

AFTER-WORDS

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



VOLUME XLIX, ISSUE 3

WWW.DEANZA.EDU/FODARA

JANUARY 2023

Holiday Party Recap



It was *great* to be back on campus for the Holiday Party. The 2021 Holiday Zoom Party was fun but no way near as fun as seeing retirees in person and hearing about their recent activities. Seeing so many smiling faces and people giving hugs made the event worthwhile. Bill Lewis received a call from Judy Miner, Foothill-De Anza Chancellor saying she was unable to attend, but she said next Holiday Party she will join us as a retiree and FODARA member! To highlight the holiday spirit, tables were adorned with a beautiful poinsettia centerpiece. Fifty-five retirees attended the

luncheon and all had a great time visiting. Many people stayed until the tables were cleared (pictures on p.4). We enjoyed a meal of prime rib, baked salmon, or a vegetarian entrée followed with apple pie, whip cream, and coffee for dessert. I doubt that anyone left feeling hungry after the meal. Patrick Gannon, with the assistance of John Struve of De Anza College Food Services and his staff, did an excellent job preparing for and hosting our party. FODARA appreciates the excellent service by student employees and the tasty, hearty, festive meal. In addition, I appreciate and want to thank Bill Lewis, LaDonna Yumori-Kaku, and Linda Conroy for organizing the Holiday Party. Giving away the door prizes was fun, especially for the winners of the prizes and poinsettias. Our 2022 luncheon was a great time of socializing and renewing our friendships. We sang Happy Birthday to Lescher Dowling, who is 100 years young and still driving. If anyone asks about the party, tell them what they missed, and encourage them to attend next year!

—*Mike Paccione*
FODARA President

Upcoming Social Events



February 16 Valentine's Party: At this new mid-winter get-together, relax with friends and former colleagues while sampling tasty chocolates paired with delicious wine (non-alcohol beverages also available) in a warm, comfortable setting at FODARA Treasurer Barbara Illowsky's house; details are on the reservation form p. 13.



SAVE THE DATE: March 15 St. Patrick's Day Lunch: Enjoy a buffet meal of corn beef and all the fixings plus dessert at De Anza College. A reservation form with the details will be sent out via the FODARA listserv in late February and be in the March issue of *After-Words*.

FODARA BOARD OF DIRECTORS 2023

President	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
Vice President	Bill Lewis	408.639.9919	billlosgatos@gmail.com
Past President	Tom Moore	650.969.3847	tomandcary@comcast.net
Secretary	Thomas Roza	408.375.9515	thomas_roza@yahoo.com
Treasurer	Barbara Illowsky	--	illowskybarbara@fhda.edu
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Member-At-Large	Linda Conroy	408.966.5703	Isiqcon@aol.com
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Member-At-Large	La Donna Yumori-Kaku	408.482.8879	Yumorikakuladonna@fhda.edu
Newsletter Editor	Linda Lane	--	lanelinda@fhda.edu

FODARA COMMITTEES 2023

District Benefits	open – two representatives needed ASAP!
After-Words Email	Cindy Castillo, cindycastillo@comcast.net
After-Words Paper Mailing <i>currently on-hold</i>	Janice Carr, janicecarr@pacbell.net , Linda Conroy, isiqcon@aol.com
Scholarships	Mike Brandy, brandymike@gmail.com
Social Events	Linda Conroy, isiqcon@aol.com La Donna Yumori-Kaku, Yumorikakuladonna@fhda.edu

FODARA EVENT CALENDAR 2023

Feb 16	Thurs 3:00pm	Wine & Chocolate Tasting	Treasurer's House*
Mar 7	Tues 1:00pm	Board Meeting	Webmaster's House*
Mar 15	Wed 11:30am	St. Patrick's Day Lunch	De Anza Campus Center
May 2	Tues 1:00pm	Board Meeting	Member-At-Large's House*
June 15	Thurs 3:00pm	Summer Picnic	TBD

* Please email FODARA Secretary Tom Roza for Board meeting and event locations.

FHDA Covid-19 Policies Winter Quarter 2023

Covid-19 policies and information is on the campus websites: <https://www.deanza.edu/return-to-campus/students.html>, <https://www.foothill.edu/healthservices/covid19-health-safety/>. Proof of vaccination and a Covid-19 booster, if eligible, is required before coming to campus for students, employees, and visitors. Appropriate face masks, covering both mouth and nose, are strongly recommended on both campuses and may be required in some offices or by individual instructors in their classrooms.

Thanks to Faith and Tom!

A huge "thank you" to Faith Milonas and Tom Strand for their many years of service as our representatives on the Joint Labor Management Benefits Committee. Their dedication and clarity in both representing retirees and in relaying benefit information back to the FODARA community via summaries and articles in *After-Words* has been outstanding. Data and discussions on benefits and health plans are complicated at best, especially in that not all FODARA members retired with the same benefits. Faith and Tom have consistently represented us well as a group and been available to address and resolve individual situations from time to time. They will "retire" from this important committee as soon as replacements are found (see below). We hope Faith and Tom will continue their membership in FODARA and attend our social events so that we can thank them in person!

—*The FODARA Board*

Call for JLMBC Representatives



FODARA is looking for a two-person team to replace Faith Milonas and Tom Strand on the Joint Labor Management Benefits Committee (JLMBC); its District-wide membership consists of voting representatives from FHDA Management and the five bargaining units along with non-voting representatives from the Administrative Management Association, Confidential Employees, and FODARA. This group discusses and takes action on the costs of benefits, any change of insurer (currently CalPERS), medical plans available to actives and retirees, and all other issues relating to health benefits for active employees and retirees.

The two primary responsibilities of the FODARA volunteers are to (1) represent retiree interests at JLMBC meetings by actively participating in discussions; and (2) report back to FODARA on any benefit changes and other issues relevant to retirees. Participating effectively on JLMBC might require a steep "learning curve" as volunteers need the following skills and knowledge:

- Read and interpret spreadsheets, budgets, other data;
- Be familiar with contractual articles on retiree benefits in both the *FA/District Agreement* and the *Ace/District Agreement*;
- Be familiar with information—processes, forms, deadlines, and links—on the Human Resources Retiree Website;
- Write brief, clear recaps of meetings for the FODARA Board and more in-depth summaries for the *After-Words* newsletter.

Currently meetings are scheduled as follows on Thursday mornings at 10:00am via Zoom, though the new leadership in HR—Ray Quan, Vice-Chancellor of Human Resources and Equal Opportunity and Beijing Li, Interim Director of Benefits—could alter future JLMBC schedules and participation options:

- 1-2 meetings in Fall Quarter
- 2-3 meetings in Winter Quarter
- Every other Thursday in May and June of Spring Quarter
- Additional meetings if needed to finalize benefits prior to September's Open Enrollment

If interested in volunteering to serve on this vital committee, **ASAP** please email Mike Paccioretti, FODARA Board President (pacciorettimike@sbcglobal.net); after the Board selects the new volunteers, Faith and Tom are happy to meet with them to answer questions and provide training and ongoing guidance if requested.

Holiday Party Photos (more on the FODARA website: www.deanza.edu/fodara/pictures)



Lescher Dowling—FODARA's Centenarian!



Wednesday December 28 I had the privilege of attending FODARA Founding member Lescher Dowling's 100th birthday party. What a great opportunity to celebrate this Centenarian's long and healthy life.

Lescher was born and raised in Carpinteria, California. After graduating from High School, he was drafted into the army during WW II and served overseas in the 7th Veterinary Company in Burma-China-India (CBI). After the war, Lescher returned home and married Dorothy, who wrote to him throughout the War. He earned a BA degree from UC Santa Barbara and an MA degree from San Diego State University. He began his teaching career as Print Shop teacher at Carpinteria High School, where he taught from 1954-1966. In 1967, he was hired as a Photography Instructor at Foothill College and moved his family to Sunnyvale. He retired in 1980.

In 1984, Lescher attended a coffee meet-and-greet hosted by a District committee formed to discuss a possible retiree organization. Lescher volunteered to be on the Steering Committee, and soon after, met with a group of nine retirees to set the mission of FODARA: to inform and communicate with District retirees and to host social events. FODARA would also publish a newsletter initially to be called *After-Workers*, but Lescher suggested a more appropriate title would be *After-Words* and this title was adopted.

In 1985, Lescher was elected the second FODARA Board President and that year started the very popular Valentine Luncheon social event, which he hosted for over 30 years. Lescher served on the Board many years, in different positions, until 2009. Since FODARA began, Lescher with Dorothy attended almost every in-person social event. Besides being active in FODARA, he has kept quite busy participating in several other groups and organizations, such as Elderhostel programs and CBI Veteran reunions; he also belongs to a model airplane club and a local Memoirs Writing group.

