



The Julia Burke Foundation Annual Newsletter 2015

www.JuliaBurkeFoundation.org

Featured News: Mindfulness | Debate | Zambia | Ecology | Academic Scholarships | Music Education | Memorial Walk

Mindfulness practice gives students a concrete set of tools and life skills to help them focus on the moment. In the classroom, this might mean paying attention to what is being taught. Often, students are stunted in their ability to learn or recall information due to emotional, social, and environmental stresses. Mindfulness practice provides the means to help navigate the challenges they encounter, helping them feel more empowered in the face of difficult emotions, low self esteem, and peer pressures.

— Heart-Mind Education

Calm When It Seems The Hardest HEART-MIND EDUCATION



By Maria Yip
Instructor, San Francisco Unified School District

I would like to thank The Julia Burke Foundation for its generous support, which enabled our kindergarten through second-grade classes to receive mindfulness lessons with founder, Kate Munding and instructor Lisa Allan of

Heart-Mind Education in the spring of 2015. During this time, students became noticeably more engaged in class activities, more verbally expressive, and had fewer interpersonal conflicts, due to their improved social-emotional skills. Many of my second grade students' parents noticed that their child had

developed an increased attention span and a greater ability to problem solve. One parent commented: *I have noticed that my son is able to stay more focused when doing homework and he is asking more questions than before. Another confided: My daughter is happier! In moments of frustration, she is able to calm down more quickly.*

This year's first graders amazed me! Because of the mindfulness lessons they had during the end of kindergarten, most students were able to sit on the rug and practice mindfulness from the first day of school. When asked about mindfulness, one student said: *I feel HAPPY, HAPPY!* Another expressed: *I like mindfulness!*

I feel calm. Through its support of mindfulness training and education, The Julia Burke Foundation invests meaningfully in the future success and well-being of our students.

Editor's Note: Maria Yip, a very well-respected educator in the SFUSD, won the Teacher of the Year award at the end of the 2015 school year. Congratulations!

The Foundation has additional scholarships available for direct student instruction in mindfulness, and for teachers seeking training in mindfulness instruction. Requests should go to Joy_Johnson@JuliaBurkeFoundation.org.

For more information, visit www.heart-mind-education.com

Confidence & Encouragement Through Debate BAUDL

By Danielle Kreie, Operations Manager

The Bay Area Urban Debate League (BAUDL) works to bring debate to under-resourced middle and high schools in the Bay Area. We strive to provide a unique learning structure that allows students to have their voices heard through thoughtful, informed discussion based on comprehensive research and deliberate planning. Essential support from The Julia Burke Foundation has allowed us to host our annual summer institute, offer professional development training for teacher-coaches, and provide students with additional instruction and access to tournaments via the travel team. All of these programs work hand-in-hand to enhance the BAUDL debate programs in the schools that we serve.

The seventh annual Julia Burke Debate Institute brought over one hundred students

together to participate in five days of engaging, fast-paced learning through workshops and lectures led by accomplished debaters from around the country. The professional development program, which provides teachers with the knowledge and resources necessary to be effective debate coaches, also helps them incorporate debate into other course curriculum.

Coach Daryl Kinney explains how actually setting foot on a college campus and debating in a college classroom, through the unique experience of team travel, "makes my students feel terrific, makes them feel like they are learners, they are intellectuals, and they can do it just like anyone else can." We are honored to be able to provide this kind of confidence



BAUDL debaters celebrate a first place tournament victory!

and encouragement to many students who had never considered college before joining the debate team, and we look forward to helping even more students realize their own potential through debate.

For more information, visit www.baudl.org

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Joy_Johnson@JuliaBurkeFoundation.org

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Editor

Nicole Tutela
Creative Director

CONTACT

The Julia Burke Foundation
75-5722 Kuakini Highway,
Suite 106,
Kailua Kona, HI 96740
808-960-1705
Info@JuliaBurkeFoundation.org
www.JuliaBurkeFoundation.org



Letter from the President

Julia embraced her personal, academic and extracurricular opportunities, but also began to understand the need for advocacy and activism, for passion and compassion.

