The Doctor Is In

Join T.E.D Talks
for a zoomed session with chapter member
Dr. Tim Zimnowodzki

A Brief Overview of Various Neurological Disorders
Friday, May 28, 10:00 - 11:30 am

This Talk is open to all -
Free if you have signed up for this group
or have paid $50 for unlimited Study and Social Groups
$10 for all others
See page 3

Meet some of San Dieguito Chapter's newest members
See page 9
President’s Message

Dear Friends,

I think most of us are feeling that we can slowly take back our lives....perhaps not as they were one year ago, but in a way that shows us just how strong we all are.

Although fund raising is certainly not what it could have been, given we cannot meet in person and hold the events for which we are so rightfully known, we have invigorated membership. This Bulletin introduces you to some of the people who, despite being unable to partake in person, are eager to partner with Brandeis University through BNC and know that sooner rather than later, we will meet and greet....face to face!

Executive Director of BNC, Beth Bernstein, MA’90, shares that “a new task force will be studying what elements of ‘virtuality’ should remain when we return to in-person activities, and how we can build on our strengths to continue to fulfill our promise to Brandeis and deliver this robust organization in the future.”

I urge you to link to https://www.brandeis.edu/now/ to learn of the extraordinary events, speakers, programs and initiatives at Brandeis. Every time I read these offerings, I become more and more engaged and proud of our partnership with this amazing place.

Founding University President Abram Sachar was quoted about staying true to our promise....“The University begins with great good will and we shall strive together - trustees, faculty, students and friends - to make it worthy of the name and the challenge.”

We, in the San Dieguito Chapter have proven during these challenging times that we too are able and willing to overcome challenges so as to continue the friendships and offerings that we have shared for so long.

Linda

San Dieguito Chapter 2020 - 2021

President – Linda Epstein linda228@mac.com
Vice President – Elaine Eisenberg eisenem2@aol.com
Treasurer – Arthur Birnbaum abirnbaum15@gmail.com
Membership – Myrna Gale, Becky Thien galemyrna@yahoo.com; rebeccathien2@gmail.com
Secretary – Barbara Schwartz bannswimmer@yahoo.com
Special Events Chair – Phyllis Perkal phyllisperkal@san.rr.com

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See our chapter website at http://blogs.brandeis.edu/bncsandieguito/

Brandeis National Committee
San Dieguito Chapter

Mission Statement: The Brandeis National Committee is dedicated to providing philanthropic support to Brandeis University, a distinguished liberal arts and research university founded by the American Jewish community. Its membership is connected to the university through fundraising and through activities that reflect the values on which the university was founded: academic excellence, social justice, nonsectarianism and service to the community.
You’re Invited to a TED Talk

Dr. Tim Zimnowodzki:
A Brief Overview of Various Neurological Disorders
Friday, May 28, 10:00 – 11:30 am

Dr. Zimnowodzki (Dr. “Zim”) is a board-certified neurologist specializing in neuromuscular diseases and clinical neurophysiology. From 2004 to 2012, he was an associate professor of Neurology and former director of the EMG Lab at Rush University Medical Center in Chicago. He and his wife, Lisa, have lived in Southern California for the past 7 years. We are pleased that they are members of San Dieguito Chapter.

He is currently on the faculty and staff at UCLA Medical Center, Department of Neurology, Section of Neuromuscular Diseases, where he works part time and performs specialized testing to diagnose patients with possible myasthenia gravis, ALS, neuropathies, muscle disease, and Guillain-Barre syndrome, to name a few.

Dr. Zim will give a brief overview and answer your questions relating to the following neurological disorders: sciatica, migraines, the family of dementias including Alzheimer’s disease, carpal tunnel syndrome, tremors (Parkinson tremor vs. benign, non-Parkinson tremor), epilepsy - grand mal vs. petit mal seizures, Lou Gehrig’s Disease, neuropathies, and the possible neuromuscular side effects of statin drugs, which are used to lower cholesterol. Plus, he’s available to answer questions on other neurologically-related topics.

If you’ve ever wondered about any of these, or worried - this session is for you!

Want to join in? Contact Barbara Howard at barbarahoward@gmail.com. For those of you who have paid $50 for unlimited participation in the study and social groups, no additional payment is required. If you have not paid for unlimited participation and are not presently a member of this study group, please send a $10 check, payable to BNC, to Barbara Howard, 1140 Pasadero Drive, Escondido, CA 92029. You will receive a link to join the Zoom program close to its date.

Membership Sale!

Join now – new members only – and your dues are paid through June 2022.
Annual Dues - $60 or $100 for couples.

