

AFTER-WORDS

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



VOLUME XLIX, ISSUE 2

WWW.DEANZA.EDU/FODARA

NOVEMBER 2022

Upcoming Events—Mark Your Calendar and Please Join Us!



December 15 HOLIDAY PARTY! A festive lunch will be served in the De Anza Campus Center. Send in your reservation form on p.14, available to download on the FODARA calendar webpage, by November 28.



February 16 VALENTINE'S DAY PARTY! At this new mid-winter get-together, sample yummy chocolates paired with delicious local-ish wine (non-alcohol options available) at FODARA Treasurer Barbara Illowsky's house; more details and a reservation form will be in the January issue of *After-Words*.

Recap Of October Pizza "Thing"

The annual bash at Tony & Alba's was a grand success! Our private room was decorated by Linda Conroy and La Donna Yumori-Kaku for Halloween. The tables were nicely decked out and included chocolate treats. The room was filled with 32 retirees and spouses and three surprise guests:



Cindy Castillo and Dolly Sandoval

Dolly Sandoval, former Mayor of Cupertino and FHDA Board of Trustees member, who joined Cindy Castillo on a trip to the Galapagos Islands this summer; Danny/Daniella, one of our student scholarship winners, who brought a friend; and one 1992 retiree who attended his first FODARA social event.



Danny/Daniella and friend



As always, we had very nice door prizes, including two \$30 coupons for Tony & Alba's (one generously donated by the restaurant), three bottles of wine, two passes to the Monterey Bay Aquarium, and two tickets to Filoli Gardens in Woodside. And, as always, it was great fun to see and visit with old friends and colleagues. More photos on p. 3!

—*Mike Paccione*
FODARA President

FODARA BOARD OF DIRECTORS 2022-23

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FODARA EVENT CALENDAR 2022-23

Dec 15	Thurs 11:30am	Holiday Luncheon	De Anza Campus Center
Jan 10	Tues 1:00pm	Board Meeting	Treasurer's House*
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
April	TBD	tentative: BBQ & Baseball Game	TBD
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 locations.

Pizza "Thing" Photos (more on the FODARA webpage: www.deanza.edu/fodara/pictures)



Recap of FHDA Foundation Educational Webinars



The Foothill-De Anza Foundation recently presented two educational webinars featuring tax planning and estate planning strategies for retirees, faculty and staff, and donors. FODARA members can watch both hour-long videos at their leisure from links on the Calendar webpage at <https://www.deanza.edu/fodara/calendar.html>.

September 14: "The New Normal for Charitable Tax Planning," with Justin Miller, J.D., LL.M., TEP, AEP®, CFP®, Partner and National Director of Wealth Planning, Evercore Wealth Management, LLC and Managing Director, Evercore Trust Company, N.A. More than two dozen folks signed up for the seminar and learned about the latest in charitable giving strategies, including donating via an IRA and setting up charitable giving vehicles, such as donor advised funds.

October 20: an informative webinar on estate planning with John Wunderling, J.D., LL.M in Taxation and Partner in the law firm of Ferrari, Ottoboni, Caputo & Wunderling. Just over 40 people signed up, many of them retirees, to hear the importance of planning your estate. Wunderling reviewed wills, living trusts, powers of attorney and what happens if you pass without a will. He also discussed easy ways to make a gift to charity in your estate plan, including designating a charity like the FHDA Foundation as a beneficiary of all or part of your IRA. The Foundation will be hosting more educational webinars on an annual basis. In the meantime, there are great resources in the planned giving section on their website: <https://fhdalegacy.org/>

FHDA NEWS & UPDATES—4 ITEMS

Foothill College President Search

The Foothill College President Search Committee has selected three finalists as having the best combination of experience, skills, and values: Gregory Anderson, former Riverside City College President; Kristina Whalen, Las Positas College Vice President of Academic Services; and Lisa Cooper Wilkins, San Francisco City College Vice Chancellor of Student Affairs. The Search Committee looked for candidates that best fit what the college needs in its next president: *a proven educational leader who shares and embodies the college's vision as outlined in the Educational Master Plan and Strategic Vision for Equity; inspires dedication to achieving the college's core mission and values; energizes and stimulates innovation and forward thinking in a dynamic setting; and commits to the success of all students.*

For information about the finalists and dates they will be on campus for open forums, visit <https://foothill.edu/presidentsearch/finalists.html>. In addition, they will meet with campus administrators and supervisors, classified professionals, faculty, students, the Foothill-De Anza Foundation, the Foothill College President's Cabinet, and the Chancellor's Cabinet. Individuals who attend the constituency group meetings and/or open forums will be asked to submit feedback via survey forms that will be available online on the president search website. After all candidates have completed their visits, recordings of the open forums will be posted online to provide an opportunity for anyone unable to attend in person to see the candidates and provide feedback.

