



PHI BETA KAPPA
 NORTHERN CALIFORNIA ASSOCIATION
 THE GAMMA ASSOCIATION OF CALIFORNIA
 Association Chartered June 14, 1946



www.pbknca.org

June 2020

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From the President



As I begin my eleventh year as President of Phi Beta Kappa – Northern California Association, I thank the membership for its confidence in me. I have enjoyed serving ΦBKNCA these past terms and look forward to an equally pleasant experience in 2020-21.

Our Board this coming year consists mostly of returning officers and chairs. I am pleased that so many were willing to “re-up” for another term, and I welcome Melissa Stevens as the new Chair of the Teaching Excellence Committee. These people are a delightful group with whom to associate and they make my job very easy, as they do all the work! The 2020-21 Nominating Committee consists of six members: Judy Hardardt– Chair, Elizabeth Archambeault, Gerald Richards, Maria Norall^[SEP], Megan Carlucci, Megan Winkelman, and O’Neil Dillon. If you should feel a yen to participate in the governance of ΦBKNCA, please contact one of these people to discuss the various openings we may have in the future.

I thank our Program Chair, O’Neil Dillon for creating “no contact” programs for us during this COVID-19 pandemic. He is getting us involved in Zoom - helping members set up book clubs, presenting talks and honest information about the pandemic.

This spring we awarded \$7500 scholarships to eight graduate students from five universities in our region. We also gave four Teaching Excellence Awards to faculty members from three different campuses; these professors were nominated by previous students for their outstanding ability to make learning interesting. It is not too early to nominate a teacher who had a great impact on your life for the 2021 TE Award; see the Teaching Excellence Awards section on [page two](#).

Unfortunately, the pandemic forced us to cancel our Annual Awards Luncheon, but Communications Officer Ray Hendess has reached out to the awardees, asking them to create videos in lieu of their talks at the luncheon. These videos are available on the Scholarship and Teaching Excellence pages of our website, <http://www.pbknca.org>.

Funds for our scholarships and awards come from your membership fees and gifts (all fully tax-deductible), also from any contribution for our online events. Please support ΦBKNCA however you are able by donating to our Scholarship and Teaching Excellence funds.

Mary Turner Gilliland, President 2011-2021

Mary T. Gilliland

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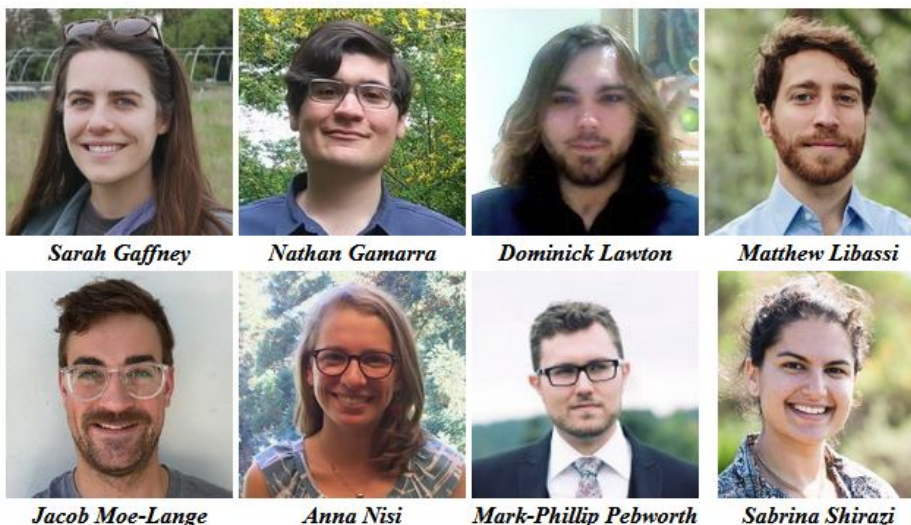
Eight Scholars and Four Teachers Honored. May, 2020

Awardees have made Videos of their “Annual Meeting Talk”

Without an Annual Meeting at which to present our awards, we asked the awardees to make a video of their acceptance talk. These are now available on the YouTube *via* our website. Go to www.pbknca.org, then use the menubar at the top, click on Scholarship, then Awards for the students, and Teaching, then Awards for the Teaching Excellence. There are links by most awardees that go to the YouTube videos.

Scholarship Awards 2020

In fulfillment of its mission to encourage scholarship and research, the Phi Beta Kappa Northern California Association has honored the following outstanding Phi Beta Kappa graduate students with \$7,500 scholarship awards to assist them in completing their educational objectives:



Scholarship Committee members: Joanne Sandstrom (Chair), Jeff Fenton, Lynne Fovinci, Julie Fuchs, Jean James

Teaching Excellence Awards 2020

Keenly aware of the great worth of learning and of the extraordinary gifts, diligence, and amplitude of spirit that mark the best in teaching, the Phi Beta Kappa Northern California Association takes pleasure in conferring its 2018 Teaching Excellence Awards upon these distinguished teachers:



Teaching Excellence Committee members: Narcinda Lerner (Chair), Kimberly Aguilar, Mary Hanel, Bryan Phan

Nominations for the Teaching Excellence Award for spring 2021 are being accepted now

Please see <https://www.pbknca.org/teaching/> for more information.

Events

In light of the public health recommendations to increase social distancing and reduce the incidence and spread of COVID-19, Phi Beta Kappa Northern California is suspending all in-person events and meetings for the foreseeable future. O'Neil has created a number of online events that sound exciting. If you agree, we would appreciate a contribution to the Scholarship fund online at <https://www.pbknca.org/membership/payments/scholarship1.contribution.form.php>

Or send a check to: Ms. Patricia Kenber VP Membership PBKNCA, 1073 River Rock Lane, Danville CA 94526-4001

Questions about an event, contact O'Neil Dillon, Programs, cell 510-207-8761, oneilsdillon@gmail.com

“Working to Improve the Health of The American Indian” Member Stories #1 - Zoom invitation



Presented by [Elaine Brinn](#)

Date: Saturday June 20, Time: 10 AM, Length: 1 hour

The Indian Health Service (IHS) is a little-known treaty obligation of the U.S. Government to provide health care to Native Americans. PBKNCA member Elaine Brinn will do a presentation based on her work in the IHS.

Join Zoom Meeting a few minutes before 10 AM, Saturday June 20. Go to www.pbknca.org, click “Explore Our Upcoming Events” and get access from there or by [clicking this link](#).

If you don't have Zoom, join by phone at 1 669 900 6833 US (San Jose). When asked, enter the Meeting ID: 838 7844 3734 followed by #, you do not have a participant ID so skip that, then enter the password 001914 followed by #

“How the California Housing Shortage Developed, and What We Can Do About It” – Zoom invitation



July 25 at 10 AM we will have a panel presentation.

Dr. Fred Collignon, Dr Elizabeth Tyler and Shawn Rowles will be our panelists. Two of these three expert Urban Planning panelists are members of PBKNCA.

Join Zoom Meeting July 25th, a few minutes before 10 AM. Go to www.pbknca.org, click “Explore Our Upcoming Events” and get access from there or by [clicking this link](#). If you don't have Zoom, join by

phone at 1-669-900-6833. When asked, enter the Meeting ID: 830 2221 0394 followed by #, you do not have a participant ID so skip that, then enter the password 530327 followed by #

PBKNCA Book Clubs are in the process of formation

If you wish to join one, e-mail oneilsdillon@gmail.com



Important Science-Based Risk-Management Information to Protect Your Health



During the COVID-19 pandemic, Associate Professor Erin Bromage (UMass Dartmouth, Biology) created a blog to help friends and family understand the practical ways that the virus can spread through a community. On May 6, 2020, he posted “The Risks – Know Them – Avoid Them”, an explainer that showed how people breathing and talking spread particles in the air in common locations like restaurants, churches, and offices. As the world grapples with how to safely reopen society, Dr. Bromage’s post started to become widely shared on social media. Fast forward a week and the post has been viewed more than 13 million times and Bromage has become a fixture on national nightly news shows.

Go to the web, www.pbknca.org, upcoming events and get access from there or by [clicking this link](#).

Summary of the conclusions in the article:

“Indoor spaces, with limited air exchange or recycled air and lots of people, are concerning from a transmission standpoint. We know that 60 people in a volleyball court-sized room (choir) results in massive infections. Same situation with the restaurant and the call center. Social distancing guidelines don't hold in indoor spaces where you spend a lot of time, as people on the opposite side of the room were infected.

“The principle is viral exposure over an extended period of time. In all these cases, people were exposed to the virus in the air for a prolonged period (hours). Even if they were 50 feet away (choir or call center), even a low dose of the virus in the air reaching them, over a sustained period, was enough to cause infection and in some cases, death.

“Social distancing rules are really to protect you with brief exposures or outdoor exposures. In these situations there is not enough time to achieve the infectious viral load when you are standing 6 feet apart or where wind and the infinite outdoor space for viral dilution reduces viral load. The effects of sunlight, heat, and humidity on viral survival, all serve to minimize the risk to everyone when outside.

When assessing the risk of infection (via respiration) at the grocery store or mall, you need to consider the volume of the air space (very large), the number of people (restricted), how long people are spending in the store (workers - all day; customers - an hour). Taken together, for a person shopping: the low density, high air volume of the store, along with the restricted time you spend in the store, means that the opportunity to receive an infectious dose is low. But, for the store worker, the extended time they spend in the store provides a greater opportunity to receive the infectious dose and therefore the job becomes more risky.

“Basically, as the work closures are loosened, and we start to venture out more, possibly even resuming in-office activities, you need to look at your environment and make judgments. How many people are here, how much airflow is there around me, and how long will I be in this environment. If you are in an open floorplan office, you really need to critically assess the risk (volume, people, and airflow). If you are in a job that requires face-to-face talking or even worse, yelling, you need to assess the risk.

“If you are sitting in a well-ventilated space, with few people, the risk is low.

“If I am outside, and I walk past someone, remember it is “dose and time” needed for infection. You would have to be in their airstream for 5+ minutes for a chance of infection. While joggers may be releasing more virus due to deep breathing, remember the exposure time is also less due to their speed. Please do maintain physical distance, but the risk of infection in these scenarios are low. Here is a great [article in Vox](#) that discusses the low risk of running and cycling in detail.

“While I have focused on respiratory exposure here, please don't forget surfaces. Those infected respiratory droplets land somewhere. Wash your hands often and stop touching your face!”

Get the Newsletter Online and Save the Association \$1,500

If you are receiving a hardcopy newsletter, why don't you join the nearly 700 hundred current members who have elected to receive the online newsletter? In 2019 we spent nearly \$1,500 mailing hardcopy newsletters. We send you an email with clickable links to the newsletter, in color, in mobile-optimized or PDF format for desktop or printing, about two weeks before the hardcopy would have appeared in your mailbox. You can download and print it if you like reading hardcopy, you can store it on your computer for future reference, or you can read it online in color. Think about it – our potential scholarship recipients will really appreciate it! And you will be saving trees. Just check the box on your membership form, or send an email to online@pbknca.org, and we will add you to the list.

Ray Hendess, Communications Officer

The editor wishes to thank Dr. Larry Lerner for proof-reading and comments.

ΦBK Board, July 1, 2020 to June 30, 2021

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