



THE VIEW

FROM SAN RAMON

Volume 36, Number 7

March 2020

UNDERSTANDING ALZHEIMER'S AND DEMENTIA



Presented by Dori Sproul
Family Care Specialist
Alzheimer's Association

March 12, 7:00 PM

San Ramon Senior Center
9300 Alcosta Blvd., San Ramon

(See page 4 for details)

AAUW MISSION AND DIVERSITY STATEMENTS

American Association of University Women advances gender equity for women and girls through research, education, and advocacy. In principle and in practice, AAUW values and seeks an inclusive membership, workforce, leadership team, and board of directors. There shall be no barriers to full participation in this organization on the basis of age, disability, ethnicity, gender, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, and socioeconomic status.

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AAUW San Ramon Information

Websites:

Branch Website: www.sanramon-ca.ca.aauw.net
Webmaster: Isabel Lau (Isabel.lau13@gmail.com)
Association website: www.aauw.org
CA State website: www.aauw-ca.org
CCC IBC website: cbc-ibc-ca.aauw.org

Branch mailing address:

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

Branch e-mail address:

aauwsr@gmail.com

Facebook: San Ramon University Women/AAUW

Co-President's Pen



March is **Women's History Month**, when we remember and celebrate the achievements of women in the past. Those who are famous were fortunate to be recognized for their accomplishments and earn a place in history. Most struggled to overcome many obstacles based on their sex alone. Through legislation and resulting deep cultural advancement, doors for women gradually opened and the glass ceiling elevated somewhat. Women historymakers of today in science, the arts, and community activism are given more recognition but still face barriers and lingering stereotypes. Through social media, we are inspired and more aware of the great strides and accomplishments of our current generation of dynamic, creative women. And behind the scenes, countless other women are making history quietly, working every day to enrich our families and support our communities, and forming networks of like-minded women and men to explore solutions for the issues we face today.

On February 10, our branch came together to enthusiastically support our *Gianni's Tips for Change* event for Tech Trek, where seven branch members served 80 guests whose generosity resulted in a total of more than \$3,100—proceeds from tips, donations, the raffle, and Gianni's contribution!

Thank you to all who helped make it a success: Stella and Evans Hadjimarkos, Cindy Alpert, Judy Bracken, Chris and Steve Burchik, Angela Godin, Harry Sachs, Lucy Weed, our raffle ticket sellers Leslie Adams, Mary Jane Keogh, Lorraine Weir, Elaine Graves, and our generous dinner guests. The amount raised, along with proceeds of other fundraisers and donations, ensures that the branch will be able to send six girls to Tech Trek camp!

Our February program, "Organize for a Healthy Retirement" presented by Joy Perkins, was informative and entertaining. Joy described how to better our living space when planning for retirement, downsizing, or "de-cluttering."

The **Nominating Committee** is in search of new board members for 2020–2021. They will be contacting potential candidates to fill open board positions. This is a great opportunity to contribute to the growth and continuity of our branch. If you have an interest in or have questions about any positions, please contact me or Lucy or any of our board members.

The AAUW California Convention, will be April 17–19, at the Westin San Francisco Airport. Please see the February edition of *California Perspectives* for details.

Lastly, please vote on March 3. Your voice matters. Go to <https://votersedge.org/ca> for more information about what's on your ballot.

Chris Burchik
Co President with Lucy Weed

"Days for Girls" YOU CAN HELP--ITEMS NEEDED

The Citrus Heights American River Branch and other participating branches will be spearheading the "Days for Girls" project at the AAUW California Convention, April 17-19 2020, at the Westin San Francisco Airport.

The project involves assembling hygiene kits, including sewn bags and pads, for a Rwanda girls' camp.

You can help by donating **girls' underwear**: specifically, undies that are

- *100% cotton
- *sizes 10, 12, 14 or 16
- *brief, hipsters, or bikini styles (no boys' shorts or thongs)
- *Darker colors, floral, geometric are best. No faces or eyes.

Small travel-sized hotel soaps are also needed.

We'll pick up or you can drop off donations by April 16.

E-mail Chris or Lucy
THANK YOU!

Program

Understanding Alzheimer's and Dementia

March 12, 7:00 PM

San Ramon Senior Center
9300 Alcosta Blvd.



Presenter: Dori Sproul
Family Care Specialist from the
Alzheimer's Association of Northern California
and Northern Nevada in Lafayette

Alzheimer's News Today estimates that approximately 44 million people worldwide are living with Alzheimer's disease or a related form of dementia.

