

AFTER-WORDS

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

VOLUME XLI, ISSUE 5

WWW.DEANZA.EDU/FODARA

MAY 2020

FODARA Social Events Cancelled

Via email exchanges, the Board decided to cancel the two upcoming summer events to ensure everyone stays safe and healthy. We all are looking forward to better times! So until we meet again, hopefully at our annual October Pizza "Thing," may God bless you with good health and sunny days.

—Mike Paccionezzi

Summer Picnic
Thursday, June 11, 3:00 - 6:00 pm
Cuesta Park



Cancelled

The event will be cancelled and details and the reservation form will be in the May *After-Words*.

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

Enjoy a delicious meal and sharing summer fun with your family. Details and the reservation form will be in the May *After-Words*.



FHDA Events Rescheduled



The California History Center's 50th Anniversary celebration, planned for May 30, 2020, will be rescheduled. Along with highlighting the CHC's many activities, classes, and exhibits over the years, a major focus of this event is to honor the District's retirees, so FODARA members will be notified via the listserv and/or *After-Words* when a new date is selected.

The Foothill College Alumni Hall-of-Fame Induction & All-Class Reunion Party, set for June 6, 2020, will be rescheduled for sometime in 2021. FODARA will inform retirees of the revised date so they can attend and help celebrate former students' achievements.

leadership
motivation
dedication
excellence
discipline
passion
heart

FODARA BOARD OF DIRECTORS 2019-20

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Member-At-Large	Claudette Penner	408.736.6481	Claudette@penner.org
Newsletter Editor	Linda Lane		lanelinda@fhda.edu

FODARA EVENT CALENDAR 2020

June 11	Thurs	Summer Picnic cancelled	3:00 pm	Cuesta Park, Mt. View	Open to All
Aug 09	Sun	Baseball & BBQ cancelled	TBA	Excite Ballpark, San Jose	Open to All
Sept 01	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
Oct TBA	TBA	Pizza "Thing"	TBA	TBA	Open to All
Nov 03	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
Dec TBA	TBA	Holiday Lunch	TBA	TBA	Open to All

FODARA COMMITTEES 2019-20

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

HEALTH CARE BENEFITS UPDATE

The Joint Labor Management Benefits Committee has not met since February 2020. If it reconvenes prior to the Sept issue of *After-Words*, information pertinent to retirees will be emailed via the FODARA listserv.

UPDATE FROM FHDA DISTRICT BENEFITS: For retirees eligible for a quarterly Medicare reimbursement, some dates have changed due to the March 17 shelter-in-place order for District employees to work from home. Unless previously submitted, the documentation required for reimbursement is attached to the 2020 Annual Retiree Survey, which is normally due March 15. This year, the deadline for submitting the survey has been extended to June 15.

- For Annual Retiree Surveys received by the district **before March 15**, reimbursements were made and deposited in bank accounts mid-April;
- **Correction:** For 2020 only, since the Social Security office is closed during the stay-in-place order, for Surveys and documentation received **between March 15 and June 15**, reimbursements will be made retroactively for the months of January through June.

To verify when your Survey and/or documentation was received, email MyBenefits@fhda.edu and include your name, Campuswide ID#, and retiree status.

COVID-19 Student Emergency Fund

Join us in helping students by giving a gift now

Emergency Funds Provide Lifeline for Students

- Loans of 250 Chromebooks
- Grants of up to \$1,000 to meet financial hardships
- Food e-gift cards to help food insecurity
- Student Technology Ambassadors to help peers with online learning

The FODARA Board unanimously agreed to donate \$500 to the FHDA COVID-19 Student Emergency Fund for those needing financial help at either college; read more about this program at <https://foundation.fhda.edu/stories/covid-19.html#.XqHHeC3Myi5>; you can make a tax-deductible contribution online at <https://secure.donationpay.org/fhda/emergencyfund.php>. Below are responses from just two of the many students who have received assistance:

It is very comforting to know individuals and organizations like the Foothill-De Anza Foundation are willing to help in times of distress. For educational institutions to care about their students even outside of the classroom is very motivating. Thanks to the emergency fund, I will be able to stay on course to a bright future and focus on my education, not on the limitations brought about by the coronavirus... I will remember the support I received and will not hesitate in returning the favor. – Christian

I knew things were really changing in the world when my boss called to tell me not to come in because he was shutting down the business due Covid-19. I immediately became concerned about how I was going to make ends meet considering I couldn't go to work, but my bills continued to add up. Being awarded the grant provided the mental stability I needed to not worry about paying my bills and just focus completely on pursuing my education. Thank you so much for providing me with this financial relief! – KeNoah



It's not too late to send in your 2019-20 voluntary \$10 FODARA dues! Though dues are usually submitted along with event registration forms, you can send a check, made out to "FODARA," directly to the Treasurer: Ed Burling, Treasurer, 17700 Bruce Ave., Monte Sereno, CA. 95030.

