

# THE BULLETIN



a publication of the Caltech Women's Club

## Soaking up the Winter Season

Featured  
Member  
Highlights

Playreader's  
Report &  
Upcoming  
Events

Rediscovering  
the Danish Idea  
of Hygge  
and more...

Virtual Activity  
Group List

Winter  
Reading  
& Listening  
Lists

includes  
children's  
books &  
songs

## PRESIDENT'S MESSAGE

# greetings

The ongoing pandemic makes it easy to draw up long lists of what has gone wrong in 2020. Given five minutes, I could supply a depressing page or two. But it is draining to emphasize the negative and I think it is important for our sanity to look at what we have gained this year. While Zoom and Facetime are not the same as in-person interactions, there is an upside to increased online connections. While I have not seen my father in almost eighteen months, we've picked up the pace on our check-ins and now Facetime almost daily. So if you need to know the weather in Berkhamsted, England I can fill you in on the details.



A group of ten college friends were planning a girls' weekend trip this year to Austin, Texas. That holiday has been postponed indefinitely, but instead we set up a biweekly Zoom chat where we're able to share the ups and downs of 2020. We compare notes on what is happening in our towns and schools in California, Arizona, Utah, Oregon, Washington, New Hampshire, Maryland, New Jersey, and Virginia. My youngest is attending her junior year of high school from her bedroom while my college friends have children going to in-person school on alternate days in some states. It is fascinating to hear the varied approaches across the country. I am so grateful that while we did not get to meet in person this year, we have found a way to connect and become so much closer.

All these online communications also inspired a group chat which allowed check-ins and updates with my numerous Scottish cousins, who are spread out around England, Scotland, and Canada. One of whom reminded me that whenever difficulties occurred in the past my diminutive red-headed Scottish grandmother, the formidable Nana, would always say, "I have weathered many a storm." She lived for over ninety-five years and would have taken this pandemic in stride as just one of the many ups and downs life had already thrown at her.

Not all communications are long distance. I really look forward to the weekly virtual Wine & Cheese meetings every Thursday. Normally geography and busy schedules would stand in our way, but now we can easily come together from our homes in South Pasadena, Altadena, Glendale, La Canada, La Crescenta, Pasadena and elsewhere and have wide-ranging conversations about books to read, shows to stream, first concerts attended (Mary Gant totally rocked that question by seeing Elvis Presley!) While these are difficult times, with long separations from seeing the ones we love in person, I encourage you all to reach out, make connections (via Zoom, Facetime or even the telephone) and find a way to stay connected.

*Katie*

Katie Clark,  
CWC President

The mission of the Caltech Women's Club shall be to promote friendship and the sharing of mutual interests and to provide service and cultural enrichment to the wider Caltech community.

# BULLETIN CO-EDITOR LETTER

Cooler days are upon us. The sweltering days of this past season have finally given way to the winter season, and we are celebrating the ability to revel in the outdoors more. With the change in weather and time of year, the theme for this volume of the Bulletin is about finding ways to celebrate and recharge in the upcoming winter season.

This year has been one for the record books and has changed so many things in our lives. Despite the unprecedented upheaval that we have all experienced, perhaps there is some comfort in knowing that like all years, this one has been characterized by highs and lows, triumphs and failures, joys and loss. Even in the midst of massively reimagining our routines, expectations, and ways of being, this has still been a year of doing life in the best ways we know how.



New babies have joined us, and we've said goodbye to some of our dear friends. Life has been both quieter with more days spent at home and at the same time more full of action and solidarity through our words and reaching out to those in need.

As a community, it has been exciting to see how the CWC has pulled together to support each other and be there in all the safest virtual ways. In this volume, you can read about how the playgroup celebrated Halloween a little differently this year, how one of our members navigated being an essential worker while policies were constantly changing, and how another has spent days creating precious caps for new little ones. We are excited to share a book excerpt from one of our member's reflections on her childhood during World War II, an excerpt of another member's short story, and we are happy to let you know about an upcoming collection of past CWC Bulletin articles by a former CWC member.

