

October Program Event on Mindfulness Wednesday, October 18, 1:30 to 3 pm on ZOOM

Ruth Dusan, Program Vice President



Join us for a presentation on: “Mindfulness as a Key to Stress Management” presented by Kelly Weisberg, Certified Mindfulness Instructor.

Here’s what Kelly has to say:

Stress is everywhere in our modern lives. We are overwhelmed by work, family, relationships, and even the television news! Stress leads us to feel anxious and depressed. It contributes to sleeplessness and loss of appetite or overeating. While we can’t control what happens around us, we can control how we respond to stress.

Mindfulness teaches us techniques for stress management. Mindfulness is the practice of focusing on moment-to-moment experience without self-criticism and with acceptance. Mindfulness helps us mobilize inner resources to meet the challenges of everyday life.

One way to learn mindfulness is through programs with a certified mindfulness instructor. I am a lawyer/sociologist who has taught law and human behavior classes for 40 years. Years of stress from teaching, writing, and family responsibilities led me to take stress management classes and later to teach them.

I am happy to offer these classes to the AAUW. I teach several different classes, including Cultivating Compassion Training (learning compassion for others); Mindful Self-Compassion (learning compassion for ourselves); Mindfulness-Based Stress Reduction, and Mindfulness-Based Eating Awareness Training (learning to cultivate a more balanced relationship to eating, weight, and food). These programs rest on scientific evidence that supports their beneficial effects on health and well-being.

Come to a presentation to learn more about these programs and what they can do for you! For further information, contact Kelly Weisberg at kelly_weisberg@yahoo.com or programs@aauwsanjose.org. Zoom link to attend the program:

<https://us06web.zoom.us/j/85445215161?pwd=emdoK1h1WUxOTjcrT0kwWWZkZFVsZz09>

President's Corner

by Linda Goldberg



As you are all aware by now, we have been given a most generous gift this year from the Dorris Miller Bequest. We have for some time been in critical need of a new computer for Headquarters, and we now have an opportunity to upgrade our technology the correct way. With that in mind, I am planning to form a small committee of people who know or are interested in computer technology to begin investigating and determining what we will need, including professional advice, to make all of our Headquarters technology efficient and secure. If you would like to serve on this committee, please let me know. Also, if you regularly use the computer or any tech at Headquarters, we will want input from you on programs you use - or would like to use - to complete your jobs.

At our program in August, we were treated to a very informative talk from Sandi Gabe, President of AAUW-CA. One of the interesting things she talked about was GovTrek. This is a virtual program for high school junior and senior girls to encourage careers in public service and elected office. It consists of five two-hour sessions with activities and exposure to women legislators. Unlike TechTrek, our branch would not need a dedicated committee(!) to bring this to Santa Clara County. According to Sandi, we only need to get the information to high school history teachers and the AAUW-CA takes care of the rest. This sounds like a doable project in line with our mission and strategic plan - anyone want to join me? I was very fortunate to be able to attend the Women's Equality Day 50th Anniversary Celebration hosted by the Santa Clara County Commission on the Status of Women in August, and a very clear theme ran through all of the dynamic speakers we heard - there is still much to be done. And who better to do it than a woman in elected office?

A Good Problem to Have!

Diane Trombetta, Dorris Miller Bequest Allocation Committee Chair

In June, our branch received a large and unexpected bequest from Dorris Miller, a Palo Alto scientist and mathematician. Although she did not belong to our branch, she was impressed enough with our work to entrust us with a third of her estate, over \$330,000. The Board appointed a committee to suggest how this large sum could be used to support our mission and to benefit the branch as a whole. With the AAUW San Jose Strategic Plan and AAUW mission statement as guides, the Committee created an organizational budget with allocations specified for our four Community Action Projects, the Programs, Membership, and Public Policy Committees, and Branch administration.

At the September Board meeting, the Dorris Miller Bequest Allocation Committee's recommendations were accepted. Through participation in the CAPs and committees receiving funds, members will decide how best to use these allocations to improve the reach and effectiveness of their programs and projects. In addition, funds will be used to update the office computer hardware, software, and cyber security system, and to hire bookkeeping and tax preparation services. Those of you who attended Fall Gathering learned more about Dorris Miller and the ways her amazing gift will be used to support our branch and our mission for years to come.

The AAUW School Board Project Is for All of Us

Susan Karlins and Bonnie Marcus, Public Policy Committee

AAUW-CA's School Board Project was launched on September 21 with the webinar *Book Banning and Curricula Censorship in California? AAUW California to the Rescue!* Kathi Harper, School Board Project Committee Chair, explained the project, its importance, and how all AAUW California members can become involved. The webinar discussed a movement that is being faced by communities across the state and nation: the well-coordinated attempt by conservative organizations to elect regressive school board members who support book banning and curricula censorship. Information from this forum and our own Public Policy committee will be shared in future editions of the BONFIRE.

To learn more about this project, please attend the next AAUW San Jose Public Policy meeting via Zoom. The new day for Public Policy meetings is the third Wednesday of the month, so join us Wednesday, October 18, at 7 pm via Zoom to learn more. <https://us06web.zoom.us/j/87531558423?pwd=Z0t4dTEvMTBsN00rYnBaSWZTbzIeZz09#success> Until then, there are things you can do to educate yourself about this issue and prepare to become involved:

1. Pay close attention to all local school board candidates where you live, from elementary school districts to Community College Districts. In most districts, pro-censorship candidates are running for office but they do not usually announce their pro-censorship or anti-LGBTQ intentions. These candidates usually all state basic non-controversial educational goals, hoping to garner votes from a public unaware of their True intentions.
2. There is a special election on November 7 for a San José-Evergreen Community College District Trustee. If you live in that district, watch for a candidate forum. The League of Women Voters sometimes organizes these helpful events. You can also view candidate websites or social media sites.
3. Check with votersedge.org to learn more about the candidates. Look to see if they are endorsed by local elected officials whose positions are often aligned with AAUW's policy priorities.

Educate yourself on this issue. It's our children's future.



Parking Lot Drive for Spartan Food Pantry

Mary Jane Vitkovich, Neighbors Helping Neighbors Co-Chair

"No student should have to face food insecurity" - Spartan Food Pantry

As part of the SJSU Cares Program, the Spartan Food Pantry is a walk-in food assistance program for eligible students. Neighbors Helping Neighbors is supporting this pantry by sponsoring a parking lot drive at Headquarters from 10 am to noon on Saturday, October 28, by collecting peanut butter, cereal, canned soups and granola/breakfast bars.

Teleconference/Hybrid Meeting Training Available in October

Peg Carlson-Bowen

Our branch has a teleconferencing system that supports 'hybrid' meetings, allowing both in-person and Zoom participants to attend at the same time. This was helpful during the pandemic, but continues to be so for San Jose Branch dual members who live far away, those who may no longer drive, or those whose work schedules or other obligations only allow remote attendance. Instructions on how to use the system are available, but many prefer in-person training, so this will be offered on the following dates and times at Headquarters:

Tuesday, Oct. 3 - 1 to 3 pm

Saturday, Oct. 7 - 10 am to noon

Wednesday, Oct. 11 - 4 to 6 pm

Thursday, Oct. 19 - 11 am to 1 pm

Technology may intimidate you, but our system was designed for small businesses and can be mastered! This will also free up those few who currently are managing these meetings, and will allow you to be technologically independent.

You must RSVP to attend, indicate whether you use a Mac or PC, and bring the computer you intend to use for the meeting (and Zoom session) to the training. Please email Peg Carlson-Bowen to reserve your spot. If there are no RSVPs for a particular session, it will not be held. Class size will be limited to give attendees personal attention. If there is a need for a later evening session, one can be scheduled.



It's the Most Wonderful Time of the Year!

Mary Jane Vitkovich, Neighbors Helping Neighbors Co-Chair

Next Door Solutions to Domestic Violence will be holding an event in early December for mothers and children to shop for holiday gifts. Neighbors Helping Neighbors will be supporting this program by collecting new children's books and new stuffed animals. Bins will be in the front hallway of Headquarters from mid-October to late November.

Save the Date**Keep the Holiday Spirit Alive 365
Saturday, November 18 - 10 am to noon**

Please join us for an informative and inspiring program sponsored by the Local Scholarship Project "Keep the Holiday Spirit Alive 365: Multiple Ways to Support Our CAPs" in the Wesley Room at Willow Glen United Methodist Church (Minnesota Avenue and Newport Street in San Jose). There will be refreshments, "thank you" party favors for all, donor and recipient speakers, and entertainment. Get that holiday spirit started early and keep it going all year long!



Rent Reduction in Headquarters Rental Space
Diane Trombetta, Building & Properties Committee

The rent we are asking for the upstairs office (Suite 200) has been lowered to \$2,200 per month. Please spread the word to anyone you know who is looking for a unique office space in Willow Glen. Questions? Email buildings@aauwsanjose.org.

Reminder from Building & Properties Committee

We had an intruder in the basement! Please make sure you have locked the basement as well as the house before you leave. If you see a homeless person hanging around and you feel threatened, call 911. Otherwise, call 311, the non-emergency number for the police, that will inform them of the issue. Thank you.

welcome

Welcome to Our Newest Member
Claire Campodonico

YESSICA McLENEGAN was referred to the Branch by member Monique Lee. Yessica earned her degree from Santa Clara University and is a practicing Marriage and Family Therapist. She is looking forward to making new friendships and becoming more involved in our community projects.

Thank You, Starbucks!

We'd like to acknowledge the Starbucks on Lincoln Avenue, which graciously donated the coffee for Fall Gathering. A neighbor helping neighbors!



UPDATE ON COURTNEY ROWE
PAST LOCAL SCHOLARSHIP RECIPIENT
Cheryl Markman, Local Scholarship Committee

Courtney Rowe received an AAUW Local Scholarship in spring 2022. In June 2023, she graduated from Santa Clara University (SCU) with a Bachelor's degree in Mechanical Engineering. In her junior year, Courtney was one of four engineering students - and the only woman - awarded a prestigious De Novo Fellowship, awarded to outstanding SCU students in the College of Arts and Sciences and the School of Engineering, which encourages underrepresented STEM students to participate in a faculty-advised research project. The fellowship provided funding for her to work on her research over the summer. The "Effects of Crystal Orientation on Thermal Conduction: A Two-Dimensional Simulation" was presented at a school-held showcase.

During her senior year, along with four other female engineering students, Courtney worked on a senior design project to develop a prototype of an improved breast pump. Their project was presented at this year's Senior Design Conference, and the team won in its interdisciplinary session. As a member of the Society of Women Engineers at SCU, Courtney volunteered to teach middle school girls how to code. She also worked as an intern for two summers at Gener8, a design and manufacturing firm that specializes in medical devices.

This fall, Courtney begins a Master's program in Mechanical Engineering with an emphasis in Design Methodology at Stanford University. As a mechanical engineer, she hopes to work in the medical device industry. She notes that she is passionate about women's health and has a dream to start a company that closes gaps in women's health through the design of novel human-centered medical devices.

Although it's hard to imagine that she has any free time, when she does, Courtney played club field hockey at SCU, and she likes to read and take her dog for hikes.



UPDATE ON PAST LOCAL SCHOLARSHIP RECIPIENT NATHALIA VILLASEÑOR-CARRILLO

Cheryl Markman, Local Scholarship Committee

Nathalia Villaseñor-Carrillo received an AAUW Local Scholarship in spring 2022. Born and raised in San Jose, she attended San Jose City College before transferring to UC Berkeley. She is currently in her final year there and will graduate in May 2024 with a Bachelor's degree in Sociology. After taking a gap year to save money, Nathalia hopes to reenter UC Berkeley, working toward a Master's degree in Ethnic Studies. Her ultimate goal is to teach at a community college, noting that community college has given her some of the best connections with students and professors, and she hopes to offer that same space for other students.

Nathalia is passionate about supporting and uplifting her community through the work she does. This past summer she helped run a camp in East San Jose, where they provided exposure to arts and culture to students in the first through eighth grades. The majority of the families whose children participate in the program are working class, immigrant, with English as a second language. The camp offers music, theater, dance, art and physical education classes, where the students learn to play instruments, sing and dance.

Nathalia says that receiving the AAUW scholarship has allowed her to be financially free from bills from school, which has been an immense relief. Because of this, she has been able to focus on internships, work, and her studies. She is currently interning at the Chicanx and Latinx Center of Development at UC Berkeley, where her role is to help and support students through events and academic work. She also works at the Mexican Heritage Plaza in East San José, where she helps with some of the events.

During her free time, Nathalia participates in the folklórico club, where she enjoys Mexican folk dancing and connects with other students who share her same passion for dance. She also loves going out with her friends, relaxing on the lawn at Memorial Glade, trying new food places, or attending local concerts and events. She notes that her friends are her home away from home, providing her with a huge amount of support, both academically and emotionally.

Spotlight on Sandra Savage

Ruth Dusan and Grace O'Leary



This interview was secured by Barbara Snyder and we thank her for her help. Sandra, we thank you for participating in this project. You inspire all the young women working toward their law degrees and those currently in the legal field. For many years, Sandra provided pro-bono legal assistance to the Branch.

How did you discover AAUW San Jose?

When we moved to San Jose, my husband took up a position at San Jose State. I had two friends who were already living here, who were members of AAUW. They encouraged me to join.

How long have you been a member of AAUW?

I've been a member of AAUW since 1957 and a member of AAUW San Jose since 1966.

What do you like most about being a member of AAUW?

There are two things I especially like, which are the intellectual stimulation and the other is the social contact. Those two aspects have been important to me for the many years of my membership. I also appreciated meeting women who became my role models and improved my sense of worth.

Is there anything else we can do to improve membership experience?

The more personal interaction we have in our membership the better. We are just coming from the period where we couldn't get together and I haven't had much opportunity, because of my limited transportation, to come back together for our member meetings. So, I think the short answer would be continuing and increasing face-to-face meeting situations is what we need for all members. We also need to have the hybrid option, which gives members the choice and the ability to participate in activities offered, especially for those with mobility and other issues. Without the Zoom option, we would not have been able to maintain our membership activities.

