



Boosting Mental Health Expert Panel
Saturday, November 16 at 1 pm
(doors open at 12:45 pm)
Willow Glen United Methodist Church
1420 Newport Avenue, San Jose

The National Alliance of Mental Health (NAMI) presents a panel of professional counselors who work with 55+ adults. Possible topics include dealing with chronic pain, depression, grief, and how to be happy as we age. The event is free, and guests are very welcome!

RSVP by November 5 via

<https://form.jotform.com/242506321754149>.

Contact programs@aauwsanjose.org for more

President's Corner
Tynka Dees



We had a wonderful Fall Gathering! Thank you all for coming. Special thanks to Membership for putting the whole event together, and to Public Policy for enlightening us on those Propositions. Be sure and vote! And to all our Interest Groups and to Elaine Peterson for coordinating them. You, the members, are all wonderfully supportive and help our Community Action Projects (CAPs) be the excellent programs they are. Gifts for Teens is busy putting their bags together, and it takes many hands! Neighbors Helping Neighbors is helping our community organizations. And it was great fun to see Tech Trek and Local Scholarship recipients! You make this happen. I am asking all of you to first take care of yourselves; you are valued members of AAUW San Jose. If you want to get to know more people in the Branch, I encourage you to volunteer for Public Policy/Advocacy, a CAP, or help with archiving, our tech needs, or another area where you see a need (or ask me and I'll find a spot!). What we do makes a difference!

In September, AAUW San Jose was recognized for our advocacy for women by the Office of Women's Policy County's Title IX Forum. See the article elsewhere in this issue to read more about this award.

Have a wonderful Thanksgiving!



2024 HOLIDAY CAMPAIGN

GIVE THE GIFT OF EDUCATION

Donate between December 1 and December 10 to help outstanding and deserving local women complete their education.

Some of our past recipients have been:

- women first in their families to attend college;
- single mothers determined to complete their education; and
- women working two jobs while maintaining top grades.



DONATE NOW!

How much? Whatever is right for you! Consider replacing traditional holiday gifts with a donation to this life-changing effort!



DONATE BY CHECK

Payable to "ISPF-AAUW" and write 'Local Scholarship' on the memo line.

Mail to: AAUW San Jose
Attn: Local Scholarship Treasurer
1165 Minnesota Ave, Suite 100
San Jose, CA 95125



THANK YOU DRAWING

Receive one ticket per \$100 donation to win. Past prizes have included 3-day Sea Ranch and Santa Cruz Harbor getaways, a gift card wreath, artisan wine, & handmade items. Drawing at the Holiday Celebration on 12/14. Winners notified.

Donations are tax deductible
ID 77-0201841

scholarships@aauwsanjose.org

<https://sanjose-ca.aauw.net/education/sanjose-local-scholarship-for-women/>

Looking for Interbranch Special Projects Foundation (ISPF) Board Members

Linda Goldberg, Interbranch Council Representative

Beginning in the new fiscal year starting July 1, 2025, AAUW Interbranch Council's ISPF will need someone to serve as President and someone to serve as Treasurer. The President's duties are to convene meetings (two per year) and monitor insurance. The position of Treasurer requires someone who is comfortable with financial matters and familiar with investment reports. This position requires two to three hours per week. The ISPF funds allow our Branch to offer tax-deductible donations to our Community Action Projects. Please contact [Linda Goldberg](#) if you can help out with either of these positions.



Neighbors Helping Neighbors November Collection Drives

Bobbie Baker, Co-Chair

NHN is sponsoring two drives in the month of November. We will be collecting new stuffed toys and new children's books for Next Door Solutions. A bin will be in the front entryway of Headquarters. Also, we will begin our annual Warm Hearts drive for gently used warm clothes like coats, sweaters, hats, and scarves for Santa Maria Urban Ministries. We have been advised that medium is the favorite size for this population. We will also be collecting blankets and sleeping bags. In addition to a collection bin at Headquarters, we will be collecting items at the November program on Boosting Mental Health on November 16 at Willow Glen Methodist Church. NHN volunteers will be at the church to accept donations.