Updated FHDA Covid-19 Policies Effective Fall Quarter 2022

Covid-19 policies and information is available on the campus websites:

- o <https://www.deanza.edu/return-to-campus/students.html>
- o <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; a copy of the vaccination card can be uploaded via the portal on each campus's website. 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. Those with a medical/religious exemption on file will no longer be required to be tested before coming to campus.

De Anza's New Bachelor's of Science Degree

Many California community colleges offer bachelor's degrees through a pilot program launched in 2014, which became permanent October 2021 when signed into law by Governor Newsom. This September, the California Community Colleges Board of Governors approved De Anza College to offer a Bachelor of Science degree in automotive technology management as of the 2023-24 school year. De Anza's Automotive Technology department, which has more than 2,000 students enrolled each year, currently offers several Associate in Science degrees, Certificates of Achievement for entry-level technicians, and free noncredit classes for Certificates of Completion. The new program, developed by the Business, Computer Science, and Applied Technologies Division along with the Automotive Technology department, will include general education and upper division courses. *"We're excited about expanding the Auto Tech program with this new degree, which will offer greater career and financial opportunities for our students while filling a need for local employers,"* said De Anza's Auto Tech Department Chair Dave Capitolo. *"The new BS has been designed on the concept of stackable credentials, which allows individuals to progress on a career path that can improve their economic status,"* explained Division Dean Moaty Fayek. *"Students can complete a certificate, then an associate degree, and now will be able to earn a bachelor's degree, all for considerably less of a financial impact compared to universities."*

At Foothill College, the Dental Hygiene Program offers a Bachelor of Science degree that prepares students to take the National Dental Hygiene Board Examination and qualify for the state or regional Dental Hygiene licensure examination. Accredited by the Commission on Dental Accreditation, the program has been training dental hygienists since 1964. Foothill was given approval in February 2018 to participate in the pilot program for the baccalaureate degree, and when it was signed into law, the BS degree in Dental Hygiene became permanent.

Update on CalPERS Long-Term Care Class Action Settlement

(<https://www.calpersltcclassaction.com>)

A number of FHDA retirees signed up for CalPERS Long-Term-Care (LTC) program many years ago and some are members of a class action settlement resulting from a lawsuit that alleged CalPERS illegally raised premiums for the LTC policy. Under the Settlement Agreement, the Settlement could be terminated if more than 10% of the Settlement Class opted out. Because approximately 30% of the Class opted out, the existing Settlement will not be going forward. The parties continue to work with the Honorable Phillips (retired) to attempt to reach agreement on an amended settlement acceptable to both CalPERS and the members of the class. If an amended settlement cannot be reached, the case has been set for a jury trial in May 2023. A Notice of Ruling with the entire pre-trial schedule set by the Court is available at

<https://www.calpersltcclassaction.com/Content/Documents/Notice%20of%20Ruling%20Trial%20Setting%20Conference.pdf>.

At this time, there are no details on how any amended settlement might be structured. Settlement Class participants can continue to check the CalPERS website monthly for any updates. FAQ's for Settlement Class Members and an overview chart of legal rights and options is available at <https://www.calpersltcclassaction.com/>.

HEALTH NEWS & UPDATES—3 ITEMS

Social Security Cost-of-Living Adjustment (COLA) for 2023

Starting January 2023, approximately 70 million Americans will see an 8.7% increase in their Social Security (SS) benefits and Supplemental Security Income (SSI) payments; on average, SS benefits will increase by more than \$140 per month. And, for the first time in over a decade, along with SS benefits going up, Medicare premiums are going down, so a win-win for eligible seniors. Information about 2023 Medicare changes is available at www.medicare.gov. COLA notices will be mailed out during December; a quicker way to view your COLA increase amount is in early December to log in to your *MySocialSecurity* account and click on Message Center. You can also opt to receive a text or email alert when there is any new message from SS, rather than waiting to receive a letter in the mail. The 8.7% COLA will begin with benefits payable to more than 65 million SS beneficiaries in January 2023 and to more than 7 million SSI beneficiaries on December 30, 2022. For information on how the COLA is calculated and other adjustments for 2023, such as the maximum amount of earnings subject to the Social Security tax (taxable maximum), visit www.ssa.gov/cola and [COLA, tax, benefit and earning amounts for 2023](#).

New Medicare Costs for Insulin

Starting January 1, 2023, healthcare plans can't charge you more than \$35 for a one-month supply of each Medicare Part D-covered insulin you take and can't charge you a deductible for insulin. If you get a 60 or 90-day supply of insulin, your costs can't be more than \$35 for each month's supply of each covered insulin. Learn more about the changes to insulin costs at <https://www.medicare.gov/coverage/insulin>.

Medicare Plans Misinformation/Scams

For eligible FHDA retirees, CalPERS Open Enrollment ended October 14, but Medicare's Open Enrollment window doesn't close until December 7. Misinformation and scams regarding Medicare plans, in particular Medicare Advantage Plans, are on the increase. Below are excerpts from an Associated Press article by Amanda Sietz published recently in the San Jose Mercury News and the Santa Cruz Sentinel.

Health experts are warning older adults about misleading marketing tactics that might result in some signing up for Medicare Advantage Plans (MAPs) that do not cover their regular doctors or prescriptions and thus increase their out-of-pocket costs. Business is booming in the Medicare Advantage marketplace, which offers privately run, for-profit versions of the government's Medicare program run by the Centers for Medicare and Medicaid Services (CMS). Competition is so fierce insurers are turning to marketing agencies and brokers in an effort to attract new customers. CMS is investigating by calling numbers linked to some online, TV, and newspaper ads. Already, the operation has revealed insurance agents who are using inaccurate information to sell plans. CMS reported a spike in complaints in 2021 of misleading Medicare Advantage ads, receiving nearly 40,000 compared to 15,000 in 2020 (data is not yet available for 2022). Democrats on the Senate Finance Committee released an investigative report this past week showing several states also reported an increase in complaints around deceptive marketing schemes in 2021. In Ohio, for example, older adults received mailers

resembling federal government tax forms that featured promises of bigger Social Security checks if they enrolled in a new Medicare Advantage Plan—a totally false claim. One TV ad, featuring a former NFL football player, failed to tell viewers that MAP plans vary by ZIP code or that some providers will not be in network — meaning higher out-of-pocket costs for consumers — while promising to “add money back to your Social Security check”—again a false promise. The committee surveyed 15 states about complaints about MAP marketing, finding 9 of the 10 states that tracks such complaints saw an increase in reports from 2020 to 2021. In its report last month, the government agency said it had reviewed thousands of complaints, finding “numerous issues.”

If you have friends or relatives considering a Medicare Plan, encourage them not to rely only on ads and mailers but to verify their current providers and prescriptions are covered in the plan as well as other features they want by asking the broker or agent or by contacting the plan provider directly; the following information might also be helpful.

Both Medicare Advantage Plans (MAPs) and Medicare Supplemental Plans (MSPs—also called “Medigap”) are offered and operated by private, for-profit health insurance companies. Medicare is a non-profit healthcare program offered by CMS.

- **Medicare Supplemental Plans** work in conjunction with Medicare, as a secondary insurance plan that pays any overage costs above Medicare's fixed rates directly to the doctor/facility. All Medicare Supplemental Plans have the same network as Medicare and cover the same procedures/services; some MSPs also include “Benefits Beyond Medicare,” such as coverage for hearing aids, but an MSP does not cover any costs if the doctor/facility does not accept Medicare or if the procedure is not covered by Medicare.
- **Medicare Advantage Plans** replace Medicare, offering a package of items covered—all of what Medicare covers and more, such as dental and vision care. For each service/procedure provided to members, a MAP gets reimbursed by Medicare, not according to its set rates, but based on the MAP's own internal “risk score” analysis—the sicker the patient, the higher the reimbursement (according to research, from 2010-19 MAPs were paid more than \$106 billion over what the same services/procedures cost in Medicare with no evidence of a sicker population). Each Medicare Advantage Plan sets its own network of doctors/facilities but even within a particular MAP, the network can vary by ZIP code.

To help FHDA retirees choose a plan next year, FODARA is considering developing a survey for our members (anonymous, of course) to get feedback—what they like/dislike about their plan. If the Board approves the idea, information on this survey will be in the January issue of *After-Words*.

FODARA Wants to Hear From YOU!

Mark your calendar on **JANUARY 1** as a reminder to submit an *After-Words* contribution for the first issue of 2023:

- ✓ A resource you've found useful or a volunteer opportunity you'd like to promote
- ✓ A book you enjoyed / recommend
- ✓ An article for **Retiree News** (*Where Are They Now?*) or **Favorite Things**
- ✓ A creative endeavor: poem, book (published or in-the-works), artwork, photographs
- ✓ A topic you'd like to know more about or questions you'd like answered

Email the above or questions to *After-Words* Editor, Linda Lane (lanelinda@fhda.edu).

According to the online FHDA District Board minutes, 26 people retired at the end of Spring Quarter, over the summer, or will do so by the end of Fall Quarter; apologies if anyone was inadvertently excluded or included.

Emigdio Cervantes, DA College Operations
Leticia Cervantes, DA College Operations
Richard Daley, FH PSME
Richard Edwards, FH Student Activities
Lisa Eshman, FH Vet Tech
Teri Gerard, DA Fiscal Services
Cynthia Kessler, DA Child Development
Bachmai Kha, DA Business/CS
John Kong, DA College Operations
Scott Lankford, FH Language Arts
Kristine Lestini, CS Human Resources
Lorna Maynard, DA Business/CS
Keith Mello, DA Accounting
Cindy Nakayama, DA Student Services
Bachian Nguyen, DA Business/CS
Sharon Pasquali, DA Student Services
Jay Patyk, FH Business/SS
Ronald Rayas, CS ETS
Elias Regalado, FH Finance/Admin
Martha Rubin, FH Workforce Development/IA
Paul Starer, FH Language Arts
Minh Thai, CS Business Services
David Tran, ETS
Joaquin Vega, DA College Operations
Karen Villalba, DA Child Development
Christine Vo, CS Human Resources



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 members: sign up for or renew your **FODARA membership for 2022-23!** The \$10 per year voluntary dues go directly to student scholarships, and these days students definitely appreciate financial assistance. 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 THEY NOW?

Marcia Maiero, retired De Anza Physical Education faculty



During the summer of 1990, I was hired by De Anza College for my dream job as a physical educator. From the time I was 12 years of age, I dreamed of teaching physical education. My experience at Chabot College in Hayward was so positive that I always looked towards being a professor at a community college. I feel very fortunate to have been hired at De Anza College in the days that Robert De Hart was the college president. Also, I was fortunate to have colleagues such as Charlie, Jim, Obie, Debi, Sylvia, Tuck, Rich, and Bob to learn from and be teammates with in providing a positive experience for our students. I loved teaching at De Anza, as I was able to grow and expand my own course offerings and professional knowledge. I retired in 2014.

My first year after retiring I didn't have time to sit around and wonder what I would be doing next. Two weeks after saying goodbye to the college, I found myself in my doctor's office and four weeks after that I was operated on for cancer. Once I healed from the operation and had one chemo treatment, I was off to Spain with my husband and two of my best friends. When we arrived back home, I still couldn't think about what I was going to do next, as I continued with my chemo. Life kept having twists and turns but I made it through that first year just fine. I truly believe in a healthy lifestyle! It definitely makes a difference so I continue to do what I preached in the classroom. Other places I have traveled include Italy and Switzerland and I finally got to go to Vermont, New Hampshire, Maine, and Massachusetts to see the fall colors, which were incredible!

When I was heading into retirement, I had a list of things I wanted to accomplish. Yes, I play golf on a weekly basis but only for fun. I work out and spend time with family and friends. I live in Half Moon Bay, which I enjoy! My son, grandson, and daughter-in-law are only 25 minutes away, which is important to me. I also have many friends here that I consider to be my support system.

Since retirement I have been looking for the proper fit for me as a volunteer. Thus far, I have volunteered for the Coastside Boys and Girls Club, teaching girls to play golf. I also do some volunteer work for Coastside Hope. I have marshaled at the Half Moon Bay golf courses and answered their phones, helping callers to schedule tee times. I performed in a variety show at the Coastal Rep Theatre, in which my son and husband got to watch me dance and perform for the first time. It was really fun being back on the stage as that was also a career I had considered.



I continue to try and figure out what I want to do next. The pandemic has certainly helped in regards to my saying that it is okay to not be busy. This is the first time in my life that I have not been on a schedule and I kind of like it. We each have our own way of dealing with coronavirus and keeping ourselves healthy. It is up to each of us to make our own decisions on this terrible virus and who we allow into our shrinking bubbles. As a student at Chico State, one of the best and most practical courses I enrolled in was on aging. The advice that I may have for anyone considering retirement reflects that of my professor in which he said to find those activities you truly enjoy. Tennis, golf, swimming, traveling, and volunteering are just a few activities I will mention that can last a lifetime.

I am happy to be part of FODARA as it is through this organization that we can continue to be connected with former colleagues and staff members. I like the fact that scholarships are given to students to help them achieve educational goals. As a retired professor, I still have educational and learning goals on my list of things to be accomplished.

FODARA SCHOLARSHIP WINNERS

For 2021-22, FODARA awarded four \$1000 scholarships. Below are excerpts from the winning students' inspiring personal essays; the complete "My Story" essays are on the FODARA website.

De Anza: Danny/Daniella, Biological Sciences Major



When I was introduced to this world, I was called Danny. Danny is a shy little boy that helps people with homework despite not being a tutor. He loves and takes care of his parents. But beyond Danny was the coming out in eighth grade of Daniella. Daniella is a transsexual female. She loves to dance and help people with choreography. The confidence from the multitude of performances she partook in gave Danny more self-assurance to pursue more independent actions. Both of them love to volunteer. With this realization that both Danny and Daniella are united, I was able to accept that I had the ability to be magnanimous and brave no matter which character I decide to play. Today, I live and acknowledge myself as both Danny and Daniella. As a transfer student, I am determined to continue exploring biological sciences, to diversify my understanding of the major through the concentrations of microbiology as well as cell and molecular biology. Microbiology stood out as necessary to my education after I was exposed to the study of bioremediation. Learning about how modified microorganisms are able to clean up oil spills was remarkable in the sense that I could induce a solution that can potentially impact a significant part of our world. As I expand my knowledge in microbiology, my hope is to devote more research to the abilities of microorganisms to combat other environmental detriments, such as air pollution. My current exploration of cell and molecular biology has also captivated my interests as I am exposed to the unending research on infections. As a homosexual male, I feel an innate duty to continue finding treatment for AIDS. After furthering my education in this field of biology, I have ambitions to hop into projects such as the DNA editing technology of CRISPR to maximize the extent of potential health solutions. Since my two years at community college are coming to an end, one of my financial needs will be tuition and fees to complete my upper-division coursework. The schools I am pursuing have ample hands-on research opportunities and advanced levels of biological expertise, so my involvement in building a well-rounded education so I can find a job to support my family will require funds to reside near the school. Although affordability may still be a hindrance, I will strive to prove the determination and capacity I have for my educational goals.

Dear Foothill-De Anza Retirement Association,

On behalf of both my characters Danny and Daniella, I am extending my greatest gratitude for the De Anza Foothill-De Anza Retirees Association Scholarship. To President Michael Paccioretti, Vice President Bill Lewis, Scholarship Director Mike Brandy, and all of the directors of the Foothill-De Anza Retirement Association: thank you for acknowledging my story and educational path. And to every member of the Foothill-De Anza Retirement Association: thank you for being an integral part of the possibility of the Scholarship taking place each year, and thank you for all the time and work you have put forth for the Foothill-De Anza school district. Thank you for supporting my journey as a student and two characters living in one world.

- Danny/Daniella

De Anza: Anahi, Political Science Major for Transfer

Raised by a single, first-generation, Mexican-American mother, my life has been surrounded by the importance of independence, education, and resourcefulness. I grew up in the low-income, predominantly Latinx Salinas, CA; however, later, my mother decided to move my brother and me to Silicon Valley to attend the best public education. This move was the greatest obstacle I overcame and has shaped my development today. I experienced a sense of displacement because, although I was born in this country, my transition from Salinas to Silicon Valley made me feel like a migrant, too white for one and too Mexican for the other. I

fell behind in my education. I failed to catch up and received lectures reminding me of the sacrifices made to receive this quality education. Because of this, I found my priorities changed to match Silicon Valley's mold: a survival of the fittest methodology in a world of educational, academic, and social hierarchy. Thus, Silicon Valley, Salinas, and my mother have shaped the person I am today. While one taught me empathy and hard work, another taught me rigor and drive, all traits I use towards pursuing my education. My goals are to graduate from a four-year institution, attend law school and become a defense attorney. I have made my time at De Anza worthwhile, by maintaining a 4.0 GPA, participating in extracurricular activities, and working part-time. I am currently the De Anza Student Government president and a tutor for the Puente program at De Anza after being a Puente student myself. I am also being trained under an attorney in Young Adult Deferred Entry of Judgment. In this program, first felony youth can avoid the juvenile justice program and receive probation, treatment, and educational opportunities. I plan to work my way up as an assistant to the judge to gain important experience and hope to continue my advocacy for justice and prison reform by becoming a defense attorney to push for more alternatives to incarceration. I'm confident that with my drive and ability to find opportunities, I can achieve both my educational and career goals. As I look towards transferring, my appreciation for education will continue to motivate me in finding ways to succeed. I am grateful for the many opportunities De Anza has already gifted me and even the final consideration to continue supporting (financially) me till the end of my educational journey.

Foothill: Lillian, Engineering Major



Throughout my life, I have faced extreme adversity. Born to a white teenage mother and a Puerto Rican gang-banger father, this marked the beginning of my rough road to adulthood. The day I turned six months old, for the nth time, my father became incarcerated. My mother decided to start fresh and moved us across the country. For the next 14 years, we moved over 14 times, and I would attend ten different schools before graduating high school. The final stop was near Sacramento, and it was the first place I ever called home. Right after high school, I started community college. I changed my major more times than I can remember because I was scared to go down the wrong path. After two years, a transcript full of W's, and no real progress on a degree, I dropped out. I thought of myself as a failure. This perspective changed in 2018 when, at 23 I was diagnosed correctly with Generalized Anxiety Disorder and Depression. As a result, I realized that my struggles were not my fault, and I had to learn not to blame myself for something I never had the tools to overcome on my own. Therapy helped me learn coping skills and strategies that have allowed me to live a happier, more fulfilled life without the crippling fear and anxiety I had experienced for years. As a result of my diagnosis and the tools I gained, I became motivated to register at Foothill in October 2020 to pick up my dream of getting an education. At Foothill, I found a community so vibrant and supportive that I felt like I was getting the college experience I had always imagined, even when fully online. At 25, I was finally diagnosed with ADHD, which helped me cope even more with tools to succeed. I have discovered my true talent and potential, and I finally feel like I am thriving. In light of my newfound self-confidence, I have tried to give back to the community the same way it has given to me. At Foothill, I am part of the PRE-STEM cohort, a math peer tutor for Pass the Torch, a peer mentor and facilitator in a summer program for incoming students. In addition, starting this school year, I commute from Sacramento two days a week to be an embedded tutor in the Math 48 series. I'm most proud of the work I do as part-time support for the Director of the Science Learning Institute, through which I work to help spread inclusivity and innovation to advance equity in STEM for those underrepresented students who would otherwise have no support or opportunity. I am so grateful for the chance to empower those around me and give back to them in ways I never dreamed possible. I can now confidently say I plan to transfer as an Aerospace Engineering major, which was my first major and dream, hoping to one day get to design spacecraft.



Dear Foothill-De Anza Retirement Association,

I am incredibly honored that you selected me to receive the Foothill FHDA Retirees Association Scholarship. Your generosity in creating this scholarship as well as selecting me is something I will never forget. When I learned that I won this scholarship, the next few months became less uncertain and I realized that I'll be able to take classes this summer instead of only focusing on working. I can't express how thankful I am for that. Academically, I am planning to pursue a degree in Aerospace Engineering, with the hope of one day getting to design spacecraft. I have been fascinated by the stars ever since I could comprehend what lay beyond the sky and what the sun actually is. Getting to take part in actually reaching those stars is my biggest dream, that and being able to call myself a rocket scientist! I'm still working on my list of transfer schools, but Stanford is at the top. If I was accepted into Stanford's Aerospace program, that would be a crazy dream come true. Something I didn't get a lot of time to mention in my personal essay that I want to highlight, is the influence that working as a peer tutor at Foothill has had on me. When I first started tutoring, I was nervous and unsure that what I was doing was of help to anyone. Now, after tutoring for a year as a Pass the Torch tutor as well as an Embedded tutor, my confidence has gained new levels I never thought possible. I've discovered a love for helping my peers and community, and I'm excited to be able to take these skills to future communities, universities, and workplaces. I have had a long and rocky road to this point, and I cannot express the amount of appreciation I have for giving me your support with this scholarship. With this benefit, I can rest easier knowing that I can pay my rent and for school supplies (like the internet) for the coming summer.

*Thank you so much,
Lillian*

Foothill: Drake, Computer Science Major for Transfer

My long-term professional goals are to work in the computer science industry, specifically with the usage of algorithms and machine learning. I'm intrigued and want to learn more about computational methods that "learn" from and improve performance through acquisition of data. My short-term goals are more focused on school at the moment. I aim to transfer to a four-year university in the Fall of 2022. My major is computer science. Stanford is one of the schools I'm applying to, and its program could potentially assist me in my endeavors. In terms of my financial needs, I'm really trying to save up for next school year when I transfer to a four-year university. I want to be financially-capable of providing for myself. I am worthy of a scholarship on the basis of my academic and professional commitment to my course of study. In the summer of 2020, I went from having no knowledge about coding to programming a circuit board in just three weeks. My journey in computer science started when I took an introductory course in Python. I remember the moment when I first got the circuit board working, watching as it illuminated LED lights and played musical notes upon sensing light, heat, or motion. I felt a great sense of accomplishment and satisfaction because I had learned so much in so little time. This experience led me to designing my community college course load around STEM-related subjects with an emphasis on programming. While taking Python classes, I found that the majority of my learning took place in the process of building tools and finding solutions on my own. This led to me focusing on the process of applying and building upon concepts from lectures in the lab assignments. I would spend many hours of my week sketching out ideas, plugging different strategies into code, and running tests for correctness and optimization. I have also pursued computer science education outside the classroom, an internship at SLAC. Altogether, my academic and professional experiences have demonstrated how far I have come since I first started programming. I have learned valuable lessons in computer science-related problem solving. Ultimately, my experiences have made me more suitable to serve society because computers solve problems that serve people's needs.


In Memoriam


Tom Hart, De Anza College
Arthur Fordham "Artie" Lambert, De Anza College



Tom Hart died in January 2022 at age 96. Born in San Francisco, he became involved in the music scene as a child—his earliest memories were listening to Souza marches on his Victrola. In junior high school, Harry James was his hero and, though Tom wanted to play trumpet in the school band, he ended up playing the saxophone instead; in high school, he became the student leader of the dance band. He joined the navy in 1945 and mornings played marches with the military band and afternoons played jazz in a Red Cross band. In 1946 he returned to San Francisco and over the next several years, continued his education, earning a Master's Degree and teaching credential, and started a family. He taught music in several high schools and in 1971 began teaching at De Anza College; under Tom's direction the jazz band won several prizes and trophies; he retired in 1988.

During his long and varied music career, Tom wrote music charts for the Count Basie Band, played once with the Dave Brubeck Octet and with the Stan Kenton Band, and filled in one night as tenor sax for Tony Bennett; for the next eight years, Tony requested Tom join his band whenever he came to town. In the late 70's Tom continued to teach, perform, and on occasion conduct, and play in rehearsal bands. In 1995, he joined the Bohemian Club where he played in, wrote for, and conducted the band. In 2007, Tom released *It's What It Is*, his first CD, which featured a quartet playing standards.

Nelson Tandoc, who also taught music at De Anza (retired 1997), shares memories of his friend and colleague: *"The jazz scene in the 1950's-60's was very vibrant, with clubs such as the Purple Onion in North Beach and the Blackhawk in the Tenderloin. Tom was in that milieu, but his modest and unassuming personality never hinted at his extraordinary professional background or the great performers, such as Tony Bennett, that he played with. Tom was such an 'even keel' and calming influence to be around. He was a warm and generous colleague, and my wife and I were fortunate to be able visit him and his wife in San Francisco after he retired.*





Arthur Fordham “Artie” Lambert, 86, passed away peacefully at his home in McCall, Idaho, in August, after battling Parkinson’s disease. Mary Jo, his devoted wife of 42 years, was by his side. Art was born in San Francisco, California, in 1935. From an early age, he experienced a deep passion for athletics and physical education, which he pursued throughout his life and career. He graduated from Sequoia High School in 1953 and attended San Jose State University. By the time he graduated from SJSU, he was team captain and three-time All-American in both water polo and swimming for the Spartans. Art earned a master’s degree from SJSU and went on to coach and teach at Awalt High School from 1961-1967 where his teams won numerous titles. He played water polo for the Olympic Club and the team won two national titles in 1957 and 1959. In 1957, he joined the U.S. Army and finished his career with the service in 1961.

In 1968, he was hired at De Anza College and from 1968-1973 coached the Dons to six Golden Gate Conference and Northern California titles and won a state championship in 1971. He also coached the Foothill and De Anza Aquatic Foundation water polo teams to six national AAU titles. His first Gold Medal as a coach came in 1967 at the Pan American games. As a result, he was selected as head coach of the 1968 U.S. Olympic team in Mexico City where the team finished fifth. He then went on to coach as an assistant in the 1972 U.S. team that won the Bronze Medal in Munich. He coached water polo at Stanford from 1974-1978 and immediately led them to an NCAA championship. In 1977, Artie took over the reins of Stanford’s new varsity men’s volleyball team and later coached the women’s varsity team. In 1977, he moved with his family to Sandpoint, Idaho, where he sold real estate and built homes. Then Notre Dame called, as they wanted a coach to build their woman’s volleyball program and from 1984 to 1990; he did just that — built the Irish program into a top-ranked team. After returning to Sandpoint, he started an all-star women’s team in the area and for more than a decade he developed players who received collegiate athletic scholarships. He put on many volleyball camps with his wife Mary Jo, herself a former college coach, and shares his coaching philosophies in his book, *The Techniques of Water Polo*. He was inducted into the following Halls of Fame: U.S. Water Polo, SJSU as a player and a coach, Sequoia High School as a player and a coach, De Anza College as a coach, Olympic Club of San Francisco as a player, and San Jose Sports Hall of Fame as a coach.

The outdoors was his playground, diving and surfing in the ocean, backpacking in the Sierras, biking in the mountains and playing golf with his friends. Spending time with his family, especially his grandchildren, were his happiest moments. His bright blue eyes, humor, wit and “one-of-a-kind personality” will be remembered by all who knew him.

If you know of an FHDA retiree who passed away but is not listed on FODARA’s In Memoriam webpage (<http://www.deanza.edu/fodara/memoriam.html>), please email Cindy Castillo (cindycastillo@comcast.net). Tributes submitted to Cindy will be published in After-Words, along with, if available online, short tributes for others.



FODARA HOLIDAY PARTY



What: A delicious lunch!
When: Thursday, December 15, 11:30am – 1:30 pm
Where: De Anza Campus Center, Conference Room A&B

Please Note: You may be asked to show proof of Covid-19 vaccinations at the door depending on prevailing District policy; parking is **FREE** —no decals required for all Fall Quarter events.

 RESERVATION FORM: **Please mail by or before November 28**

Retiree Name: _____

Phone/Email (*if new*): _____

Guest Name(s) _____

Indicate total number of menu choices for retiree and guest(s):

Prime Rib _____ Salmon _____ Vegetarian _____

Please reserve _____ total places at the HOLIDAY PARTY

_____ \$25 per person

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

_____ FODARA Scholarship Fund (voluntary)

TOTAL AMOUNT ENCLOSED: \$ _____

Make check payable to "FODARA" and mail it along with this reservation form to
 Bill Lewis, FODARA, 1380 Elwood Drive, Los Gatos, CA 95032. For questions, contact
 Bill at 408.639.9919 / billlosgatos@gmail.com

 For the raffle prize drawing, please fill-in the blanks below:

- Number of miles you traveled to attend this event _____
- Year of birth _____
- Campus you considered your "home campus" CS_____ DA_____ FH_____