



CMWIC NEWS for January 2021

SRPD Detective Cynthia Keast To Speak at January 12 Meeting

San Rafael Police Detective Cynthia Keast will be the speaker for our January 12 general meeting. She started her career in law enforcement as a dispatcher with the San Anselmo Police Department in 2005. In 2012/2013, when SAPD merged with Twin Cities Police Authority, Cynthia was promoted to Dispatch Supervisor.



In 2015 she was sponsored by Central Marin Police Authority to attend the Police Academy. After graduation, she completed field training and worked as a patrol officer until 2018, when she was appointed Juvenile Detective. Being the juvenile detective means she primarily works with juveniles and sexual assault survivors. When she isn't working, Cynthia enjoys her time with her husband and two children.

Cynthia is related by marriage to club member Claudia Keast.

Member Trivia – “Who Did This?”

After hearing from our speaker, we'll play our member trivia game, “Who Did This?”

Janis Luft always does a wonderful job of preparing this fun game, using information and photos that members send her.

To keep the game going, be sure to look for old photos or jot down a memory and send it to Janis.

Stories or interesting/entertaining/scandalous facts about yourself are also great for the game. Send to Janis Luft Janislufft@comcast.net.

Zoom Information

January 12, Noon

Join Zoom Meeting:

<https://us02web.zoom.us/j/2240949581?pwd=SU5aRjFIM0REVDd6TUpsa2ZFaXRIQT09>

Meeting ID: 224 094 9581

Passcode: CMWIC2020

Holiday Gift Drive Raised \$1,410

“Thank you from the Central Marin Fire/Police departments for your amazing efforts this holiday season. Your contributions are greatly appreciated and will go far helping the local children have a special Holiday season. I hope we can meet in person next year.

Sincerely,

*Nick Calegari”
(Central Marin Fire)*

The CMWIC’s total donation to the Twin Cities Holiday Drive was \$1,410.

Thank you to all of our donors:

Suzie Beatie	Helen Lambert	Becky Reed
Pam Berg	Cheryl Longinotti	Laura Richards
Elizabeth Burd	Marie McDevitt	Lois Robinson
Armelle Futterman	Jane McEwen	Marilyn Ryan
Phyllis Galanis	Laura Merlo	Nancy Schlegel
Karen Gerbosi	Rachel Miller	Ann Shores
Jana Haehl	Sylvia Mills	Cathy Tobin
Katherine Hermann	Robin Moller	Janet Tobin
Doris Hunker	Diana Mousley	Mary Warner
Claudia Keast	Joy Phoenix	
Jette Kristensen	Fran Prewitt	

Special thanks to Suzi Beatie for acting as our liaison with the Central Marin Fire/Police and to Becky Reed for keeping track of and hand-delivering our donations.

'Thinking Ahead for Emergency Care' Guide Now on CMWIC Website

Have you looked at the Club website, cortemaderawomensclub.org/ recently? The “For Members” page [<https://www.cortemaderawomensclub.org/for-members-only/index.html>] has some terrific new resources, including a planning guide and checklist to help you prepare for unexpected hospitalization. Although we all work to remain strong and healthy, a bit of planning can ease the strain if misfortune strikes.

Cheryl Longinotti was inspired to create the guide to preparing for hospitalization after several members of the CMWIC became in-patients. Although their experiences were individual, each woman felt unprepared for the many decisions she had to make. The guide builds on their “lessons learned” and on Cheryl’s research. The focus is short-term care.

You are encouraged to share the set of five short documents with anyone who needs them. They can be downloaded directly from the website. They are:

- Thinking Ahead for Emergency Care – Overview
- Checklist
- Medication Management
- Pain Management, and
- Getting Care at Home

Also on the For Members page, you will find a membership roster with contact information and member photos. Access it by entering “member” as User ID and “MMXIX” as the password.

Book Group Meets January 5 and 26 --‘Circe and ‘Carnegie’s Maid’



By request, the Book Group will hold a “bonus” meeting on Tuesday, January 5, to discuss “Circe” by Madeline Miller.

We will then resume our regular schedule, meeting on the fourth Tuesday of the month, January 26, to talk about the historical novel “Carnegie’s Maid” by Marie Benedict.

The following Zoom information applies to both meetings:

CMWIC Book Group

January 5 at 1:30 PM and
January 26 at 1:30 PM

Join Zoom Meeting: <https://us02web.zoom.us/j/8362928438>

Meeting ID: 836 292 8438

Passcode: CMWICBook

This is an open group; all CMWIC members are welcome.

If you have questions regarding the Book Club, please contact Donna Wenig donna.wenig@gmail.com or Armelle Futterman rmalvanfutt@gmail.com.

Business Meeting January 6, All Members Welcome

All CMWIC members are invited to attend the board's Business Meeting on Wednesday, January 6, at 2:00 PM. Among the topics will be scholarships and how to raise the required funds. We will also brainstorm how the club may wish to contribute to "Welcome Bags" for newcomers in Project Homekey <https://www.townofcortemadera.org/975/Homekey>.

Please join us to share your ideas for club activities and for speakers during the spring.

"CMWIC Business" Zoom Meeting

Wednesday, January 6, 2:00 PM

Join Zoom Meeting:

<https://us02web.zoom.us/j/2240949581?pwd=SU5aRjFIM0REVDd6TUpsa2ZFaXRIQT09>

Meeting ID: 224 094 9581

Passcode: CMWIC2020

Two "Social Hour" Zooms Offered January 4 and 19

"Zoom Social Hours" are drop-in meetings with no agenda, just friendly faces and conversation. They are held the first and third weeks of each month.

Cheryl Longinotti will host a social hour on the **first Monday** of the month, **January 4**, at 1:00 PM.

Join Zoom Meeting:

<https://us02web.zoom.us/j/85866297448>

Meeting ID: 858 6629 7448

Jana Haehl will host a social hour on the **third Tuesday** of the month, **January 19**, at 1:00 PM.

Join Zoom Meeting:

<https://us04web.zoom.us/j/5532664079?pwd=Y21kTjhrenNyTUEzQ2pHOVpFUXNIZz09>

Meeting ID: 553 266 4079

Knitting Group: Drop Off Projects on January 22

On Friday, January 22, Linda Varonin will be at CM Town Park at 11:00 AM to collect projects.

The Knitting Club has been asked to help with the "Welcome Bags" for Project Homekey, at the former America's Best Value Inn, next to Marin Joe's. The plan is to include something hand-knit in each welcome bag--scarves, hats, blankets, whatever you can make for elderly homeless people to use.

We are still making blankets for convalescent homes and can collect those, too.

Janet Sayles may bring some yarn provided by Kaiser. If anyone has yarn to donate, this would be a good time.

Thanks to all of our members who have been knitting or sewing up a storm, as your work made the holidays a bit brighter for some people in our county.

Do You Sew?

If Women's Club members who are not in the knitting group would like to do a sewing project, Linda has one that will help disabled people in a local facility. Please email Linda linda.varonin@gmail.com to find out more.

Field Trips Canceled Because of Covid Stay-at-Home Orders

Field trips are on hold since we are under government orders to stay home due to a surge in Covid-19 hospitalizations. When it's safe to get together again, we will let you know about plans for more fun and interesting activities. Meanwhile, see photos below from recent field trips and activities.

Fairy Houses in Point Richmond

The field trip had to be canceled, but the little houses are still there to be enjoyed. Some examples:



Here are some shots from the field trip to Mount Olivet Cemetery, where some historically important people are buried, along with some people who were executed at San Quentin:







And here's a photo from a recent Book Club meeting:

