

THE TWIG - JULY 2024

AAUW Fremont Branch Since 1961

Board Begins Term



Co-presidents Alice Manfredi and Remy Parmar begin their term of office July 1. Other new officers are Jo Szeto, vice president and membership chair; Carolyn Hedgecock, secretary; Phie Dai, treasurer; and Judy Wolf, program chair. All were installed June 15 at Cogir of Fremont during our installation lunch. See [Installation, Awards Featured at Annual Lunch](#) for the story and photos.

Other co-presidents--Jeanne Delp, Jennifer Foster, and Carolyn Hedgecock--will serve later in the year.

Tech Trek Ice Cream Social

This year's class of Tech Trekkers (above) enjoyed a trivia contest during the annual ice cream social.



Judges of the trivia contest were Maria Elena Gomez (left) and Bridget Uzogwu. Jessica Gong (right), the assistant director of the Sonoma Tech Trek Camp, hosted a question and

answer session for the girls and their parents at the end of the event. Members as well as the Tech Trekkers had a wonderful time playing trivia.



Co-President's Message

By Remy Parmar, Co-President

Dragonflies at Lake Elizabeth. Meeting friends for frozen yogurt. The evening breeze and late sunsets. You can tell it's summertime. The libraries are packed with little kids keenly playing the reading game and teens getting a jump on summer classes. The pace of life feels slower and a bit lazy. With this slower pace, I take a break to reflect on my year. What have I learned, how do I want to grow and expand my horizons?



This year, I'm looking forward to serving our branch as Co President (with four amazing women) along with a sharp group of board members. I started reflecting on the theme of intergenerational membership, leadership, and mentorship. For me, this means being both a lifelong learner, collaborating with a wise group of women (irrespective of age), and paying it forward by sharing what I can.

The United Nations Entity for Gender Equality and the Empowerment of Women advocates Generation Equality by recognizing that youth can also demonstrate what it means to be a changemaker, to think differently, to share power across generations. Likewise, youth can be guided to practice reciprocity towards the prior generations to carry forward certain values that focus on unifying our society as well as fostering continuity.

Recently, I read an article in the peer-reviewed journal, *Composition Studies*, that beautifully captured the ethos of intergenerational mentoring as an "ethic of hospitality ... to facilitate respectful, productive relations among generational groups, which recognize and enact interdependence but allow for a wide range of stances and strategies of interaction..." (quoting Professor Emerita Louise Wetherbee Phelps at Syracuse University).

Our branch encompasses many such intergenerational collaborations: from our Board Members, to our high school interns, students and members who

Board of Directors

Co-Presidents - **Alice Manfredi & Remy Parmar**
 Vice President & Membership Chair - **Jo Szeto**
 Secretary - **Carolyn Hedgecock**
 Branch Treasurer - **Phie Dai**
 Program Chair - **Judy Wolf**
 Membership Chair - **Jo Szeto**
 Membership Treasurer & AAUW Fund Chair - **Jennifer Foster**
 Public Policy Chair - **Jeanne Delp**

volunteer at Discovery Day, *Twig*, public library programs, Speech Trek Interns, Gov Trek participants, Tech Trek Alumni who come to the Ice Cream Social to inspire our current Tech Trekkers, and our Ohlone Scholars and NCCWSL attendees. Whatever your availability and passion, please consider getting involved with any of our programs or starting a new one. We also have a variety of social groups including book clubs, yoga, cultural cuisine, arts, walking groups and nature lovers. Additionally, Central Park will soon begin its summer concert series.

Wishing everyone a Happy 4th of July!! Please stop by our booth at Fremont's 4th of July After Party (after the parade).

AAUW-CA HAPPENINGS

From the Board to Board newsletter: Sandi Gabe has completed her two-year term as president of AAUW-CA, and is moving on to new challenges. She is being replaced by Charmen Goehring. . . The new director of the AAUW Fund committee is Deanna Arthur, a member of the Alhambra-San Gabriel branch, replacing Karen Vanderwerken. Deanna left the nominations and elections committee. . . Sharyn Siebert and Marsha Swalls are leaving the branch development committee. . . Michelle Baer and Donna Holmes are the new communication committee co-chairs, replacing Dawn Johnson. . . The nominations and elections committee is looking for a new director. Contact Charmen at charminme@yahoo.com if you're interested in this position. . . The Biden administration clarified its guidance on Title IX in April. The 2024 regulations identify sex-based discrimination and who should be protected from sex-based discrimination under Title IX: the regulations prohibit discrimination not only on the basis of sex, but also on the basis of sex characteristics, pregnancy or related conditions, sexual orientation, and gender identity. The changes have already been blocked in at least eight states. . . The Board to Board newsletter is taking the summer off and will return in the fall.

