

May 2020 Newsletter



Message from the President



The last two months have brought stunning changes. Some—clearer skies and safer streets—are welcome. Others—having to delay hip surgery or being unable to visit a family member—are painful. We do have one constant. Relationships make our Club, and those relationships do not change because of restrictions on public gatherings.

In that spirit, the leadership team has organized several ways for us to stay in touch via online videoconferencing. Jana Haehl, Laura Merlo, Becky Reed, and I will host weekly informal gatherings at least through June. This is a chance to check in and share a story or a laugh without any agenda. We expect 6 to 10 people on each call so everyone will get a chance to participate.

On the other end of the scale, we'd like to have all members participate in our Spring Tea on May 12 at noon, when we'll acknowledge our 2020 scholarship recipients. (Thank you, Scholarship Committee—Armelle Futterman, Helen Lambert and Laura Merlo—for your careful deliberations). This is a chance to decorate your place setting, brew your favorite tea and relax with friends. We'll attempt to outdo our Holiday Elegant/Ugly Sweater Contest with a Hat Contest. Wear a hat or just watch the shenanigans, it's bound to be great fun.

Details on how to participate by phone, computer or mobile device via the Zoom platform are below. If you would like to become more familiar with Zoom or have concerns about security, contact me at: Info@cortemaderawomensclub.org

While you are at your calendar, please keep June 9 at noon open for a full Club meeting. In all likelihood, we'll gather online. Most importantly, we'll hold the election for new officers to lead the Club in the coming year.

Of course, there's nothing like just picking up the phone and calling another member you haven't seen for a while. You can find the Club roster on the Members Only page of our website [REDACTED].

—*Cheryl Longinotti*
President

Virtual Spring Tea and Scholarship Awards

Our annual Spring Tea will be held via Zoom on Tuesday, May 12, at noon. We will meet our two scholarship recipients, have a multi-category Hat Contest, and the first 45 members to RSVP in the affirmative will receive, safely delivered to your doorstep, home-baked treats and tea for you to enjoy in front of your computer during the event. That's how much we want to see your smiling face on Zoom.

The hat contest is for anyone who has a lovely or funny hat stashed away, or anyone inspired to make one. ... Go for it! Vicki Newton will make a special appearance to help us determine which hats turn the most heads.

Although it's not required, you are encouraged to set yourself up with a beautiful and/or creative place setting. We will show them off online and toast with our teacups. Pinkies up!

An uplifting feature of the tea is celebrating our college scholarship recipients, including the winner of the Kimberly Powell Memorial Scholarship. The lion's share of what we earn from the Giant Indoor Yard Sale pays for our Community Service Scholarship. We award both scholarships to young women who have demonstrated a strong commitment to community service while attending a local public high school.



Anya Cutter, who is in the Pathways Program at Tamiscal High School, will receive the \$2,000 Kimberly Powell Memorial Scholarship for her volunteer work with the Marin County Sheriff's Office Search and Rescue team.

At the time of her scholarship application, Anya had participated in 43 searches and spent 1,374 hours training and working with the team, sometimes alongside firefighters, police, and National Guard personnel.

Evelyn Bailey, also graduating from Tamiscal, will receive a \$2,000 Women's Club Community Service scholarship for her volunteer work with the National Charity League, a nonprofit organization designed for mothers and their daughters in grades 7-12, to volunteer together.



Since joining when she was in 7th Grade, Evelyn has participated in activities supporting Blue Star Moms, Special Olympics, Milo Foundation, S.F. Symphony, Bay Area Discovery Museum, Bridge the Gap, and Community Action Marin.

Topic: CMWIC Spring Tea

Date and time: May 12, 12 PM

Join Zoom Meeting:

[Redacted Zoom Meeting Information]

RSVP to janisluft@comcast.net

To reserve your goodie bag for the tea and get the Zoom link

Social Hour Zooms

Keep up with your Women's Club friends through weekly Zoom meetings. There's no agenda, so check in and share a story or a laugh. We expect a small group for each call, so everyone will get a chance to participate.

The Zoom meetings are scheduled as follows:

- First week of the month, Monday at 4PM
- Second week of month, Wednesday at noon
- Third week of the month, Tuesday at 11AM, and for Bridge group, another at 2PM
- Fourth week of the month, Thursday at 1PM

Directions: Use the information below. Just before the start time of the meeting you wish to attend, click on the underlined link after "Join Zoom Meeting."

First Week, Monday, May 4, Host Cheryl Longinotti

Topic: CMWIC MonthlyGathering

Date and Time: Monday, May 4, 4PM

Join Zoom Meeting

Email
Info@cortemaderawomensclub.org
For the link to access this gathering

Email
Info@cortemaderawomensclub.org
for the link to access these gatherings.

