



BETHESDA-CHEVY CHASE BRANCH NEWSLETTER

October 2025

Website: <https://bcc-md.aauw.net/>

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FOX HILL
8300 Burdette Road
Bethesda, MD 20817
Handicapped accessible. Plenty of parking.

AAUW October Meeting

Saturday, October 11, 2025
11:00 a.m.

Achieving a Good Death

Chris Palmer

Author, *Achieving a Good Death: A Practical Guide to the End of Life*

Chris Palmer is an end-of-life activist and a trained hospice volunteer. He frequently gives presentations and workshops on aging, death, and dying issues. He founded and runs an aging, death and dying group for the Bethesda Metro Area Village and serves on the board of several nonprofits focused on end-of-life issues, including Montgomery Hospice and Prince George's Hospital, Final Exit Network, the Funeral Consumers Alliance, Hemlock Society of San Diego, and the Maryland Office of Cemetery Oversight.



This is a second career for Chris, who is well-known as a teacher, speaker, author and environmental/wildlife film producer who has swum with dolphins and whales, come face to face with sharks and Kodiak bears, camped with wolf packs, and waded hip-deep through the Everglade swamps. Until his retirement in 2018, Chris served on American University's full-time faculty as Distinguished Film Producer in Residence. In 2004 he founded AU's Center for Environmental Filmmaking at the

School of Communication, which seeks to inspire a new generation of filmmakers and media experts to create informative, ethically sound, and entertaining work that makes a difference.

Over the past 30 years, Chris has spearheaded the production of more than 300 hours of original programming for prime time television and the IMAX film industry. His films have been broadcast on numerous channels, including Animal Planet, The Disney Channel, PBS, and TBS. His IMAX films include Whales, Wolves, Dolphins, Bears, Coral Reef Adventure, and Grand Canyon Adventure. In the course of his career he has worked with the likes of Robert Redford, Paul Newman, Jane Fonda and Ted Turner. He has jumped out of helicopters and worked on an Israeli kibbutz. He was a boxing champ in high school.

Chris and his wife, Gail, have lived in Bethesda, Maryland, for nearly 50 years and raised three daughters. They now have nine grandchildren. Chris was a stand-up comic for five years and has advanced degrees from London and Harvard. He is currently learning to juggle, draw, dance, play tennis, and play the piano. He loves standing on his hands for exercise, keeps a daily gratitude journal, and has a 30-page personal mission statement.

His book, *Achieving a Good Death: A Practical Guide to the End of Life*, will be available for purchase at our meeting. It is also available on Amazon.com. All proceeds fund student scholarships.

NOTE: If you have previously attended any of Chris's programs at Fox Hill or elsewhere, you will find new information and perspectives for this session.

President's Letter

Dear AAUW Friends,

Our speaker for October, Chris Palmer, will talk with us about "Achieving a Good Death." He provides positive, practical guidance about how to make our later years - and those of our family and friends - meaningful. For those of you who have heard him before, he will provide different perspectives on actions we can take to achieve our goals.

I have come to know Chris and admire not only his key message, but the life example he himself exemplifies. Chris had an outstanding career when as a filmmaker, he swam with dolphins and whales, came face-to-face with sharks and Kodiak bears, camped with wolf packs, and waded hip-deep through Everglade swamps. For over 35 years, he spearheaded the production of more than 300 hours of original programming for prime-time television and the IMAX film industry, which won him and his colleagues many awards, including two Emmys and an Oscar nomination. And now he has turned his focus to helping himself and others approach the end of life. I find this example inspiring, as I see many of my friends exploring and finding new interests, avocations, and even careers following their "retirements" from decades-long careers.

Our own Carol Starr, retired as a longtime teacher, administrator, and consultant, has now found new meaning and success with her painting, winning many awards and collectors. Another friend has found a calling to serving on corporate boards, using the experiences of her career to advise others. My husband is fond of saying that I work as

hard as I ever did, but I just don't make any money. This "retired" time of my life allows me to volunteer in areas about which I am passionate - and can make a difference.