Public Policy

...Will Return in August

Changemakers

Linda Alvarado Visionary Business Trailblazer

Adapted from *AAUW Thousand Oaks Profiles of Women Past and Present, 2018*,
By Phie Dai

My name is Linda Alvarado. I am the founder, president, and CEO of Alvarado Construction, Inc., one of the fastest-growing commercial and general contracting companies in the country based in Denver, CO. I also own the Colorado Rockies baseball team and Palo Alto, a company that runs 150 franchised restaurants in seven states.

I grew up in Albuquerque, NM, with my parents and five brothers in an adobe house with a wood-burning stove for heat and no indoor plumbing. My mother hauled water from a drainage ditch to wash our clothes. Through playing every sport with my brothers, including football, I learned that sometimes you win and sometimes you lose, but you'll always get better if you just keep trying.



I excelled at school, and my parents always encouraged me to try new things. My father even let me work on his car! After graduating with a degree in Economics from Pomona College in CA, I became an accountant with a construction management company. I worked my way up to project engineer by taking classes such as *How To Run A Construction Site*. I love watching buildings come up out of the ground. To me, they are a permanent and beautiful ending to the creative process.

I began to dream about starting a small construction company of my own, but no banks wanted to finance it. My parents took out a second mortgage and gave me the \$2,500 seed money. At first, I didn't get much work. I started with simple paving jobs like curbs and sidewalks and building bus-stop shelters. Today my company has 450 employees and multi-million dollar projects all over the country and the world. We built the Denver International Airport, Denver Broncos Mile High Football Stadium, and the Colorado Convention Center.

I started serving on the boards of Fortune 1000 companies when I was only 27 years old. I was the recipient of the Horatio Alger Award, inductee of the National Women's Hall of Fame and honored as one of the "100 Most Influential Hispanics in America" by *Hispanic Business Magazine*. Despite all this public acknowledgment of my groundbreaking work, it didn't fully dawn on me how I influenced society's view of women until I spoke at a Career Day for my son's kindergarten class. When his teacher asked my son if he wanted to follow me into the construction business when he grew up, my son said, "No, that's women's work."

I learned that in life, you'll meet people who embrace your dreams and those who will try to stop you. You have to let the disappointments roll off and stay focused. Remember, unless you try, you never know how much you can achieve!

BRANCH NEWS

Installation, Awards Featured at Annual Lunch

By Kathy Garfinkle

The setting for our 2024 Installation Luncheon was the lovely penthouse atop Cogir of Fremont. Members were greeted at the welcome table by Jo Szeto where they received name tags decorated with four stars to celebrate our four-star national recognition. The colorful tablecloths were laden with beautiful floral arrangements provided by Jan Van De Werfhorst and Kimmi Tang.



Projected on the wall was the first slide of the presentation describing the five-star program giving members a hint of what

was to come next. A delicious buffet was available with starters including fresh fruits and cheeses. Members had an opportunity to mingle and catch up with AAUW friends before being seated for the opening welcome and explanation of the five-star program. The four-stars that our branch received recognizes our achievements in Public Policy, Governance, Programs, and Communications. To earn the fifth star, our branch must contribute an **average** of \$30 per member to AAUW Greatest Needs Fund. We had sparkling cider and Kathy offered a toast to the Fremont Branch for our four-star recognition and our dedicated Fremont Branch officers.



While completing our Nicoise Salad with a choice of poached salmon or grilled chicken, Kathy Garfinkle introduced our guest speaker, Preston Metcalf, Executive Director of the Triton Museum of Art in Santa Clara. Mr. Metcalf spoke about one of his favorite topics in art history: "The Portrayal of Feminine Power in Art." The audience was fascinated as he explained that women were worshipped as goddesses with tremendous power in the early Paleolithic Era.

The lecture was followed by the Installation ceremony led by Kathy Garfinkle. She recognized each officer: Co-presidents Alice Manfredi, Jeanne Delp, Jennifer Foster, Carolyn Hedgecock, and Remy Parmar; Vice President Jo Szeto; Treasurer Phie Dai,

and Program Chair Judy Wolf. Each was identified with a brief biography and personal reflection on their star power. For the biographies of our new officers, see [below](#).

A 50-year membership pin was presented to Jan Van De Werfhorst.

Jeanne Delp was selected as our 2024 Named Gift Honoree. Jeanne was chosen for this honor for her outstanding Public Policy articles as well as her unwavering conscientiousness and determination to complete every AAUW task to the best of her ability.



