

# AFTER-WORDS

A NEWSLETTER FOR THE RETIREES OF THE  
FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT

VOLUME XLI, ISSUE 4

WWW.DEANZA.EDU/FODARA

MARCH 2020

## Spring Wine Tasting Cancelled

At the FODARA Board meeting on March 12, we discussed the upcoming Wine Tasting social scheduled for April 23 and decided under the current Covid-19 health threat it would be prudent to cancel the event for this year and plan on bringing it back next year (probably in April, 2021). We hope you understand and look forward to gathering next year. In the meantime, we hope the Covid-19 threat ends and you stay healthy; we look forward to seeing you at the annual picnic June 11 and the annual San Jose Giants baseball game August 9.

## Save These Dates & Mark Your Calendar!

### Summer Picnic

Thursday, June 11, 3:00–5:00 pm  
Cuesta Park, Mt View



This year's theme and menu will be Hawaiian/Polynesian—*mea'ai nui!* Details and the reservation form will be in the May *After-Words*.

### BBQ & Baseball

Sunday, August 9, BBQ 3:30 pm, Game 5:00 pm  
SJ Municipal Stadium

Enjoy a delicious BBQ while sharing summer stories then cheer for the San Jose Giants with your family and friends. Details and the reservation form will be in the May *After-Words*.



## California History Center 50<sup>th</sup> Anniversary Saturday May 30, 3:00-6:00 pm, De Anza College CHC

Along with highlighting the CHC's countless activities, classes, and exhibits over the years, a major theme of this event is to honor and celebrate the District's retired employees. The CHC 50<sup>th</sup> Anniversary commemoration will feature winetasting, catered food, a poetry slam, and musical entertainment. So please come celebrate and honor the CHC—and **you!**—at this special, fun gala. Although other attendees will be charged an entrance fee, this event is complimentary to District retirees—so bring your Retiree Gold Card if you have one. FODARA will send out an email confirming the date in early May.

If you can't make the Anniversary Celebration, attending other CHC-sponsored events on campus is a great way to stay connected to the college and former colleagues. Regularly scheduled events include exhibits and exhibit openings, Faculty Speakers Series, annual Day of Remembrance (of WW-II Japanese internment), and each fall the elegant Taste of History fundraiser at the Euphrat Gallery; visit the CHC website for more information: [www.deanza.edu/califhistory](http://www.deanza.edu/califhistory).



CHC Foundation Director Tom Izu (front row center) and other board members

## FODARA BOARD OF DIRECTORS 2019-20

<b>President</b>	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
<b>Vice President</b>	Bill Lewis	408.639.9919	billlosgatos@sbcglobal.net
<b>Past President</b>	Tom Moore	650.969.3847	tomandcary@comcast.net
<b>Secretary</b>	Thomas Roza	408.375.9515	tomroza@earthlink.net
<b>Treasurer</b>	Ed Burling	408.310.7128	edburling@gmail.com
<b>Webmaster/Listserv Administrator</b>	Cindy Castillo	408.702.7721	cindycastillo@comcast.net
<b>Member-At-Large</b>	Janice Carr	650.941.2567	janicecarr@pacbell.net
<b>Member-At-Large</b>	Linda Conroy	408.966.5703	lsiqcon@aol.com
<b>Member-At-Large</b>	Maureen Gates	408.736.7504	gates-m@sbcglobal.net
<b>Member-At-Large</b>	Claudette Penner	408.736.6481	Claudette@penner.org
<b>Newsletter Editor</b>	Linda Lane		LaneLinda@fhda.edu

## FODARA EVENT CALENDAR 2020

<b>May 05</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>June 11</b>	Thurs	Summer Picnic	3:00 pm	Cuesta Park, Mt. View	Open to All
<b>Aug 09</b> <i>tentative</i>	Sun	Baseball & BBQ	TBA	Excite Ballpark, San Jose	Open to All
<b>Sept 08</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>Oct TBA</b>	TBA	Pizza "Thing"	TBA	TBA	Open to All
<b>Nov 03</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>Dec TBA</b>	TBA	Holiday Lunch	TBA	TBA	Open to All

## FODARA COMMITTEES 2019-20

<b>District Benefits</b>	Tom Strand, strandtom@fhda.edu Faith Milonas, milonasfaith@fhda.edu
<b>After-Words Email</b>	Cindy Castillo, cindycastillo@comcast.net
<b>After-Words Paper Mailing</b>	Janice Carr, janicecarr@pacbell.net
<b>Scholarships</b>	Mike Brandy, brandymike@gmail.com
<b>Social Events</b>	<b>Volunteers needed</b>

## HEALTH CARE BENEFITS UPDATE: 4 ITEMS

Following is a summary of the February 2020 Joint Labor Management Benefits Committee (JLMBC) submitted by Lisa Markus, co-chair of JLMBC/FA representative.