This is the 16th year that the Foundation will award The Julia Burke Award for Character and Excellence in Policy Debate, recognizing high school and college students who share her spirit, determination, and empathy. With milestones such as this, we reflect on the continued impact that Julia and her legacy have had on the world around us.

We at the Foundation continue to support

organizations that reflect Julia's interests, talents, and most importantly, her concern for those left behind by their economic and political systems. Especially in programs for youth, teens and young adults, the Foundation encourages future generations of rowers, jazz musicians, debaters, and other engaged citizens. We are proud to partner with organizations that help launch rising stars, brimming with potential, into futures of thoughtful purpose and success.

My thanks to everyone for your interest, and your support and encouragement of all our grantees as well!

Sincerely,

I'm a Julia Person!

We are humbled that Julia's friends have chosen to honor her memory in so many wonderful ways. From sporting Julia tees and onesies to naming their children after Julia, we love to see the next generation's active participation!



Estela (4) and Mila (8 mos.)
Gonzalez, daughters of
Julia's good friend Gioia
Rizzo Gonzalez and her
husband Edgar Gonzalez



Sloane Julia (4)
and her new
baby brother,
Lennox, children
of Leah Albritton
and husband,
Dan Hart. Not
shown, brother
Nolan (8)



Madison Julia
Mummery
(daughter of
Kristin Gearing
Mummery
and Josh
Mummery)

Sweeping the National and Regional Championships! OAKLAND STROKES

By Cheryl Richards, Team Parent & Volunteer

Oakland Strokes and The Julia Burke Foundation form a winning combination, bestowing honor and distinction upon one another in California, across the country, and internationally.

Oakland Strokes Varsity Men's 8+ crew had the great privilege of rowing aboard the Julia Burke II as they won the gold medal in a marquee event at the 2015 U.S. Rowing Youth National Championships in Sarasota-Bradenton, Florida. This particular triumph marked the first Men's U.S. Rowing National Championship in the Oakland Strokes' 41-year history.

Oakland Strokes Men's Varsity 8+ won gold at the 2014 Head of the Charles Regatta in Boston, Massachusetts, one of the world's preeminent

rowing competitions, outpacing their powerful regional and national rival Marin Rowing Association, as well as St. Paul's of London, UK. Boys in that boat went on to win the 2015 U.S. Rowing Southwest Youth Championship. Oakland Strokes' indomitable Men's JV 8+ crew concluded their 2014-15 southwest regional season undefeated and hold the incandescent Julia Burke Memorial Trophy especially high. The last time Oakland Strokes won both the Men's Varsity 8+ and JV 8+ at the Southwest Youth



Oakland Strokes Varsity Men's 8+ Crew after rowing the Julia Burke II to gold medal victory!

Championships was in 1999 – the second year of the seventeen years that the Julia Burke Memorial Trophy has been awarded.

Photographer: Barbara Wright
barbarawright979@gmail.com

For more information, please contact: Coach Brian DeRegt coachderegt@yahoo.com

The Opportunity To Participate THE JW PATTERSON FOUNDATION

By Elizabeth Coons, President

For the third consecutive year, The Julia Burke Foundation made it possible for The J.W. Patterson Foundation for Academic Excellence in Speech and Debate to fund 13 students to participate in the 2015 Kentucky National High School Tournament of Champions (TOC) in Lexington, Kentucky.

Dr. J.W. Patterson, Professor of Communications and Director of Speech and Debate, founded the tournament in 1972. Today the TOC is recognized as the premier championship for high school level debate across the country and brings together some of the most competitively successful debaters from the nation's most prestigious invitational tournaments. Professor Patterson has noted that Julia Burke was among those designated as the most successful debaters in the country, having the rare opportunity to participate in the TOC elimination rounds as a sophomore.