You will also find in this volume an article on the Danish practice of hygge to kick off your winter season, as well as some winter lists to hopefully bring some fresh inspiration to your home during these next several months. Get cozy, make a new drink, read or write a new story, find new music, and as always, feel free to share anything you'd like with the CWC community on our Facebook page or as a submission in the next Bulletin.

Wishing you the happiest winter season full of coziness, connection, and joy,

*Brooke & Maria*

email us at [cwclub@caltech.edu](mailto:cwclub@caltech.edu)



# Join us for a Winter Wreath Crafting Session

Date: December 8th, 2020

Time: 7:00 pm

Sign In: <https://caltech.zoom.us/j/83203017280?pwd=RkRLUIJQRTF1YjBBSm-1EN1ZqKzNoZz09>

Password: CWCholiday



Donna Burdick will walk us through creating personalized wreaths to make this holiday season more special. No experience is necessary to participate.

**NEW  
DATE**

Dec. 8, 2020  
7:00 pm

Save the Date  
for

## An Evening of Chocolate Tasting with Tom Mannion

February 9, 2021  
7 pm



This evening will feature a broad sampling of artisanal chocolates that will be provided for you to sample. Watch your email for details and registration information.

Many thanks to **Tom Mannion** for his wonderfully informative **Evening of Wine**. Thank you for sharing with us many of your favorite wines and some of the best ways to enjoy them.

Thank you also to **Donna Burdick** for the inspiring **Beautiful Blooms** event.



It was not only a beautiful way to spend an evening, but it was also very helpful to learn new ways to make flower arrangements at home.



# Reflections on doing Essential Work during COVID

by Gloria Mullendore

During the COVID pandemic, I have been an “essential worker!” I own a business that provides SUD (substance use disorder) treatment at 11 program sites throughout Los Angeles & Orange counties with administrative oversight from my office located in Bellflower. My workforce is just under 300 employees with more than 3000 clients in treatment. Governor Newsom’s “safer at home” order of March 19 described behavioral and mental health workers as “essential” under the public health sector, and we were also allowed to provide services using a TeleHealth virtual platform.

My business had to scramble and pivot in order to continue operations. We faced challenges while facing the constantly changing health and hygiene protocols of the CDC and the health departments of the State of California and the Los Angeles and Orange counties. Last year we were successful in securing 2 federal grants to expand services for treatment of OUD (opioid use disorder) and poly/SUD as part of the nation wide effort to combat the opioid epidemic, so when the pandemic hit we were still learning how to deliver these new services and administer this new program. When the grants ended (September 2020),

we were number 1 in California in achieving project deliverables and in the amount of data we submitted for analysis.

My community service is serving as a docent for CHATS and exposing our community and beyond to the beauty and history of Caltech, all of this impossible since March. However, I was able to help my community by serving on a “diverse and experience” selection committee that awarded COVID relief grants of \$10,000 to 39 small businesses in Pasadena. Our work was done virtually, and it gave me insight into sectors of the economy with which I was unfamiliar. I am proud of our work.

Personally, my family and I, far and wide, are healthy and safe.

And, finally, I cried tears of joy when my beloved Los Angeles Dodgers won the World Series. I was six years old when my father took me to my first Dodger game the year Dodger Stadium opened (1962). I fell hopelessly in love with baseball and the Dodgers.





# Rediscovering Hygge in this season

by Brooke Anderson

It's been several years since the Danish lifestyle concept *hygge* entered American consciousness. While some have tired of the neutral color schemes punctuated by sheepskins and fluffy blankets, as we are spending more time at home and given the oncoming winter season, this might be a good time to reinvestigate the principles of Scandinavian coziness.



Hygge is an ethos of coziness and contentment. While it has largely been presented as a lifestyle, in reality, it is more of a mindset. Despite all the beautiful pictures, hygge does not actually require spending money to beautify your space. It is more about intentionally caring for yourself and the ones you love rather than making your space pretty. That being said, it is also



rooted in the practice of creating an environment that is warm and welcoming for rest. A hygge mindset encourages focusing on well-being, enjoying the simple things, and cultivating sensory engagement with spaces, textiles, and food. One way you can do this is to taking time to let an old family recipe for chicken stew simmer and fill your home with its rich aroma. Savouring the process of creating slow food and relishing the ingredients and the process is key. Sitting under a cozy blanket with a book that feeds your soul or gathering with your family in a room you designed for comfort to play a board game and sip cocoa with no digital interruptions are other ways to live out hygge.

