

## ADDRESSING THE IMPACT OF OPIOIDS ON OUR COMMUNITY



One Book, One Community Read

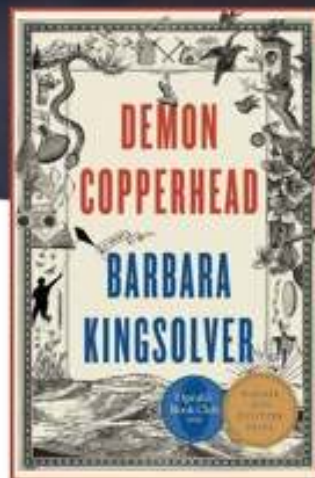
### Demon Copperhead by Barbara Kingsolver

Demon Copperhead describes the very real crisis of drug misuse. Expert presenters will raise awareness of our community situations. Learn about resources for support, treatment, and how you can help.


#### Speakers:

- Jasmine Basrai, COO Haller's Pharmacy
- Dr. Larry Nordhoff, Board Member, National Coalition Against Prescription Drug Abuse
- Physician Speaker from Washington Hospital


Thanks to our sponsors



 Monday, September 16, 2024

 Doors open at 6:30 pm  
Program: 7:00-8:30 pm  
Q&A: 8:30-9:00 pm

 Washington West  
2500 Mowry Blvd., Fremont, CA

 <https://bit.ly/fremont-aauw-obocr>



The American Association of University Women's mission is to advance equity for women and girls through advocacy, education, and research.

## Co-President's Message



By Remy Parmar



Recently, I was invited to a new member luncheon at Jo Szeto's home. To welcome the new members, I planned to share about our Branch and AAUW more broadly. Work and family priorities were battling for my time, but I'm glad I ignored my chores to meet wonderful women who enriched me! As we got acquainted, I was reminded about the summer book I had just read by David Brooks, *How to Know a Person*, through our afternoon lit group.

I met a new member who attended Columbia Law School, originally from North Carolina. I learned about Qigong, mindful meditation, and nature photography. I also learned the difference between geriatrics and gerontology. I learned what it was like to be a woman studying STEM subjects circa 1950 at Purdue University (where Amelia Earhart taught before her historic flight).

Naturally, food was involved so everyone was animatedly conversing and munching away. I especially liked Jo's salad buffet, where we passed around all the items to make our own beautiful creations. I appreciated the sense of belonging through storytelling, sharing, and community building.

Driving home, I reflected on how this felt. It reminded me of how I grew up and the people who came over for meals or tea and we would have a lot of stimulating conversations.

Young people growing up in today's achievement culture are missing this with the latest technological devices and AI becoming normal. Storytelling, cultural discussions, and history sharing are being lost.

But humanity thrives on in-person human connections where conversations trigger physical and emotional changes in the brain and nerve pathways, changing our body's chemistry for a lifetime. In particular, "feel good" conversations can trigger higher levels of dopamine, oxytocin, endorphins, and other biochemicals that give us a sense of well-being.

Our AAUW members know this and, hopefully, we can share these concepts with the younger generations so they too can enjoy some leisurely, good old-fashioned conversation--for its own sake.

As we enter the later stretch of summer, we are fortunate to enjoy our beautiful Bay Area weather, more daylight, and extended outdoor activities. Along with our regularly scheduled interest groups and book talks, we have the One Book One Community event on September 16th and Fall Brunch on October 19th. Hope to see you at these events where everyone can spend some quality time catching up.

*Hope all is well,  
Remy Parmar*

## Public Policy

*Go for the Gold!* 

By Jeanne Delp

**“Go for the Gold!”** That refrain was heard for 16 exciting days during the 2024 Paris Olympics, and WORLD WOMEN Olympians certainly did! By Google’s count WORLD WOMEN took home a grand total of 399 Gold medals. And Team USA has women to thank for 26 of those shining gold medals. In fact, according to *USA Today*, USA women won more medals than their male teammates, as well as the fourth time our country has sent more women than men. Team USA's Paris roster featured 314 women and 278 men.

Olympic and Paralympic CEO Sarah Hirshland said that the US women athletes' achievements are a testament to [Title IX](#), which prohibits sex discrimination in federally-funded school programs. **“Their performances are a reminder of how far we’ve come and the boundless potential that still lies ahead,”** she said. “We couldn’t be prouder of their achievements.”

Harry Edwards, Black activist and sports professor at Harvard, when talking about women’s achievements, has this to say: “Women have always been at the forefront of the (struggle) during the 20th century. There’s no reason this era will be any different, and women are going to be pushed to the forefront.” And as Maya Angelou said, “Courage is the greatest of all virtues, because without it, no other virtue is possible.” WE’VE COME A LONG WAY. Those Women Olympians are not only courageous but dedicated. Those women took home 399 Gold Medals!

According to the *Wall Street Journal*, July 13, 2024, “More women than ever have entered the American workforce. Women now hold a record 79 million jobs, and the share of women in their prime working years who are employed or seeking work now stands at 77.9%, up from 75.8% five years ago. **But it’s not time for a victory lap just yet.** . . . Many (women) say they are effectively working two full-time jobs: managing their households and their careers.”

This is where AAUW’s Mission and Priorities become even more evident. We advance gender equity for women and girls through research, education and advocacy. We support equity in education. We support enforcement of Title IX. We support equity, fair pay, and security in retirement for women. We support social and racial justice for all members of society, and we support advancing women in leadership roles.

Leadership? Let's work for more GOLDS in the Future!

## BRANCH NEWS

*Editor's Note: Due to security concerns, members' home addresses, phone numbers, and email addresses are not printed in the Twig unless permission has been explicitly granted. Check your roster for member information.*

**New Member***May Chen*

The key to May Chen's life, she says, is Tai Chi, Qigong and Meditation. She is a disciple of the late Grandmaster Wang Xian, and has competed both in the US and internationally. She is a past president of the US Chinese Health Qigong Association, and is the author of *Qigong Meditation Tai Chi: Bridging Your Path to Health and Longevity*

But through it all remained her other passion--nature photography. Her father gave her a camera when she was 11 and came to the US (she was born in Shanghai). Over time, her photography efforts became focused on nature.

"Nature photography, to me, is about reconciling interest, time, and patience to connect with elements outside of ourselves. The camera becomes a personal teaching device when it shows you the difference between what you thought you would see and what is actually happening."

May is an award-winning photographer who recently won first place in the 2023 and 2024 Fremont Cultural Arts Council Juried Photography Exhibitions. She has been preparing for a one-woman photography show at the Smith Center for Fine and Performing Arts at Ohlone College, where she is a fitness instructor and assistant professor. The reception will be September 14 from 3 to 5 pm, and the exhibit is on display from now to September 25.

May, who holds a master's degree in gerontology, the study of the social, cultural, psychological, cognitive, and biological aspects of aging, rejoined AAUW in August.

"Since taking this summer off to prepare for the upcoming photo show, I've had time to think of friends who inspire, support, and are great company. So I decided to rejoin AAUW," she said.

In her spare time, May is a volunteer for the San Francisco Bay Bird Observatory, and enjoys going to movies, reading, listening to music, and puttering in her yard.



The Louie-Meager Art Gallery at Ohlone College Presents:

***Amazing Grace***

Photography by May Chen

On View August 23<sup>rd</sup> – September 25<sup>th</sup>, 2024  
 Reception: Saturday, September 14<sup>th</sup>, 3-5pm  
 Artists' Talk:  
 Wednesday, September 11<sup>th</sup>, 1:00-2:00 pm.

The gallery is free and open to the public M-TH 11-4pm.  
 Smith Center for Fine and Performing Arts,  
 43600 Mission Blvd, Fremont, CA  
[www.ohlone.edu/artgallery](http://www.ohlone.edu/artgallery), (510) 659-6176  
 @ohlonecollegallery

Contact May Chen: [EpicReach5@gmail.com](mailto:EpicReach5@gmail.com)  
 @m88chen



Holding the "Fremont" sign are Engineering Professor Ms Jeri and Alyzandra Lopez while smiling for the camera are Mikayla Weiss (from left), Natalie and Nicole Pham, Navreet Salhotra, and Cassandra Lim. Our latest Tech Trekkers spent a week in July at the University of California Santa Cruz campus. Alyzandra, Navreet, and Cassandra are from Cesar Chavez Middle School, and Mikayla, Natalie, and Nicole are from Itliong VeraCruz Middle School. The girls will be guests at our Fall Brunch.

## Board of Directors

Co-Presidents - Alice Manfredi & Remy Parmar  
 Vice President - 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

*Note: Co-presidents include Jeanne Delp, Jennifer Foster, and Carolyn Hedgecock*

## Foundation for Local Scholarships

President - Kathy Garfinkle  
 Secretary - Randy Fewel  
 Chief Financial Officer - Bonnie Kellogg  
 Programs Officer - Sowjanya Vutukur  
 Development Officer - Open

*To advance gender equity for women and girls through research, education, and advocacy.*

**SAVE THE DATE!**  
**Saturday October 19, 2024**

**FALL BRUNCH**  
**25<sup>th</sup> Anniversary of Fremont**  
**Branch Tech Trek**

**Keynote Speaker and**  
**Invited Guests**  
**Marie Wolbach, Tech Trek**  
**Founder**  
**Katelyn Mendivil Woods,**  
**Fremont Branch's First**  
**Tech Trekker**  
**2024 Tech Trek Cohort**

**Time & Location**  
**9:30am – 11:30am**  
**Niles Discovery Church**  
**(36600 Niles Blvd Fremont)**

**\$10 Ticket per person and**  
**Advance Payment Info.**  
**By Zelle: Judith Wolf,**  
**[bigbadwolfie@juno.com](mailto:bigbadwolfie@juno.com),**  
**cell 510-468-2002**

**Or by Check: payable to**  
**AAUW Fremont & mailed to**  
**Judith Wolf at 2411 Corriea**  
**Way Fremont, CA 94539**

**Kindly RSVP by Saturday,**  
**October 12**  
**Judy Wolf**  
**[judyjudyjudy1940@gmail.com](mailto:judyjudyjudy1940@gmail.com)**  
**or 510-657-5589**

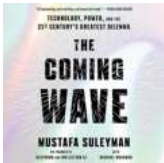
**VOLUNTEERS ARE**  
**REQUESTED!**

# SPECIAL INTEREST GROUPS

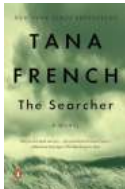
## Afternoon Lit



Afternoon Lit will meet on September 17 at 2 pm at the home of Shari Whitaker. She will review *Circe* by Madeline Miller.



Note: There is a possibility that Shari will not have recovered enough from her surgery by that time. In that case, the meeting will be at Cora Assali's home, and she will review *The Coming Wave* by Mustafa Suleyman. Email will be sent to members.



## Book Talk

The next gathering of Book Talk will be September 30, 3-4:30 pm, at Jo's house, when Marge will lead a discussion of *The Searcher* by Tana French.

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## Special Interest Chairs

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Afternoon Lit - Joyce Ruiz  
 Book Talk - Margery Leonard  
 Cultural Cuisine - Judy Wolf  
 Exploring the Arts - Karen McCready  
 Gifts to Give - Shelley Bartley  
 One Book, One Community Read - Margery Leonard, Jeanne Delp, Jo Szeto, Carolyn Hedgecock, Carolyn Zeljak  
 Tuesday ESL Chat - Jui-Lan Liu  
 Yoga for Body and Spirit - Jo Szeto



## Cultural Cuisine

Where cultural cuisine had its start was at Kyian Kyian Restaurant with Burmese food. We will be revisiting this location on Tuesday, September 17, at 6:30 pm. It is located at 3649 Thornton Avenue in the strip mall across the street from Dale Hardware.

Please RSVP to [judyjudyjudy1940@gmail.com](mailto:judyjudyjudy1940@gmail.com) or call 510-657-5589 to get your spot at the table.

## Exploring the Arts

By Karen L. McCready

*After a short break from writing, here's what I'm waiting for.*

### Movies to Watch for this Fall and Winter

**The Return** (expected in late September or early December): After 20 years away, Odysseus decides to come back. The King has finally returned home, but much has changed in his kingdom since he left to fight in the Trojan war. Stars Ralph Fiennes, Juliette Binoche, and Charlie Plummer.

Who can resist revisiting *The Odyssey*?

*To advance gender equity for women and girls through research, education, and advocacy.*

**The Outrun** (expected October 4<sup>th</sup>): starring Saoirse Ronan, adapted from the bestselling memoir by Amy Liptrot.

After living life on the edge in London, Rona attempts to come to terms with her troubled past. She returns to the wild beauty of Scotland's Orkney Islands--where she grew up--hoping to heal. Rona, fresh out of rehab, returns to the Orkney Islands, a place both wild and beautiful right off the Scottish coast. After more than a decade of living life on the edge in London, where she both found and lost love, Rona--now 30--attempts to come to terms with her troubled past. As she reconnects with the dramatic landscape where she grew up, memories of her traumatic childhood merge with more recent challenging events that have set her on the path to recovery.

**White Bird** (October 4<sup>th</sup>): starring Helen Mirren and Gillian Anderson

Based on the book by the best-selling author of *Wonder*, this uplifting movie about a Jewish girl hiding from Nazis in France shows how one act of kindness can live on forever.

**Dear Movie Fans,**

Let's keep our eyes out for postings and try to arrange a Tuesday matinee together.

Thanks, Karen

## Gifts to Give

Gifts to Give continues toward their holiday deadline of providing useful things for those who use Abode Services in Fremont. Upcoming events include



**Mary Fuchs (front) and Shelley Bartley work on fleece scarves**

- Fleece scarf-making party, September 25, from 10 am to noon at the home of Mary Fuchs. Bring a sharp pair of scissors and a smile. No experience or sewing needed. Mary will show you how to make these warm scarves. If you wish, you can pick up panels of fleece to fringe at home. We also need one gallon Ziploc bags, men's large black crew socks, and yarn. Please RSVP to Mary.
- Sorting and packing party on October 19, from 1 pm to 3 pm at the home of Linda Pearson. Immediately following our Fall Brunch, join Linda to sort and pack our toiletry items, hats, scarves, socks, and washcloths for the Homeless Camps. We still need toothbrushes, toothpaste, men's large black socks, men's hats, and men's scarves. Linda's home is close to Niles Discovery Church, the location of our Fall Brunch. Please RSVP to Linda.

Still needed for kindergarten through third-grade students are glue sticks, colored pencils (12 Pack), a small toy, bubbles, and appropriate-age games. (Please no toy guns or items with glitter.) Sharon Yool will be collecting items at her home until September 30.

Needed for high school students and adult men and women are socks, pajamas, underwear, sweatshirts, sweatpants, and T-shirts. Word search books, coloring books, colored pencils, school supplies, games, and gift cards to Target or Walmart also make great gifts. Shelley Bartley will be collecting gifts at her home until September 30.

And, finally, Gifts to Give needs drawstring backpacks and toiletries for the Homeless Camps. If you would like to contribute, you can make a check out to Karen McCready and mail it to her home. Call or email Karen for her new address.



## Tuesday Chat With ESL Students

Tuesday Chat meets every Tuesday afternoon from 4 pm to 5 pm 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 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 510-745-1467, or email her at [jliu@aclibrary.org](mailto: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

## *Is Personal Check Writing Disappearing?*

By Judy Wolf

Did you know that personal check writing is expected to disappear in the near future?

The concept of checks started about 1000 years ago in Basra, now called Iraq. Today many places no longer accept checks--Target is just one of the more recent examples.

So what comes next?

In the 1970s, believe it not, instant payments were introduced. This money moves from your checking account to another person's account immediately.

The money moves over in what is called rails. There needs to be some user interface. One of the most popular payment rails is ZELLE. What do you need to use Zelle?

To advance gender equity for women and girls through research, education, and advocacy.



First you need to access your bank account on line. This way you can check your account as frequently as you want and not need to wait for your monthly statement to see what is happening in your bank account. Even if you go on line, you do not have to forgo receiving your statement in the mail.

Zelle is available on line with most United States banks. Credit Union accounts are slowly making Zelle available to their clients.

If you want to send some birthday money to your grandchild, go to your bank account that you can access on line and look up Zelle. State you want to send money to said grandchild, who also has an account on Zelle. You list the grandchild as a recipient and fill in their mobile phone number and their email address. You also state how much you would like to send them. You do all this, and immediately the funds are sent to their US-based bank account. The receiver gets a message in their email that money has been sent and the sender receives a notice that they have sent money.

Try it. Why all this? First, it is free of fees. Do you recall the Installation Luncheon? The lunch was \$25. If you used the site suggested to make your reservation, an extra three-plus dollars was added to your cost. A lot of people do not like paying fees so using Zelle is a way to avoid them, and that is more money in your pocket. Another benefit is that you can save the cost of a stamp when you want to send money.

Why not get set up to use Zelle? It is one of the payment systems of the future.



AAUW Fremont Branch hosts

**DEATH BY CHOCOLATE BINGO**

*Friday, November 1st!*

Doors open at 6 PM  
Bingo starts at 7 PM

Niles Canyon Mobile Estates  
711 Old Canyon Rd, Fremont CA  
94536

\*\*Proceeds go to AAUW  
Ohlone College  
Scholarships\*\*

\$25 per person /  
\$15 for NCME residents  
\*includes one free beverage\*

AAUW  
Fremont Inc. (CA) Branch Est. 1961  
4 Star Branch  
\*\*\*\*\*

## Important Dates

**Deadlines for articles:** 25th of the month before publication

Send items for The TWIG to Jennifer Foster at [jejenfo@yahoo.com](mailto:jejenfo@yahoo.com)

- The monthly board meeting will be held **September 6** at 10 am at Jo's house. If you would like to attend a board meeting, but can't meet at 10 am on a Friday, email us at [aauwfremontbranch@gmail.com](mailto:aauwfremontbranch@gmail.com) and let us know your availability.
- The roster is being updated in **September**. You have a chance to change your roster entry information entry if you'd like to. If your photo represents you from many years ago, now is the time to improve your looks. You simply take a selfie, making sure your face is at least the size of your face in a passport photo. Text the photo, along with any other contact changes, to Linda Pearson, our long-time roster producer. She needs this information by **September 15**, but will gladly receive it sooner.
- The One Book One Community Read Project (OBOCR) launches its season with *Demon Copperhead* on **September 16**. The book is a stepping stone to address the impact of opioids in the Fremont community. The event will be held from 7 to 9 pm at

Washington West and will feature physicians who are experts on drug abuse. (Senator Aisha Wahab had to drop out due to senate responsibilities.) See the flyer on the first page for the details.

- Mary Lynn Pelican is hosting a coffee meet and greet at 2 pm on **September 21** at her house. Invite your non-AAUW friends to attend the talk about AAUW and learn all about the events and fundraising we do in the community. See page 9.
- Our annual fall brunch will be Saturday, **October 19**, at Niles Discovery Church. Members are asked to show up around 9:30 am to sign up for interest groups and to socialize. Volunteers are needed. Contact Judy Wolf if you can help. See page 5 for more information.
- Death by Chocolate Bingo! On **November 1**, the Foundation for Local Scholarships is sponsoring a fundraiser at Niles Canyon Mobile Estates. Volunteers are needed. Contact Randy Fewel if you can help.

## 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*. Katryn's third title, *We Are Not Alone*, will hit shelves October 29th, 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 by email or text to book a session.