To date, 36 scholarships have been awarded to outstanding high school debaters throughout the country, who would otherwise have been unable to attend due to financial constraints. A majority of those receiving assistance competed in the elimination rounds of the TOC.

The Julia Burke Foundation's gift has enabled The Patterson Foundation to create a scholarship program and thus to realize one of its primary goals: "to enhance the mission of the Tournament of Champions by financing those in need." Such support helps to ensure that the tournament continues to attract the top talent in the country.

As one student explained:

"The Tournament of Champions was one of the best experiences I could have asked for as a high school student. It was one of the most pedagogically rewarding weeks of my entire life, and showed me just how fantastic debate can truly be, and how rewarding this activity is for the students who participate in it."



Dr. J.W. Patterson, Founder of TOC and Joy Johnson, Executive Director, The Julia Burke Foundation

"Not only was this founded in the amazing competition, but also in the people and spirit of the tournament. I made new connections, was introduced to new ideas, and was able to see individuals that I looked up to throughout my debate career as peers."

This year, support from The Julia Burke

Foundation allowed The Patterson Foundation to expand the "Patterson Fellows" scholars program, which was established to bring together twelve of the debate community's most talented rising seniors to study with each other and serve as assistant lab leaders for the rest of the camp. For the first time this year, the scholars program made it possible for thirty talented high school seniors to attend the Michigan Institute, who otherwise would not have had the opportunity. Many outstanding debaters in both high school and later in college have come through this program. When the program was at the University of Kentucky, Professor Patterson began the invitations each fall by inviting the top four most talented rising seniors in the country. Julia Burke was among the first four debaters in the nation invited to be a Fellow in the summer of 1998. One of our program participants expressed this about the experience:

"I would like to thank this lovely foundation for giving me the opportunity to further my debate endeavors. Without this scholarship, I would not have had the chance to be able to hone my skills at one of the best institutes in the country. Debate has given me a voice and a place to share it with others who are similarly interested in academic affairs. With the help of this foundation, I will become the best version of myself this summer and I will exercise my new knowledge from this enrichment camp during the upcoming debate."

For more information, visit:
www.jwpattersonfoundation.org



The Sea Star Shines

TERRANOVA SCHOOL

By George Dietz, Assistant Principal,
Woodward Academy

In Loren Eiseley's short story, The Star Thrower, an older man walking along the beach comes across another man, throwing beached sea stars back into the ocean. In innumerable retellings, the moral of the story is this: While the older man sees futility in the task – as clearly, there are too many sea stars to save – the second man reveals that the impact, on an individual scale, is profound and life-altering. Chikwe Muluwe is a 24-year-old Zambian, an orphan, a graduate of Terranova School, and a sea star. Zambia is filled with people like Chikwe, and the analogy is poignant: Chikwe Muluwe is one such sea star that The Julia Burke Foundation has helped to survive and thrive. Chikwe will graduate from the University of Lusaka in December with a degree in Computer Science. It



has been through grants from The Julia Burke Foundation that Terranova School has been able to add needed classrooms and science labs, and to offer educational opportunities to Chikwe and his peers. A high school diploma is something that most Zambians never receive. I asked Chikwe to put in writing some of his thoughts about his experiences with Terranova School and The Julia Burke Foundation:

My future has been blessed, I'm looking forward to having a good job and living a comfortable life. At the time I began to receive help it was a time of real struggle for my guardians. Survival was extremely

hard. My dreams and hopes got shattered and there seemed no way I was going to go to university. I had lost hope of going to school but thankfully to the kindness of others, I was allowed to pursue my career in computer science.

In most simplified retellings of the star thrower story, the message is clear and powerful: We may not be able to save all the sea stars, but we can save this one. Yet these simplified versions miss a larger, and perhaps more important message. In the original story, the older man becomes a star thrower as well. This ripple effect demonstrates the true impact that Terranova School, with support from The Julia Burke Foundation, has had on Chikwe. As he explains,

I have been inspired so much from others and the kindness shown to help people live a better life. I have also developed a passion to give back. My friends and I (all of us being former sponsored children) are planning on opening our own small foundation that will help educate a Zambian child. Thanks to the inspiration demonstrated by others, which we have all seen from a given heart.

Chikwe represents one of the many people in the Mazabuka community who have been helped by The Julia Burke Foundation. He is one of the countless sea stars around the world given a second chance at life by The Julia Burke Foundation. And now, he too is a star thrower.

For more information, visit:
www.WoodwardAcademy.edu

With support from The Julia Burke Foundation, Terranova School has been able to add needed classrooms and science labs, as well as shower and toilet facilities.



TELL YOUR FAMILY YOUR WISHES!



Take pride in your decision to become an organ donor and communicate this choice to your loved ones. Your decision can save the lives of eight people and enhance the lives of 50 more. With those kinds of odds, Julia said, "This is a no-brainer!"

Sign up online:
www.donatelifeinternational.org
To become an organ donor today.



Reaching The Unreachable

HANDS FOR GLOBAL HEALTH

By Roberta F. Durham, PhD, RN

A new clinic in the mountains of Panama, scheduled to open in August 2016, will take care of indigenous people that otherwise have no access to health care. To support this project, generous funding from The Julia Burke Foundation will provide for student aid-worker scholarships, the purchase of medications and

supplies, and the building of eco stoves in the local village. Currently, women cook over open-flame woodstoves inside their homes without ventilation. Eco stoves improve a family's respiratory health, safety and finances.

The faculty team for Samuel Merritt University has been working together with California State University East Bay in facilitating trips to this region for nearly a decade. They work to improve the health and welfare of indigenous peoples of Latin America, to empower health professions students from the Bay Area to take leadership roles in global

health research and practice in Latin America, and to engage in public health interventions that reach the unreachable. They focus on providing primary care in under-resourced areas, basic health education, and public health interventions.

In August 2015, over 680 patients were seen in a temporary clinic set up at a village school. Over 40 health professions students participated in the inter-professional clinic that included triage, primary care, physical therapy, occupational therapy, a pharmacy and health teaching. With support from The Julia Burke Foundation, a new joint-partnership between Hands for Americas in Panama and Hands for Global Health in the Bay Area, the Ministry of Health in Panama, and leaders of the Ngobe Buglé tribe in the mountains of Panama will continue this work, providing desperately needed primary care for families located in this largely inaccessible region.

The Julia Burke Foundation grant to support student scholarships and supplies will provide students in the health professions with an opportunity to engage in global health work early in their careers, and to become lifelong volunteers engaged in improving health outcomes for the world's most vulnerable populations.

For more information, visit: www.handsforglobalhealth.org



Working To Catalyze A Transition

INTERFAITH CENTER FOR SUSTAINABLE DEVELOPMENT

By Rabbi Yonatan Neril, Founder and Executive Director, The Interfaith Center for Sustainable Development

In 2015, The Julia Burke Foundation supported The Interfaith Center for Sustainable Development's (ICSD) Engaging Seminaries on Teaching on Faith and Ecology Project, which focused on Christian, and in particular Catholic, seminaries in the United States, Rome, and Israel. ICSD is working to catalyze a transition to a sustainable human society through the active leadership of faith communities. With the release of Pope Francis' Encyclical Laudato Si, the game-changing potential of faith leaders,

clergy, and religious institutions to reach much of the United States population and spur practical behavioral changes for environmental sustainability has become increasingly clear.

ICSD was very happy that Laudato Si included mention of the importance of teaching on faith and ecology in seminary education. Pope Francis wrote in the Papal Encyclical, "It is my hope that our seminaries and houses of formation will provide an education in responsible simplicity of life, in grateful contemplation of God's world, and in concern for the needs of the poor and the protection of the environment" (Paragraph

214). Following the Pope's Encyclical, Muslim, Hindu, Christian, Jewish, Buddhist and Jain religious figures, Rabbi Yonatan Neril spoke at the Parliament of World Religions on climate change and faith teachings.

214). Following the Pope's Encyclical, Muslim, Hindu, Christian, Jewish, Buddhist and other religious leaders joined together at the Parliament of World Religions pledging faith-based action to combat climate change.

"We thank The Julia Burke Foundation for its meaningful support of this project and of our work," says Yonatan Neril. "We appreciate the opportunity to partner with The Julia Burke Foundation in manifesting this project at this critical time."

For more information, visit [www.interfathsustain.org](http://interfathsustain.org)

The Julia Burke Awards for Debate

The Julia Burke debate awards recognize the spirit and character of young debaters at both the local and national level.

THE COLLEGE PREPARATORY SCHOOL



DUSTIN PING

Oakland, California
Julia Burke Debater of the Year Award

TOURNAMENT OF CHAMPIONS



KATE GEHLING

Lexington, Kentucky
School: Wayzata High School, Plymouth, Minnesota
Designated Charity: Women's Debate Institute

AMERICAN DEBATE ASSOCIATION NATIONALS



MARIAH A. YOUNG

Harrisonburg, Virginia
School: George Mason University
Designated Charity: Running Start: Young Women's Political Leadership Program

Nearly 1 in 5 People Have A Disability UNITED STATES PARA-EQUESTRAIN ASSOCIATION

By Stefanie Putnam

I want to thank The Julia Burke Foundation, with my whole heart, for your ongoing support and love. I am eternally grateful for what you have made possible in my life and for the inspiration you have given me to create positive change in this world.

My life was forever altered by a spinal cord injury at age 24, which left me paralyzed, with no use of my hands and no sensation from my chest down. Despite enormous challenges, I was determined to continue with my graduate school studies; it has taken me five years, course by course, but I have now completed a Masters Degree in Advertising – the only wheelchair user in the entire program – quite possibly in the entire university!

With The Foundation's incredible scholarship support, I have also been able to continue with my involvement in equestrian sports. This opportunity has sustained me, not only helping me to grow

strong physically, but also to find the courage to reach out and to become a part of this world again. I train and compete in the "able-bodied" world as a carriage driver in Combined Driving Events. This year I have had amazing successes, and I am on the short list to represent

a local therapeutic riding center and plan to continue in such capacities. I am active in public speaking and with guest appearances for the Canine Companions Service Dog organization for the disabled. I participate in US Driving for the Disabled outreach programs, clinics, and advertising campaigns. And I strive to expand the knowledge of carriage driving opportunities to a larger audience – especially to those who may no longer be able physically to participate in other competitive activities or equestrian sports.

I am beginning to realize that I can make a difference, that I can help to make this world a better place. It takes collaboration, support of one another, and keeping alive the amazing power and triumph of the human spirit. I am achieving things I thought would be impossible; I believe in myself again because you have believed in me. There will always be a new obstacle, but I will always seek to overcome the challenge. It doesn't matter how fast I get there, I just have to keep moving forward and live this beautiful life. Thank you to The Julia Burke

Foundation. Thank you for giving me the power to become a catalyst for change.

For more information, visit: www.uspea.org



the United States in the Para-Driving World Championships in Europe in September 2016. I recently served on the board of directors for

A Holistic Approach To Higher Ed STUDENTS RISING ABOVE

By Lynne Martin,
Executive Director,
Students Rising Above

In summer 2015, The Julia Burke Foundation expanded its commitment to helping low-income youth reach their fullest potential through education, hard work, and community service with a generous grant to Students Rising Above (SRA) to establish The Jesuit Scholarship Fund. Thanks to this support, five students in SRA's College Success Program will pursue a college degree at a Jesuit institution of higher learning. This most recent grant is in addition to The Julia Burke Foundation's ongoing leadership support of SRA, which has helped the organization exponentially increase the number of students served, increase career development services, and add new programs such as the new SRA College2Careers Hub, a free online college and career advising service

and community for low-income students throughout the Bay Area and beyond. "Marilyn and Jerry Burke's belief in our students

"SRA is grateful to The Julia Burke Foundation for enabling these five dedicated and hardworking students from the Class of 2015 to attend Jesuit colleges."

and program is phenomenal," commented Lynne Martin, SRA Executive Director. "Their

actions here and around the world provide opportunity and hope for thousands of students. They are truly remarkable in their leadership, vision, and compassion."