At its core, hygge is simply about taking time to intentionally savour moments and cultivate spaces that are comfortable and cozy. Snuggled under a precious family quilt, adding soft lighting options to your living room for the evening, or even pulling out your favorite mugs just because are all ways that we can

embrace the practice of relishing moments and pursuing rest and restoration during a time that is challenging our norms and spirits.

## Perfect Hygge Porridge

1.5 cup of milk

1.5 cup of water

0.5 teaspoon of salt (plus more to taste)

0.5 cup of steel oats

0.5 cup of rolled oats

2 Tablespoons brown sugar (or maple syrup)

Bring milk, water, and salt to a gentle simmer.

Add all the oats and reduce heat to medium.

Stir frequently and lower heat as needed to allow them to simmer for 20 minutes.

Serve in your favorite bowl.

Add sugar to taste and pour a little milk on top.

You can also top it with fruit, raisins, dried cranberries, or nuts if you'd like.



**EXCERPTS**  
**FROM THERE TO HERE: WAR, PEACE, PANDEMIC**  
**A Memoir by Romy Wyllie**

**Message:** If the world managed to survive six years of war with all its horrors and ramifications, we can endure the COVID-19 pandemic.

*[The first chapter describes the early years of my childhood, living in a Georgian mansion on a 4-acre estate with beautiful gardens in the village of Kirk Ella, near Hull, England. This idyllic childhood was cruelly interrupted by World War II.]*

**Hook:** A little girl, aged four or five, wearing a pretty flowered dress with a bow decorating her hair, sits alone at the bottom of a long flight of steps. Her expression is one of puzzlement and concern. Is she wondering how to climb up all those steps? Does the steep staircase symbolize the future challenges of her journey through life? At present a peaceful world of adventure awaits her, but there are dark clouds looming on the horizon, soon to affect her life and leave a scar on her memory forever. This is her story.

## **CHAPTER 2 – THE WAR.**

On September 3, 1939, a booming voice over a crackling radio brought news into our home and all of Great Britain that, following Adolf Hitler's invasion of Poland, France and Britain had declared war on Germany. The new war would become the biggest and deadliest war in history involving over 30 countries, and lasting six years with an unprecedented loss of life, both in the fighting itself and in the indescribable horror of the Nazi concentration camps, annihilating millions of Jews and fulfilling Hitler's aim to create a master race of pure Aryans.

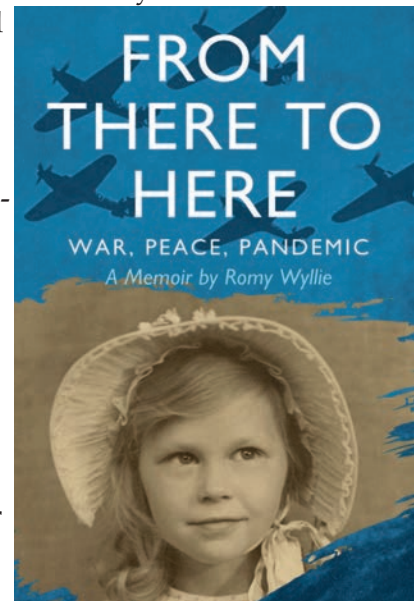
During our current 21st century Coronavirus pandemic, we listen in horror to daily reports of numbers, in hundreds and thousands, dying from a vicious virus. Statistics are documented by city, county, nation, and globally, sometimes giving the impression that we are competing with other countries to record the largest number of dead. We are reminded of the 1918 Spanish influenza epidemic and, 30 some years later, the second World War reports counting the military, naval, and civilian fatalities.

Along with the rest of Britain my peaceful childhood would never be the same. Hull became one of the most severely damaged British cities with 95 percent of houses destroyed or needing repair. As a port city. . . it was especially vulnerable. Moreover, its location was on the route home for the German Luftwaffe, providing a convenient opportunity to unload leftover bombs as the planes followed the river Hull to the Humber estuary and back to their own bases. Between 1940 and 1945, the city recorded more than 1,000 hours under alert with 1,200 people killed by the bombing.