A celebration is not complete without a cake. Linda Pearson baked a cake with our branch logo displayed on top. We all enjoyed this confection that was both delicious and a work of art. Linda generously donated the cake as a gift.

We left with a feeling that our minds, bodies, and spirits had been nourished.

New Officer Biographies

By Kathy Garfinkle

It was my privilege to install the officers for the 2024 – 2025 year. This year we are celebrating our four-star national recognition. In keeping with that theme please find below a brief bio and my reflections on **their** star power.

Alice Manfredi

Alice is a California native, residing in Fremont since 2002. She joined Fremont Branch AAUW after graduating high school in 2010 and served as newsletter editor for over a decade. Alice is an Ohlone College graduate of 2019, and a passionate photographer. After attending the AAUW National Conference for Women Student Leaders, Alice's star transformed into a shooting star. She has become one of our most eager and strongest young leaders ready to light the way and lead the Fremont Branch with the support of her co-presidents.



Remy Parmar

Born in Zambia, Remy immigrated to the United States when she was 8 years old. She has mainly lived in the scenic North Bay. Remy is an immigration attorney who has been in practice for 25+ years. She has a daughter in college and a son in high school. Remy's star is large with knowledge and wisdom. She knows just what to say to clarify what needs to be done to accomplish the work of the board. Her dedicated commitment to the mission of AAUW is demonstrated by her remarkable work on Speech Trek and Discovery Day.

Alice and Remy are serving as the first co-presidents.



Jo Szeto – Membership Chair - Vice President

Jo, a native of Canton, China, is the mother of three high achievers! She is also a grandmother of seven college grads. Jo is now celebrating the recent birth of her fourth great grandchild. Jo's star is surrounded by the stars of her remarkable family that has always been there to support Jo and the Fremont Branch. Her star is always giving and generous. She shares her love of yoga and zest for life that helps keep her and her friends young, strong, and resilient.

Phie Dai – Finance Officer

Phie is a transplant from the beautiful Garden State of New Jersey. Phie has two children, and her Gen Z daughter is also an AAUW member. Phie's star was hiding her great potential, but her life changed forever when she walked into the 2019 One Book, One Community Read event at the Fremont Library, and joined AAUW. As president, Phie has led our branch to new horizons using her professional marketing, banking and finance skills and her eager quest to learn more and spread the word about AAUW and our Fremont Branch. It is because of Phie's determined effort that our branch is honored with a four-star recognition award.



Carolyn Hedgecock - Secretary/Co-President

Carolyn, 50-year AAUW Fremont branch member, born and raised in Bakersfield, has lived in Fremont since 1965. Carolyn's star guided us through the challenging Branch Bylaws revision. She submits the minutes promptly and accurately. Carolyn is also very active with the League of Women Voters in the Tri Cities.

Judy Wolf – Program Chair

Judy is a transplant from Pennsylvania in 1965 to Fremont. She joined AAUW in 1976 and became a national life member in 1992. Judy is Program Chair, and she is looking forward to working with one or two more members on program. Judy's star contains a generosity that knows no bounds. Her star is also filled with wisdom and wit. Judy's star is the most honored in the sky for all that she has contributed to AAUW and her community these many years.



Jennifer Foster – Membership Treasurer/Co-President



Jennifer, a native Californian, worked as a technical writer for 20 years. Jennifer’s star has soared since she joined AAUW in 2022. She has shared her expertise as a tech writer along with her many other talents and skills. Jennifer has never hesitated to volunteer from the moment she joined AAUW, and is currently the newsletter editor, as well.

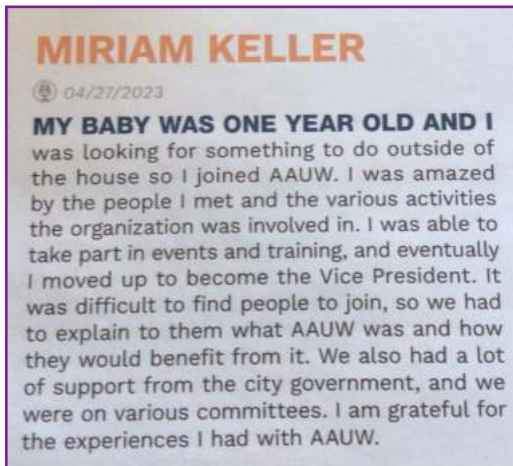
Jeanne Delp – Public Policy Chair/Co-President

Jeanne is a native Northern Californian who moved to Fremont in 1967. She taught in the Fremont public schools for 22 years where she and her husband sent their own two children--now grown with high school and college age children of their own. Jeanne’s star is always dependable. She is one of the most conscientious and dutiful board members. Her reports on Public Policy are always very thorough and informative. Jeanne frequently throws in a touch of humor when reporting to the board.



Oral History Project

In 2023, everyone in AAUW received a yellow postcard inviting them to participate in an oral history of AAUW. The result is *2024: In My Words*, which collected member stories from across the country and turned them into a 383-page book.



Alice Alfaro Manfredi and Miriam Keller participated in the Oral History project. Alice, president of the AAUW Fremont branch and currently curator of the *Twig*, talked about joining AAUW as part of our mentorship program for high school girls, and being the newsletter editor from 2007 to 2023. She is grateful for the encouragement and friendship she's found in AAUW.

Miriam, founder of our long-running Discovery Day program, joined AAUW because she was looking for something to do, and was amazed by the people she met and the activities that AAUW was involved with.

It's Past Membership Renewal Time

The majority of 2023-2024 AAUW Fremont memberships have expired. If your membership expired at the end of June and you haven't renewed, you will probably hear from the membership treasurer, and possibly her assistants, in July.

Note: If you haven't renewed by the middle of September, you will be dropped from the roster.

The total fee is \$108, which includes local, state, and national dues. If you have any questions about your membership status, contact Jennifer at jejenfo@yahoo.com.

To renew by credit card: go online and make payment on the AAUW Community Hub using this link: https://my.aauw.org/NC__Login. **You must reset your password.** Scroll to the bottom of the page to the **RENEW** button once logged in.

To renew by check: make the check payable to AAUW Fremont Branch and mail it to:

AAUW Fremont Branch
Attn: Membership Treasurer
P.O. Box 8254
Fremont, CA 94537-8254

SPECIAL INTEREST GROUPS

Possible New Group--READ and WATCH

Which came first--the book or the movie?

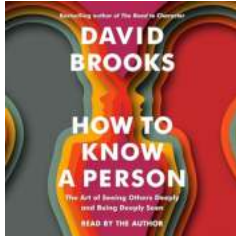
Read the book then watch the film. Discuss which was better. What changes were made that made the movie version better than the book or vice versa?

Some suggestions just off the top of my head: *The Color Purple*, *We Were the Lucky Ones*, *All the Light We Can Not See*, *The Boys in The Boat*, *The Firm*.

What would be needed? A time, a place, a smart TV, a streaming service like Netflix or Hulu, and maybe some popcorn.

Think about this. Are you willing and able to commit?

Contact Judy Wolf 510-657-5589 or judyjudyjudy1940@gmail.com



Afternoon Lit

Afternoon Lit will meet July 16 at 2 p.m. at the home of Remy Parmar, who will review *How To Know A Person* by David Brooks. Please let Remy know if you plan to attend.



Book Talk

Our next read is *Lady Tan's Circle of Women* by Lisa See. Jo Szeto will lead the discussion at the home of Carol Ramos on July 1 at 2 p.m. Please call Carol if you plan to attend.



Cultural Cuisine

We will be going to Federico's Grill in Niles. The date is Tuesday, July 16 at 6:30 p.m. I know, another Italian Restaurant: the group reminded me that July was named after Julius Caesar, and so there we are. The address is 37804 Niles Boulevard. Their parking lot is just north of the

restaurant.

Please RSVP by Sunday evening, July 14, to Judy at 510-657-5589 or judyjudyjudy1940@gmail.com.



Exploring the Arts

By Karen L. McCreedy

Please note: These are suggestions to satisfy your artistic interests. I encourage members to arrange on their own to go with friends and to carpool for out of town events.



Triton Museum of Art, 1505 Warburton Avenue | Santa Clara, CA 95050

July 3, 2024, 9:30 a.m. to 10:30 a.m.

Triton Museum's Book Club: *Leonora in the Morning Light* by Michaela Carter

Leonora Carrington is a twenty-year-old British socialite and painter when she meets Max Ernst, an older, married artist whose work has captivated Europe. She follows him to Paris, into the vibrant world of studios and cafes where rising

visionaries of the Surrealist movement like Andre Breton, Pablo Picasso, Lee Miller, Man Ray, and Salvador Dali are challenging conventional approaches to art and life. Inspired by their freedom, Leonora begins to experiment with her own work, translating vivid stories of her youth onto canvas and gaining recognition under her own name.

Let Triton Executive Director Preston Metcalf take you on a surreal journey as he shares the visions and works of Leonora Carrington, Max Ernst, and others who sought to portray the inner workings of the mind.