At his birthday party, it was a joy to see Lescher being celebrated by his children, grandchildren, grand nieces and nephews, neighbors, and friends from all walks of his life. After a toast to Lescher, he warmed his hands by the many candles on the cake before blowing them out. One of the highlights was when Robert Corpus, Executive Director of the Spirit of 45' drove up in a 1945 World War II Jeep. Robert presented Lescher with a Spirit of 45' poster and invited Lescher to join him for a ride in his WW II Jeep that was similar to the one Lescher drove while serving in the army. Without hesitation, Lescher climbed into the front seat and enjoyed taking a ride with family members and friends around the block.

Happy 100th Birthday, Lescher! Thanks for your service to our country and to the Foothill De Anza College community. We look forward to seeing you at many more FODARA events to come.



—Linda Conway

FODARA Member-At-Large, Social Committee

FHDA NEWS

New Foothill College President



Dr. Kristina Whalen has been approved by the Board of Trustees as Foothill College's eighth president and will start her new position on April 1, 2023. Kristina is currently Vice President of Academic Services at Las Positas College in Livermore and previously she served in successively responsible positions at City College of San Francisco. Without exception, Kristina's references painted a picture of a visible, engaged, and collaborative leader who takes the time to listen to everyone. A Las Positas College administrator confirmed Kristina's record of inclusive leadership, stating, "*Dr. Whalen is the epitome of a heart-forward leader. She deftly combines her visionary focus on what is best for all students with a warm, approachable style that makes every person feel heard and important.*" Students, too, had nothing but praise for Kristina, and faculty leaders were just as generous with their appreciation of Kristina's leadership. A Faculty Association officer wrote, "*Dr. Whalen is by far one of the best administrators I have ever worked with directly in my role as the leader of the Faculty Association for Las Positas College. She and I worked very close together and always collaboratively to find a solution to problems as they arose.*" Kristina's resume also confirms her commitment to forging strong community relationships, as examples, collaborations with the Silicon Valley Leadership Group to connect employers to students, the establishment of five new apprenticeship programs, and working with the Federal Correctional Institution for Women to enroll students in noncredit small business and customer service programs. Foothill administrators, faculty, staff, and students are looking forward to welcoming Kristina and working with her this year.

Upcoming Foothill Music Theatre Production: March 2-19
Stephen Sondheim's and James Lapine's



For tickets and performance details, visit <https://foothill.edu/theatre/productions/>

Looking for an "up-lifting" activity for children and adults? Check out De Anza's **Fujitsu Planetarium** monthly calendar (<https://www.deanza.edu/events/category.html?c=203931>) of Astronomy Shows, Laser Light Shows, and Special Live Events. Afternoon shows for children include *Big Bird's Adventure* and *Magic Tree House: Space Mission*, and evening Laser Light shows are set to popular music. Star gazers of all ages will enjoy *The Sky Tonight*, a new live show that teaches the audience how to identify visible planets and seasonal star patterns, as well as the other educational shows, such as *Black Holes*, *The Hunt for Dark Matter*, and *Extreme Planets*.



FHDA BENEFITS & HEALTH NEWS - 4 ITEMS

Medicare Part B Reimbursement Reminder

For Pre-97 retirees (those hired prior to that year) who are eligible for District health benefits, don't forget to email MyBenefits@fhda.edu a copy of your 2023 Medicare Part B premium amount—even if it is the same as in 2022. Each year, the District requires your “proof of payment” in order to receive a quarterly reimbursement, which covers Medicare Part B and, if applicable, the Part B Income-Related Monthly Adjustment Amount (IRMAA); a Part D IRMAA, if applicable, is not reimbursed.

Reimbursement Schedule:

1 st quarter (Jan – Mar): April 15	3 rd quarter (July – Sep): October 15
2 nd quarter (Apr – Jun): July 15	4 th quarter (Oct – Dec): Jan 15 (possibly before Christmas)

Reimbursement Deadlines:

- For documents received **before March 15, 2023**, the retiree will receive the 1st quarter reimbursement on April 15 and the three subsequent reimbursements;
- For documents received **March 15 - March 31, 2023**, the retiree will receive the 1st quarter reimbursement combined with the 2nd quarter reimbursement on July 15 and the two subsequent reimbursements;
- For documents received **after March 31, 2023**, the retiree will not qualify for the 1st quarter reimbursement. Reimbursement will be approved according to the month that the proof of payment document(s) are received; for example, if proof of payment is received August 10, the retiree will qualify for only the August and September months of the 3rd reimbursement and the subsequent 4th quarter reimbursement. No retroactive reimbursements are processed.