Although we lived outside Hull, in the peaceful village of Kirk Ella, we were still affected by the air raids. Homeowners built air raid shelters in their gardens or walked to the nearest communal shelter. We converted a wine cellar under the kitchen into a shelter and had an emergency egress built from the cellar to the outside with the exit stairs shielded by sandbags in case our house was bombed and collapsed on top of us. The entrance to the cellar was from one of the storage rooms off the kitchen. There was a large trap door in the floor with a heavy ring to pull it up. A steep ladder led into the cellar where cubby holes that normally stored wine were converted into sleeping alcoves. In spite of spending many nights in the cellar and trying to sleep on a lumpy mattress in one of the alcoves, I always forgot that I couldn't sit up without bumping my head on the ledge above.

Every evening at dusk my parents and our staff went around the house, closing all the windows, and pulling out heavy wooden shutters that folded into recesses on either side of the window. Accompanying this enforced blackout, our white stucco house had been camouflaged by painting over the white with a pattern of drab colors to prevent it from being a target for German bombers. Every evening at 6:00 P.M. my father turned on the radio to listen to the latest news. He kept a map on the study wall and traced the progress of the armies fighting across Europe with colored push pins.

Having experienced the horrors of the first World War just over 20 years earlier, my parents knew too well what such a conflict entailed. German submarines were already blocking the flow of food, arms, and raw materials to our island. Farmers were struggling to obtain fuel for their machinery and harvest their crops. Clothing manufacturers were forced to make uniforms for the forces or produce fabric for parachutes. Other industrial firms had to produce weapons and equipment for the military and air force. Aircraft production became paramount. In anticipation of a possible poison gas attack, the government issued 35 million gas masks to civilians who were ordered to carry them at all times. The authorities soon enforced rationing including tea—a vital British staple. Similar to our present predicament, toilet paper was in short supply, forcing King George VI to order some for his family from America.





Caltech Playreaders Presents ♦ Caltech Athenaeum Hall of Associates

# WOMEN PLAYING HAMLET

By **WILLIAM MISSOURI DOWNS**

Directed by Ann K Lindsey

**Tuesday**  
**March 16, 2021**  
**7:30 pm**

"Women Playing Hamlet" is presented by special arrangement with Playscripts, Inc., New York



# The Caltech Playreaders

Have Continued Success in this Challenging 2020-2021 Season!

By Anne Vaughan

The renowned Science Author and Playwright, Dava Sobel joined the Caltech Playreaders November presentation of “And the Sun Stood Still”. (Among her many popular expositions of Science, her book, *Galileo’s Daughter: A Historical Memoir of Science, Faith, and Love*, was a finalist for the 2000 Pulitzer Prize for Biography). When Todd Brun, Playreaders rights coordinator, approached her agent to obtain rights to “And the Sun Stood Still” about Copernicus, Dava Sobel not only granted the rights to perform her play but graciously offered to participate as a guest speaker! She attended the first Zoom rehearsal from her home in New York to meet the cast and crew, giving them a bit of her vision for the piece, then later personally introduced the play performance and conducted a Q and A session afterwards.

Virtually producing “And the Sun Stood Still,” required many technical skills. A committed director, Joanne Doyle, was fortunate to work with a cast of gifted and experienced readers. She compiled a series of background photos, room settings from The House of Copernicus and other locations. The actors, who were clad in elegant appropriate costumes, read their lines during Zoom rehearsals in front of green screens. These rehearsals were recorded as videos edited by Carol Elaine Cyr, who then added the backgrounds. On Tuesday evening, November 10, 2020, this production was presented over YouTube Premiere by Caltech’s Academic Media technology, which did the final editing. Todd Brun introduced Dava Sobel, conducted the Q and A, and assumed the challenge of arranging the ticketing service, and other

critical details. Such is virtual theater. Somehow, incredibly, it worked!