DE ANZA PRESIDENT UPDATE

Three finalists for the position of De Anza College president have been selected by a 20-member search committee, representing the student body, faculty, classified professional staff, administrators, and the community. The committee forwarded the names to Chancellor Judy C. Miner after two days of interviews with semi-finalists. Each finalist will take part in a two-day, online "campus visit" during the week of May 11:

- First day of each finalist's visit: the candidate will meet—via Zoom videoconference—with campus constituencies including the Academic Senate, Classified Senate, De Anza Associated Student Body (DASB), college administrators and managers, the De Anza Commission, the Foothill-De Anza Foundation board of directors, college senior staff, and the chancellor's cabinet.
- Second day: the candidate will take part in a recorded Zoom interview conducted by an outside consultant and meet with the chancellor.

The recorded interviews will be posted on the De Anza president search website (<https://deanza.edu/president-search/>) after all finalists have completed their visits. Members of the campus community, including retirees, will be able to provide input through an online survey that will be posted on the website. The chancellor will make her final recommendation to the Foothill-De Anza Community College District Board of Trustees on June 2. More information on each of the three finalists below is also available on the search website.



Lloyd Holmes

Vice President, Student Services

Monroe Community College

2014-president



Bryan Reece

President

Norco College

2017-19



Wei Zhou

President

Crafton Hills College

2016-18

RETIREE NEWS

Nancy Charnoski & Tom Roza: Coping with the Coronavirus Pandemic



Nancy worked in De Anza's Admissions & Records Department for eight years, retiring in 2017, and I worked in ETS/Systems & Operations for eleven years, retiring in 2013; we both thoroughly enjoyed working for FHDA, but we *love* being retired. However, as with everyone, the recent Coronavirus Pandemic has significantly altered our everyday lives and those of our families and friends.

Both of us are very outgoing and social—we love doing things and being with people. The closing of so many businesses and activities, the Shelter-in-Place directives, and maintaining social distancing when going out has certainly impacted our lifestyles. However, we understand why these restrictions on our lives are necessary: we are dealing with an extremely dangerous virus, COVID-19, a vicious killer that is

spread through human contact. With no vaccine to prevent infections, and, as of yet, no medications proven to be both effective and safe in treating the infected, these restrictions are the only way to curb the spread of the disease.

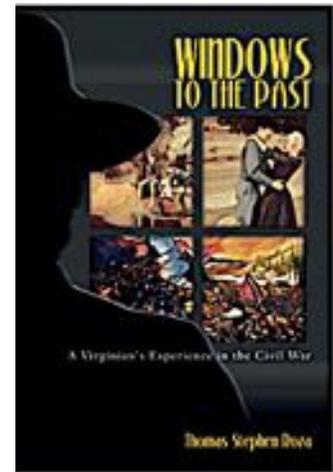
So, to avoid developing cabin fever and getting on each other's nerves (LOL!), we have developed daily routines that occupy portions of our day. These routines include setting up a schedule for various indoor household chores, such as vacuuming, dusting, mopping floors, cleaning bathrooms, laundry and so on. The same applies to outdoor chores, such as cutting the grass, trimming bushes, caring for our garden and various plants on our patio and around our yard. We plan our meal schedules one to three days in advance and keep track of our food supplies so that our weekly trip to shop is more efficient and we spend less time in the store. We thought about using Instacart but have deferred that option for now. Nancy loves to read and does Facebook; she has an extensive array of family and friends online that she stays in touch with. Recently, in response to the pandemic, Nancy made facemasks using patterns she found on the Internet and some unused fabric. She made 18 of them before running out of supplies. In addition to being effective when we wear them, they are very stylish because of the variety of fabrics she uses.



