smoking, high blood pressure, obesity, and regular physical exercise?¹ I had no idea it was that important. What are you doing to strengthen your social support system? Our AAUW group is a great way to do just that—join the lunch bunch, a walking group, or any of the many activities we have for your social delight and ultimate health.
3. As we approach the holiday season, another suggestion backed by Shawn Achor is to spend money, but not on things. What does that mean? Think of taking a friend to lunch for her birthday instead of sending a gift in the mail. When we spend money on experiences with people we care about, we both enjoy giving the gift and deepening our social support system. In our family, we have done this over the years by offering our boys choices of family activities we could do together for their birthday present. One of the most memorable and fun was indoor skydiving!

Happy Thanksgiving ☺

I hope I've helped you to think your way to a happier life. If you haven't read *The Happiness Advantage*, I highly

recommend it. Thank you to all of you who read this column and let me know if you like it! Remember, if you have a question you would like addressed, just let me know.

¹ According to *The Happiness Advantage* by Shawn Achor, citing House, J., Landis, K., & Umberson, D. (1988). Social relationships and health. *Science*, 241, 540–544.

Please e-mail your financial questions to diane@oaktreewealth.com. Your personal information will be kept confidential. For a list of states in which I am registered to do business, please visit www.oaktreewealth.com.

Diane Woodward
San Ramon AAUW Member Columnist

Diane Woodward, CFP®, RICP® is a registered representative with and securities and advisory services offered through LPL Financial, a Registered Investment Advisor, Member FINRA/SIPC www.finra.org www.sipc.org

The chorus group listed below includes Chris Kenber among its members. Mr. Kenber offered bread-making classes to our Daytimers group and donated money to our San Ramon Branch AAUW Funds two years in a row.

Chromatica Concert Performances Music by Women Composers

Chromatica, a regional chorus recently dubbed "the undiscovered musical jewel of the East Bay," will perform three concerts of music by women composers in November in Clayton Valley, Dublin, and Danville. The program includes music by Monte Vista High School graduate and commissioned composer Stacy Garrop, and the North American premier of music by UK Composer of the Year Cecilia McDowall.

**November 1 at 7:00 PM
Clayton Valley Presbyterian Church
1578 Kirker Pass Road, Clayton**

**November 7 at 7:00 PM
Resurrection Lutheran Church
7557 Amador Valley Boulevard, Dublin**

**November 8 at 7:00 PM
Peace Lutheran Church
3301 Camino Tassajara, Danville
(A reception follows this concert.)**

Tickets can be purchased through the Chromatica website at www.chromaticachorale.org or from any member of Chromatica. Ticket prices per concert are \$20/adults, \$10/students, and free to children (5 to 10). Tickets may also be purchased at each location before the concert.

Contributed by Chris White

Interest Groups

LUNCH BUNCH

First Tuesdays

Tuesday, November 3; 11:30 AM

Join us for a delicious lunch and lively conversation! Be sure to notify Marsha on the prior Sunday if you will attend.

Dana's 838-7611
416 Sycamore Valley Road West, Danville
(Dana's is in The Livery shopping center.)
If you aren't on the e-mail reminder list, also contact:
Marsha Froines



CHINESE MAH JONG

First Tuesdays and Third Thursdays, 7:00 PM

Tuesday, November 3

Hostess: Mary Venkat

Thursday, November 19

Hostess: Diane Griffiths

Please RSVP to the hostess.

If you have questions about this group, contact
Beth Allen



Interest Groups

WALKING GROUP

Saturday, November 7; 9:00 AM

Meet at the Bollinger Park and Ride at 9:00 AM to carpool to the Oyster Bay Regional Shoreline in San Leandro for an easy 2.25-mile walk. Estimated time of return is 11:30 AM. Let us know you are coming, and we will wait for you.

Diane Griffiths
Lois Kamoroff



GAME NIGHT

First Saturdays

Saturday, November 7; 7:30 PM

Hostess: Lucy Weed

To ask questions or RSVP, call or e-mail:

Lucy Weed



DAYTIME BOOK GROUP

Second Mondays

Monday, November 9; 1:00 PM

We'll discuss *The Final Leap: Suicide on the Golden Gate Bridge* by John Bateson, who will join us at our meeting to discuss his book! John lives in Moraga and was the director of the Contra Costa Crisis Center. I hope you can plan to attend the meeting—it will be really stimulating to discuss the book with the author present. Everyone is welcome, even if you haven't read the book but would like to know if you should give it a try.