Vincent Minelli films at Palo Alto's Stanford Theater through August 25:

221 University Avenue, Palo Alto, California (650) 324-3700

Here's the link to the entire Minelli schedule: <https://stanfordtheatre.org/calendars/Minnelli%202024.html>

A Movie to Look for in July: Theaters post new scheduling on Wednesdays. Check them for a time that works for you.

Thelma: “*Thelma* (played by 94-year-old June Squibb in her first starring role) follows the titular character on her quest to retrieve the \$10,000 that she was scammed out of while trying to help her grandson. The movie opened to universal acclaim, and currently stands at a near-perfect 99% approval rating on the aggregator website **Rotten Tomatoes**. **In his review**, Collider’s Ross Bonaime wrote that “what makes *Thelma* work so well is its ability to never insult old people but embrace the possibilities of this new phase in their lives.” Young folks are liking it, too!



Tuesday Chat With ESL Students

Tuesday Chat meets every Tuesday afternoon from 4 p.m. to 5 p.m. at the Fremont Main Library, 4200 Stevenson, Fukaya Room A, to chat with ESL speakers about everyday topics. The program is to help people from foreign countries improve their English conversational skills.

People new to the USA living in the Tri-City area come to the library and meet with native English speakers and work on conversation. Several

Foundation for Local Scholarships

- President - Kathy Garfinkle**
- Secretary - Open**
- Chief Financial Officer - Open**
- Acting Treasurer - Randy Fewel**
- Programs Officer - Sowjanya Vutukur**
- Development Officer - Open**

of the tutors have been AAUW members. During the covid pandemic, the group met on Zoom. Now the ESL chat is back at the library.

If you enjoy talking and meeting people of other cultures, this is a way to expand your world-wide experiences. Please consider joining the group.

For more information, call Jui-Lan Liu at the Fremont Main Library at 510-745-1444, or email her at jliu@aclibrary.org.



Yoga for Body and Spirit

This group meets every Thursday at 11:15 at Jo Szeto's house. Lunch is included. For more information, call Jo.

Money, Money, Money

Dealing With a Trust

By Judy Wolf

First, I would like to mention that I am not a CPA, accountant or a lawyer. What I write are suggestions from what I have gleaned by experience and a lot of reading.

Did you know that at the beginning of the year the California Uniform Directed Trust Act went into effect?

So what can this mean for you if you have established a trust? You as the grantor of a trust have control of your trust. You might find that a bit overwhelming, especially if your financial concerns are complicated.

What can this trust act do for you?

You are able to establish sub-trusts within your trust. Your child could be the trustee for assets you would like to give your grandchildren. Your child could be a Trust Director for this aspect of your basic trust.

Also if you have a business, you could appoint a Trust Director to handle the business after your death.

Please check with your trust attorney to see what you would need to do to lessen the burden of your basic trust.

Important Dates

Deadlines for articles: 25th of the month before publication
Send items for The TWIG to Jennifer Foster at jejenfo@yahoo.com



•We are participating in Fremont's third annual **Parade After Party** at the Fremont Event Center downtown on the **4th of July**. Stop in after the parade, from 11 to 1:30, and see our booth and those of other Fremont non-profits. If you'd like to volunteer for a two-hour shift, call Jeanne Delp.

- All members are welcome to attend the next Branch board of directors meeting on **July 12** from 10 a.m. to noon at 4116 Thornton Avenue, Fremont. If you would like to attend but can't meet at 10 a.m. on a Friday, please email us at aauwfremontbranch@gmail.com and let us know your availability.
- The One Book One Community Read Project will be holding their annual panel discussion **September 16** at Washington Hospital. Interesting speakers are being lined up. Stay tuned.
- Mary Lynn Pelican is hosting a get-together **September 21** at her house. Invite your non-AAUW friends to attend the talk about AAUW and all the events and fundraising we do in the community.
- The roster is being updated in **September**. If your contact information has changed, or if you want to update your photo, please contact Linda Pearson at 2tlpearson@comcast.net
- Our annual fall brunch will be Saturday, **October 12**. More details in future issues of the *Twig*.

Support Our Members



Enjoy new and bestselling titles for all ages personally curated by Amy and her staff at Banter Bookshop in downtown Fremont! **AAUW Fremont book club titles receive a 15% discount.** Click on the photo to browse Banter's in-store events.



Katryn Bury is the author of the 'tween detective series *Drew Leclair Gets a Clue* (nominated for 3 book awards), and *Drew Leclair Crushes the Case*. Click on the image to learn about Katryn's third title, debuting Fall 2024!

Alice's Photoland, your Twig Curator Alice Manfredi's professional portrait studio, covers all types of shoots such as: Family, Mother & Child, Maternity, Engagement, Graduations, and more. Reach out to her either email or text to book a session.