We Welcome the Branch's New Administrative Assistant

Diane Trombetta



Our new Administrative Assistant, Paige Dionne, is "so excited to be joining the team at AAUW." A seven-year resident of Willow Glen, she has walked by Headquarters many times. "Once I learned about all the good work you do to help women ... I knew I wanted to be a part of the team." She has been a staff secretary for the Nutrition Services Department at Cupertino Union School District and an Allocation Analyst for Stage Stores, Inc. As a Government major, she looks forward to assisting with public advocacy and supporting women in the pursuit of higher education and gender equity.



Members & their guests
are invited to a party
featuring winter holidays
from around the world

Holiday Celebrations

Kohlstedt Room
Willow Glen United
Methodist Church
1420 Newport Ave
San José 95125

Sat., Dec. 14, 2024
12:30 – 3:00 PM

Refreshments

Live Music!
Harriet's Flute Group
Songstruck Quartet
Kaya Sings

Contact | tddtaug@yahoo.com



RSVP
Requested



Public Policy/Advocacy News

Public Policy News and Updates

Susan Karlins, Public Policy/Advocacy Co-Chair

If you're ready to vote, use AAUW San Jose's Fall Event presentation on the 10 California ballot propositions, which was ably coordinated and led by Peg Carlson-Bowen and Elaine Peterson, to facilitate your decision-making process: <https://drive.google.com/file/d/1FFaEc2pLrIPVW6Xk6iZ94VLMBHksZd2/view> . You may also consult the October BONFIRE, page 5, for additional resources: <https://sanjose-ca.aauw.net/files/2024/09/October2024-25BONFIRE.pdf>

Ten AAUW San Jose members have spoken at/attended six local school board meetings this year. We participated in meetings at Campbell Union High School, Cambrian, Campbell, San Jose, Santa Clara and Union School Districts. Thank you to Karelle Cornwell, Shelley Powers, Ann Ponikvar, Peg Carlson-Bowen, Vicki Ratner, Leigh Ann Moore-Robledo, Jean Meyer, Anne Wustrow, Susan Karlins and Catherine Kilkenny. Please let us know if you have any connection to the Franklin-McKinley School District — we want to go there next.



72 Branch members, along with some friends and family, wrote 4,255 postcards to encourage voter engagement in the State of Georgia! Congratulations and thank you to all who made the effort — many taking a second or third batch! Special shout out to the 100+ club: Kathy Bechly, Kathy Myers, Jean Meyer, Claire Campodonico, Marna Taylor, Sarah Janigian, Susan Karlins, Maritza Campos, Catherine Kilkenny, Katherine Oven, Candace Roney, Diane Trombetta, Carla Collins, Ruth Dusan, and Ruth McMaster.

"Holiday Celebrations" for AAUW San Jose Members and Guests Saturday, December 14, 12:30 pm to 3 pm Diane Trombetta, Event Leader

A team of dedicated party planners is busy organizing a holiday event you won't want to miss. You are invited to "Holiday Celebrations" at the Willow Glen United Methodist Church (across the street from Headquarters). Invite friends, family members, and colleagues to the party! Let's enjoy together the many ways winter holidays are celebrated around the world. Delight in the food, live entertainment, and colorful decorations that will say Merry Christmas, Happy Kwanzaa, Happy Hanukkah, Feliz Navidad, Shubh Diwali, Gong Hay Fat Choi, and more. SAVE THE DATE! Bring at least one friend or family member! More details in the December BONFIRE.

Elder Fraud Program Recap

Cheryl Markman



At the monthly AAUW San Jose Program in September, we were presented a comprehensive look at fraud perpetrated against elders. Russell Chubon, Criminal Investigator and REACT Task Force Officer with the Santa Clara County District Attorney's Office, and Ken Kuhn, a Special Agent with the Financial Crimes Division of the FBI, reported that in 2023 over 100,000 people over the age of 60 reported fraud to the FBI, with an average loss of \$33,915 per victim. They focused their discussion on tech support, investment and romance scams. Although mail schemes are on the decline, online and phone schemes are on the rise. In either case, the scammers' initial goal is to make you upset.