In the United States, an estimated 5.5 million people of all ages have Alzheimer's disease. Of these, around 5.3 million are 65 and older and 200,000 are younger and have early-onset Alzheimer's disease. About two-thirds of Americans with Alzheimer's disease are women. This equals 3.3 million women 65 or older having Alzheimer's in the United States and 2 million men.

Please join us to learn more about Alzheimer's and dementia. Dori Sproul will share with us

- the impact of Alzheimer's
- the difference between Alzheimer's and dementia,
- Alzheimer's disease stages and risk factors
- current research and treatments available to address some symptoms
- Alzheimer's Association resources

This is a free program. All are welcome. We hope to see you March 12.

Your Program Committee has put together periodic programs for your education and enjoyment. If you have ideas for programs that would interest you, please contact one of us. We are open to new ideas.

Leslie Adams, Mary Jane Keogh, Kathy Senti
Program Co-Vice Presidents

STEM

Women's History Month

Marie Curie

March is Women's History Month, which highlights the many past contributions of women. This month, we honor Marie Curie for her pioneering work in radioactivity and chemistry. And we remind our members that The Association of Collegiate Alumnae (predecessor to AAUW) helped to raise money to purchase a gram of radium—worth \$100,000 in 1920—to further Ms. Curie's research. How did this happen?

Marie Maloney, a journalist and editor of *The Delineator* women's magazine, interviewed Ms. Curie. During the interview, when asked "If you had the whole world to choose from, what would you take?" Ms. Curie replied, "I need a gram of radium to continue my research, but I cannot buy it; radium is too dear to me."

Ms. Maloney organized a group of women in the United States and formed the Marie Curie Radium Fund. The Association of Collegiate Alumnae (ACA) was an active participant in the effort.

In fact, their effort gathered more than enough money for the radium. The remaining funds were eventually granted to AAUW, which established the Marie Curie Fellowship to support a French or American woman studying chemistry, physics, or radiology. It was first awarded in 1963.

Ms. Marie Curie won two Nobel Prizes. She was the first woman to win the prestigious prize (sharing the first with husband Pierre in 1903 and as sole recipient in 1911). She received numerous other awards and was the subject of many books and films. The latest film, *Radioactive*, is due to be released in April 2020.

Sunday, March 8

International Women's Day 2020 Campaign
Theme Is #EachforEqual

An equal world is an enabled world.

Internationalwomensday.com

Tech Trek



We Did It!

Yeah! We did it! Thanks to all who contributed to our Tech Trek fundraising efforts, the branch reached and exceeded our goal of raising \$6,000 for Tech Trek. The branch now has enough in our Tech Trek account to sponsor six girls for the 2020 Tech Trek STEM (science, technology, engineering, math) summer camp (camp fee of \$1,000 per camper) and has a start on raising funds for next year's Tech Trek camper sponsorships.

Our Gianni's Tips for Change fundraiser on February 10 was a fun and highly successful event that netted \$3,109 that night, including \$1,080 from raffling wine and chocolates gift baskets and over \$400 in donations afterward. Big kudos and huge thanks to our Tips for Change event volunteers:

Stella Hadjimarkos, event coordinator

Cindy Alpert, Judy Bracken, Chris Burchik, Steve Burchik, Angela Godin, Evans Hadjimarkos, Harry Sachs—servers and earners of the tips

Steve Burchik, who made and donated chocolates for the raffle baskets

Lucy Weed's son and his wife, David and Christina, who donated bottles of wine for the raffle baskets

Leslie Adams, Elaine Graves, Mary Jane Keogh, and Lorraine Weir, who sold raffle tickets



L to R: Servers Chris Burchik, Cindy Alpert, Judy Bracken, Angela Godin, and Harry Sachs; event coordinator, Stella Hadjimarkos



The crew enjoying dinner: Chris and Steve Burchik, Stella Hadjimarkos, Angela Godin, Judy Bracken, Cindy Alpert, and Harry Sachs



Evans Hadjimarkos and Lucy Weed



Wine and chocolate raffle baskets. Winners were Mercedes Daggett, Mary Venkat, Jane Young, and JoAnne Barron.

The winners of the raffle baskets were JoAnne Barron, Mercedes Daggett, Mary Venkat, and Jane Young. Thanks for supporting Tech Trek—and enjoy the chocolates and wine!

Also a big thanks to Gianni and Melanie Bartoletti, the owners of Gianni's Italian Bistro, for hosting this fundraising event and donating all that night's tips and 10% of the dinner proceeds to our Tech Trek account.