Proof of Payment Options:

Retirees who receive Social Security benefits must submit one of these two documents:

- Copy of the letter from the Social Security Administration (sent each November) showing the Medicare Part B amount that will be deducted from 2023 SS monthly benefit, **or**
- Copy of a 2023 Social Security Benefit Statement showing the automatic deduction for Medicare Part B.

Retirees not on Social Security must submit one of these two options:

- Copy of a 2023 Medicare Premium Statement (bill) **and** as proof of payment either a copy of a 2023 bank statement showing the automatic withdrawal to Medicare (CMS) or a copy of a 2023 cancelled check made out to Medicare (CMS);
- Copy of a 2023 *Medicare Easy-Pay Premium Statement* (not a bill) showing the Medicare Part B Current Deduction Amount that will be automatically withdrawn from your checking account; *Medicare Easy-Pay* can be set up with a Medicare.gov account.

Health Plan Enrollment Data

According to a report from the Joint Labor Management Benefits Committee (JLMBC), the chart below reflects the number of retirees enrolled in each of the 2022 CalPERS health plans:

Anthem Blue Cross Select HMO	0
Anthem Blue Cross Traditional HMO	3
Blue Shield Access+ HMO	0
Blue Shield Trio HMO	0
Health Net SmartCare HMO	1
Kaiser Permanente HMO	200
PERS Gold PPO	200
PERS Platinum PPO	296
PORAC PPO	0
UnitedHealthcare Group Medicare Advantage PPO	57
UnitedHealthcare HMO	0
Western Health Advantage HMO	0
Total Medicare-eligible retirees enrolled in health plans	757
Total non-Medicare retirees enrolled in “active” plans	N/A

To help retirees select the best plan in the Fall 2023 Open Enrollment, FODARA would like feedback now on if you are (or aren't) satisfied with your current plan and do (or don't) recommend it to others based on its coverage, network, costs, clarity of plan details, responsiveness to inquiries, etc. To share your views, email Cindy Castillo (castillocindy@comcast.net); she will collate the comments and any information included in a future issue of After-Words will be data only (anonymous). Thank You!

Over-the-Counter (OTC) Hearing Aids

If interested in OTC hearing aids, now FDA approved for adults with mild-to-moderate hearing loss, you can opt to see a specialist to gauge your hearing loss, often covered by insurance, and then buy OTC aids on your own. Apps and online questionnaires (<https://www.nidcd.nih.gov/health/do-you-need-hearing-test>) are also available, and an FDA website provides information (<https://www.fda.gov/consumers/consumer-updates/hearing-aids-and-personal-sound-amplification-products-what-know>).

Most OTC hearing aids will cost between \$500 and \$1,500 for a pair but can be as high as \$3,000—still far less than prescribed hearing aids. Walgreens drugstores sell Lexie Lumen hearing aids online and in some stores for about \$799. Walmart offers hearing aids ranging from about \$200 to \$1,000 per pair, and its health centers provide hearing tests. Best Buy has hearing aids available online and in nearly 300 stores; the company offers an online hearing assessment, and store employees are trained on the stages of hearing loss and how to fit the devices. But keep in mind hearing aids are not a one-time expense because some need to be replaced every five years or so. Though Medicare does not cover hearing aids, some Medicare Advantage Plans (MAPs) and Medicare Supplemental Plans (MSPs) offer limited coverage if prescribed by a doctor. *CAUTION: Don't try to save money by buying just one hearing aid—you need the same level of hearing in both ears to figure out where a sound is coming from.* Three items to look for: 1) the FDA label "OTC" on the box, which distinguishes approved hearing aids from cheaper devices called sound or hearing amplifiers (PSAP) that are not FDA approved; 2) the return policy "rules" because you'll need a few weeks to get used to wearing hearing aids and confirm they work in situations needed; 3) check if the company that sells the OTC device offers instructions or an app to assist with setup, fit, and sound adjustments. Though hearing aids are not complicated, wearing them is not as simple as putting on a pair of reading glasses.