These many complicated requirements led to the success of the production of “And

the Sun Stood Still” but might well have been almost beyond the imagination of those who casually gathered in the Greenstein’s living room some 70 years ago! In its earliest inception, in the very early 1950’s, a small group began getting together in one another’s living rooms, with scripts in hand... and it gradually became a social as well as a literary gathering, dubbed the Caltech Playreaders! With no props, nor costuming, nor action, the result was very similar to a radio presentation, but it was live theater and rapidly gained participants as well as an audience.

As time went on and the group became larger and more proficient, the meetings were moved to the Athenaeum but continued in a relatively undemanding fashion. Taking part

in a reading required commitment to only one prior read-through, and therefore it was easy to attract busy members of the community and their friends. Then, gradually, as the years went by, one director dared to suggest that a reader wear an unusual hat, and maybe a cape, appropriate to his role! Before long another took the liberty of having a reader speak into a real telephone, instead of using his hand to his ear! Traditions...and taboos... began to fall. It wasn’t

all that many years before full period costuming was worn in some productions, sword fighting with real swords occurred, and it even happened that wild readers ran around the seated audience members in the Hall of Associates!

And now, of course, in 2020, all theater is in trouble. No more live audiences. No actors anywhere near one another. The Playreaders have had to learn to adapt. Their first presentation this fall was a monologue party, hosted by John and Greta Davidson, with a number of readers exhibiting their varied talents from their homes. It proved to be great fun both for the participants and for the audience. Of course each reader was videotaped separately, via Zoom.

Four more plays are presently scheduled for the rest of the season. Optimistically, the spring schedule is posted on the website: <http://www.its.caltech.edu/~plays/> The Caltech Playreaders hope that the community will enjoy the rest of the 2020-2021 season!







## *In Memoriam*

# **Candy D'Addario**

**1946-2020**

Candy was an active member of the Caltech Women's Club for 15 years. Born and raised in New Britain, Connecticut, Candy graduated from Ohio Wesleyan University and later earned her master's degree in physical therapy at Stanford University, where she met her husband, Larry. She worked as a physical therapist for many years.

Candy moved to Pasadena in 2004 and was an enthusiastic participant in and later leader for the Morning Book Discussion Group. She was also very involved in the League of Women Voters. Candy loved music, hiking, backpacking, and cooking. She was also an avid reader and volunteered as a volunteer ombudsman.



Candy is survived by her husband, daughter, granddaughter, and sister. She will be greatly missed by her friends in the CWC.

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# Winter Play List

Find a few new tunes and remember some old ones.

- White Winter Hymnal by Fleet Foxes ♀ M
- Valley Winter Song by Fountains of Wayne ♀ H
- Urge for Going by Joni Mitchell ♂ M
- Tenth Ave Freeze Out by Bruce Springsteen R H
- Winter Windsby Mumford and Sons ♀ M
- Misty by Johnny Mathis ♂ M
- Winter Song by Ingrid Michaelson and Sarah Bareilles R H
- I Feel Better by Gotye ♀ H
- Light and Day by Polyphonic Spree ♀ H
- Winter Weather by Peggy Goodman ♂ H
- I've Got My Love to Keep Me Warm by Ella Fitzgerald ♂ H
- Winter's Tale by Queen R M
- Winter Time Love by The Doors R M
- A Winter Romance by Dean Martin ♂ M
- Let It Snow by Rosemary Clooney ♂ H
- Marshmallow World by Dean Martin and Frank Sinatra ♂ H
- Blue Moon by Billy Holliday ♂ M
- December by Taylor Swift R M
- 1999 by Prince R H
- New Year by Taylor Swift R NY
- Shout by Isley Brothers ♂ H
- New Years Day by Bon Jovi R NY
- My Dear Acquaintance by Regina Spektor R NY
- New's Years Resolution by Otis Redding & Carla Thomas ♂ NY
- Better Days by Goo Goo Dolls R NY
- What Are Doing New Years Eve by Bette Midler ♂ NY
- Bringing in a Brand New Year Charles Brown ♂ H
- Winter Mittens Song by Kiboomers R H
- Snowman Kind of Day by nick cope R H
- Winter Song by Liz Buchanan R H
- If All the Raindrops by Old Town School of Folk Music R H