### **Medicare Premiums**

For 2020, Medicare premiums have increased, and this is reflected in the District's estimated total cost of benefits for 2020.

### **Rate Stabilization Fund (RSF)**

As a reminder, the cost of health benefits is paid for from three sources: employee/retiree contributions, District contribution, and the RSF. The RSF was created from the pool of money set aside to fund health care when the District was self-insured (prior to the July 2012 switch to CalPERS); since then, the fund has received some negotiated additions of money. The projected draw down for the RSF in 2020 is about \$2 million. As negotiated, the District will contribute a one-time \$1 million to the RSF in 2020, and an extra \$1 million if there is "hold harmless" for the district's apportionment through 2021-22 in the next state budget.

### **Looking Ahead**

JLMBC requested Lockton, the plan administrator for the District, investigate other options for medical plans, such as Self-Insured Schools of California (SISC), to see if we are getting the best deal with CalPERS. No changes for 2021 are anticipated, as switching would require longer term planning.

### **Enrollment Data Update**

The top three plan choices remain Kaiser Permanente HMO, PERS Select PPO, and PERS Choice PPO.

Number enrolled	February 2020
Retirees in medical plans	791
Full-time employees in medical plans (12% waive coverage)	899
Part-time faculty in medical plans	103
Bridge Program (Post-97, Pre-65 years old)	19

% enrollment in top plan choices	Kaiser Permanente HMO	PERS Select PPO	PERS Choice PPO	
Retirees	26%	28%	37%	91%
Full-time employees	49%	5%	29%	83%
Part-time faculty	64%	14%	18%	96%

## Hockey Game Recap & Photos

When we (the FODARA Board) agreed to try a different venue for a social gathering, everything looked good for a mid-January event: a January 11 hockey game. The announcement went out, the date and time lined up for a perfect trial event, and the reservation forms were returned. Twenty people signed up to attend.

But on January 5, the San Francisco 49ers announced that their opening playoff game would be on Saturday, January 11 at 1:00 pm in Santa Clara. Then I received calls that some of our attendees would be cancelling so they could either attend the 49ers game or stay home to watch it on TV.

The twelve of us who did attend the San Jose Barracuda/Stockton Heat game (and did not look up the 49ers score) had a great time. The “Blue Line Buddies,” local junior hockey players, joined the teams on the ice for the national anthem, the Junior Announcer of the game, and between periods entertainment. In addition Linda Conroy grabbed a T-Shirt in the T Shirt toss. Though the Barracuda disappointed the crowd by losing the game 2-0, this new event was a good start at trying to get more FODARA members involved—just bad timing with the 49ers playoff start.

—*Bill Lewis*



*Blue Line Buddies*



*In Game Photo*



*In Game Photo*



*Final Score*

## New Retiree Volunteer Opportunity: Student Scholarship Committee



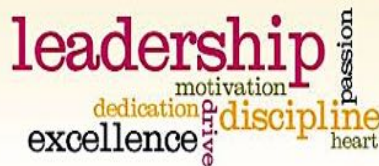
It is that time of year when the Foothill and De Anza Financial Aid Offices are looking for dedicated individuals to volunteer to be scholarship readers and help determine who the finalists will be for the 2019-20 awards. This year the process will most likely take place in March/April with scholarships distributed in June.

If you would like to sign up or get more information, please email Robin Latta at [lattarobin@fhda.edu](mailto:lattarobin@fhda.edu)—she will put you in contact with the Financial Aid Offices. Both colleges are in need of more volunteers, so you may choose which college to read for. If unsure whether or not to participate, the information below can help you decide. Because the scholarship reading process is done **entirely online**...

- You can read applications anywhere you have internet access;
- You can review and rate applications on your own schedule within a given time frame of several weeks. The process generally requires 10-15 hours, depending on how fast you read; and
- You don't have to attend any meetings.