Now’s the time to invite your friends. Tell them about BNC. We’re bright, we’re interesting, and we support one of the best universities in the country.
Contact Becky Thien or Myrna Gale for details.
rebeccathien2@gmail.com  galemyrna@yahoo.com
Reflecting on a Truly Crazy Year

It’s been over a year since the elegant and highly successful Fashion Show Luncheon. We’ve been thriving in a different way since then. San Dieguito chapter is flexible and innovative, and we’re ready to move on!

Although our fundraising is down as we cannot have special events, our community giving is up, thanks to Sharon Kroopkin and her Community Service collections.

Our Study and Social Groups continue to educate and keep us busy and in touch with friends via Zoom. New members have embraced our activities and have already contributed much to the chapter. Thanks go to Becky Thien and Iris Kantor for writing their stories to introduce them. These profiles take the place of new member gatherings for now.

Several of our new members aren’t even local, hailing from Chicago and San Francisco. This could only happen via Zoom. That’s a Covid silver lining. The contributions and presentations offered by new far-away members enlightened and entertained us all year long. Carol Robinson presented last month’s TED Talk and Tim Zimnowodzki will give the TED Talk on May 28 (see Page 3). Elaine Howard enlisted a couple of TED Talk presenters and the author, Ronald Balson for our chapter.

None of the Zoom activity could have been possible without the help of Joan Kushinoff and Barbara Howard, our technical wizards, and all those who lent a hand with individual Study Groups, such as Art Gould, Stan Schatt and Mitch Friedman.

To all who kept us going and kept us in touch, the chapter is so grateful.

A Mah Jongg Story

Many of the new far-away members originally joined BNC in order to play Mah Jongg. Our Mah Jongg groups are an addition to the traditional study groups. We now offer SOCIAL and Study Groups.

On that note, congratulations to Linda Epstein for her amazing win playing Mah Jongg online! Linda needed only one more tile to make after the Charleston was completed. Low and behold, she received that final tile on the first round, but there was no one around from our chapter to share in her excitement.

So, congratulations, Linda, on your amazing win! Now the whole chapter can share it with you!
Welcome, New Board Members

The executive board is pleased to announce some additions to our chapter leadership. Here is an updated list of officers and committee chairs, all of whom have agreed to stay on for next year.

Barbara Schwartz graciously accepted the position of recording secretary a few months ago, and the corresponding secretary's duties have been added to her job description, leaving just one secretary for the chapter.

We also welcome a fairly new member to the Board. Susan Gail will co-chair the Community Service/Social Justice committee with Sharon Kroopkin.

Officers and Standing Committees – 2020-2021

OFFICERS
President – Linda Epstein  linda228@mac.com
Vice President – Elaine Eisenberg  eisenem2@aol.com
Treasurer – Arthur Birnbaum  abirnbaum15@gmail.com
Membership – Myrna Gale
  Becky Thien
Secretary – Barbara Schwartz  bannswimmer@yahoo.com
Nominating Committee –

STANDING COMMITTEE CHAIRS
Bulletin – Jane Polgar  janepolgar@roadrunner.com
Community Service – Sharon Kroopkin
  Susan Gail  sharonk2100@icloud.com
Directory – Joan Kushinoff  susan@susangail.com
Graphic Artist – Barbara Howard  kushijo@hotmail.com
Mailing and Emails – Joan Kushinoff  barbarahoward@gmail.com
Photographer – Sue Berger  kushijo@hotmail.com
Publicity – Jane Polgar  susueberger40@gmail.com
Seacrest Liaison – Ida Shreiber  janepolgar@roadrunner.com
Special Events (Fundraising) – Phyllis Perkal  2benida@gmail.com
Study & Social Groups –
  Iris Kanter and Myra Brand  phyllisperkal@san.rr.com
  Barbara Howard, Registrar  irisnk@comcast.net; myrabrand@gmail.com
Sunshine — Carol Shakter  barbrohoward@gmail.com
Tributes (Book Fund) – Cheryl Kaufman  carollps3@gmail.com
Website – Joan Kushinoff, Jane Polgar  herscheryl@gmail.com
Board Member at Large – Gayle Wise  kushijo@hotmail.com

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Wanted! Co-chairperson(s) to help with Special Events and Fundraising
No experience needed – just a love of putting ideas together and creating fun, exciting programs. It would be wonderful to have some of the newer members become active on this committee. You are most welcome!

Please contact Phyllis Perkal at phyllisperkal@san.rr.com or 858-775-1423
THE BRANDEIS SCOOP -
To keep us informed about the university we support

Brandeis is providing Covid vaccinations to all students before they leave campus for summer. The distributor had spoken with a number colleges in the Boston area, but Brandeis got a clinic operating right away.

As the semester is winding down, colleges that set up clinics this week and next will have just enough time to complete the vaccination, including the three weeks between Pfizer doses, before students head home. Brandeis provided a four-day clinic and will let students stay in the dorms past the normal closing date if they need extra time for their second dose or to recover from the vaccination.

Based on past success - low infection rates, available vaccines, and the Brandeis community cooperation - plans are being made to offer a safe, in-person experience in fall 2021, with all students attending classes in person and enjoying community activities.

In Case You Missed This – The Four Questions
Passover leftovers!

Here are four questions about the Brandeis National Committee fund-raising campaign. They’re still relevant.

Q: Why is this campaign different from all other campaigns?
A: This is the first attempt to digitize the slowly deteriorating collections at the university.

Q: Why is it so important to preserve historical collections?
A: No other campaign provides insight into narratives of 20th century men and women living in a time of overt anti-Semitism, racism and institutionalized sexism.

Q: What will digitization do?
A: It ensures sharing the social justice collection outside the Brandeis Community for schools and for international research.

Q: How can we support this endeavor?
A: By donating to Honoring Our History.
The holiday may be over, but let’s not pass over our commitment to support Brandeis University and its founding principles. For more information please click here.

Want to learn more about our Honoring Our History Campaign?
See Honoring our History on the BNC website.
TRIBUTES

Sustaining the Mind Card
To Rabbi Ron Shulman, With Appreciation For His Program On “Emotional Effects of COVID”, from the Brandeis Board

Louis Brandeis – Chai Card
To Carol Shakter, in memory of her mother, from Bea Sklarewitz
To Norman Hershorin, in memory of his wife Carole Hershorin, from Bea Skarewitz
To Bev Fremont, Speedy Recovery, from Suzie & Neil Kaplan

Light of Reason Card
To Carol Shakter, in memory of her mother, from Elaine Eisenberg
To Carol Shakter, in memory of her mother, from Linda & Marvin Epstein
To Carol Shakter, in memory of her mother, from Gayle & George Wise
To Bev Fremont, Speedy Recovery, from Linda & Marvin Epstein
To Bev Fremont, Speedy Recovery, from Lenore Shapp
To Ida Shrieber, Best Wishes On Your New Home at Seacrest, from Linda & Marvin Epstein
To Bev Fremont, Speedy Recovery, from Cheryl & Herschel Kaufman
To Carol Shakter, in memory of her mother, from Barbara Schwartz
To Bev Fremont, Speedy Recovery, from Phyllis Perkal
To Gordon Sinkoff & family, in memory of his brother Barry Sinkoff, from Elaine Eisenberg
To Mark Gerson, thanks for participating in our TED Talks Study Group, from The Brandeis Board
To Sharon Pitluk Silver, thanks for participating in our TED Talks study group, from the Brandeis Board
To Ronald Balson, thanks for participating in our Jewish-Themed Literature Study Group, from the Brandeis Board
To Deborah Gaal, thanks for participating in our Conversations with Authors Event, from the Brandeis Board
To Dr. David Guss, thanks for leading the study group “The COVID-19 Pandemic”, from the Brandeis Board
To Vera Burstyn, thanks for your TED Talk as a Holocaust Survivor from Hungary, from the Brandeis Board
To Carol Robinson, thanks for your TED Talk on “Finding Your Family – Jewish Genealogy in the Internet Age”, from the Brandeis Board

TO SEND A TRIBUTE, CONTACT CHERYL KAUFMAN
herscheryl@gmail.com  619-578-2308

$501 Major Book Collection  $25.50 Sustaining the Mind Card
$101-$499 Special Book Collection  $25.50 Magnify the Mind Card - NEW
$56 Learned Research Journal for Medical Research  $18.50 Louis Brandeis Card (Chai)
$36 Learned Research Journal  $10.50 BNC Library Photo Card
$25.50 (or more) BNC Scholarship Campaign Card  $10.50 Book Fund Tribute Card

Mail checks (made out to BNC) to Cheryl at 3450 Third Avenue, Unit 206, San Diego, CA  92103
Celebrate!

Happy Birthday
May 3 – Carol Shakter
May 13 – Peter Levine & Florence Sachs
May 20 – Sarah Birnbaum
May 31 – Sue Berger

June 5 – Alice Chary
June 10 – Jane Polgar & Suzie Kaplan
June 11 – Charles Mittman
June 15 – Cheryl Kaufman
June 18 – Susan Gail
June 28 – Geri Shaeval

Happy Anniversary

May 2 – Carol & Mark Shapiro
May 4 – Nancy Russian & Luis Rodriguez
May 21 – Iris Kanter & Mitch Friedman
May 26 – Barbara & Sheldon Howard
Sharon & Michael Kroopkin
Phyllis & Gary Weed
May 27 – Carol & James McCall

