



OPEN TO ALL IN THE CALTECH CAMPUS, JPL &
 AFFILIATED ORGANIZATIONS
 TO PROMOTE FRIENDSHIP AND EMPOWER WOMEN

BULLETIN

SPRING 2020



PRESIDENT'S MESSAGE

Usually, the Bulletin contains a calendar of our upcoming events and activities where members can come together and share a love of books, an interest in a lecture topic, or meet up at the park with small children. All of a sudden, we've had to postpone or cancel events, like the Shakespeare at Caltech lunch, Playreaders and the CHATS campus tours. Some groups like the Caltech Women's Investment Club are still able to meet virtually and we just held our first virtual Wine & Cheese Social. We will also hold our April 8th Board Meeting via teleconference.

For this Bulletin, we cannot include a calendar since it is hard to know when any of our events will restart. We'll send an electronic update once events have been rescheduled.

It is really strange to think that in November we hosted a lecture by Sarah Yeomans on the epidemics of the Roman Empire, and now we are suddenly faced with the COVID-19 pandemic. This is upending lives,

families and work schedules. On a personal note, my youngest daughter had high school suspended with an impromptu three-week Spring Break, and my two oldest daughters scrambled to move out of campus housing at the end of their Spring Breaks. Like Caltech students, they too will be finishing up the semester with online courses. I also know I won't be seeing many family members for a while, as my brother is currently under lock down in Paris, my middle sister north of the border in Victoria, B.C. and my oldest sister in the countryside north of London, near my father.

Amidst all these changes and stresses, I still revert back to the club mission of promoting friendship and sharing of mutual interests. So how do you maintain friendships when "social distancing" is now critical during this public health crisis? Luckily, we still have email, social media, and that old-fashioned device, the telephone to check in with family, friends and neighbors. Now more than ever it is important to reach out

(over the telephone or electronically) to check in on families at home with small children, friends near and far, as well as older relatives and club members at home or in senior living. We've started a private Facebook Group for the Caltech Women's Club. Join us online to come together and share photographs, information on how you're occupying your time and tips on how to cope.

I'm now using a new sign off. Stay healthy!

Katie Clark
 CWC President

*"You may not control all the events that happen to you,
 but you can decide not to be reduced by them."*

Maya Angelou

ISSUE HIGHLIGHTS

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VIRTUAL MEETINGS

If you are interested starting a new CWC activity virtually or just want to connect with friends, below are some helpful online resources you may want to consider:

FACEBOOK LIVE

You can schedule a live broadcast up to one week in advance, and people can join your lobby three minutes before your broadcast begins. Once you've scheduled a live video, you will be able to share a link to the broadcast. Here's the [link](https://www.facebook.com/help/1636872026560015)
<https://www.facebook.com/help/1636872026560015>

GOOGLE HANGOUTS

A communications app, designed by Google, lets you connect with one or more of your friends for text and video chat. You can chat with up to 150 people on a variety of devices or hold a video call with up to 25 participants.
<https://support.google.com/hangouts/answer/3115553?co=GENIE.Platform%3DDesktop&hl=en>

SKYPE

You can host up to 50 people online at one time with SKYPE. <https://www.skype.com/en/free-conference-call/>

ZOOM

Zoom offers a full-featured Basic Plan for free with unlimited meetings. Try Zoom for as long as you like - there is no trial period. Your Basic plan has a 40 minutes time limit on meetings with three or more (up to 100) total participants. <https://zoom.us>

Let us know the activity you are starting, send us feedback, and most importantly, enjoy the camaraderie of other CWC members.

Project Highlight

Sandhya Sews...

Sandhya Ravichandran is quilting more these days, and her quilting has led to her using her sewing skills to create masks requested by a health care provider.



Let us know what you are up to and send some pictures to be featured in our CWC Member Project Highlight.

Book and Author Recommendations

The Armand Gamache Mysteries
by Louise Penny

The Maisie Dobbs Mysteries
by Jacqueline Winspear

Books by
Meg Wolitzer
Amy Tan
Isabelle Allende
Lisa See
Ann Patchett

by Barbara Weber

If you have additional recommendations, head on over the private CWC Facebook group to share them with everyone.

What Are CWC Members Doing These Days?