Messaging Your Doctor

Modified from an article by Amanda Seitz, Associated Press, December 2022

The next time you message your doctor to ask about a pesky cough or an itchy rash, you could get billed for the question. Hospital systems and clinics around the country are rolling out fees for some messages patients send to physicians, who say they are spending an increasing amount of time poring over online queries, some very complex. According to a spokesperson, University of California San Francisco Health physicians receive roughly 900,000 email threads a year, equivalent to 3 million total messages; UCSF now charges for a small percentage of these messages—1.4% of email threads, or about 13,000.

The explosion of telehealth, driven by COVID-19 and relaxed federal regulations for online care, prompted many doctors to adopt more robust telecommunication with patients. Healthcare systems began to *encourage* patients to register for and use new online portals to message doctors with questions. According to the American Medical Association president Jack Resneck Jr., *"When people figured out this is cool and could improve care, you saw hospitals and practice groups saying to patients, 'Welcome to your portal ... you can ping your physician with questions anytime.' But then we found physicians getting dozens and dozens of these a day without time built-in to do that work."* Doctors do need to be paid for the time they spend dispensing expert medical advice, even if via messages, but it's also important to be transparent about what patients can expect to pay for this option. Though many health systems automatically alert patients about charges when messaging their doctor through online portals, others have yet to do so.

Fees for messaging a doctor vary widely, ranging from \$3 to \$6 for Medicare patients to as much as \$160 for the uninsured. Patients with private insurance, apparently including MAPs and MSPs, could be billed a co-pay, typically about \$20. Ultimately, the final cost depends on how much time the doctor spends responding. Only certain messages are to trigger a bill. Patients won't be charged, for example, for prescription refills, scheduling an appointment, asking a follow-up question about a recent (within a week) office visit, or messaging if asked to do so by the doctor. Examples of messages that will prompt a bill are attaching a photo of a new rash and asking for diagnosis or treatment, requesting a form to be filled out, discussing a change in medication, and, possibly, requesting a detailed interpretation of test results. Hospital and clinics insist patients who get advice online from their doctor save time and money by cutting out wait times for an appointment and having to take time off work to go to the doctor's office. And patients who contact a doctor immediately when questions or concerns arise are likely to be treated more quickly.

Nonetheless, patient advocates are concerned these fees add yet another layer of complexity to the U.S. healthcare system's already confusing and opaque billing processes; further, such fees create a new barrier that will potentially harm patients by lowering quality of care and outcomes, thus ultimately result in *higher* costs to the patient and healthcare system. Advocates argue these fees will and do have negative effects—some patients will think twice before they send a message, thus deferring necessary healthcare; some will decide not to contact a doctor at all; and others will instead rely on "free" but unreliable or even dangerous advice from websites and social media.

In Memoriam

*Don Buck, De Anza College
Richard Hansen, De Anza College
Roger Mack, De Anza College*



If you know of an FHDA retiree who passed away not listed on FODARA's In Memoriam webpage, please email Cindy Castillo (cindycastillo@comcast.net). Names and any tributes submitted to Cindy will be published in After-Words.

From Chancellor Judy Miner



It is with deepest sadness that I share this announcement prepared by Tim Shively, Faculty Association President:

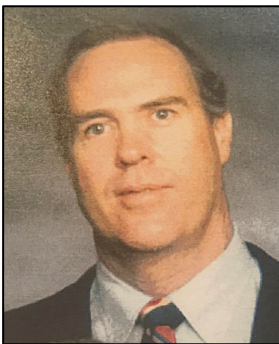
Recently retired De Anza Mathematics instructor and former Faculty Association President Rich Hansen passed away last week after a battle with cancer. He will be missed not only by his FHDA colleagues—faculty, staff, and administrators—but also around the state. He had a profound impact on the California Community Colleges, particularly in shaping and influencing legislation impacting the system. As one colleague put it, he probably had more positive impact over the last several decades than any other single person, serving in a variety of capacities and putting many miles to and from Sacramento on his trusty Volvo. Rich taught Math at De Anza from 2001 until his retirement in 2017, and served as FA President from 1997 until that time. While he wrote about his appreciation of the team he worked with in his final FA News article in June 2017, anyone who worked with Rich in

any capacity would probably agree that he was the "rock" in any collective undertaking: informed, steadfast, measured, reasoned. He could always be counted on to give a cool but thorough assessment and was always ready to provide his assistance when needed. We will miss him sorely. A more detailed reminiscence will appear in the next issue of FA News.