June 7 – Cynthia & Gilbert Raff
June 20 – Suzie & Neil Kaplan
June 23 – Ilene & Charles Mittman
June 27 – Cheryl & Herschel Kaufman
June 30 – Bev & Joe Fremont

If you wish to have your special occasion appear here, don’t be shy!
Contact Cheryl Kaufman at herscheryl@gmail.com 619-578-2308

A warm welcome to our newest members

Ellen Bernardino
Barbie Kemerer
Meet Some of Our Newest Members

**Diana Mass** was born in Quito, Ecuador, and moved to the US at age 5. She grew up in San Antonio and attended the University of Texas at Austin, where she received a degree in Medical Technology. That was followed by a Master’s in Education Administration from Central Michigan University. Diana thinks that many times in her life she has been at the right place at the right time.

She intended to be a homemaker, but became a full professor and Director of the ASU Clinical Laboratory Science Program. She and her husband, Monty, owned a medical laboratory consulting company which led her to a consulting position with the CDC for a span of 16 years. She and Monty have traveled extensively. Today Diana enjoys reading fiction, an activity she never had time for in her professional life. She likes old films from the 40’s and 50’s and cooking shows. She especially enjoys conversations with her grandsons, where they discuss what they are reading, politics. (They discuss sports with Monty, but Diana just listens to those discussions.) Diana says she is quite opinionated, but she is always open to different points of view and is always curious.

**Phyllis Savin** is a long time Escondido resident, who moved here when her husband, Max, became part of the Medical Staff at Palomar Medical Center (then called Palomar Memorial Hospital). They have been married for 56 years, she can hardly believe that is possible. They have two wonderful sons, one fab daughter-in-law and four brilliant and gifted grandkids.

Phyllis taught in the religious school at Temple Adat Shalom and wrote humorous articles for various San Diego newspapers. She has had turtle pets most of her life. Her two current turtles are named Lulu and Roxy. What has gotten Phyllis through the pandemic? Her dog Riley, a love of reading, Zoom canasta, Barbara Howard’s Historical Fiction book club and Myra Brand’s Trivia group. She loves the discussions and interactions with the other members. Phyllis loves traveling, but doesn’t know when she will go again.

**Merrilee Masters** was born in Passaic, New Jersey and lived there most of her life. She was married to her high school sweetheart until he passed away in 1997. She has two wonderful sons, Scott and Adam, and 3 grandchildren. She even has one great granddaughter who is 8 months old. She feels very fortunate that they now live close by. Her toy poodle keeps her company and busy.

Merrilee retired almost 3 years ago from Qualcomm as a Senior Project Manager in IT. She loves to travel and has been on many cruises to many different countries. It’s her favorite way to travel. She lives in Ocean Hills and enjoys swimming and is now learning to play pickleball!

**Marsha Sutton** was born in Chicago and raised in southern Illinois. She was one of six Jewish kids in her high school of 1,200. After graduating she was quick to go far away to college: two years at the University of Colorado in Boulder and then transferring and graduating from UCLA in 1976 with a degree in philosophy. Her joke is that after graduation she looked in the Want Ads for “philosophers wanted” and came up short! She met her husband of 36 years in 1977 and was married in 1985. They have two children, ages 31 and 24.

Writing became Marsha’s passion. For the past 20+ years she’s been first an education reporter and later an education columnist for local North County community newspapers (now owned by the San Diego Union-Tribune). She also contributes freelance pieces on education to local media outlets.

Marsha joined the San Dieguito chapter of Brandeis in 2020.
Evelyn Lamon came to Tarzana, California from North Chicago when she was 11 years old. Her father was a psychiatrist, her mother a homemaker, she has one younger sister. She received a BA from UC Berkeley and an MSW from USC. She met her husband Joel, a medical student, when she worked at the LA County hospital. After they married they moved to Dallas, then to Bethesda, Maryland, where her daughter Jennifer was born. They then came to San Diego so Joel could do a fellowship at Scripps Clinic. Evelyn also has two sons: Josh, who lives in Queens NYC, and Joey, who’s married, with her only grandchildren, living in Dayton Maine.

Evelyn loves to read, sew, knit, bake, create photo albums, other crafts, and walking with friends. She serves on the Architecture Committee in her community and has a Maltese puppy named Teddie. After she retired she discovered games such as Bridge, Mah Jongg, Canasta and others. Her husband Joel is still working. They belong to Temple Adat Shalom, where she sings in the choir, and she is active in the local Hadassah group. Before Covid she and Joel traveled and they still get to Maine to see their grandchildren a few times a year.

Evelyn enjoys the Historical Book Group and looks forward to adding additional Brandeis activities to her list.

Becky Thien

Don’t forget: ‘Friends tell friends about Brandeis’

Save the Date!

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