

AFTER-WORDS

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

VOLUME XXXIII, ISSUE 3

WWW.DEANZA.EDU/FODARA

JANUARY 2017

DECEMBER HOLIDAY PARTY



Maureen Gates, Mike & Gail Paccioretti

It was fun to see retirees and hear about their recent activities. Seeing so many smiling faces and people giving hugs made the event worthwhile. To highlight the holiday spirit, tables were decked out in red or green, each with a beautiful poinsettia as a centerpiece.

The fifty-four retirees who attended the luncheon all had a great time visiting, and many stayed until the tables were cleared (more pictures on p. 4 and at www.deanza.edu/fodara/pictures.html). We enjoyed a delicious meal of prime rib, baked salmon, or vegetarian entrée. Cake and coffee were served for dessert. No one left feeling hungry after this

fabulous lunch! Patrick Gannon, Director of De Anza College Food Services, and his staff did a fantastic job at our party, providing excellent service. We can thank John Struve, Patrick's new chef, for the tasty and hearty festive meal. Many retirees told me it was one of the best meals ever served at this annual event.

Giving away the door prizes is always fun, especially for the winners of bottles of wine, poinsettias, and a fresh evergreen wreath. Our 2016 luncheon was a great success, a wonderful time for socializing and renewing our friendships. If asked about the party, please tell people what they missed and encourage them to come next year!

Mike Paccioretti

FEBRUARY VALENTINE LUNCHEON: SAVE THE DATE!



Thursday February 16, the Valentine Luncheon will again be held at the Blue Pheasant Restaurant in Cupertino.

For our 28th meeting at that location, we will be entertained by Jack Hasling, Foothill-Speech, who last gave forth samples of his humorous and insightful poetry at the 2014 Valentine Luncheon. He has continued to produce new material and his latest book of poetry is titled *It's Nice to Take a Gift*.

The restaurant has a variety of dishes to whet your appetite, from Broiled Salmon and London Broil to, my favorite, Chicken Jerusalem. Bring your Valentine or greet an old friend. We will meet in the lower dining room. To avoid the stairs, enter through the gate to the right of the main building and bear left to the outside entrance.

Please send in the reservation form (p.5) by February 13.

Lescher Dowling

FODARA BOARD OF DIRECTORS 2016-17

President	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
Vice President	Bill Lewis	408.639.9919	billlosgatos@sbcglobal.net
Past President	Tom Moore	650.969.3847	tomandcary@comcast.net
Secretary	Thomas Roza	408.375.9515	rozathomas@fhda.edu
Treasurer	Ed Burling		edburling@gmail.com
Member At Large	Janice Carr	650.941.2567	janicecarr@pacbell.net
Member At Large	Claudette Penner	408.736.6481	claudette@penner.org
Member At Large	Bob Hubbs	408.738.2489	jrsbbuh@comcast.net
Member At Large & Webmaster	Cindy Castillo	408.702.7721	cindycastillo@comcast.net
Newsletter	Linda Lane		lanelinda@fhda.edu

FODARA CALENDAR OF EVENTS 2016-17

Sept 13	Tues	Board Meeting	10:30 am	Toyon Room FH (Rm 2020)	Open to all
Oct 27	Thurs	Pizza Thing	3:00-5:00 pm	Tony & Alba's Pizza	
Nov 1	Tues	Board Meeting	10:30 am	Toyon Room FH (Rm 2020)	Open to all
Dec 9	Fri	Holiday Party	11:30-1:30 pm	De Anza Campus Center	
Jan 3	Tues	Board Meeting	10:30 am	Toyon Room FH (Rm 2020)	Open to all
Feb 16	Thurs	Valentine Lunch	11:30 am	Blue Pheasant Restaurant	
Mar 7	Tues	Board Meeting	10:30 am	Toyon Room FH (Rm 2020)	Open to all
Apr (TBD)		Spring Social	TBD	TBD	
May 2	Tues	Board Meeting	10:30 am	Toyon Room FH (Rm 2020)	Open to all
Jun 15	Thurs	Summer Picnic	3:00-5:00 pm	Cuesta Park, Mt. View	
Aug (TBD)		Baseball Social	TBD	San Jose Municipal Stadium	

FODARA COMMITTEES/MEMBERS 2016-17

District Benefits	Tom Strand, strandtom@fhda.edu
	Faith Milonas, milonasfaith@fhda.edu
After-Words Email	Cindy Castillo, cindycastillo@comcast.net
After-Words Paper Mailing	Janice Carr, janicecarr@pacbell.net
Scholarships	Mike Brandy, brandymike@fhda.edu
Social	Need two volunteers
Mailings	Maureen Gates, gates-m@sbcglobal.net

HEALTH TIP FOR THE NEW YEAR: TRY YOGA!

Adapted from Amy Patuel, *AARP The Magazine*, Nov 2016



If you included "staying fit and healthy" as a top New Year's resolution, consider taking a yoga class. Studies and experts assert yoga provides these five benefits.

1. Minimizes hypertension/reduces anxiety

Researchers speculate the slow, controlled breathing in yoga practice decreases nervous system activity, and the "relaxation response," an alpha state between awake and asleep, yoga induces helps lower heart rate and blood pressure and ease respiration. "Yoga's powerful effect on stress and hypertension can help reduce the amount of medication people need," reports Amy Wheeler, a yoga professor at CSU San Bernardino.

2. Strengthens bones/protects joints

Studies consistently show the weight-bearing activity of yoga helps slow bone thinning, and practicing yoga regularly can help lubricate joints, staving off debilitating disorders, such as carpal tunnel syndrome and arthritis.

3. Keeps excess pounds away

Practicing yoga every day "improves willpower and shifts focus toward wellness rather than instant gratification," says Larry Payne, yoga director at Loyola Marymount University. And that mind set can result in

weight reduction: a study reported those who did yoga 3-6 days per week for 8 weeks shed more pounds and inches than those who walked for the same time period.

4. Builds strength and improves balance

Yoga's slow, measured movements and strengthening poses can help achieve better balance and prevent falls. Yoga also tones muscles and works on proprioception—the sense of position in space. "About 80 percent of proprioception is in the ankles, so standing poses are important, particularly for people in their 70s," explains Payne.

5. Boosts mood

Yoga's combination of breathing, meditation and movement creates an overall sense of well-being. In fact, studies show yoga can have a greater impact on enhancing mood and reducing anxiety than other forms of exercise because it boosts levels of Gamma-Amino Butyric acid (GABA), often called the "natural tranquilizer" for calming nervous activity.

If yoga sounds appealing, both Foothill (PHED 21) and De Anza (KNES 22) offer lots of classes, as do many YMCAs, schools, and community centers. Yogafinder.com has an easy-to-use search tool that purports to list classes all around the US and the world.

IN MEMORIAM 2016



<i>Barbara Cavaco</i>	<i>Bernard Long</i>
<i>Leo Contreras</i>	<i>Jim Lucas</i>
<i>Dorothy Coyle</i>	<i>Ellen Mann</i>
<i>Charles Crampton</i>	<i>Ann Michalski</i>
<i>Genie Deex</i>	<i>Victor Morris</i>
<i>Rose Deslonde</i>	<i>Bev Reeder</i>
<i>Mary Farnham</i>	<i>Irv Roth</i>
<i>Richard Gause</i>	<i>Mary Cay Sherman</i>
<i>Jim Keller</i>	<i>Ann Stemler</i>
<i>Randy Lomax</i>	<i>Alison Wilson</i>

NEW FHDA RETIREES



According to the online District Board meeting minutes, five people retired by the end of Fall Quarter 2016 (apologies if anyone

was inadvertently included or excluded):

- + *Rose Angelo, DA DSPS*
- + *Deborah Centanni, DA DSPS*
- + *Andy Gurrola, CS Operations*
- + *Diane Hawley, FH Bookstore*
- + *Dennis Reed, DA College Operations*

We wish all retirees a happy and healthy post-employment life and invite them to participate in FODARA by signing up for the email listserv (send email address to cindycastillo@comcast.net), by volunteering to serve on a FODARA committee, or by attending FODARA's special events (see committees and calendar p. 2).

DECEMBER HOLIDAY PARTY PHOTOS

Thanks to everyone who joined us! And many thanks to Ed Burling and Mike Paccioretti for coordinating the event and to Ed Burling and Lescher Dowling for sharing these pictures.



Louise Quenon, Trudy Burling, Doug & Gail Cheeseman



Elaine & Will Otani



Claudette & Art Penner, Bev Horton



Dave & Margaret Obenour



Carol & Ken Bruce



Gloria Mitchell, Edith Cunningham

If you'd like to share your photos from recent FODARA events, or noteworthy news about colleagues, email the pictures or details to webmaster Cindy Castillo (cindycastillo@comcast.net).

FODARA Reservation for *Valentine Luncheon*

Thursday, February 16, 2017, 11:30 am-2:00 pm

Blue Pheasant Restaurant
22100 Stevens Creek Blvd, Cupertino

Program: Jack Hasling (Foothill-Speech), author of
Footprints on my Tongue and several other books

Retiree _____

Guest (s): _____

Fill out information below only if it has changed:

Address: _____

Phone &/or e-mail _____

Please check menu choices for you and your guest(s):

Broiled Salmon Guest London broil Guest Chicken Jerusalem Guest Pasta Primavera Guest **Mail this reservation with menu choice and check no later than Monday, Feb 13:**

Lescher Dowling, 1122 Merrimac Drive, Sunnyvale, CA 94087

*If you miss the deadline, call/email Lescher at (408) 739-0652, lescher2@aol.com
and mail check ASAP.*

FODARA Valentine Luncheon total # of reservations: _____

\$22.00 per person attending \$ _____

\$10 for 2016-17 FODARA voluntary membership due \$ _____

Donation for FODARA Scholarships \$ _____

TOTAL AMOUNT (make check payable to FODARA) \$ _____

Please note: The luncheon will be held in the lower dining room. To avoid the stairs, use the easy access to this room through the gate to the right of the main building and bear left to the outside entrance.

FODARA

Foothill-De Anza Retirees Association

Foothill-De Anza Community College District

12345 El Monte Road, Los Altos Hills, CA 94022