[Redacted]

Second Week, Wednesday, May 13, Host Laura Merlo

Topic: CMWIC Second Wednesday
Date and Time: Wednesday, May 13, 12 PM
Join Zoom Meeting

[Redacted]

Third Week, Tuesday, May 19, Host Jana Haehl

Topic: CMWIC 3rd Tuesday Zoom Meeting
Date and time: May 19, 11 AM
Join Zoom Meeting

[Redacted]

**Third Week, Tuesday, May 19, Host Jana Haehl
FOR BRIDGE GROUP**

Topic: Corte Madera Bridge Meeting
Time: May 19, 2 PM
Join Zoom Meeting

[Redacted]

Email
Info@cortemaderawomensclub.org
To get the link to access this gathering

Fourth Week, Thursday, May 28, Host Becky Reed

Topic: WC - 4th Thursday

Date and Time: May 28, 1:00 PM

Join Zoom Meeting

[REDACTED]

Election for Next Year's Board Members at June Meeting

During our June 9 meeting, we will elect our new board. The nominating committee proposes the following slate:

President: Laura Merlo

Vice President: Cheryl Longinotti

Treasurer: Becky Reed

Recording Secretary: Pamela Berg

Membership: Armelle Futterman

Hospitality and Programs: Suzi Beatie, Ellen Greenwald-Willoughby, Linda Varonin, Donna Wenig

Historian: Jana Haehl

Parliamentarian: Jan Shaw

Auditor: Cathy Tobin

Standing Committees: Bridge: Jana Haehl; Scholarships: Armelle Futterman, Helen Lambert, Laura Merlo; Newsletter Editor: Claudia Keast; Field Trips: Linda Varonin, Website Manager: Cheryl Longinotti; Book Group: Donna Wenig and Armelle Futterman; Knitting Group: Linda Varonin and Janet Sayles.

May 2 Virtual Field Trip to Velocity Circus

Despite Shelter in Place, Linda Varonin has discovered a way to lead us on field trips. Saturday, May 2 at 2PM join her on a virtual field trip to Velocity Circus:

<https://sf.funcheap.com/interactive-live-stream-variety-show-velocity-circus/>

Buck Institute—More Live Presentations on Covid-19 in May

If you missed the April 14 presentation by Eric Verdin, MD, of the Buck Institute for Research on Aging, you can view the video archive [here](#).

The Buck Institute offers two more virtual talks in May.

Monday, May 4, noon, John Newman, MD, PhD: Dr. Newman is an assistant professor at the Buck and at the Division of Geriatrics at UCSF. He is a board-certified geriatrician and practices medicine at UCSF and the San Francisco VA Medical Center. He completed his MD/PhD at the University of Washington.

The Newman lab focuses on how diet and fasting, and specifically the ketone body beta-hydroxybutyrate (BHB), regulate aging pathways. As a physician, he is focused on preventing delirium and preserving mobility in hospitalized patients. As an expert on the physiology of older adults, he addresses the particular vulnerability of those over 60 to COVID-19, and he promotes safe practices for older adults and their caregivers.

Wednesday, May 6, 10 AM, Nevan Krogan: Dr. Krogan is the director of the Quantitative Biosciences Institute at UCSF. He is also a senior director at the Gladstone Institutes, faculty at the Helen Diller Family Comprehensive Cancer Center, director at the Thermo Fisher Scientific Proteomics Facility for Disease Target Discovery, and adjunct faculty at the Buck. He received his PhD from the University of Toronto.

Since the outbreak of COVID-19 in China, the Krogan lab has been singularly focused on understanding how the virus that causes the disease hijacks the machinery of human cells to replicate itself. The lab has identified all the human proteins that interact with the virus. Krogan is now spearheading the QBI Coronavirus Research Group, an international collaboration to test 69 potential drugs against the virus.

For further information and to register, go to <https://buck2020.extendedsession.com>

Recommended: The American Nurse Project

In honor of nurses on the front lines, the organization American Nurse is offering free streaming of the documentary, “The American Nurse,” and Ellen Greenwald Willoughby recommends it highly.

The New York Times called it “an ode to nurses who put their patients first on a daily basis,” adding, “each of the stories will tug at your heartstrings.”

The American Nurse Project includes an award-winning book, a feature-length documentary, and an ongoing series of interviews, all focused on raising the volume of the nurses’ voices in this country. To learn more, Go to americannurseproject.com.

Contact us by clicking on info@cortemaderawomensclub.org.