Keeping established routines in place
Working
Teaching their Children
Reading
Exercising
Meditating
Going for walks at a distance
(but still smiling and waving to others)
Telephone calls with friends and family
Zoom calls with friends and family
Jigsaw puzzles
Gardening
Cooking
Quilting
CWC Private Facebook Group



What Are People Learning?

Alice Waters Home Cooking on
Masterclass
Art Classes on Youtube
Bug and Plant Identification on
iNaturalist
Oprah & Deepak Chopra 21-Day
Meditation Challenge

I am fortunate that I have 2 adult grand-
daughters who live with me and one of
their boyfriends who is also here for me.
-Mary Gant

What Are People Reading?*

The Bible
Born Standing Up by Steve Martin
Where I Was From by Joan Didion
Just Mercy by Bryan Stevenson
The Great Alone by Kristen Hannah
E-books from the library
Listening to books on Audible

* See page 2 for a list of book recommendations

My house has been staged to sell.
Due to coronavirus, we have put
the sale on hold, but the staging
is all here. Therefore, we are living
in a strange looking house...

-Mariella Soprano

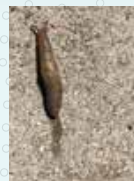


How Are People Exercising?

YouTube yoga classes
Steezy online dance classes
Fiton App
Neighborhood Walks

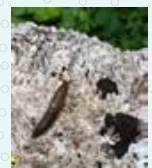
What Are People Watching?

The Marvelous Mrs. Maisel on Prime
Grace and Frankie on Netflix
Westworld on HBO
Altered Carbon on Netflix
Broadchurch on Netflix
Midsommer Murders on Netflix
Monk on Prime



The kids and I have become obsessed with
the iNaturalist app. Whenever it is sunny we
go outside and take pictures of bugs or
plants to identify on iNaturalist. Real scien-
tists and other community members look at
the pictures to confirm the identifications. It's a citizen
science project to help discover the world's biodiversity. I
think it's especially fun to find slugs or mushrooms. Those
seem to be some items the project is especially interested
in identifying. It's hard for me to get the
kids to sit down and do science, but when
they find stuff outside, they start asking
questions, and are then happy to go
discover the answers together.

-Liz Jackman



What Are You Doing These Days?

Join us over on the private CWC Facebook
Group to let us know and connect.

TOURNAMENT HOUSE



Urban Explorers on the steps of Tournament House

On February 6th, the Urban Explorers visited the 21-room Wrigley Mansion, also known as Tournament House. The Italian Renaissance style estate was originally built by George Stimson with his son G. Lawrence Stimson as the architect. While construction started in 1906, completion was delayed until 1914, since the San Francisco earthquake led to a shortage of materials and workers. William Wrigley, Jr, then purchased the house in 1914. It became one of six Wrigley family homes, including residences in Philadelphia, Chicago, Catalina, Phoenix and Lake Geneva, Wisconsin.

Three features that occur throughout the house are marble fireplaces, detailed ceilings and the use of rare woods. The living room featured a tiger eye oak floor, sliced on the bias, along with a cove ceiling and doors made of Circassian walnut. A former solarium on the first floor features a foil wallpaper background, there to remind the family of the foil gum wrappers at the origin of the family fortune. The four-story house has 18,500 square feet and 2,000 square feet of

closets. The front hall features an Aeolian pipe organ which plays musical rolls with sound emerging from 1500 pipes located in the basement.

The Wrigley family donated the house to the City of Pasadena in 1958 for use as the headquarters of the Tournament of Roses, which the family enjoyed watching from the front porch. The upstairs features rooms focused on different aspects of the Rose Parade, including displays of helmets and football memorabilia in the Rose Bowl Game room. The first Rose Bowl game was played at Tournament Park in 1902. Due to a lopsided score with Michigan beating Stanford 49-0, in 1903 the New Year's festivities left out football (which did not return until 1916) and included chariot racing. Eventually a stadium designed by Myron Hunt was constructed in the Arroyo Seco in 1922, and shortly after named the Rose Bowl. There's a display of past crowns worn by the Rose Queens and tiaras worn by her Court. In 1913 and 1914, both a Rose Queen and King were selected, but from 1915 on only Rose Queens and Princesses have been selected. Another room features photographs of the Grand Marshals, everyone from Kermit the Frog to Shirley Temple Black (the only person to be Grand Marshal three times).