As a district, we will honor and celebrate the many ways that Rich dedicated his life to education. Information will be shared when we have learned what the family might like us to do.

In sympathy,
Judy

Update from the Chancellor's office: On February 9, 2:00-4:00 pm, there will be a district-wide celebration in honor of Richard Hansen at De Anza College in the Performing Arts Center; additional details on this event will be provided soon.



Roger Mack died December 2022 at the age of 87. He was born in San Francisco and attended Lincoln High School and San Francisco State University, where he received his BA in Economics and an MA in Interdisciplinary Social Science. Senior year he met Sandra Maraschin and they married in January 1967. For both, these early years were busy with classes and teaching. He completed his MA and thesis in 1968 and received a full scholarship to Syracuse University, where his doctoral program also had an interdisciplinary focus of economics, sociology and urban studies. In 1977 when he and Sandra returned to California, Roger was hired as a Senior Social Economist at Stanford Research Institute. He also taught a full load of night classes at De Anza College and Sandra returned to teaching at Archbishop Mitty High School, where she taught until retirement in 2011. Roger was an Adjunct Professor of Economics at Golden Gate University and taught classes now and

then. He also started Alternate Decisions, a company which did economic forecasting and business plans for start-ups. In the 90s, Roger became interested in Game Theory and Behavioral Economics and during several Professional Development Leaves studied these subjects at overseas universities. At De Anza, he introduced many new courses before he retired in 2012. He was an excellent teacher and many students changed their major after taking his courses. He had an infectious laugh and a passion for life; he loved classic rock and blues, studied art history, enjoyed going to museums, tinkered on old cars, and regularly golfed and skied. In 2006 he was diagnosed with cancer and again in 2010. His attitude was always positive and he met all challenges with grace and humor as shown by these words he often shared with others:

"Enjoy each day and don't let events like cancer get in the way of enjoying your life daily. Have passion for what you do and a sense of humor to laugh at yourself."

According to the online FHDA District Board minutes, one person retired at the end of Fall Quarter; apologies if anyone was inadvertently excluded or included.



Margaret Bdzil, DA CTE/Workforce Development

We wish all retirees a happy, healthy post-employment life! New and “old” retirees are invited to join and support FODARA in all or any of these ways: sign up for the listserv (email cindycastillo@comcast.net), contribute voluntary dues (see below), and attend FODARA's many social and Zoom events (see calendar p. 2). Visit our website regularly (<http://www.deanza.edu/fodara/index.html>) to see all of the information and great services FODARA provides to retirees:

- Scholarships
- *After-Words* Newsletters
- Board and Committees
- In Memoriam
- Calendar- Meetings and Events
- Directory
- Email Listserv
- Pictures and Photos
- Where Are They Now (archives)
- Good Books

FODARA also sponsors the Gold Card program, which offers retirees these benefits:

- Free admission to all home sports events at Foothill and De Anza;
- Free or reduced admission to selected cultural events at both colleges;
- Use of the college libraries;
- Free parking permit for both campuses;
- Discount purchases at participating See's Candy stores and Hobee's Restaurants;
- Discount movie tickets for participating Cinemark and AMC theaters available to purchase at the De Anza Student Accounts Office, Campus Center.

To get a new or replacement Gold Card, bring a Photo ID and your 8-digit employee ID number, used to access MyPortal, to the Foothill College Smart Shop (room 2016) or the Office of College Life at De Anza College (lower level of the campus center) and wait while your card is made. With a Gold Card, you can get a free current parking decal by bringing it to the campus police station at either campus



FODARA members: sign up for or renew your **FODARA membership for 2023!** The \$10 per year voluntary dues go to incidental operating expenses with remaining funds to student scholarships. FODARA currently offers four \$1000 scholarships per year, two at De Anza and two at Foothill, and these days students definitely appreciate financial assistance. Please consider donating more than the \$10 minimum so that we can increase the number of scholarships awarded. Submit your dues (for one or multiple years) by sending a check, made out to FODARA, to Barbara Illowsky, 21363 Dexter Dr., Cupertino, Ca., 95014. Or donate to the FODARA scholarship fund online via the FHDA Foundation: <https://secure.donationpay.org/fhda/>; under Designate Your Gift, type in "FODARA scholarship fund."

