



BONFIRE

San Jose Branch

American Association of University Women, San José
Community Engagement Series

Sat., Jan. 11 at 2PM - 4PM
(Doors open 1:30PM)



Financial Management

**Willow Glen United
Methodist Church
Kohlstedt Hall**
1420 Newport Avenue
San José, CA 95125

REGISTER HERE



The program on Financial Management coming on January 11th, 2025 will cover the basics of financial management and how the knowledge and tools needed change as you enter new phases of your life. Emphasis will be given to investing and how your investing habits and needs change over time.

Speaker

Russell Malley, an investor for over 40 years and is currently the treasurer of two investment clubs, a volunteer for BetterInvesting™, and others.



Important!
Pls. Register

Contact
programs@
aauwsanjose.org



President's Corner Tynka Dees



I must admit to still being in a state of depression every time I think of the election, but we have had some very good and exciting news. Apparently Dorris Miller's estate is sending us more funds. I thought it was a one-time donation, but it's not. So, we will have some money to spend on publicizing AAUW San Jose and continuing our good work with our CAPs and Public Policy this year.

We are more powerful together. I can't get to the school board meetings, but other members of AAUW are there to stick up for education. Likewise, maybe you haven't interviewed and selected Local Scholarship applicants, but other AAUW San Jose members are there doing the work. Likewise with Tech Trek, Neighbors Helping Neighbors and Gifts for Teens! We are a bunch of talented, smart women and we need each other to be more effective.

AAUW (national) and AAUW California, as well as AAUW San Jose, are keeping their eyes on all of the incoming administration's policies and actions so we will know what's happening. Please take care of yourself and your family and especially be kind to yourself. And remember, our sisterhood helps us all, so be kind to one another.

COFFEE & CONVO

No agenda or speakers!
Just coffee & conversation!

AAUW
San Jose

Sat. Jan. 25
10am at HQ
Guests Welcome

All are welcome to the next Coffee & Convo on Saturday, January 25, 2025, from 10 am to 12 pm at Headquarters. Come and enjoy coffee, morning treats and lots of conversation. This is a perfect opportunity to meet members and learn about various Interest Groups and Community Action Projects. Bring a friend!

Neighbor Helping Neighbors will be collecting warm clothes in the parking lot for Santa Maria as well.



Nominating Committee Convenes

Linda Goldberg, Nominating Committee Chair

It is already time for the Nominating Committee to begin meeting to determine the slate of officers for the 2025-26 Board. Thank you to those who have agreed to serve on this committee: Mary Jane Vitkovich, Renee Sommerfeld, Margaret Bard, Linda Snashall, Judy Blegen, and Karelle Cornwell. If you are asked to become a Board member, please say yes! It takes many hands to keep our Branch the active, informed, vibrant group that it is.



Neighbors Helping Neighbors First Meeting of 2025

Bobbie Baker, Co-Chair

NHN's first meeting of the new year will be via Zoom on January 6 at 6:30 pm. Invitations with the Zoom link will go out to everyone on the NHN mailing list. If you are not on this list and wish to join us, please send an email to [Bobbie Baker](mailto:bobbie@nhn.org).

NHN is also sponsoring a second warm clothes drive for Santa Maria Urban Ministries on January 25 from 10 am to noon in the parking lot of Headquarters. This coincides with a Coffee and Convo inside Headquarters, so drop off a coat and hurry inside for a nice cup of coffee and morning treats!

Finally, thanks to all who donated toys and books for Next Door's boutique!

Happy New Year!

So Many Ways to Give

Diane Trombetta

Did the holidays remind you of the joy of giving? The New Year might inspire you to keep that spirit alive through 2025. The first step in putting together a “giving plan” is to create a financial plan that covers your own needs and those of your family. Our “Financial Management” program on January 11 (see flyer in this issue), will provide investment advice and budgeting tips. With your budget in mind, you can plan how and how much to contribute to the causes you care about, especially the projects that advance our mission, “to advance gender equity for women and girls through research, education, and advocacy.”

Here’s a list of the many options to explore as you think about how to support our Branch’s projects and mission:

- Transfer your IRA’s Minimum Required Distribution tax free into the Interbranch Special Projects Foundation (ISPF)
- Donate cash, stocks, mutual funds, or bonds into the Local Scholarship Investment Account (LSIA)
- Become a “legacy donor” and specify a bequest to AAUW or AAUW San Jose in your estate plan
- Memorialize or honor someone special by starting a Named Scholarship
- To celebrate Mother’s Day and Father’s Day, give or request a donation to your favorite AAUW San Jose Community Action Project.
- Donate to your favorite CAP when you renew your Branch membership in the spring

If you’d like more information about any of these options, please contact [Diane Trombetta](#).



