



***A Note About Covid: Masks Are Optional.***

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### **CMWIC NEWS for April 2023**



#### **From Our President, Suzi Beatie**

Dear Members,

Wow, our lunch last month was a real treat! Has there ever been such a delicious and interesting spread of food at any potluck luncheon? You outdid yourselves! Our speaker, Jeff the Bartender, said he had never been to a potluck that was anywhere near this good, and I agree. Know that your efforts were appreciated, everyone.

One other thing about the lunches: we need to reinforce the need for everyone to RSVP. The Recreation Department does a beautiful job of helping us set up, but they require an accurate count of attendees.

Jane Finan held a great salve-making workshop on our First Tuesday in March. It was a treat. Thanks, Jane! You may have an activity that you'd like to share too, so keep in

mind that First Tuesdays of each month are often available. Special interests, travel experiences, workshops, cooking classes, crafts, games, or a unique speaker are examples of possibilities -- anything that might appeal to a smaller group. Bring your ideas to anyone on the board or come to the Business Meeting.

Thanks to Marie McDevitt, our Speaker Program chair (seen at left with Jeff Burkhardt)



for the array of interesting speakers we've had this year. The upcoming talk should be no exception. We will hear about one family's extraordinary ten years at sea on a sailboat. It sounds like a very exciting talk and a great book available to boot!

A Nomination Committee will be formed this month, for selecting new officers for next year. If you'd like to get a little more involved, we welcome your participation. Do we have any editors or journalist-types out there who would like to assist with our newsletter? Let us know! We have fun.

I look forward to seeing you on April 11 for our speaker and potluck, or at Ladies Who Lunch, or a hike, or one of our other special events!

-- **Suzi**

P.S. Don't forget there is a Suggestion Box at the membership table where you pick up your name tags. Please feel free to write down your ideas or critiques and place them in the box.

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## [April 11: Potluck and Tales of A Family's Decade-Long Sailing Adventure](#)

*CM Community Center*

Our April meeting will feature a potluck and speaker Janis Couvreur, author of the memoir, "Sail Cowabunga! A Family's Ten Years at Sea."



She will recount her family's adventures and misadventures, tragedies and glories, and their routine activities during the time they spent living on their 42-foot sailboat, *Cowabunga!* as they sailed around four continents.

Janis describes herself as an adventure addict, writer, editor, and grandmother.

Important! [RSVP](#) so that we can set up enough tables and chairs for everyone -- and please bring something tasty to share.

As a reminder, all CMWIC members are invited to attend the board's Business Meeting at 10:30 AM, before the speaker and potluck. One agenda item is planning a casual summer get-together.

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### [First Tuesday, April 4: A Stroll Along Richardson Bay](#)

Cheryl Longinotti will lead a walk along Richardson Bay on April 4. She chose this 1.7-mile route (3.5-mile round trip) on sidewalks, shoulders, and paths for its quiet streets, flat topography, and views of the Bay.

We'll meet at 10:30 AM sharp across from the 76 Station just off Tiburon Blvd. on Greenwood Cove Drive (Tiburon), where street parking is available.

Our route will take us past the Richardson Bay Audubon Center and Blackie's Pasture.

When we return, those wishing to get something to eat or drink will find opportunities at the Cove Shopping Center, just across Tiburon Blvd.

Bring sunscreen, shades, and water.

Last-minute walkers are welcome.

Contact Cheryl at [cslonginotti@comcast.net](mailto:cslonginotti@comcast.net)

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### [New Group Forming: "Friends of La Casa Buena"](#)

A new group is forming within the CMWIC to provide monthly activities for the Homeward Bound residents of the refurbished motel next to Marin Joe's called La Casa Buena (LCB).

Cheryl Longinotti has been giving Tri-shaw rides to residents one day a month for many months. The Club donated our cookies to them after our holiday party in December. Janis Luft has volunteered to take her therapy dog, Eddie, for visits once that is approved by the residents.

The first "Coffee and Cookies Time" is scheduled for Saturday, April 8, 2:00-3:00 PM. Linda Varonin plans to bring her pizzelle maker to make those nice, flaky cookies.

If you have an idea that you might like to work on with the residents, such as painting, crafts, knitting, cooking, providing snacks, providing holiday goodie bags, adopting a resident or a unique idea of your own, let Linda know and she will be in touch with the volunteer coordinator.

All prospective activities will be presented to the residents for their approval. If they are not interested, we will "pass" on that activity.

We are also collecting **unopened** toiletries to donate to the residents. This will be an ongoing collection project so remember to bring toiletry donations to the April 11 meeting.

Email [linda.varonin@gmail.com](mailto:linda.varonin@gmail.com) with questions.

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### Ideas for Summer Fun?

Most CMWIC activities pause during July and August, but if you are staying local and are interested in getting together informally, please bring your ideas to our next Business Meeting (April 11 at 10:30 AM). Let's see if we can set up a fun way to connect during the summer.

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### Marathon Bridge Meets on Tuesday, April 18

*CM Community Center*

The Marathon Bridge Group will meet on Tuesday, April 18, from 11:00 AM to 2:30 PM.

As a reminder, when the club's new fiscal year begins on July 1, members of our bridge group will no longer be asked to pay separate annual dues. There will be a single, \$25 dues payment each year and it will cover full membership in the CMWIC.