Nancy is also an exceptional cook and baker and has treated us to a wide variety of tasty meal servings and pastries!

I am busy working on my second novel titled, *Lost Cause—Justice Found*; it's a sequel to my first book, *Windows to the Past: A Virginian's Experience in the Civil War*, published in 2017 and accepted by the Library of Congress that same year (available on Amazon). I hope to complete the sequel later this year. I continue to write poetry for special events, such as birthdays, St Valentine's Day, Easter, and Mother's Day. I also have a daily workout routine of 35-40 minutes each morning on the elliptical trainer while watching TV.

We stay in touch with family and friends by exchanging phone calls and online chats via Facebook and by taking walks 3-4 times a week in our neighborhood. On our walks, when we encounter friends, we chat with them while maintaining social distancing. This is especially difficult because both of us are "huggers" but now can't physically engage with people we care for. Finally, because we both believe in the Power of Prayer, we say our daily prayers and have been attending Mass via Facebook broadcasts from our local church. We pray our government at ALL levels makes decisions based on facts and not fear and intimidation regarding the health and welfare of its citizens. To all FODARA retirees, please stay safe!



—*Tom Roza*

FODARA Secretary

Cindy Castillo, FODARA webmaster/listserv administrator, was featured in the April 15, 2020, edition of the San Jose Mercury News as part of its "How People Are Coping During the COVID-19 Pandemic" series:



I am 67 years old, already retired and living alone with my dog. Doing this lifestyle is like retirement on steroids. I miss my volunteer activities tutoring and mentoring in the local public schools. And I feel so bad for the many local businesses who have not been able to stay open during this time, and for their employees who are now unemployed. My two sons are still employed: one as a microbiologist doing COVID-19 testing and the other as a cannabis delivery driver for folks needing their medication. I am so

grateful for my local Sunnyvale Jazzercise franchise owners, who have weathered the storm and managed to provide online classes. With help from corporate Jazzercise, they are now offering classes on Facebook Live and mastering the technology as we go. Their efforts keep our little exercise community intact while we weather the storm. Kudos! My hope is that we learn the lessons this virus has taught us, and we incorporate those lessons as we rebuild our new normal. That will be the real test of whether humans will thrive and survive long into the future.

Cindy Castillo
Sunnyvale

Donne Davis, former Foothill Outreach Counselor, was also featured on April 15 in the *SJ Mercury News* "Covid-19 coping" series. Below Donne shares details on her exciting post-retirement career.

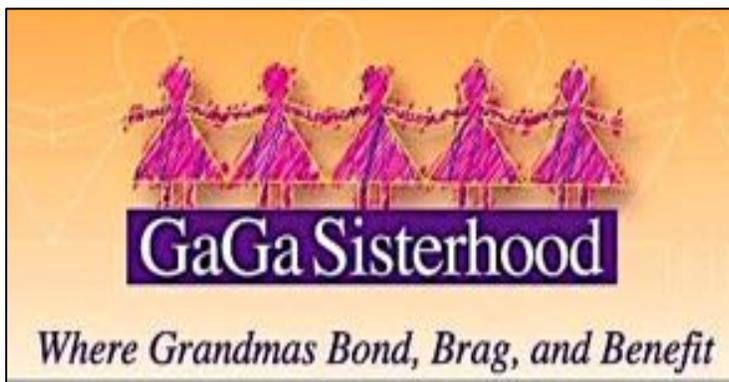
My late husband, Sonny, always joked that "retirement is greatly underrated." He was right. Since I retired from Foothill College in 2003, I've experienced the most creative period of my life.

It all began after I witnessed the birth of my first grandchild on April 26, 2003, about three months before my retirement. My daughter invited me to be present at the birth of her first child. My bags were packed and ready to go. I can still remember every vivid detail as if it were yesterday. I was standing at the foot of my daughter's hospital bed right beside the midwife. When my granddaughter made her entry into the world, the midwife lifted her tiny head—her eyes were wide open. I looked into those eyes and I swear she looked right back. I went completely "gagal!" When I finally came back down



to earth a few days later, I realized I was not the first grandma to feel this way. Every grandma I spoke to had that same crazy enthusiasm for her grandchild as I had for mine.

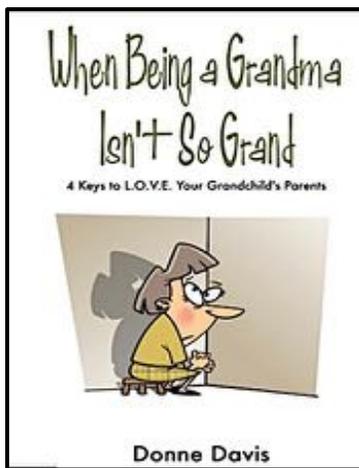
The next realization came as I got into my new role. I spent two weeks helping my daughter and son-in-law with their new baby. Their parenting style was different from the way we'd parented. She wrapped my tiny granddaughter to her chest and carried her everywhere. Intuitively, I knew to keep my opinions to myself and didn't comment when my daughter complained of being tired all the time. I was curious what other grandmas had experienced in the early stages of their role. I wanted reassurance from them that all my feelings were "normal." I decided to start the GaGa Sisterhood so that we could share our wisdom and experiences.



At my retirement party in July 2003, people asked what I planned to do after retiring. I replied, "Well, I've been so successful recruiting students to Foothill College I'm going to start recruiting grandmas to the GaGa Sisterhood." In December 2003, I invited all the grandmas I knew to my house to start a conversation about what it means to be a modern grandma. Fifteen grandmas sat in a circle in my living room and we told stories—how we got our grandma

names, how we juggled all our roles to make time for our grandchildren, and how we got along with their parents. That conversation was one of the most exciting moments of my life when I realized I'd hit on a great idea. The role of "grandma" can be complicated, but together grandmas can figure it out better than one grandma all by herself.

At the end of our first meeting, everyone wanted to continue the conversation and share more wisdom. And that's what we've been doing for the past seventeen years. We meet every other month at members' homes. We've become a national social network where grandmas bond, brag, and benefit. My mission is to inspire grandmas to continue growing along with our children and grandchildren. With that goal in mind, I've brought in speakers on a wide range of topics covering self-care, creative projects for grandchildren, and communication tools for getting along with our grandchildren's parents.



In 2008, I created a website where I publish weekly blog posts. I write a monthly newsletter called the *GaGazine*, and I published a book titled *When Being a Grandma Isn't So Grand: 4 Keys to L.O.V.E. Your Grandchild's Parents* (available on Amazon). I've met thousands of grandmas since founding the GaGa Sisterhood. I love hearing their unique stories as they tell me about their joys and challenges. Our Sisterhood has grown into a group of friends with real camaraderie who get into lively discussions at our meetings. New grandmas are always joining through our Meetup group or a member's recommendation: <https://www.gagasisterhood.com/>

I now have three granddaughters. Juliet, 17, and Amelia, 13, are my daughter's girls in Sacramento. Sophia, 6, is my son's little girl in southern California. So, I'm often on the road or in the air visiting all of them. Nothing brings me more joy than watching them grow and learn new skills that they then often teach me.

Another of my passions is Toastmasters. I joined Menlo Park Toastmasters Club on April 1, 2009, and tell people it's because I'm no fool! Toastmasters has been the best investment of my time I've ever made. I feel so exhilarated after our Tuesday night meetings it takes me awhile to fall asleep. The people in my club are extraordinary, entertaining, and enlightening men and women of all ages motivated to improve their public speaking and leadership skills. I've been the President of my club, and this June I will earn my Distinguished Toastmaster Award, the highest honor you can achieve.

On June 16, 2018, my husband and I celebrated our 50th anniversary. We'd planned a spa getaway to Napa but it was not meant to be. We ended up celebrating in the ER and subsequently returned six more times over the next three months before he passed away on September 17. I'm grateful we had time to prepare for his death. He constantly reassured me that I would not only go on without him but grow stronger in the process. Even during his final weeks of life, he was my strength, my cheerleader, and my confidante. And he was right. I have grown stronger and more self-reliant as I've learned how to live in the world as a single person ... and one happily retired.

Got Books?



If you enjoy a good mystery and well-written, character-driven plots, be sure to read British author Kate Atkinson's Jackson Brodie five book series. Brodie is an ex-cop/PI so grisly crimes do pop up, but Atkinson doesn't consider herself a mystery writer—she prefers to call these books “comedies of manners.” In each, the first few chapters introduce three or four seemingly unrelated people and events, then, in back and forth chapters, connections slowly emerge. In describing the characters and their lives, Atkinson inserts witty observations, cultural allusions, and literature references, and the ending often includes a surprise twist.

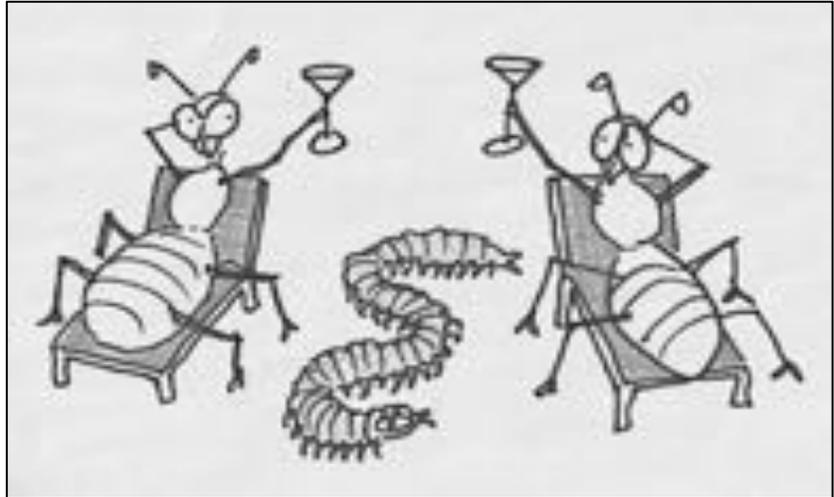
To keep track of recurring characters and previous events, it's best to read them in order: *Case Histories*; *One Good Turn*; *When Will There Be Good News*; *Started Early, Took My Dog*; *Big Sky*. The series is available in e-book format on Kindle and in hardcover/paperback form at thriftbooks.com.



Tom Strand, former Foothill math instructor/FA Grievance Officer and current FODARA JLMBC representative, enjoys cycling, cooking, crosswords, reading, and spending lots of time with family and friends (now social distancing, of course). He has been drawing and painting for many years, and, though his sketches are usually of people, places, and animals, he has recently added cartoons to his portfolio of artwork.



Honey, I think you might have the wrong idea about wearing a mask in public



Two ants, with the help of their centipede buddy, practice extreme social distancing 1,000 feet apart

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).



According to the online District Board minutes, five people will retire at the end of Spring Quarter 2020:

- John Abbruscato, Central Services ETS
- Elaine Haight, FH PSME
- Warren Lucas, DA Creative Arts
- David Sauter, FH Bio/Health Sciences
- Barbara Shewfelt, FH Kinesiology & Athletics

We wish all retirees a happy, healthy post-employment life! New and “old” retirees are encouraged to join and support FODARA by signing up for the listserv, by volunteering to serve on the Board or another committee, and especially by attending the annual social events—see calendar on p. 2. For more information about FODARA and the services it provides to retirees, visit <http://www.deanza.edu/fodara/index.html>.

In Memoriam: Jim Luotto



Jim Luotto (1933-2020) left us early last month after a long and wonderful life. He was a wonderful father and colleague and a great teacher. Many of us knew him well. I was very fortunate that he was assigned as my mentor when I was hired in 1989 because I was interested in collaborative learning. I learned a great deal from Jim, who taught both English and Speech and a multidisciplinary course on The Bible as Literature with Don Buck. I consulted with him frequently when I was Dean, and we took two long bicycle rides together to Paso Robles. Susan and I also had the privilege of spending time with Jim in his alternate residence in Montefiascone, Italy. Jim's obituary is posted at <https://www.dignitymemorial.com/obituaries/fair-oaks-ca/james-luotto-9114966>. Below are a few details of Jim's life published in De Anza's LaVoz newspaper in 2003:

Born of Italian immigrants, Jim Luotto grew up in Brooklyn, New York, then graduated from the University of Notre Dame with a Bachelor of Arts degree in English. After military service as an Air Force pilot at Travis Air Force Base, California, he completed his master's and doctorate degrees at Loyola University of Chicago. While teaching high school in Illinois, Luotto heard that Dr. Robert De Hart from Foothill Community College was on a recruiting tour and would be visiting nearby. Luotto had fond memories of California so, after a successful interview, accepted a position as an English instructor. He spent his first year at Foothill then transferred to De Anza in 1967. "I found the students consistent in whatever changes there may be," said Luotto. "They were always kind and they were always interesting."

In 1970-71, Luotto served briefly as the Dean of Language Arts. "That was a challenge," he said. He left the administrative position to join De Anza's experimental, interdisciplinary Minicollege program. "Even though you were an English teacher," he recalled, "you might teach biology or other subjects. You couldn't pretend you were an expert. You did your best to communicate and learn with the students." Luotto also had the unique experience of teaching in Europe on three different occasions in the Campus Abroad Program.

*In his final year as a full-time professor, Luotto was surprised when De Anza president Martha Kanter announced at the 2001 commencement ceremony that a special site on campus would be dedicated to the college's founding faculty and called Luotto's Grotto; under the redwood trees between the Advanced Technology Center and the Language Arts Division office, a brass plate engraved with a phrase from Geoffrey Chaucer's *The Canterbury Tales* reflects Luotto's love of Old English authors and his teaching philosophy of nearly 40 years: "And gladly wolde he lerne, and gladly teche."*

We will share stories about Jim at a ZOOM service on Friday, May 29, at 2 pm (<https://cccconfer.zoom.us/j/91277812333>). Email me (swenssonjohn@gmail.com) prior to that date if you have questions about joining in. When out of quarantine, we will have a gathering at Picchetti's Winery as we did when he retired.

—*John Swensson*

Emeritus Professor of English
Director, Global Education Partnerships

An internet search offers hundreds of suggestions for keeping busy and healthy during coronavirus stay-at-home time. Below are some interesting ideas:

Community Service / Helping Others

- Be a "cheer upper"—volunteer to call isolated folks in your area
- Foster a pet by contacting your local SPCA or other pet shelter



Entertainment / Keeping Busy

- Create a Google document of favorite videos/movies/books
- Play family games: scrabble, Bananagram, charades, Pictionary, cards, dominos
- Play solitary games: jigsaw puzzle (1000 pieces takes up *lots* of time), crosswords, Suduko
- Via email, interview parents / siblings / grandchildren—ask favorite book, movie, music, vacation, food, clothes, holiday, pet, etc.— and share responses
- Via FaceTime/Skype... do a treasure hunt for common and unusual household items, hold a spelling bee, put on music and dance



Home Maintenance / Reducing Chaos

- Indoors:
 - Fix those "small" items: broken light switch, missing trim, loose/cracked tile, scuffed walls; reorganize kitchen cupboards and pantry
 - Keep cleaning *everything*—closets, mattresses, cupboards, attic, pets, basement, garage, and don't forget windows to let in the most sunlight
 - Think about what/how much you waste and how to reduce your carbon footprint
- Outdoors:
 - Clean gutters and sweep away cobwebs around doors/windows
 - Feed and prune plants
 - Regularly pull weeds around plants; on pathways/areas away from plants, kill weeds with non-toxic distilled white vinegar (odor is strong but short-lived)



New Skills / Increasing Knowledge

- Download Duolingo, or other app, to teach yourself a foreign language
- Get or reinstate a library card to download hundreds of e-books and videos
- Learn... calligraphy via YouTube, Old English words/phrases (wherefore not?), origami, ways to wear a scarf, to write haiku (make your own greeting cards)
- Take an online class—available now on almost any topic



Personal Health / Finding Peace of Mind

- Learn basic yoga techniques to relax and stay calm
- Look at pictures of puppies and kittens—when you smile, you feel better
- Search for "happy times" videos, e.g., <https://vimeo.com/334964337>
- Update or write your will and Advanced Health Directive—a difficult task but often avoided because we never have the time. Now we do



Projects / Getting It Done

- Clear out and reorganize all file cabinet drawers (shred, shred, shred)
- Consider changing paint colors in one or more rooms using online design tools, e.g., Sherwin Williams visualizer
- Rearrange artwork or rooms or furniture for better feng shui
- Research the history of your family, house, or community
- Search for new recipes using favorite ingredients
- Start a film club blog: watch best picture movies and post likes/dislikes
- Teach your pet new tricks
- Try on all your clothes to determine if they "spark joy" à la Marie Kondo—donate items that do not