Sharing Holiday Joy

Elaine Benoit, Gifts for Teens

We just had to share this! Gifts for Teens recently asked a recipient teen what they liked the most in their holiday gift bag. The answer was: *"Every single item! What a wonderful holiday present! I was going through a rough patch in my life and you really made me feel appreciated with these gifts."*

Poor and homeless teens share their holiday wonder and joyful appreciation for the festive bags. They love the duffels and totes which are amply filled with fun and practical gifts. The youth share with us their feelings of being emotionally supported and their pleasure for being noticed and cared for.

Thank you for your enthusiastic help and giving spirit! Gifts for Teens thanks all the generous members and the wider community for donating items and funds to help supply teen gifts. Many Branch members support Gifts for Teens yearly when paying dues or by sending an additional gift for a local teen in need. Holiday joy and hope for the future are communicated to teens through this Branch Community Action Project.

Finance Report for Fiscal Year 2023-24

Katherine Oven, Finance Officer

Below are summaries of the financial activity report for the Branch's General Fund (operations) and Building Fund (HQ maintenance) for FY2023-24, and the Branch's financial position (balance sheet) at the end of FY 2023-24. The full reports are available upon request.

For the Fiscal Year July 1, 2023 to June 30, 2024:

GENERAL FUND

Income: \$20,590 (Dues/Roundup/Directory \$7,566 + Donations \$3,146 + Interest \$9,878)
Expenses: \$91,889 (Membership \$5,195 + Meetings and Events \$5,109 + Programs \$5,791 + CAP Support: \$55,000 + Leadership Development \$5,000 + Publications, Communications, and Social Media: \$7,471 + Operating Expenses \$4,438 + Computer and Software \$3,885)
Excess of expenses over income: \$71,299 (excess to come from General Fund reserves)

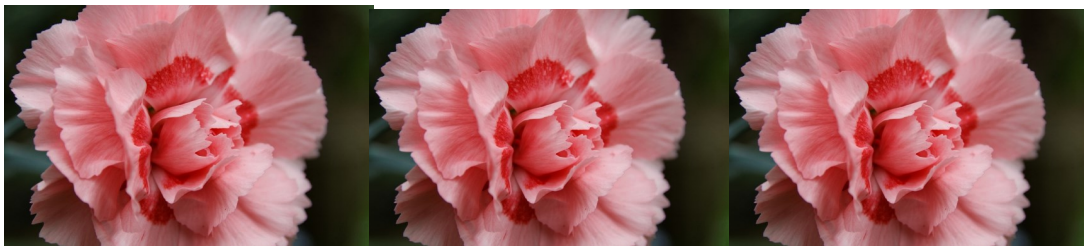
BUILDING FUND

Income: \$25,108 (Rental income \$4,490 + Donations \$20,000 + Interest \$618)
Expenses: \$100,555 (Taxes and Insurance \$4,661 + Utilities \$7,291 + Janitorial and Gardening \$5,654 + Repairs and Maintenance \$81,031 + Ads for Tenant \$1,918)
Excess of expenses over income: \$75,447 (excess to come from Building Fund reserves)

FINANCIAL POSITION (As of June 30, 2024):

Assets: \$515,463 (Checking, Savings, and CD's \$381,965 + Receivables \$948 + Real Estate and Fixed Assets: \$132,550)
Liabilities and Equity: \$515,463 (Dues Payable to AAUW \$10,913 + Advance Dues \$5,800 + AAUW Funds Payable: \$1,774 + Restricted Donations + \$19,744 + Accruals \$5,252 + Equity \$471,980)

Note: Real Estate and Fixed Assets are at historic cost, not Fair Market Value.



Summary of Mental Health Awareness Program

Cheryl Markman

For the November AAUW Program, a panel of three speakers focused on mental health awareness.

Kathy Forward is a consultant and one of the principal leaders with the National Alliance on Mental Illness (NAMI) - Santa Clara County. She began the presentation by reporting that 1 in 5 adults experience mental illness each year, and 1 in 20 adults experience serious mental illness. Astonishingly, the average delay between onset of mental illness symptoms and treatment is 11 years! Mental health conditions range from sleep and eating disorders, anxiety and depression to schizophrenia, psychosis and PTSD.

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. All NAMI programs, including one-on-one peer support and family support groups, are available in-person, over the phone or via email, and are offered at no cost to the client. More information is available at www.namisantaclara.org, by calling (408) 453-0400 x 1, or by emailing info@namisantaclara.org.