The new Jesuit Scholarship Fund underscores the synergy between SRA's comprehensive and individualized approach to helping low-income students overcome barriers to success in higher education and the holistic educational practices of Jesuit colleges and universities. It also highlights how SRA's programmatic emphasis on having students "give back" to their communities aligns with the Jesuit ethic of being "in service to others."

Five rising college freshmen from SRA's Class of 2015 have been selected to receive the Jesuit Scholarship. Three are attending the University of San Francisco and two are attending Gonzaga University. Students Rising Above

is grateful to The Julia Burke Foundation for enabling these five dedicated and hardworking students from the Class of 2015 to attend Jesuit colleges. Each has



Jesuit Scholarship recipient Sabrina is attending Gonzaga University.

overcome tremendous hardships, but with SRA and The Julia Burke Foundation by their side, they will be able to continue to rise above their pasts, overcome new challenges, and to meet their full potential.

For more information, visit www.studentsrisingabove.org

Cogs In The Combo GENERATIONS IN JAZZ

By Tina Tankka, Board Member,
Generations in Jazz

The Lafayette Summer Music Workshop is excited to announce the development of a Long Term Sponsor/Donor Scholarship Program, in cooperation with board members and benevolent community members, to meet the needs of musically talented and financially challenged students from communities in the Bay Area. We are partnering up with the Oakland School for the Arts, West Lake Middle School and Edna Brewer Middle School in Oakland to establish connections to interested student communities and their families. On December 1st of this year, sponsors will begin mentoring prospective students, and will have new opportunities to meet personally with the students that they have supported. The mentors will help make certain that the student applicant is on track with paperwork, an instrument and anything else necessary for success at the Lafayette Summer Music Workshop.

With support from The Julia Burke Foundation, camp this past August was again exceptional. We continue to attract instructors of outstanding quality. The work-study students



were proactive and enthusiastic. The parent volunteers were thrilled to be a part of the electric vibe that permeates our sessions. Most importantly, the music was astounding – final performance material was spontaneous, original and cooperative! It was amazing to watch our musician friends completely immerse themselves in the music and transition from the people we know to becoming cogs in the combo. The result was stupendous, mind-boggling music!

For recordings of every combo at the final concert, please go to:

<https://lafayettejazz.wordpress.com/events/2015-friday-performance-audio-files/>

For recordings of the faculty concerts on August 4 and 6 at Lamorinda Music, please go to: <https://lafayettejazz.wordpress.com/events/>

Thank you to The Julia Burke Foundation for facilitating these possibilities. Your belief in The Lafayette Summer Music Workshop will be cherished in perpetuity!

For more information, visit [www.generationsinjazz.org](http://generationsinjazz.org)



75-5722 Kuakini Hwy., Suite 106
Kailua Kona, HI 96740
808-960-1705
www.JuliaBurkeFoundation.org

The Julia Burke Foundation Annual

Memorial Walk & Reunion

in honor of Julia

Sunday, December 20, 2015 | 9:00 am–11:00 am

The meeting place for our Memorial Walk and Reunion will be indoors at San Pablo Reservoir Recreation Area Visitor Center, RAIN OR SHINE! We will have talented musicians led by Bob Athayde of Stanley Middle School, a bounty of refreshments and sweeping views of the reservoir. There will be an easy walk, less than one mile, and a great opportunity to visit in a heated facility. There is plenty of complimentary parking. This is not a fundraiser but a chance for all of us to visit! We look forward to seeing you there! For more information, visit www.JuliaBurkeFoundation.org.

San Pablo Reservoir Recreation Area Visitor Center
7301 San Pablo Dam Road, El Sobrante, CA