Tech support scams typically start with a call or online message from someone saying they're a computer technician telling you that your computer has been infected with a virus or other malware. They refer you to an 800 number for tech support. But the number is actually connected to a scammer, who then asks for remote access to your computer on the pretense of fixing the problem. They now have access to everything on your computer. What you should do at the very beginning is hang up the phone or turn off your computer.

Investment scams begin with a TV infomercial or an online ad telling you that you can learn how to make lots of money quickly, easily and with low or no risk using their "proven" financial or real estate investment method. But all investments have risk. What you should do is take the time to independently research the company and their offer.

Romance scams begin seemingly innocently enough. A meeting via social media or a dating website escalates to direct contact professing "true love" on the phone, but only remotely. Then the asks for money begin, needed for a plane ticket to visit you, for emergency surgery or for some other urgent need. What you should do is never send money and immediately break off the relationship. Similarly, scammers imitate family members making the same desperate requests for money.

Bottom line, if you believe you have been scammed, report it. Contact the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov) or (877) FTC-HELP (1-877-382-4357) or at the FBI's Internet Crime Complaint Center at www.ic3.gov. If you don't report it, they can't help! If you attended this program, please complete a brief survey at <https://form.jotform.com/242708494985170>.



A New Special Project Cheryl Markman, Gifts for Teens

Gifts for Teens added something new this year! We call it Project 110. In addition to our regular duffel and tote bags project, generous funding from the Dorris Miller bequest helped us to fill 110 backpacks. Here is the story!

Last December, while giving out 650 filled-to-the-brim duffel bags and totes at Sacred Heart Community Service, we discovered they had twice the number of needy recipient teens than they had expected and very few extra holiday gifts to distribute. Many more gifts were needed. So, for 2024, Project 110 was created. The Dorris Miller donation allowed us to fill 110 donated backpacks. Geared for older teens, we gathered fewer, yet nicer, gift items, including \$75 in store gift cards, Bluetooth earbuds, and more stylish clothes.

Gifts for Teens will also donate and distribute nearly 700 of our regular guy's duffels and girl's totes. As in the past, the bags will contain terrific teen loved and needed items, including sweatshirts, leggings, t-shirts, hygiene and school supplies, games, cosmetics, and the much-appreciated \$50 store gift cards. When they pick up the popular Gifts for Teens bags, teens feel valued by the community and can benefit from and participate in agency services.

In September, students from Leland and Pioneer High Schools packed personal care items and school supplies. It was inspirational to see enthusiastic teenagers helping assemble gifts for needy fellow teens. National Charity League moms and their teen daughters prepped the thousands of other items for inclusion in the Project 110 backpacks. Later that month, members of the St. Francis High School Track Team, accompanied by their very much engaged coach, filled the backpacks that will be gifted this holiday season, bringing joy to even more needy teens.



National Charity League moms and teens preparing Project 110 backpack contents



Saint Francis High School track team volunteers at Headquarters

An Update on Maritza Campos Two-Time AAUW Scholarship Recipient

Cheryl Markman, Local Scholarship Committee



Maritza Campos received an AAUW Local Scholarship in 2022 and again in 2023. She graduated from UCLA in June 2024 with a BS in Biochemistry and a minor in Chicana Studies. Maritza's educational interests are health disparities in Latinx communities, immigrant health, women's health and infectious disease. Her ultimate goal is to become a physician.

Maritza's extracurricular activities are many. During the summer, Maritza continued to work as a Certified Pharmacy Technician preparing medications for patients and administering vaccines. During the summer, Maritza completed a Hugh Edmondson internship at UC Davis with the Pathology department. Her project focused on assembling a patient data set and developing a machine-learning algorithm with improved sensitivity for diagnosing both clinical and subclinical tuberculosis using artificial intelligence.

During the fall quarter, Maritza studied abroad in Oaxaca, Mexico, where she participated in a Latinx Health Internship with UC Davis, participating in clinical rotations at different community health centers and hospitals. Her highlight experience was shadowing an OB/GYN and medical team as they performed a C-section. She was also able to learn more about public health, traditional medicine and community outreach alongside entomologists, parteras (similar to midwives in the United States), and herbalists. Happily, while in Mexico Maritza was able to enjoy the beautiful nature that Oaxaca has to offer, hiking in the beautiful mountains of Monte Alban and La Sierra Norte, and swimming in the natural swimming pools.

Upon returning to UCLA for her winter quarter, Maritza continued as a Learning Assistant for the lab course "Biochemical Methods I - Introduction to Protein Science." This academic school year, she had the privilege of serving as the Internal Coordinator for the Latinx/Chicana for Community Medicine (LCCM) organization at UCLA. She led weekly board meetings for directors to plan events with their four community service branches.

Maritza also co-directed UCLA's very successful 20th annual pre-health conference, "Sembrando Raíces: Igniting your Path to Success!" at the David Geffen School of Medicine. Being a co-host of this conference was a very heartfelt moment for her as she was able to see excitement in the attendees as they began to think about their next steps and feel welcomed into a community of support. In a similar vein, but on a smaller scale, Maritza coordinated a school visit to UCLA for 30 high school students to shadow UCLA premedical undergraduate students.

During the winter and spring, Maritza was a scholar in the Carter Huggins Community Development and Social Justice (CDSJ) Scholars Program, during which she developed a research project entitled "COVID-19 Treatment Perspectives: Exploring Latinx Views on Antivirals, Folk Medicine, and Healthcare Access." Her work was presented at UCLA's Undergraduate Research Week.

Maritza is currently studying for the MCAT, with the generous help of AAUW, and will be testing in January. During her two gap years, Maritza plans on becoming more involved with the AAUW Public Policy Committee and finding a clinical job where she can practice her medical Spanish. She plans to apply to medical school in May for the next cycle; hopefully, in California in a joint degree program, completing her medical degree concurrently with a master's degree, either in public policy or public health, focusing on underserved communities. In what must be a minimal amount of free time, Maritza enjoys hiking, visiting the beach, and traveling.



Spotlight on Bobbie Baker

Ruth Dusan and Grace O'Leary

Here are Bobbie's responses to our questions.

How did you discover AAUW San Jose?

I had a co-worker in AAUW, who had been encouraging me to go to an open house for years. Finally, I went and met a few people I knew, so I joined.

How long have you been a member of AAUW?

I joined in 2005, so I've been a member for 17 years.

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

I like being involved in things. I like socializing. I like the choice of Interest Groups.

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

Get members involved. Personal emails or phone calls to invite people to groups. Ask new members to help out at functions like Fall Event. Have Interest Groups and CAPS come to the coffee and convos meetings. Perhaps invite one or two newish members to observe at Board, Membership, or Buildings and Properties Meetings.

What would you like members to know about you?

I am a birder and a new grandmother! A person who is a birder is interested in observing birds, their habitat, and enjoys spending time with other groups of birders. I was the Chief of Optometry at Kaiser San Jose Optical Services for over 30 years!

How would you like to be remembered?

As a president and co-chair, I tried to make my meetings interesting, brief and fun. At AAUW we often deal with serious issues, but I believe that a lighthearted approach can keep people involved and interested.

AAUW San Jose Honored at Santa Clara County Title IX Forum

Susan Karlins

AAUW San Jose was honored for our advocacy on behalf of women on September 20 at the County's Title IX Forum. We have worked on numerous issues with the Santa Clara County (SCC) Office of Women's Policy, the SCC Commission on the Status of Women and the Bay Area Equal Pay Collaborative for many years. Special recognition and many thanks go to Peg Carlson-Bowen, who has led these efforts and contributed significantly to their success! President Tynka Dees and Susan Karlins were also honored on behalf of AAUW. We tabled at the event, collecting 12 potential new members.