Dr. Erin Woodhead, Associate Professor, Psychology, SJSU, is a licensed psychologist with a Ph.D. in Clinical Psychology. She addressed Depression and Mental Health Among Older Women. She noted that women tend to have higher rates of depression throughout the adult lifespan compared to men, although rates of depression tend to converge between men and women in older adulthood. Older women also tend to experience more persistent depressive symptoms compared to men and are more likely than men to receive treatment for depression.

Although most mental health disorders decline in frequency in late life, alcohol and substance use disorders have been on the rise among older adults. Other disorders, specifically neurocognitive, hoarding and sleep disorders, are more prevalent or more severe among older adults. Subthreshold depression is also more common in this population and may increase with age.

Lifestyle factors negatively affecting mental health include lack of physical activity, being or having been a smoker, and moderate alcohol use. Caregiving and the associated need to leave work to provide care is a common factor influencing women's retirement decisions and can also increase the odds of psychological distress.

Late life depression is often associated with a downward spiral of low mood leading to doing less resulting in a worsening mood causing the sufferer to do even less. But the spiral can be reversed by doing something which results in feeling a little better leading to more activity and feeling even better.

Ending on a practical and hopeful note, Dr. Woodhead offered her tips for good mental health. Make time to build movement into your day, even if it's just getting outside. Schedule time for enjoyable events or activities, optimally starting with four small activities per day. Stay connected socially with family and friends. Start a new project or hobby. Get enough sleep.

Victoria Baugh, MA, M.Ed., Associate Professor, Psychology, SJSU, has multiple certifications in the field of grief therapy. Baugh currently works with the Centre for Living with Dying at the Bill Wilson Center which offers programs that provide emotional support to adults and children facing life-threatening illness, those coping with the trauma of having a loved one die and many other grief, stress and trauma based life challenges. She addressed Dealing with Grief and Trauma. She defined grief as a natural response, a normal person having a normal reaction including unpredictable waves of emotions and memory, often involving sensory and time triggers. Although grief is very individual and unique, it is also universal and knows no time restrictions. *Continued on page 7*

Reactions in the aftermath of a trauma or loss range from immediate (including shock, anger, agitation) to long term (including loss of appetite, exhaustion, depression) to anniversary reactions (including memory triggers/ flashbacks, loneliness/relationship difficulties, substance abuse).

Processing grief requires acknowledgment, expression, action and reconnecting. Acknowledge that your grief is real. Find people you are comfortable sharing your feelings with. Do something to honor your lost loved one and what happened. Rebuild your life, realizing that you are not the same person you once were. Supporting others in their grief requires honest acknowledgement of their suffering, active listening, and giving space. It's not ignoring their grief, offering pity or your own war stories, or giving advice on how to fix it, but rather asking if you can help and how.

Finally, Baugh offered suggestions on how to build your new normal. Ask yourself these questions: What gives you joy? Who and what are your support systems? Do you have unfinished business? And if so, finish it. Do you have any unspoken appreciations / "I love yous?"

To wrap things up, we all practiced three simple ways to release stress. You can check them out on your own. Trauma Tapping – <https://peacefulheart.se>. Self Havening - <https://www.havening.org>. The Peace Maker - <https://www.youtube.com/watch?v=-judeOaHTXA>.

Public Policy/Advocacy Update

Happy 2025 from Public Policy of AAUW San Jose!

As we draw closer to the inauguration of a new administration whose policies and enforcement actions run counter to AAUW's core values, including the promise of Project 2025, you may be feeling a range of emotions. Please practice self-care and recharge so that we can work together to advance and protect the communities that we care about. As Audre Lorde teaches us, self-care is, indeed, "a political act."

When you are ready to take action, we in AAUW San Jose's Public Policy Committee have opportunities for you. As part of AAUW's ongoing School Board Project to counter the effects of local groups such as Moms for Liberty, our Public Policy members join together to attend local school board meetings. If you have children or grandchildren in schools from San Jose and Campbell to Morgan Hill, we invite you to join us in supporting local school boards. School boards have expressed appreciation for AAUW support. Two Spring projects, Lobby Day(s) and One Person One Bill, will give us an opportunity to engage with local and state representatives. You need no prior experience as we tutor and support you through each step of the process.

During this new year, AAUW San Jose's Public Policy group will continue to build new opportunities, gather resources, projects, and outlets that will strengthen our collective efforts. Contact publicpolicy@aauwsanjose.org to join us.