Serving as a scholarship reader is a very enlightening and rewarding experience. Please consider volunteering as this "happy" work directly supports FODARA and FHDA students.

*In 2019, nineteen individuals made contributions directly to the FHDA Foundation for FODARA scholarships. These contributions totaled \$2,600, which, combined with funds from FODARA fundraising events, will enable four \$1,000 FODARA scholarships. Great job retirees!*



## Foothill College Alumni Hall-of-Fame Induction & All-Class Reunion Party Saturday, June 6, 2020

At this new event, Foothill anticipates inducting into the Hall of Fame five to eight student alumni who have demonstrated service leadership in their lives. You can nominate a student now by submitting the online form at [www.foothill.edu/alumni](http://www.foothill.edu/alumni). The selection committee members will include Chancellor Judy Miner, former Foothill President Bernadine Fong, President Thuy Thi Nguyen, and representatives from the Academic Senate, ASFC, and FODARA. Mark your calendar to attend this exciting celebration—alumni will enjoy reconnecting with former professors, classmates, administrators, and classified staff.

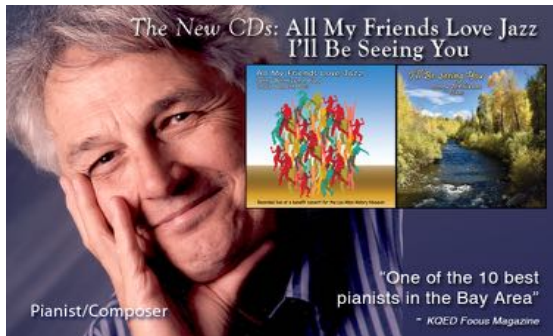
### *In Memoriam*



*Betty Franks  
Alan Talbot*

*If you know of an FHDA retiree who passed away but is not listed on FODARA's In Memoriam webpage, please email the name to Cindy Castillo ([cindycastillo@comcast.net](mailto:cindycastillo@comcast.net)). Tribute articles are always welcome—email draft to After-Words editor Linda Lane ([lanelinda@fhda.edu](mailto:lanelinda@fhda.edu)).*

## Retirees in the News



**Denny Berthiaume**, former Foothill College English and music instructor, has two new fabulous CDs, which, along with all of his many other great recordings, can be sampled and purchased at [www.dennyberthiaume.com](http://www.dennyberthiaume.com):

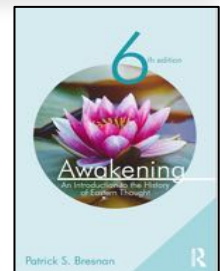
🎹 *All My Friends Love Jazz*: piano-bass project recorded live May 2016

🎹 *I'll Be Seeing You*: solo piano

If you would like to hear Denny play in person at one of his many SF/Bay Area performances, email him to request his monthly schedule of events: [dennyberth@comcast.net](mailto:dennyberth@comcast.net).



**Patrick Bresnan**, former De Anza history instructor, is the author of a popular textbook titled *An Introduction to the History of Eastern Thought*, now in its 6<sup>th</sup> edition and widely used in colleges across the country (available on Amazon). The book integrates lively anecdotes in its historical approach to highlighting the relationships between Eastern and Western traditions, and it has a unique companion website that provides additional imagery and videos of places, artwork, and structures



referenced ([patrickbresnan.com](http://patrickbresnan.com)). Patrick wrote the text for Philosophy 4 A/B/C/D—a four-quarter course he taught for many years. Originally from the Chicago area, he relocated to California in 1965 when he received an invitation to teach history at Foothill College; when De Anza opened two years later, he transferred to its history department and stayed there until he retired forty-two years later in 2009; at that time, he was the only remaining full-time instructor hired in De Anza's first year.



We have another poet among our FODARA members! **Denos Marvin**, former Foothill College speech instructor who now lives in North Carolina, says he sometimes writes poetry and offered this one for publication in *After-Words*—thank you, Denos!

### The Flipside of Particle Theory

I hear the wind whisper in the trees,  
 Or the tiny squeak of leaves on the skid;  
 Then there's the crunch of gravel underfoot,  
 While little birds chirp and bigger ones gobble.  
 Thunder clouds rumble:  
 Distant chain saws scream  
 There's more, much more, infinitely more:  
 Somewhere waves are crashing  
 And my dog licks my face.

**Chuck Lindauer**, former Foothill College Dean of Computer Science and Technology and electronics/math instructor, shares an update on his life as a retiree.



I retired from Foothill College in 2012 after 16 years. I have to say that it took me about a year to find out what I really want to do with my retirement. The saying “you don’t know what you want to do until you have the time to do it” applied to me in spades! I had many ideas about retirement that were bogus but finally settled upon things I always loved to do as a child—skiing, jogging, stamp collecting, reading, playing the violin, and traveling. Additionally, as a hobby, have always been interested in databases, and so I started a small business called “HandCrafted” Databases to keep me out of trouble. It turned out that this business led me to helping organize a number of non-profits in Los Altos, the main one of which is the Mentor Tutor Connection.

The Mentor Tutor Connection is a non-profit that provides in-class tutors for elementary school students in the Los Altos and Mountain View districts and provides mentors for students at Los Altos, Mountain View, and Alta Vista High Schools. This organization, which split off from the Los Altos Rotary Club, has been growing over the years and now serves over 400 students. At first, I provided IT help, including database support for the group, and also did some mentoring and tutoring for them. Over time, I joined their board and served as “tech guy”, Personnel Director, and President.

Since my wife, Ilona, retired last year, we have been traveling quite a bit. We’ve been to Europe, Israel, Jordan, and many places in the United States. Since we both love skiing, we spend a lot of time at Lake Tahoe and have gone to Park City, Tamarak (near Boise), and a few other fun ski areas. We also spend a great deal of time in San Francisco, where my daughter’s family lives along with my two grandkids. It’s wonderful to see the grandkids grow up. I jog three or four days a week near my home in Los Altos and hike with friends quite often at Rancho San Antonio. What can I say? Life is good.

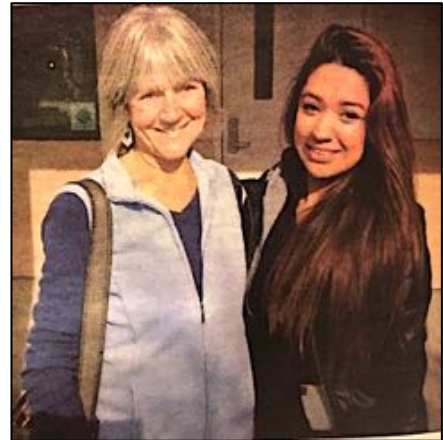


*MTC has two volunteer programs: The role of a mentor is to be a caring guide for high-school students, providing support and encouragement and inspiring hope for a bright future. The role of a tutor is to be an academic helper for elementary and middle school students, assisting in classrooms and after-school homework programs to improve students' basic skills in reading, math, science, and more. If you're interested in more information or in volunteering, visit the recently upgraded MTC website: [www.MentorTutorConnection.org](http://www.MentorTutorConnection.org).*

**Cindy Castillo**, FODARA's Webmaster/Listserv Administrator, also volunteers at the Mentor Tutor Connection and shares her experiences below.

I retired in 2012 and came across MTC as I was looking for volunteer work. I wanted to be around young people and be able to use some of my connections in financial aid and college to help them. I started in the fall of 2012 with MTC and chose to work with the alternative high school, Alta Vista, rather than Mountain View or Los Altos High Schools. I also speak Spanish (thanks Homestead High School!) and am familiar with the experiences of immigrants and their families, especially those coming from south of our border since I married a 17-year-old from Guadalajara who didn't speak any English and had only a third grade education.

My first mentee was a young lady who was born here, raised in Mexico, then returned here to attend high school. She was having trouble academically so was able to work at her own pace at Alta Vista. We usually met once a week after school. Typically, we would get something to eat then I would think of an activity for us to do together: walking my dog, hiking at Baylands Nature Preserve or Deer Hollow Farm, going to the Rosicrucian Museum and Rose Garden, or seeing a movie. There is no set agenda for meeting with mentees, other than to be a caring adult in their life who supports their growth as they work through a year or two of high school. My current mentee is a young lady from Tonga, who has a large family and recently relocated to this area from San Francisco. She has been a delight. We have visited the Sunnyvale Heritage Museum and accompanied the MVLA MTC to see a production of *Pride and Prejudice* at Theatreworks. What a trip to be in an audience of young people seeing how that story runs parallel to real life today. They boo and hiss and clap wildly as the story unfolds.