If you want to visit on your own after social distancing times have passed, free tours are usually offered February through August on Thursdays at 2:00 p.m. and 3:00 p.m. Reservations are only needed for large groups. 391 S. Orange Grove Boulevard.



*Pasadena Tournament of Roses Chariot Race, 1911.
Digitally reproduced by the USC Digital Library.
From the California Historical Society Collection at
the University of Southern California.*

A MESSAGE FROM THE STAFF & FACULTY CONSULTATION CENTER

March 20, 2020

An open letter to our Caltech community:

Today, we in the Staff and Faculty Consultation Center are launching a new space on our site, called TheWell@Caltech. This will continue to be a place to go for a steady channel of mental health support, including coping strategies, tools and techniques, resources of many types, and a place to connect.

The vision behind this idea was to create an “oasis” of sorts, in the face of a barrage of distressing news, disruptions to our daily routines, and the loss of a sense of control in response to the COVID-19 pandemic.

Starting today, you will find some essential tip sheets for better sleep, self-care, normal reactions in a time of crisis, and managing your intake of distressing media content.

In the coming days, we will be adding to this content with more links to physical health resources, mindfulness, targeted tools for managers, and information for special populations, including parents of young children, those with eldercare concerns, and partners who may be in isolation with someone who causes them to feel unsafe.

As of today, many of us join others throughout California in “staying at home.” We feel the discomfort of having our daily life patterns significantly altered. Others continue to come to work and face fears and concerns associated with that experience. Below, please find suggestions on how best to weather these challenges.

One of Caltech’s great strengths is that we are a community that enjoys many close ties and associations. If you are reading this, chances are good that you know me, or another member of our SFCC team. One of the biggest stressors in this time is a loss of this sense of connection. TheWell@Caltech will have items of interest to our particular community, and be shaped by input from you, too. It will be a place to restore and re-engage with one another.

We are here for you and will continue to be.

Sincerely,

Linda Krippner, Psy.D.
Director
Caltech Staff and Faculty Consultation Center

STAFF & FACULTY CONSULTATION CENTER

The Caltech Staff and Faculty Consultation Center (SFCC) is a campus resource that is available to active faculty, staff, postdocs and their families or domestic partners at no cost to the user. Retirees and those covered by COBRA plans may also be eligible.

The SFCC provides professional, confidential, brief consultations and is staffed by skilled mental health professionals with extensive experience in assisting employees and their families to balance the complex demands of work and personal life. They provide consultations to individuals, couples, and families and address a variety of concerns, including depression, anxiety, substance abuse, parenting, elder care, work-related stress, and communication challenges with supervisors, employees, or co-workers.

The Caltech Staff and Faculty Consultation Center (SFCC) is working to quickly adapt services during the COVID-19 response. They are currently providing phone consultations and are working to offer video consultations soon.

CALL OR EMAIL FOR A CONSULTATION:

626-395-8360 (Leave Voicemail M-F, 8-5)

SFCC@caltech.edu

<http://www.sfcc.caltech.edu/services>

A REFLECTION ON FORESTS AND FRIENDSHIP IN THESE TIMES OF DISTANCE

By Brooke Anderson

*“You know me, I think there ought to be a big old tree right there.
And let’s give him a friend. Everybody needs a friend.”*

Bob Ross

I was recently doing some reading about forests, the process of carbon sequestration, and how trees hold the key to their own restoration in their limbs. As we come into the season of spring and during these days when we are inside more than we expected to be, it occurred to me that perhaps reflecting on trees could provide some insight for us.

No matter where we live or have lived, we are likely to have stories of trees. They are the beautiful guards that hold on to our land for us when we travel the world in search of ourselves, and their stories become a part of ours. Perhaps your stories include the lone tree on a river bank where you spent summer afternoons against its rough bark as you contemplated your life, or maybe your memories are filled with the stand of trees you and your friends ran through whooping with joy at the end of school days. Maybe it is a tree that towered over your grandmother’s backyard, or perhaps it is the one your own yard covered in ripe lemons that bow the branches toward the ground. Maybe it is the tree that graced you with shade while your little ones played in the grass last summer or so many years ago or maybe it is row of trees loaded with purple blooms that welcomes you home.