And here is an update on selecting our 2020 Tech Trek campers. We received seventeen nominations for our 2020 Tech Trek camp sponsorships from 7th-grade STEM teachers at the four San Ramon middle schools. Sixteen of the nominated girls completed and submitted Tech Trek applications to us. In early February, our Tech Trek readers subcommittee began reading the applications to select which girls to interview. Our interview subcommittee will conduct interviews in March to select our six 2020 Tech Trek campers and two alternates.

This year's Tech Trek camp (June 21–27 at Sonoma State University) still needs some dorm moms and half- and full-day class monitors. If interested in volunteering, contact the camp co-Director Diane Coventry at (510) 912-9306 or coventrydiane638@gmail.com, Marielle, or Cordelia.

Thanks again to all who contributed to our Tech Trek fundraising efforts this year. You've helped provide the exciting opportunity of STEM summer camp to some local young women, thereby possibly changing their lives through supporting and encouraging their passion for STEM subjects.

Marielle Boortz and Cordelia Hwang
Co-Chairs, Tech Trek

Membership



Membership Matters

Spring is coming soon! March is a great time to bring new life to our branch with new members! Our March 12 program, “Alzheimer’s Association: Understanding, Treatments, and New Research,” is a great time to introduce prospective new members to our AAUW branch. Our “Shape the Future” campaign rates will be available for new members who join at the program. That means for the first year of membership, they receive a 50% discount on the national dues.

Also, for new members joining after March 15, there is a special deal! They will receive a membership through June 2021. That means April, May, and June 2020 will be free.

Consider recruiting a new member this year and serving as a buddy in order to help the new member make a connection with our organization. Offering rides to programs or inviting the new member to Interest Group activities or special projects often help them feel included. If you are aware of a member that would appreciate a buddy, or if you have suggestions for how we can assist with member participation, please contact us.

Renewal season will be here soon. AAUW membership follows the fiscal calendar and runs from July 1 to June 30 of the following year. Branch membership dues collection begins March 16. E-mailed online renewal notifications will be sent late spring.

- AAUW national membership dues are \$59, of which \$56 is tax deductible as a charitable contribution. The remaining \$3 is not tax deductible because it supports the AAUW Action Fund’s section 501(c)(4) Capitol Hill Lobby Corps and get-out-the-vote activities. Student dues are \$18.81, of which \$16.81 is tax deductible and \$2 isn’t.

Our San Ramon Branch dues are \$20 and California state dues are \$20; neither is tax-deductible.

- AAUW national life membership is \$1,180 and is fully tax deductible. Individuals considering life membership who qualify for national membership may pay 20 times the national rate one time (\$1,180) and become exempt from further national dues.

A chart of AAUW national dues, fees and tax-deductibility is found at <https://www.aauw.org/files/2019/03/AAUW-NATIONAL-DUES-FEES-AND-TAX-DEDUCTIBILITY-FY20-nsa.pdf>

Thank you for supporting AAUW!

Membership Team,
Alice Miller, Betsy Hoffmann, and Margo James

Public Policy



Voting Information: California Primary March 3 and AAUW CA Elections April 17–May 8

California Primary Statewide elections in California take place on March 3, 2020. In addition to the presidential nomination and regional elected positions, there are other initiatives on the ballot. You can find information about the initiatives on this website: <https://votersedge.org/ca>

Please remember to vote—your choices do make a difference!

AAUW CA Elections Elections will be held to fill eight positions on the AAUW CA Board: seven directors and one secretary. Candidate biographies were included in the most recent *California Perspective* newsletter published by AAUW CA. The voting period will begin on April 17 and will close on May 8, 2020. Every member has the opportunity to vote electronically. Your vote matters here too!

When the election period starts, each member will receive an e-mail message containing a personal invitation to vote. There will be a link to click that will take you to the ballot. No password or code needs to be entered. Members who do not have a working e-mail address will be mailed a postcard with information about how to vote online.

Please let me know if you have any questions regarding the AAUW CA voting process.

Cindy Alpert
Public Policy



Local Scholarship



High School Scholarships Update

Applications for the local scholarship awards have been distributed to California High, Dougherty Valley High, and Venture schools. In addition, the application is posted on the San Ramon AAUW website.

Qualifications: Each applicant must be a female resident of San Ramon and plan to attend an accredited four-year college or university in the fall of 2020. The awards are based on scholastic achievement, test scores, educational goals, community and campus involvement, and financial need. The due date for submission is March 27, 2020.