I knew Chuck Lindauer from when I served on the Administrative Management Association at FHDA and ran into him again as he is on the MTC Board. I briefly served on the Board but it was too much like work! I love the one-on-one interaction with the students and have seen how the transition to college from the student's experience is plagued with difficulties if you don't have a guide. I feel like I am able to use my energy, experience, and some lingering personal connections at FHDA to help my mentees think and plan for making the leap to college.

*If you would like your projects, volunteer work, artwork, books, poems, music, photographs, or other items included in an After-Words issue, please email Linda Lane ([lanelinda@fhda.edu](mailto:lanelinda@fhda.edu)). Or suggest a former FHDA colleague who might like to be featured.*



## CalSTRS Retirees' Long Life Spans

by Andrew Sheeler, *Sacramento Bee* (reprinted in *The San Jose Mercury News* 3/16/20)



At 92 and nearly blind, Betty Jean Reynolds isn't ready to give up her life's work as a teacher. She volunteers once a month at Modesto's McHenry Mansion, where she shows artifacts and mementos from the city's early history. "I kind of like that. I enjoy talking to people whether I can see them or not," she joked. When she began her career in Modesto schools, Harry Truman was president and gas was just 27 cents a gallon. Today, Reynolds is part of a growing cohort of retired teachers who are living longer and staying active in their communities.

Two years ago, the California State Teachers' Retirement System recognized the trend when it adjusted its mortality tables, acknowledging that both male and female retirees were living two to three years longer on average than the pension fund's previous model projected. That means the pension fund has to manage money wisely to make sure retirees can count on their benefits for decades to come. "Monitoring life expectancy of CalSTRS members is extremely important for the long-term sustainability of the system, and CalSTRS actuarial staff monitors changes on an annual basis," said CalSTRS spokesman Thomas Lawrence. The trend is noticeable among the state's oldest retirees. CalSTRS, for instance, has 359 members over age 100. They're rare—more than 900,000 active and retired educators belong to CalSTRS—but their numbers increased by 12% in just one year.

CalSTRS' oldest member is 108. There are more than 47,000 CalSTRS beneficiaries in their 80s and 11,800 in their 90s. Nationwide, teachers have the longest average lifespan of any public employee, according to a study from the Society of Actuaries. Men who teach live on average until nearly 88 years old, while women who teach live on average to be 90. That's compared to 85 for men and 88 for women who work in other government careers. In California, retired teachers beat the national average. The average female educator who retires at 62 is expected to collect state pension benefits until 91. Men retiring at 62 are expected to reach 90, according to the pension fund. At the state's larger public pension fund, the California Public Employees' Retirement System, former government workers aren't quite as long-lived: male public employees on average live to be 84, while women on average live to be nearly 87.

David Lamoureux, CalSTRS deputy system actuary, whose job it is to estimate how long retired teachers will live, said that "we can only speculate" as to the reason teachers live so long. One thing that appears to hold true is that many retired teachers continue to serve in the community long after they've retired. "Most people get into public school teaching because they want to give back and help the future generations. And when they retire, they rarely sit around and just do nothing," said Debbie Pate-Newberry of the California Retired Teachers Association. "When your life has a purpose, you have a reason to get up every day."

Reynolds, who has been retired for as long as she taught, certainly fits that mold. Though officially retired in 1985, when Reagan was president and gas was \$1.13 a gallon, Reynolds continued to stay busy, including working as a consultant, volunteering, and teaching art and calligraphy to youths up until last year. "I enjoyed teaching because I liked working with young children," she said. "Their eyes would light up and you knew you'd gotten through to them." Reynolds got her start in 1951, working as an elementary school teacher. She later would work with other teachers, helping them to adjust to the job and plan their lessons. Though she no longer teaches, Reynolds says she stays busy by visiting antique clubs, collecting ink pens and inkwells, and donating art supplies to local schools. Her time at the McHenry Mansion is meaningful to her, too. "I still continue to volunteer my services where I can to help. It's important, it's how communities grow with people coming together, volunteering, sharing," she said.

**FODARA**

**Foothill-De Anza Retirees Association**

**Foothill-De Anza Community College District**

**12345 El Monte Road, Los Altos Hills, CA 94022**