But trees are far more than just the keepers of our stories. They are the lifeblood of our land and the air we breathe. Trees shade us, hold space for the critters that delight us, have roots that push into the dirt covered by the fungi that thrive on their surfaces. Their leaves convert chlorophyll, their trunks siphon water, and their bodies hold on to the air we breathe out. Trees sustain us, even when we do not remember that they do.

Despite our idyllic treatment of nature in poems and essays though, the climate can change and bring with it disruption and discontent. The magic in the forest, however, is that despite the assault that climate changes bring, the forest itself holds ones of the keys to restoration. As carbon grows unchecked in our environment changing the face of our ecosystems, trees are perfectly suited to restore some balance in our world. They take in carbon from the air around them, trapping it in their tissues and storing it until they are destroyed or they disintegrate back into the soil around them. That is why healthy forests full of trees and plants are sometimes referred to as carbon sinks. While the trunks of trees store up to 40% of the carbon in a tree, the amazing root system that reaches out through the soil below our feet captures up to 60% of the carbon that a tree can hold. Much like the concept of the iceberg and its tip, the part of the tree that we can see is only the beginning. While one tree alone holds carbon, we begin to see when they are gathered together, that the collective nature of trees holds power for greater change, and the very nature of trees is thing that restores the land.

Perhaps we are not that different. Perhaps in the midst of our relationships, we hold the secret to our own restoration even in the midst of disruption and discontent. Even in the moments when we are apart—we can find ways to connect, and like the trees, the heritage of our community and our personal relationships are rooted in time and space that goes far beyond what we can see. Of course we are not sequestering carbon to assist a beleaguered climate, but we are capable of holding space and providing care for our friends in challenging times. Just like trees, we hold each other’s stories, and our friends become the lifeblood of our experiences, contributing to our personal and collective restoration. Especially in these bewildering days, when we are scattered and perhaps feeling more alone, we can collectively attempt to hold on to the joy that friendship and connection can be for each of us. Because like Bob Ross said, “everybody needs a friend,” and that’s exactly the vision of the CWC—a coming together of individuals to create a community for friendship and to enrich the world of those we gather with, even if the gathering is on the phone, online, or in our emails and notes.



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CWC Casita Exchange



We're just switching gears to our "virtual exchange" in our Casita Exchange Facebook Group during the COVID-19 "safer-at-home" period. Please join us @ fb.me/CWCCasitaExchange. We're looking into virtual story hours, parenting tips, Zoom meet-ups, recipe swaps and more. As they say, time flies when you're having fun, so we'll be exchanging fun!! We'll share what we've been up to in the next bulletin.

Here's a few snapshots of our winter fun; sheds, swaps, shares, & smiles ☺



We put up new sheds to keep our exchange items clean and secure.



Families came by for a clothes swap and chat.



Sharing baby things with new Moms



Smiles!

CWC Casita Exchange



Gameface Smiles!



Birthday party smiles!

For more info:
Email: exchange@cwccaltech.org | Judi Cowell @ 805-377-2579 | fb.me/CWCCasitaExchange

CALTECH HISTORY AND ARCHITECTURAL TOUR SERVICE

CHATting WITH CHATS

We love the friendship and camaraderie of being a CHAT and sharing our passion for Caltech's history and architecture. This winter we channeled our energy towards docent training



materials and campus tours. Congrats to the education committee for coming up with a new docent onboarding framework and mentor system! We were lucky enough to meet after the February campus tour at the Red Door to share a few laughs as we made plans for the Spring.



A few weeks later, we found ourselves coming to terms with COVID-19's impact on campus and our "safer-at-home" situation. Following policy,

our Community Tours were cancelled but that didn't stop our community spirit. We met with Facilities via Zoom on March 22nd and got an update on the situation. We were impressed by the Campus response to move to online training while supporting essential research. It was so great to hear each other's voices and see each other via video. So now we're going to continue meeting via Zoom to create a self-guided tour application and continue working on our docent training materials. Let us know if you're interested in joining us! Contact any of us or email chats@cwccaltech.org.

CHATS CHUCKLES

NO, I'M NOT COMING DOWN!
We've been on 20 walks today. Leave me alone.