Renaissance Scholars Update

Loranne Weir, Pat Campbell, Sally Scholl, and I met with our four CSUEB Renaissance Scholars scholarship recipients (Bailey Buehler, Trinity Cuevas, Celena Johnson, and Dian Rodriguez) on January 28 and February 3 to present them with their second \$500 check and to update their personal and academic goals. We were also able to spend a brief amount of time with Dr. Lael Adediji, Coordinator for the Renaissance Scholars Program. All four young women reported that they are doing well and very much appreciate the support from our organization. A brief summary of their current status follows.

Bailey Buehler

Bailey is completing her senior year as a Psychology major and is on track to graduate in May 2020! She has continued to maintain a strong GPA while working full-time at Fed-Ex in Newark and commuting from her home in Tracy. You can see why Bailey describes time management as one of her major strengths! She continues to be very excited and passionate about the many areas of psychology and is interested in pursuing a career in this field. Currently, she is gathering information about what options are available to her (social work, marriage and family therapy, counseling, etc.) At this time, Bailey may continue to work full-time next year and pursue volunteer or intern positions in order to gain more information about career paths in the field of psychology.

Trinity Cuevas

Trinity is completing her senior year as a Criminal Justice major and is on track to graduate in May or the summer of 2020. She has been working for a security company in San Jose and in December moved into a shared house in Newark. Commuting by car and BART has been working out well for Trinity. She has had the opportunity to work as an intern in San Mateo County in various departments. These job placements have provided Trinity with a significant amount of information about just what is involved with several positions. She is still interested in pursuing a career in juvenile probation.

Celena Johnson

Celena is completing her sophomore year as a Pre-Nursing major and hopes to enter the nursing program as a junior. Acceptance to this program requires an entrance exam and interview. Completion of this program would require three more years. Celena continues to focus on her career goal of working as a neonatal nurse.

Celena continues to work part-time for the City of Hayward in the office of the maintenance department. This is a paid internship and she rotates, assisting the various secretaries within the department. During her school breaks, she has the opportunity to work a full 40-hour week. This continues to be a great placement for Celena. In addition to school and work, Celena continues to volunteer at George Mark Children's Home in San Leandro. This is a facility for severely ill children that also provides family support.

Celena was very excited as she shared with us her holiday and school break activities. She was able to spend a considerable amount of time with her foster mom and family, including nieces and nephews. This seems to be truly a solid, supportive network for Celena.

Dian Rodriguez

Dian is currently in her senior year as a Human Development major. She will need to take a fifth year to graduate due to the remedial classes that she was originally required to take. These classes did not meet graduation requirements (CSUEB no longer uses this system.) Dian is focused on graduation in 2021 and is still interested in working with foster youth in the field of social work.

Continued on next page

Local Scholarship

During our time with Dian, we also discussed other opportunities in the human resources area that she could explore during her fifth year. Dian has demonstrated many skills in working with others and pursuing services for herself and other foster youth that could translate into other career fields.

Dian continues to live in San Mateo and work in the Department of Housing for San Mateo County. She was very excited as she shared with us that she now has a driver's license and a car to drive to CSUEB! Many of her classes are on-line this semester so she doesn't have to come to Hayward very often, but this has been a long-term goal for Dian, and she was so excited and pleased with this accomplishment. She also shared with us that she now has the time and resources to return to dancing with the Ballet Folklorico group in Redwood City that she was a part of for many years. We look forward to Dian sharing the performance schedule with us and maybe we can attend sometime.

Shredding Event Fundraiser

We are still hoping to schedule this event in April as a fundraiser for Local Scholarship. At this time, the exact date and location are still to be determined. We will publicize this information as soon as possible, so keep us in mind as you prepare your taxes and do your spring cleaning and organizing!

We want to thank all of our members who have made direct donations to Local Scholarship and/or have supported our fundraisers throughout the year. Your continued support and generosity have a significant direct and positive impact on the lives of the young women who are our scholarship recipients, both at the local high schools and the CSU East Bay Renaissance Scholars.

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



AAUW Fund



Save the Date!

Annual Fund Luncheon

Saturday, April 25

11:00 AM to 1:00 PM

Featuring

**Saleem Adera
American Fellows Recipient**

Host:

Mary Venkat

Cost: \$30 Each

The Fund Committee is excited to announce our speaker for our annual Fund Luncheon, Saleem Adera. Saleem is an American Fellows recipient who is currently working on her Ph.D. in Hydrology at UC Berkeley.

An Evite invitation will be sent March 25. We will have more details in the April newsletter.