What would you like members to know about you?

Maybe a little bit of my background, first. I'm a Californian. I graduated from the University of California and believe very much in public education. I went to law school and worked very hard at school and as an attorney. In addition, I had three children and enjoyed being a mother. I think AAUW was very supportive in continuing my education and in supporting my family life.

How would you like to be remembered?

I would like to be remembered as a good wife and mother, as a good citizen, as a supportive friend, and as a loyal AAUW member.

October 2023

Submitted by Tynka Dees Calendar Editor

If any member is uncomfortable with unmasked members or simply wishes to remain safe, masks are always welcome. If you are un-vaccinated, we would appreciate it if you wore a mask. If you are a leader of the group meeting please keep a sign in sheet, just in case we need it for checking contacts in future. Please check with the organizer whether the meeting has changed and will be ZOOM or in person. **The most up to date calendar is always on our website.**

Mon Oct 2	10 am-1 pm	Bridge 1 st Monday (RSVP Bobbie Eckerman)
	6:30-8 pm	Neighbors Helping Neighbors (Bobbie Baker)
Tue Oct 3	10-11 am	German Conversation ZOOM (RSVP Barbara Snyder)
	PM Time To Be Determined	Film Fans (RSVP Nancy Wheeler)
	1-3 pm	Hybrid Training Must RSVP to attend (RSVP Peg Carlson-Bowen)
Wed Oct 4	5:30- 6 pm	AAUW Board Social Hour (Linda Goldberg)
	6-7:30 pm	AAUW BOARD Meeting ((Linda Goldberg)
Sat Oct 7	10 am-12 pm	Hybrid Training Must RSVP to attend (RSVP Peg Carlson-Bowen)
Mon Oct 9	6:30- 9:30 pm	Light Gourmet (RSVP Cheryl Markman)
Tue Oct 10	10-11:30 am	Book Discussion Covenant of Water by Abraham Verghese (Sandy Bonnet)
	10-11 am	Conversacion Espanol ZOOM (RSVP Barbara Snyder)
Wed Oct 11	11 am-1 pm	Art Appreciation (RSVP Jan Bartolotta)
	4-6 pm	Hybrid Training Must RSVP to attend (RSVP Peg Carlson-Bowen)
	7-8:30	Wednesday Night Book Group Hybrid (Renee Sommerfeld)
Thu Oct 12	1-4 pm	Bridge 2 nd Thursday (RSVP Bobbie Eckerman)
Fri Oct 13	9:30 am-2 pm	Duplicate Bridge (RSVP Lida Kluzek)
Sat Oct 14	7 am-6pm	Parking Lot Packing Gifts for Teens (Elaine Benoit)
	6:30-9:30 pm	Couples Dining (RSVP Karen Hook)
Mon Oct 16	9:30-11 am	Exploring World Literature Hybrid (Diana Taylor)
	6:30-9 pm	International Gourmet (RSVP Jan Bartolotta)
Tue Oct 17	10-11 am	French Conversation ZOOM (RSVP Barbara Snyder)
	1-3 pm	Knitting Know How (RSVP Margaret McCartney)
	6-7:30 pm	Membership Meeting (Membership@aauwsanjose.org)
Wed Oct 18	1:30-3 pm	Mindfulness with Kelly Weisberg ZOOM only (Ruth Dusan)
	7-8:30 pm	Public Policy (Susan Karlins)
Thu Oct 19	10 am-12 pm	Family History Hybrid (Susan Brundage)
	1-3 pm	Hybrid Training Must RSVP to attend (RSVP Peg Carlson-Bowen)
	7-8:30 pm	Mystery Lovers ZOOM (Sharon Shephard)
Fri Oct 20	10 am-1 pm	Bridge (RSVP Lida Kluzek)
Sat Oct 21	7 am-6 pm	Gifts for Teens Packing in Parking Lot (Elaine Benoit)
Mon Oct 23	11 am-12:30 pm	Building and Properties Committee (buildings@aauwsanjose.org)
Tue Oct 24	12-1:30 pm	Lunch Bunch (Diana Taylor)
	1-4 pm	Bridge 4 th Tuesday (RSVP Bobbie Eckerman)
Wed Oct 25	8 am-4 pm	Gifts for Teens Packing in Parking Lot (Elaine Benoit)
Thu Oct 26	8 am-4 pm	Gifts for Teens Packing in Parking Lot (Elaine Benoit)
Fri Oct 27	1:30- 3 pm	Local Scholarship Hybrid (Tynka Dees)
Sat Oct 28	10 am- 12 pm	Prospective Members and Member Meeting Coffee and Conversation Back porch (Membership@aauwsanjose.org)

San Jose Branch BONFIRE

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October 2023

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