Hostess: Margo James

Please let Margo know if you plan to attend.

Happy reading!

Questions? Contact Margo James



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CA Insurance Lic. #0785820. Diane is a Registered Representative with and securities and financial planning offered through LPL Financial, a Registered Investment Advisor, Member FINRA/SIPC.

Interest Groups

THE NIGHT BOOK GROUP (FORMERLY THE READING SOCIETY)

Third Mondays

Monday, November 16; 7:00 PM

We'll discuss *Me Before You* by JoJo Moyes.

Hostess: Laurie Dennen

Questions? Contact

Cheri Ng



THIRD TUESDAY BRIDGE

Third Tuesdays

Tuesday, November 17, 7:00–10:00 PM

Hostess: Carolyn Fishel

RSVP required

Contact Carolyn as soon as possible to let her know if you are playing or not. If you have questions or would like to join this group, please contact:

Chris White



FOURTH FRIDAY FLICKS (FFF)

Fourth (4th) Friday Flicks (FFF)

Friday, November 27 (yes, day after Thanksgiving)

Monthly Organizer: Chris White

Contact the Monthly Organizer if you are interested in joining us. Watch your e-mail for location and time of movie. If you would like to receive these e-mails, please contact:

Chris White



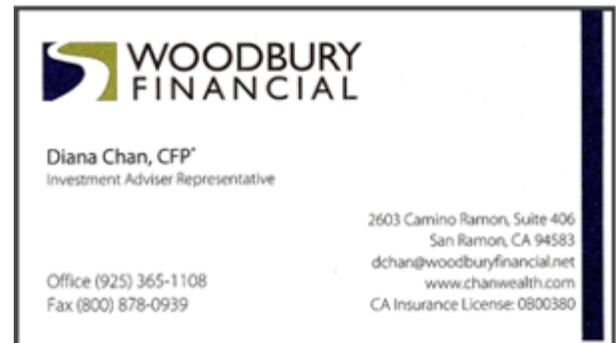
Interest Groups

TRAVEL GROUP

Our thanks go to Chris White for her hospitality on our kickoff presentation for the 2015–2016 year. Sincere thanks as well to Chris, Jane Young, Joy Perkins, and Lucy Weed for their fabulous presentation. We greatly enjoyed learning about their trip to Southern Africa. There will be no Travel Group presentation in November or December. Please join us on January 23 when Stella and Evans Hadjimarkos will show us Greece from the standpoint of the locals.

Rena Buckser

Anne Hayden



NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 11:30 AM Lunch Bunch Marsha Froines 7:00 PM Mah Jong Mary Venkat	4	5	6	7 9:00 AM Walking Group Diane Griffiths 9:00 AM “Women in the Military” Open House & Panel discussion 7:30 PM Game Night Lucy Weed
8 10:00 AM “Women in the Military” Open House-Danville Chris Burchik	9 1:00 PM Daytime Book Group Margo James	10 5:00 PM Board Meeting Cindy Alpert	11	12	13	14
15 Newsletter Deadline	16 7:00 PM Night Book Group Laurie Dennen	17 7:00 PM Bridge Carolyn Fishel	18	19 7:00 PM Mah Jong Diane Griffiths	20	21 10:00 AM Simplify Your Life Program Chris Burchik
22	23	24 7:00 PM IBC Meeting Cindy Alpert	25	26 Happy Thanksgiving!	27 Fourth Friday Flicks Chris White	28
29	30					

SNIPPETS

If you have a Snippet item (family events, career changes, etc.) that you would like to share with branch members, please contact Marsha Froines. **This column depends on member contributions.**

Save the Dates

December 2: Local Scholarship Silent Auction Gala

Coming in 2016

January 23: Travel Group presents Greece

January 31: Contra Costa County IBC program about sexual harassment featuring *The Hunting Ground*