An Update on Naseebh Gill

Past Local Scholarship Recipient

Cheryl Markman, Local Scholarship

Naseebh Gill received an AAUW Local Scholarship in the spring of 2023. Attending UC Davis in the Veterinary program, she expects to graduate in 2028 with a Doctor of Veterinary Medicine (DVM). At this point Naseebh has completed the first two blocks of the program. She explains that a block is a semester-long course structure focused on a specific subject for its entire duration. She says “the learning experience has been incredible.”

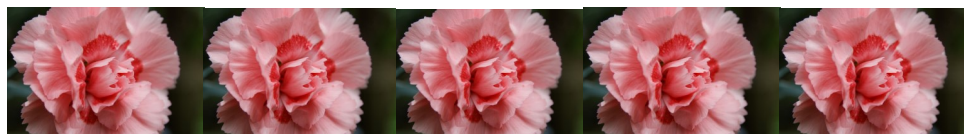
Naseebh notes that one of the highlights of the program so far was learning the technique of flipping a sheep! This technique is used for safely restraining these animals during examinations or procedures. Within the first month of the program, she also had the unique experience of witnessing a horse necropsy, an autopsy performed on an animal. She described the experience as both fascinating and invaluable for understanding equine anatomy and pathology.

Besides her studies in the Veterinary program, Naseebh has been shadowing at the Center for Integrative Animal Medicine on campus. This center integrates holistic practices, such as Traditional Chinese Veterinary Medicine (TCVM), with Western medicine. They offer services such as laser therapy to aid healing, hydrotherapy, Platelet-Rich Plasma (PRP) therapy, and acupuncture. The goal is to help integrate medications in conjugation with holistic practices to promote well-being.

Naseebh also plans to pursue a certificate in acupuncture by first completing online modules, then finishing with in-person training. She hopes to integrate holistic practices into her work with patients after graduation.

Beyond her academic studies, Naseebh volunteers at the UC Davis Children’s Hospital, engaging with young patients to teach them medical play. Medical play involves teaching children about the basics of veterinary medicine in a fun and engaging way. For example, they used syringes filled with dyed water to simulate drawing blood from a stuffed animal. She finds the opportunity fulfilling as it allows her to connect with children in meaningful ways and to share her passion for veterinary medicine.

Although she obviously enjoys her academic and extracurricular activities, Naseebh also enjoys reading and staying active, incorporating yoga, running, strength training or walking into her routine “to stay balanced.”





Spotlight on Linda Guyer

Ruth Dusan and Grace O'Leary

How did you discover AAUW San Jose?

I discovered AAUW San Jose when I moved into the neighborhood and saw an open house event posted in the Resident. I was so thrilled to meet this group of interesting women and knew I wanted to be a part of AAUW. I was able to participate while still working and to do more in retirement.

How long have you been a member of AAUW?

I joined in 2009, so it's been 13 years.

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

I like the variety of projects and activities. There is always something that interests me. I have enjoyed Gifts for Teens and Tech Trek. Local Scholarship was a favorite when I was selected to interview applicants. Weekend Walkers is a long-time activity I enjoy, and my closest AAUW friends are there each week. I have served as Secretary and currently serve on the Building & Properties committee.

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

I see new members engage quickly after joining. I would encourage us to use their experience and wisdom to bring new ideas and ways of doing things that give new members respect and power, thereby moving us forward.

What would you like members to know about you?

I have tried almost every committee and I gain much from my membership. I am grateful for AAUW and its influence in the lives of women and girls in the world. I live around the corner from Headquarters. I like to travel and just concluded eight years of reading tutoring for children with dyslexia.

How would you like to be remembered?

I would like to be remembered as someone who contributed to the greater good and tried to be kind.