We hope this encourages more bridge players to get on the monthly bridge schedule, since we currently have just 28 players and there's room for many more. Those interested in signing up should contact Jana Haehl.

Contact: Jana Haehl, [jghaehl@comcast.net](mailto:jghaehl@comcast.net) or 415-265-1105.

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### Ladies Who Lunch to Meet on Friday, April 21

*812 Fourth Street, San Rafael*

Ladies Who Lunch will try an Indian restaurant this month. We will meet at noon on Friday, April 21, at [Lotus Cuisine of India](#) in San Rafael (812 Fourth Street).

There is a free parking lot off Third Street, right behind the restaurant. Come a bit early to get those parking spots and shop in the Indian market. We will have the all-you-can-eat buffet, which includes vegan and vegetarian selections. You can also order from the menu.

Please bring cash to pay for your meal and tip.

RSVP to [linda.varonin@gmail.com](mailto:linda.varonin@gmail.com), who will make a reservation a few days ahead. All members are welcome.

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## [Knitting Group to Meet April 25](#)

*CM Community Center*

The Knitting Group meets on the fourth Tuesday of each month at 11:00 AM and is open to all. Whether you want help with a knitting project or to learn a new skill or learn how to knit simple blankets and hats, we are here to help.



We knit all sorts of blankets and hats that we donate to Kaiser, Marin Health, and various care communities, including palliative care, pediatrics, and oncology departments in each hospital.

We are a friendly group and participants are invited to an optional no-host lunch at Cafe Verde across the street at noon.

This month's specialty is learning how to make a hat like the one pictured at left, on a round loom. There is no need to know how to knit. Come see how easy it is.

Email [linda.varonin@gmail.com](mailto:linda.varonin@gmail.com) with questions.

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## [Book Group Meets April 25](#)

*CM Community Center*

The Book Group will meet on Tuesday, April 25 at 1:00 PM to discuss “Bonesetter’s Daughter” by Amy Tan.

For more information and to RSVP, contact Donna Wenig at [donna.wenig@gmail.com](mailto:donna.wenig@gmail.com).

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## [Spring Tea on May 9 – You Can Host a Table!](#)

Our annual Spring Tea is scheduled for May 9 at noon. The tea is a festive and celebratory event focused on friendship and our club’s support of young women in our community. An highlight of this event is announcing and (hopefully) meeting the high school girls our Scholarship Committee selects to receive college scholarships.

One of the fun aspects of this lovely and popular event is seeing the creative and beautiful tables that members volunteer to set up and host.

We need a few more hosts for this year's tea. It's a lot of fun and there are lots of pictures from past teas that you can take a look at to spark your own ideas.

Thinking of a "theme" can help you get started. Use your own ideas to express your style and creativity. Some popular past themes have been Gardening, Hawaii, Denmark, Paris, the Fourth of July, Christmas, S.F. Giants, Books and Authors, and Bicycling. Also, ask people who have been to a Spring Tea or have hosted a table to tell you about the experience.

The basics: Table hosts provide flowers or other centerpiece, plates, napkins, cups and saucers, a teapot and tea for your special table of eight women. When you arrive at the Community Center at 10:00 AM on the day of the tea, there will be 7-8 tables with eight chairs at each one. Each table will have a white tablecloth on it. You can use that or bring your own tablecloth.

Members can team up, so ask a friend to co-host with you if you wish.

Fancy dress and hats are encouraged but not required.

Those who are not hosting a table are asked to bring finger food to share. Both savory and sweet finger foods will be placed on long, decorated tables.

If you have questions, feel free to call Spring Tea Chair Ellen Greenwald Willoughby at 415-302-46790

Or



Email [Claudia Keast](mailto:claudiakeast@att.net),  
[claudiakeast@att.net](mailto:claudiakeast@att.net)  
or phone her at 415-  
717-2431.

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[A Perk!](#)

[Columbia Sportswear  
Employee Store  
Available Through  
April 16](#)

CMWIC members can shop at the Columbia Sportswear Employee Store now through April 16. The store, located in Richmond, offers items marked with the employee price (up to 50% below regular retail pricing). The store has the latest products from the Columbia Sportswear Company family (Columbia, Mountain Hardwear, SOREL, and prAna).

**What to Bring to Access the Store:**

- The invitation (printed or shown on mobile phone)
- Personal photo ID
- This invitation is valid for you + 4 guests (you must be present)
- This invitation grants store access only (offer not valid online)
- Find store location and hours [here](#).

Reach out to [RichmondEmployeeStore@columbia.com](mailto:RichmondEmployeeStore@columbia.com) for additional questions.

Thanks to Donna Wenig for applying for this benefit for the club.

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## ***In Our Community***

### **A Setback for Doug McConnell**

Doug McConnell, who spoke to us so inspirationally in November, has suffered a health setback. Here is information from his GoFundMe page:

*“To prevent future strokes, Doug underwent surgery on March 7th to remove a blockage in his carotid artery. The procedure was successful and timely; however, the blockage was much more extensive than anticipated resulting in a 6+ hour surgery. In addition, nerve damage impacted Doug’s speech and his ability to swallow, so he remained in the hospital for 3 nights. That seems to be improving and he is regaining his strength, but he is not able/ready to go home. He has been transferred to an acute rehab facility. This is definitely a setback in the progress that he had made.”*

Let’s keep Doug in our thoughts.

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