November 2024

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.**

Sun Nov 3	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Nov 4	6:30-8 pm	Neighbors Helping Neighbors (Bobbie Baker)
Tue Nov 5	10-11 am	German Conversation ZOOM (RSVP Barbara Snyder)
	1-4 pm	Film Fans Time to Be Determined (RSVP Nancy Wheeler)
Wed Nov 6	5:30– 6 pm	AAUW Board Social Hour (Tynka Dees)
	6-7:30 pm	AAUW BOARD Meeting (Tynka Dees)
Fri Nov 8	10 am-1:30 pm	Duplicate Bridge (RSVP Lida Kluzek)
Sat Nov 9	6:30-9:30 pm	Couples Dining (RSVP Valerie Merklin)
Sun Nov 10	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Nov 11	6:30- 9:30 pm	Light Gourmet (RSVP Cheryl Markman)
Tue Nov 12	10-11:30 am	Book Discussion AM The light we Carry (Sandy Bonnet)
	10-11 am	Conversacion Espanol ZOOM (RSVP Barbara Snyder)
	1-3 pm	Mahjong (RSVP Shelley Powers)
Wed Nov 13	11 am-1 pm	Art Appreciation (RSVP Jan Bartolotta)
	7-8:30 pm	Wednesday Night Book Group Hybrid Tom Lake (Renee Sommerfeld)
Thu Nov 14	1-4 pm	Bridge 2 nd Thursday (RSVP Bobbie Eckerman)
Fri Nov 15	10 am-1 pm	Bridge (RSVP Lida Kluzek)
Sat Nov 16	1-3 pm	Program Boosting Mental Health Willow Glen United Methodist Church (RSVP Ruth Dusan)
	1-3pm	Neighbors Helping Neighbors Donation Drive at the program Warm clothes (neighbors@aauwsanjose.org)
Sun Nov 17	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Nov 18	9:30-11am	Exploring World Literature Hybrid House Made of Dawn (RSVP Candace Roney)
	1-4 pm	Interbranch Council Hybrid (Linda Goldberg)
	6:30-9 pm	International Gourmet (RSVP Jan Bartolotta)
Tue Nov 19	Noon-1pm	French Conversation ZOOM (RSVP Barbara Snyder)
	1-3 pm	Mahjong (RSVP Shelley Powers)
	3:45-5:15 pm	Membership meeting (Membership@aauwsanjose.org)
Wed Nov 20	130-3 pm	Program Event Planning Zoom (RSVP Ruth Dusan)
	7-8:30 pm	Public Policy (Susan Karlins)
Thu Nov 21	6:30-8 pm	Mystery Lovers ZOOM The Berry Pickers (Sharon Shephard)
Fri Nov 22	1:30-3 pm	Local Scholarship (Beth Redmond)

Sun Nov24	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Nov 25	11am-1230 pm	Building and Properties Committee (buildings@aauwsanjose.org)
Tue Nov 26	10-11 am	Italian Conversation ZOOM (RSVP Barbara Snyder)
	1-4 pm	Bridge 4 th Tuesday (RSVP Bobbie Eckerman)
	1- 3 pm	Mahjong (RSVP Shelley Powers)
Wed Nov 27	12-1:30 pm	Lunch Bunch (Diana Taylor)

welcome

We Welcome New Members

Claire Campodonico

MARIE BECKER received her BS in Finance from Cal State-Long Beach. After being employed in the environment of federally-funded contracts for many years, she is nearing retirement. Marie has positive memories of her mother and her friends being involved in AAUW and looks forward to becoming an active member of our group. She believes deeply in devoting more energy toward becoming a positive influence in her community and beyond.

MARITZA CAMPOS graduated from UCLA with a degree in Pharmacology. She is employed as a Certified Pharmacy Technician. Being a past recipient of an AAUW scholarship, she looks forward to advancing gender equity and community wellness. After Maritza takes her MCAT, she will have more time to advocate for the fairness and power that AAUW promotes. She is eager to participate in Neighbors Helping Neighbors and Tech Trek. She is featured in a Local Scholarship recipient update article elsewhere in this issue.

PAIGE DIONNE was intrigued by the signage on our Headquarters and wanted to know more. She is a graduate of the University of Texas at Austin and is employed as an Administrative Assistant. To quote Paige, "I believe that we are at the point in history where women's rights and education opportunities are more important than ever. I'd like to be a part of helping women and girls achieve their personal education goals." Paige is also the Branch's new administrative assistant (see profile article in elsewhere in this issue). Being from Texas, she states that she is a proud Longhorn!

CHRIS CHANGRAS recently joined our Branch through the National website. By the time of our next issue, we hope to have more information about her to report.

San Jose Branch BONFIRE

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AAUW BONFIRE San Jose Branch *Established 1909*



Empowering Women Since 1881

See the San Jose Branch Website at www.aauwsanjose.org for more information.