Elaine Graves
Co-Vice President, AAUW Fund with Millie Kessler

Happy March Birthdays

Julie Gin
Renu Kulkarni
Teresa Kalashian
Faye Isaacson
Linda Henika
Leslie Adams
Beverly Kleyn
Cindy Wong
Joy Perkins

Interest Groups

Game Night

First Saturday

Saturday, March 7; 7:00 PM

Host: Joy Perkins

Kindly RSVP to Joy. Have questions? Contact
Lucy Weed



Lunch Bunch

First Tuesday

Tuesday, March 3; 11:30 AM

This group meets for a friendly lunch with fellow members. We talk about anything and everything while dining on delicious food, and always get separate checks. This month, we're dining at

Firehouse 37 380-6565

250 Market Place, San Ramon

Be sure to notify Marsha on the prior Sunday if you will attend. To join the e-mail reminder list, also contact:
Marsha Froines



Chinese Mah Jong

First Tuesday and Third Thursday

Tuesday, March 3; 7:00 PM

Host: Fran Bartholomew

Thursday, March 19, 7:00 PM

Host: Chris White

Thanks to all the ladies that volunteered.
If you have questions about this group, contact
Linda Louie

Interest Groups

Daytime Readers

Second Monday

Monday, March 9; 1:00–3:00 PM

We are reading *Lessons From Lucy* by Dave Barry.

Host: Kathy Senti

Please RSVP to Kathy. If you have questions about the
Daytime Book Group, please contact Margo James



The Night Book Group

Third Monday

Monday, March 16; 7:00 PM

Marielle Boortz will review *Song of Solomon* by Toni Morrison.

Host: Chris Burchik

Kindly RSVP to Chris. Questions? Contact
Cheri Ng



Tuesday Night Bridge

Third Tuesday

Tuesday, March 17, 7:00–10:00 PM

Host: Margo James

RSVP required: Contact hostess as soon as possible to let
hostess know if you are playing or not.

Questions? Contact Chris White



Interest Groups

Fourth Friday Flicks (FFF)

Our San Ramon Foreign Film series has ended. All who participated really enjoyed the films and commentary. We also enjoyed the food we tried to pair with the theme of the movie. I highly recommend it for next year!

So, we are back to our regular schedule:

Friday, March 27

Sherri Hedman is our Organizer. Watch for an e-mail from me once Sherri decides what and where.

Please Volunteer to Be an Organizer

We need an Organizer for May 22, July 24, August 28, and September 25. The monthly Organizer will send out a notice via Chris White to those on the e-mail list with movie, location, and time. If you would like to receive these e-mails, please contact
Chris White



Joy Perkins

Designing Smart Solutions for Busy People
925-216-9883 • omnibusorganizing@gmail.com

Interest Groups

Travel Group

Save the date!

Please join us on April 11 for our final Travel Group presentation of the year. We will visit Northern Italy. Travel Group has enjoyed a number of presentations about Italy, but this one is new territory. We will share Chris and Steve Burchik's trip to visit the Alps, the Dolomites, Lake Como, Lake Garda, and Lago d'Isèo. They participated in an active tour that included a lot of hiking. They also took the Bernina Red train, the highest Alpine crossing in Europe, which goes from Italy to Switzerland.



Their presentation will be followed by a short presentation in which Renae and Steve Buckser will show us a very special and less touristy part of Italy: the Piedmont region, which is famous for its food and wine.

Travel Group programs are open to AAUW members, their spouses, friends, and significant others. We'd love to see you at our events this year! Because refreshments are served at our events, please respond positively to the event's hostess if you can attend.

Renae Buckser
Anne Hayden

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 11:30 AM Lunch Bunch Marsha Froines	4	5	6	7 7:00 PM Game Night Joy Perkins Reset your clocks for Daylight Savings Time
8 <i>International Women's Day</i>	9 1:00 PM Daytime Readers Kathy Senti	10	11	12 7:00 PM Program: Understanding Alzheimer's and Dementia	13	14 
	6:00 PM Board Meeting Chris Burchik	15 Newsletter Deadline	16 7:00 PM Night Book Group Chris Burchik	17 7:00 PM Bridge Margo James	18	19 7:00 PM Mah Jong Chris White
20	21	22	23	24	25	26
27 Fourth Friday Flicks Sherri Hedman	28	29	30	31		

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

Saturday, April 11: Travel Group presents Northern Italy

Friday–Sunday, April 17–19: AAUW CA Convention, San Francisco Westin Hotel

Saturday, April 25: Fund Luncheon