Whose laughing now?



HOW I EXPECTED MY APOCALYPSE OUTFIT TO LOOK **HOW I ACTUALLY LOOK**



VIRTUAL WINE AND CHEESE



THURSDAY APRIL 2ND

5:00 P.M. - 6:00 P.M.

Join us for the 2nd CWC Virtual Social Hour!

Bring your own wine and cheese, and enjoy the camaraderie of your CWC friends.

Vilia will start the virtual meeting at 4:50 p.m. in case you wish to test your Zoom capabilities.

Then let's enjoy 'la hora del cóctel'.

ZOOM LOG IN INSTRUCTIONS

CWC Virtual Social Hour
Apr 2, 2020 05:00 PM Pacific Time

Join Zoom Meeting
<https://caltech.zoom.us/j/547573484>

Meeting ID: 547 573 484

One tap mobile +16699006833,,547573484# US

*Questions:
Contact Vilia Zmuidzinas
Cell: 626-590-8943
viliazm@gmail.com*

MEMBER BIRTHDAYS

MAY

Sonia Amin
JoAnn Newman
Cheryl Palfrey
Martha Yohalem

Judy Collins
Katherine Faber
Hedy Fintescu
Shirley Gray
Jennifer Maqueda
Roberta Paladini
Laura Ruaro
Rong Xia
Sachiko Watanabe

JULY

Jean Chandy
Dema Faham
Judith Goodstein
Jeanine Quezada
Alice Stone
Jane Valentine
Cynthia Yung

JUNE

Barbara Avouac
Ann Breckinridge

CWC BOARD ELECTION

Please look out for an email in early April which will announce the slate of CWC officers for the 2020-2021 year. Voting will then take place online during a two-week period in May.

CWC BOARD MEETING

Wednesday, April 8th, 12:00 p.m. - 1:00pm will be held virtually. Contact: Officers@cwccaltech.org

PLAYREADERS

Save the dates for the first two performances of the 2020-2021 Playreaders' Season
Tuesday, October 23, 2020 & Tuesday, November 10, 2020

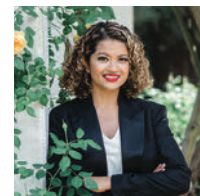


**A MOTHER & DAUGHTER
REAL ESTATE TEAM**



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Associate Broker
DRE 01306346



Dede Venkat

626.808.8114
dede.venkat@compass.com
Associate Broker
DRE 01910712

COMPASS

WE WELCOME NEW MEMBERS ALL YEAR!

MEMBERSHIP

Contact: membership@cwccaltech.org

Membership in the CWC is open to anyone who is affiliated with Caltech campus, JPL, and its affiliated organizations. The CWC has a diverse membership of over 200 people, with many international members, and a broad range of ages – from students to members who have been in the club for several decades.

DUES

The membership year extends from 1 July 2019 to 30 June 2020. Please join us or renew your membership online or by downloading the form from our website: cwclub.caltech.edu. Membership dues include receipt of the Bulletin via email:

Faculty/Staff/Retired	\$35
Postdoctoral Fellow	\$10
Graduate Student	Free

Add \$30 if you'd like to receive a printed Bulletin

DO YOU HAVE NEWS TO SHARE ?

COMMUNICATIONS

Contact: communications@cwccaltech.org

The Communications team works on the Bulletin, publicity, web updates, email, and the Archives. The Bulletin carries advertisements that are sponsored by, and may be of interest to, our members. Please contact us about placing an ad in future issues of the Bulletin.

If you have an idea for an article or want to submit an article, please contact the communications team.

Next Bulletin Deadline:

Fall 2020 Issue: September 15, 2020

FACEBOOK: [https://www.facebook.com/CWC-Caltech Women's Club](https://www.facebook.com/CWC-Caltech%20Women's%20Club)

WEBSITE: www.cwclub.caltech.edu



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CWC PROJECTOR

The CWC owns a ViewSonic projector. If your activity group or program chair would like to borrow it for a presentation or an event (when we can meet in person) please contact Vilia Zmuidzinas at viliazm@gmail.com. It can be signed out for up to one week at a time.



CWC Playgroup

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www.cwclub.caltech.edu