I urge you to take Chris Palmer's messages to heart and share them with other family and friends. You are welcome to bring guests to our October 11 meeting. You may also want to read his book. All proceeds from the book sales go to providing scholarships. Chris also does not charge for his speaking engagements as a part of his commitment to spreading this information. You may wish to invite him to speak to organizations of which you are a part - your church, synagogue or mosque, your membership organizations including retired teachers and other professionals, and your community organizations.

We can all live meaningful lives, even after our professional careers have ended, and we owe it to ourselves, our parents, our friends, and our relatives to make actions to ensure that we do prepare for a "good death."

Pat

Pat Stocker,
President, Bethesda-Chevy Chase AAUW

Upcoming Programs

**Saturday, November 8, 2025
11:00 a.m.**

The Supreme Court, Lower Courts, and the Challenges in the Current Administration

Julia Penny Clark
Attorney

Our members have expressed concern about the role of the courts, particularly the Supreme Court, in the current Administration. One aspect of that is the relationship



between the Supreme Court and lower courts, particularly the relationship of the judicial and administrative branches of government. We are also interested in historical precedents and how the courts have jurisdiction as well as the interactions among the various courts.

Penny Clark is an attorney who has argued employee benefits law cases before the United States Supreme Court and who served as law clerk for Associate Justice of the United States Supreme Court Lewis F.

Powell Jr. from 1974 to 1975. She was among the first dozen women to clerk at the U.S. Supreme Court. She studied at the University of Texas, and received a B.A. in 1969 with highest honors and membership in Phi Beta Kappa. She continued her studies at the University of Texas School of Law, serving as an editor of the *Texas Law*

Review, and graduating Order of the Coif and Chancellor honors with a J.D. with highest honors in 1973.

Recently retired, she practiced law since 1975 at Bredhoff & Kaiser, PLLC, where she was a partner. She argued two cases before the U.S. Supreme Court: *Beck v. PACE International Union*, 551 U.S. 96 (2007), representing the union in a dispute with an employer over a pension plan termination; and *M&G Polymers USA, LLC v. Tackett*, 135 S. Ct. 926 (2015), representing Tackett and a group of retirees who sought to maintain healthcare benefits under a collective bargaining agreement. She also argued more than 30 cases before the United States Courts of Appeals, and was lead trial attorney in more than half a dozen civil cases on behalf of unions, benefit plans, and employees.

Penny is married to William Curtis Bryson, a senior judge of the United States Court of Appeals for the Federal Circuit. They have two daughters. They met in law school, and both were law clerks at the U.S. Supreme Court.

MARK YOUR CALENDARS:

Additional Program Dates – all at 11:00 a.m. at Fox Hill – Speakers TBA

Saturday, December 13, 2025

Saturday, January 10, 2026

Saturday, February 14, 2026

Saturday, March 14, 2026

Saturday, April 11, 2026

Saturday, May 9, 2026

Bethesda-Chevy Chase Officers 2025-26

President Pat Stocker

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MARYLAND AAUW FALL CONFERENCE

MAKE PLANS NOW TO ATTEND OUR 2025 AAUW MARYLAND FALL CONFERENCE!

Maryland's Native Americans, Past to Future

October 18 | 9:00 AM – 3:00 PM | Woods Memorial Presbyterian Church, 611 Baltimore Annapolis Blvd, Severna Park



***By Roxann King, President, AAUW Anne Arudel County Branch
Maryland Commission on Indian Affairs with Gov. Wes Moore***

AGENDA

9:00 AM: Door Open

9:30 AM: Welcome

9:40 AM: The Archeology and History of Indigenous Peoples in Maryland, Dr. Katherine Sterner, Towson University

10:45 AM: Tribal Law and the Abuse of Indigenous Women, Caroline LaPorte, Esq., Indian Law Research Center

11:45 AM: Current Issues in Native American Higher Education, Dr. Donna Brown, American Indian Higher Education Association

12:30 PM: Lunch

1:15 PM: AAUW Maryland Board Meeting

REGISTRATION

Online:

With Eventbrite: Go to AAUW Maryland and register through the Marylander.

Make check payable to **AAUW Maryland**.

The 2025 AAUW Maryland Fall Conference is being hosted in Severna Park by AAUW Anne Arundel County. While you are in our County, consider spending the afternoon or evening taking in the sites in Annapolis.

Visit the museums, the Naval Academy, the dock area, the State House or any of the fine restaurants and shops. We look forward to sharing our beautiful capital city and county with you.

MLAW Fall Conference November 1, 2025



The Maryland Legislative Agenda for Women, MLAW, will host its annual fall conference on Saturday, November 1, 2025. This year's conference will be held in person at The Meeting House in Columbia, MD. Join us as we advocate for progressive legislation for Maryland's women and families! AAUW, including our Bethesda-Chevy Chase Branch, are members of MLAW – and together we determine our priorities for the 2206 Maryland General Assembly.

Join us to:

- Gain valuable insights from advocates and legislators presenting **2026 legislative proposals**
- Network with other MLAW supporters, advocates, and legislators from around Maryland about these important issues.
- Welcome and guest speakers pending. Stay tuned!

To register for the conference, visit <https://MLAW2025Conference.eventbrite.com> and select **GET TICKETS** button. Tickets are \$45 through 10/15; late registration after is \$50. Student tickets are available for \$25. There will be no on-site registration, so please register early.

Sponsorship opportunities are available and encouraged. Support the conference and MLAW by becoming a sponsor. Sponsorship deadline for inclusion in our program booklet is October 10th.

For more information, call 443-519-1005 or email mdlegagenda4women@yahoo.com. We hope to see you at the conference in November!



AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

AAUW Vision Statement: AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

AAUW has been empowering women as individuals and as a community since 1881. For more than 135 years, we have worked together as a national grassroots organization to improve the lives of millions of women and their families.

In principle and in practice, AAUW values and seeks an inclusive membership, workforce, leadership team, and board of directors. There shall be no barriers to full participation in this organization based on age, disability, ethnicity, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, and socioeconomic status.

Our mission

Higher Education & Economic Security

AAUW empowers women and girls by championing their success in higher education and pushing for bold policy solutions to create lasting change. For more than 140 years, AAUW has led the fight for gender equity in higher education and beyond. With a strong record of advocacy and action, AAUW continues to break barriers and defend the rights of women in education and the workplace.

MEMBERSHIP DUES – 2024-2025

Join or Renew Now!

Dues:

\$100

PLEASE NOTE THAT YOU SHOULD RECEIVE A RENEWAL REMINDER FROM AAUW NATIONAL, AND IS YOU HAVE QUESTIONS, PLEASE SEE OUR TREASURER, KAREN BRAUN. IF YOU DO NOT RECEIVE THIS REMINDER, YOU MAY USE THIS FORM TO RENEW.

Includes \$74 for national AAUW
\$10 for AAUW Maryland, and
\$16 for Bethesda-Chevy Chase AAUW Branch
AAUW National will send renewal notices to your e-mail on file

\$71 is TAX DEDUCTIBLE

Note: AAUW national membership dues are \$74, of which \$71 is tax deductible as a charitable contribution. The remaining \$3 is not tax deductible because it supports the AAUW Action Fund's section 501(c)(4) Capitol Hill Lobby Corps and get-out-the-vote activities

Honorary Life members pay no dues.

Life members of AAUW pay \$26 in state and branch dues.

NAME_____

ADDRESS_____

PREFERRED PHONE_____

EMAIL_____

DEGREE(S) & COLLEGE/UNIV_____

YEAR(S) OF GRADUATION_____

To renew by check: Make your check for \$100 payable to B-CC AAUW, complete the enclosed form above and mail it to our branch treasurer:

Karen Braun - 9707 Old Georgetown Road, Apt. 1302, Bethesda, MD 20814

For questions, you can reach Karen at: karen.braun@verizon.net