WHERE ARE YOU NOW???

We love having personal articles from YOU in *After-Words*, FODARA's newsletter. But over the past few years, very few folks have contributed—we greatly appreciate the ones who have! We know you are out there doing interesting and fun activities and want to hear about them so encourage you to share your adventures with other members. Each year, there are 5 issues of *After-Words* so each year we need only 5-10 folks from among the over 900 FODARA members to help us out. Below are items we hope you will submit for any of the next four *After-Words* issues (March, May, September, November):

- **Tell us *Where Are You Now?*** – your life and activities in retirement, with 1-2 photos, either in narrative format or responses to a Q&A that will be emailed to you upon request
- **Describe a trip you've taken** – a journey you've enjoyed with photos and would (or would not) recommend
- **Share your hobby** – a description and photos of your creative work and projects
- **Promote a volunteer opportunity** – details on the group/organization and why you participate
- **Write a Book Review** – a brief summary of a book highlighting why you enjoyed it

If you would like help with composing any of the above, email a draft or list of points to Linda Lane, our *After-Words* editor (LaneLinda@fhda.edu); she will send you a final copy to OK before the issue is published.



If we include your article or photos in an issue of *After-Words*, you win one “get-in-free” ticket to any FODARA event in 2023! If you have any questions, email CindyCastillo@comcast.net.



To include a personal touch in this issue of *After-Words*, below is a wonderful article by **Margie Whalen**, who taught English at Foothill College for many years before moving to Southern California. She retired in 2019 from Mt. San Antonio Community College and now lives in Eastport, Maine. There she gardens, sings in a local choir, takes leisurely walks along the waterfront, plays pickleball, and writes a column for *The Quoddy Tides* newspaper, in which this essay was recently published.

Leaning Towards Sawyers' and Other Delights

Every region of the country has its own distinct phrases and vocabulary. In the South where I spent my childhood, phrases like “He is fixin’ to have a hissy fit” were everyday parlance, and we all knew that to murmur, “Bless his heart” actually meant, “That poor guy is dumber than a post.” In Southern California, we really did use “dude” (or “duuuuu-de”) all the time as a gender-neutral term of affection. I love these idiosyncratic regional expressions, but I love even more the words and phrases that are rooted in the great state o’ Maine.

Sometimes we don’t even know that the language we speak is particular to the place where we are. For instance, last summer, as we were settling in our beach chairs to watch the Eastport fireworks on the Fourth of July, my friend Connie warned, “Be careful. That chair is leaning towards Sawyers’,” and I nearly fell out of the chair. I had heard that phrase all my life from my Maine-born mother, but I’d always thought it was her own creation. I’d even imagined a story to explain it, thinking that they’d had neighbors in her little town of Howland who’d lived in a crooked house next to the Sawyer family. But no: it turns out that to “lean towards sawyers” is a time-honored way, if you’re from Maine, to describe anything that is crooked, listing to the left or right in unexpected ways. As writer John Gould, who wrote for the *Christian Science Monitor* from Lisbon Falls, Maine, explains it, the Sawyers toward which things lean refers not to a particular family but to timber workers, sawyers, who wielded big “two-man six-foot saws with raker teeth.” When a tree occasionally leaned in the wrong (and dangerous) direction, it was said to be leaning towards sawyers.

I looked online to jog my memories of other Maine lingo, and it was like walking through a tunnel directly to my past and to my folks. There is the wonderful “jeezely” as an exasperated adjective; I was delighted to come across it recently in the gin-and-chickens book by E.B. White and Edmund Ware Smith. Or there’s the delightful “rammin’ the roads” to describe being busy driving here and there, another phrase that my friend Connie uses that I had thought belonged to my mama alone. There’s “all stove up,” a way of describing feeling stiff and sore, as in “I worked all day in the garden, so I’m all stove up tonight.” I amuse myself sometimes by trying to put them

all in one sentence: "I spent all day rammin' the jeezely roads, and now I'm all stove up."

Here are three more; see if they're familiar. There's "a dite," meaning just a little bit; Mom would use it to describe just a smidgeon, as in "I think you need to add a dite of cinnamon." Or there's "cunnin'," which Mainers use to describe something that is adorable. I ran across that one recently when I found a postcard written long ago by my great-aunt Alice to describe my cousin Debra as a toddler: "We all think she is cunnin'." Or you might hear it emphasized in this way: "That Debra, she is some cunnin'." And here's a locational gem: year-round houses in Maine generally have to have cellars, and if you want to describe something as being located in the basement, you'd say, "It's downcellah, I think." All delights, wouldn't you agree?

So we come, finally, to "spleeny," my favorite word of the bunch. To be spleeny is to be fretful, irritable, hypochondriacal, intolerant of pain or cold; it probably comes from that old sense of the "four humours" that you may remember vaguely from Shakespeare. It was a way of thinking about mood and personality that had come down from the Greeks. This theory, among other things, associated certain organs with certain personalities and outlooks: a melancholic personality was centered in the spleen. This may seem strange, at first. Why in the world would the spleen be the locus of melancholy? Perhaps, my friends, for the same reason that we associate betrayal with the stomach--as in "a punch in the gut." And then there's the heart as the location of our strongest feelings of love. Think about it: what in the world is logical about that? As my mother would say, "That don't make no more sense than a dog." So when a Mainer says that someone is "spleeny" about snakes or the cold, that Mainer is harkening back, unawares, to a Shakespearean notion. Cool, right?

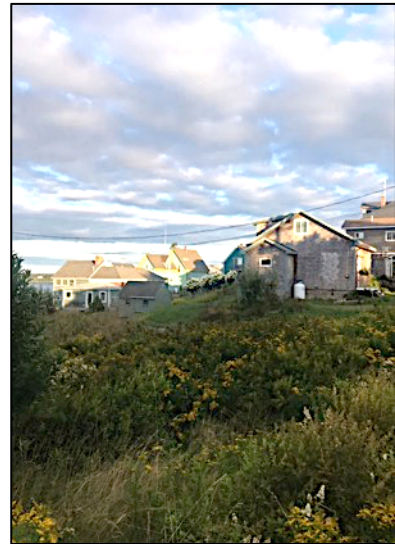
Lord, I do go on. Thank you for hanging in there with me. I just hope these ruminations have provided you with a dite of comfort in these times when so much in the world feels like it's leaning toward sawyers.



the view from Margie's garden



the path into town



the town of Eastport, Maine

News from Andrew Fraknoi, former Foothill College Astronomy Department Chair who retired in 2017



Dear Friends and Colleagues:

I am tickled to report that Sci Phi Journal has just published my latest science-fiction story, "Auction Prospectus." You can read it free at:

<https://www.sciphijournal.org/index.php/2022/12/21/auction-prospectus/>

This very short story, in the unusual form of an auction prospectus, explores the idea of "lurkers" -- possible alien probes that might be hidden out of our sight among the smaller bodies of our solar system (in asteroid and comet belts, for example.)

By the way, I am amazed to be able to say that this is my sixth published story; should you find yourself with great gobs of extra time, you can find links to all of them in the science fiction section website:

www.fraknoi.com .

*With best regards,
Andy*



FODARA Valentine PARTY



What: Wine and Chocolate Tasting!
 When: Thursday, February 16, 3:00–5:00 pm
 Where: Barbara Illowsky's house: 21363 Dexter Drive, Cupertino, CA

Please join us for a new FODARA event! Chocolates and a variety of wines, along with non-alcoholic beverages, will be offered for tasting. Wear warm clothing—we will be in a heated building but with the garage door open for fresh air. Spouses, partners, guests, and designated drivers are happily invited, too! **Please Note: Everyone attending must provide proof of vaccination and a booster.**

 Reservation form due by **February 9**

Retiree: _____

Phone/email (if new): _____

Guest(s): _____

Indicate number of choices:

Red wine only ___ White wine only ___ Red & white wines ___ non-alcoholic beverages only ___

Indicate number of people for each category:

___ Red and/or white wines: \$20 per person ___ Non-alcoholic beverages: \$10 per person

_____ \$10 FODARA 2022-23 membership dues (voluntary)

_____ Donation for FODARA scholarship fund (voluntary)

_____ **TOTAL AMOUNT ENCLOSED**

Make check payable to "FODARA" and mail it along with this reservation form to Barbara Illowsky, 21363 Dexter Drive, Cupertino, CA 95014; for questions, contact Barbara at illowskybarbara@fhda.edu.