**“The new year stands before us,
like a chapter in a book,
waiting to be written.” – Melody Beattie**

January 2025

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 Jan 5	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Jan 6	6:30-8 pm	Neighbors Helping Neighbors (Bobbie Baker)
Tue Jan 7	10-11 am	German Conversation ZOOM (RSVP Barbara Snyder)
	1-4 pm	Film Fans Time to Be Determined (RSVP Nancy Wheeler Linda Snashall)
Wed Jan 8	11 am-1 pm	Art Appreciation
	5:55- 6 pm	AAUW Board Social 5 min ZOOM (Tynka Dees)
	6-7:30 pm	AAUW BOARD Meeting ZOOM(Tynka Dees)
	7-8:30 pm	Wednesday Night Book Group Heaven and Earth Grocery Store HYBRID (Renee Sommerfeld)
Thu Jan 9	9:30-11 am	Great Decisions AM Hybrid (Monique Lee)
	1-4 pm	Bridge 2 nd Thursday (RSVP Bobbie Eckerman)
	1:30-3:30 pm	Archive Committee (Diane Trombetta)
Fri Jan 10	10 am-2 pm	Duplicate Bridge (RSVP Lida Kluzek)
Sat Jan 11	2-4 pm	Investing Education Program United Methodist Church (RSVP Ruth Dusan)
	6:30-9:30 pm	Couples Dining (RSVP Valerie Merklin)
Sun Jan 12	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Jan 13	6:30- 9:30 pm	Light Gourmet (RSVP Cheryl Markman)
Tue Jan 14	10-11:30 am	Tuesday AM Book Group Properties of Thirst (RSVP Sandy Bonnet)
	10-11 am	Conversacion Espanol ZOOM (RSVP Barbara Snyder)
	1-3 pm	Mahjong (RSVP Shelley Powers)
Wed Jan 15	1:30-3 pm	Program Event Planning Zoom (RSVP Ruth Dusan)
	7-8:30 pm	Public Policy ZOOM (Susan Karlins)
Thu Jan 16	6:30-8 pm	Mystery Lovers ZOOM (Sharon Shephard)
Fri Jan 17	10 am-1 pm	Bridge (RSVP Lida Kluzek)
Sun Jan 19	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Jan 20	9:30-11 am	Exploring World Literature Hybrid Wandering Stars (RSVP Candace Roney)
	1-4 pm	Interbranch Council Hybrid (Linda Goldberg)
	6:30-9 pm	International Gourmet (RSVP Jan Bartolotta)
Tue Jan 21	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 Jan 22	12:30-1:30 pm	Lunch Bunch (RSVP Cheryl Markman Sueann Snow)

Calendar continued on page 11

Thu Jan 23	9:30-11 am	Great Decisions AM Hybrid (Monique Lee)
	1:30-3:30 pm	Archive Committee (Diane Trombetta)
Fri Jan 24	1:30-3 pm	Local Scholarship (Beth Redmond)
Sat Jan 25	10 am- 12 pm	Prospective Members and Member Meeting Coffee and Conversation (Membership@aauwsanjose.org) with
	10 am- 12 pm	Neighbors Helping Neighbors Donation Drive Warm clothes (neighbors@aauwsanjose.org)
Sun Jan 26	9-10:30 am	Weekend Walkers (RSVP Judy Burt)
Mon Jan 27	11am-12:30 pm	Building and Properties Committee (buildings@aauwsanjose.org)
Tue Jan 28	10-11 am	Italian Conversation ZOOM (RSVP Barbara Snyder)
	4 pm Bridge	4 th Tuesday (RSVP Bobbie Eckerman)
	1- 3 pm	Mahjong (RSVP Shelley Powers)
	7-8:30 pm	Great Decisions PM ZOOM (Sharon Shephard)

welcome

We Welcome New Members

Claire Campodonico

LAURIE LINDSEY is the current Co-President, Local Scholarship Chair and Web Liaison for the Los Gatos-Saratoga Branch of AAUW. She studied at UC Riverside where she earned a BS in Mathematics. She continued her studies at CSU Fullerton where she received an MS in Computer Science. She is retired from her career in software engineering. Welcome to our newest dual member!

CATHERINE A. CURTIN studied at SJSU and at The Wright Institute in Berkeley, CA. She is employed as a psychologist. She has been involved with many causes over the years; e.g., women's rights, educational freedom, environmental issues, promotion of peace over war, women's reproductive rights, and LGBTQ+ rights. She is a strong believer in the need to balance work with hobbies and other forms of self-care.

TRUC-LAM (MIMI) TRAN studied at SJSU. She is employed as a Care Experience Coordinator. She has recently been hired as AAUW San Jose's Communication and Social Media Coordinator. As a feminist and gender activist, Mimi has a strong interest in supporting AAUW's mission, goals, objectives and campaigns. She first learned of AAUW through her University contacts.

San Jose Branch BONFIRE

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January 2025

AAUW BONFIRE San Jose Branch *Established 1909*

SAVE THE DATE

Repairing the Brain and Spinal Cord, One Stitch at a Time

February 15, 2025, 1 to 2:30 pm

Willow Glen United Methodist Church - Kohlstedt Room

Dr. Marco Lee, Professor of Neurosurgery at Stanford University, will be discussing how neurosurgery is restoring function in the nervous system, how it is having an impact on Restorative and Regenerative Neurosurgery, and how this field is making an impact on stroke, brain and spinal cord damage, and dementia. Light refreshments and snacks will be served.



Empowering Women Since 1881

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