Indie



Oldie



Rock  
/Pop



Mellow



Happy



New  
Year



Kids



# FROM THERE TO HERE

WAR, PEACE, PANDEMIC

*A Memoir by Romy Wyllie*



*This evocative memoir is a peek into a past that the author always manages to make relevant to the present. Her lively and engaging style transports the reader on a journey through childhood in wartime, growing up and falling in love in post-war Britain, and a coming of age sojourn in the US. Vividly recalled events, along with many fascinating historical links, make this a very enjoyable read. It is also a timely book with many parallels to life today.*

*\*Jan Fox, Journalist, Index On Censorship magazine.*

*Spurred on by the Covid-19 Pandemic of 2020 and the similarities in daily life for British people during World War II, Romy Wyllie's personal story—beginning with the 1940 Blitz—discloses many fascinating nuances of British culture unknown to Americans during the second half of the 20th century or even today.*

*\*Beverly Russell, author Deadline Diva.*

200 pages - 24 color & 38 black & white illustrations.

Designer: James Alexander of Jade Design, London

Publisher: Ingram Spark

Printer: Lightning Source International, USA

Price: \$24.95 + tax

Availability: Amazon, Barnes & Noble

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# Knitting in the Time of Covid-19

by Barbara Weber

I had surgery on my right thumb in late January and wore a big cast on my hand and arm until March 19th. As a result, my entire hand and my wrist were “frozen” and serious exercise was going to be necessary to get function back. I did not want to have to go somewhere for physical therapy (given the pandemic) and my doctor didn’t want that, either. She gave me a few exercises to do and said eventually I should recover strength and mobility with everyday use of my hand.

And so, I decided knitting would be a great way to rehabilitate my hand. I learned to knit when I was eleven years old in the sixth grade. My teacher taught every student (girls and boys) to knit, and she gave us each a set of needles and a small ball of yarn to keep at our desks. We were to pick up our needles and knit when we finished an assignment before the rest of the class was done. I went on to knitting sweaters for myself and others as gifts, golf ball covers for my then boyfriend (now husband), mittens, scarves and hats. I eventually took on the job of knitting Christmas stockings for my family and friends and now for my grandchildren.

As arthritis began to have its way with my hands, knitting anything heavy or with big needles and fat yarn became more difficult. I started making hats for newborn babies. These are done with small needles and thin, soft yarn. The pattern is simple and the hats are very quickly done.

Over the years I have made dozens of these tiny hats for friends and family and the grandchildren of friends. Knitting is a calming activity and can be done while watching television, riding in the car, while conversing with others, etc. Knitting at this time keeps my hands busy while we watch reruns of *Downton Abbey* and endless Netflix offerings. I have used up all the baby yarn I had in the house and eventually ordered more yarn online. During this time I have completed about a thirty hats. I will donate these hats to various shelters that support pregnant mothers and their babies.

Besides giving me a sense of calm, knitting also gives some purpose to these quarantine times. Like sourdough bread baking and scrapbooking, old fashioned crafts are making a comeback as we have more time in the house. I will always be grateful for Charlotte Ford, that sixth grade teacher who taught me to knit. Little did she know that I would be putting this skill to work during a pandemic.





# WINTER READING LIST

*The Snow Child* by Eowyn Ivey

*The Children's Blizzard* by David Laskin

*The Last Christmas in Paris: A Novel of WWI*

by Hazel Gaynor & Heather Webb

*Winter Garden* by Kristin Hannah

*The Spy Who Came in From the Cold* by John LeCarre

*Beautiful Ruins* by Jess Walter

*Dear Mrs. Bird* by AJ Pearce

*Mornings with Rosemary* by Libby Page

*Joyful: The Surprising Power of Ordinary Things to*

*Create Extraordinary Happiness* by Ingrid Fetell Lee

*The Secret Lives of Color* by Kassia St. Clair

Children's Books

*The Snowy Day* by Ezra Jack

*The Mittens* by Jan Brett

*Snowflake Bentley* by Jacqueline Briggs Martin

*The Night Before New Year's* by Natasha Wing

"Books are a uniquely  
portable magic."  
– Stephen King



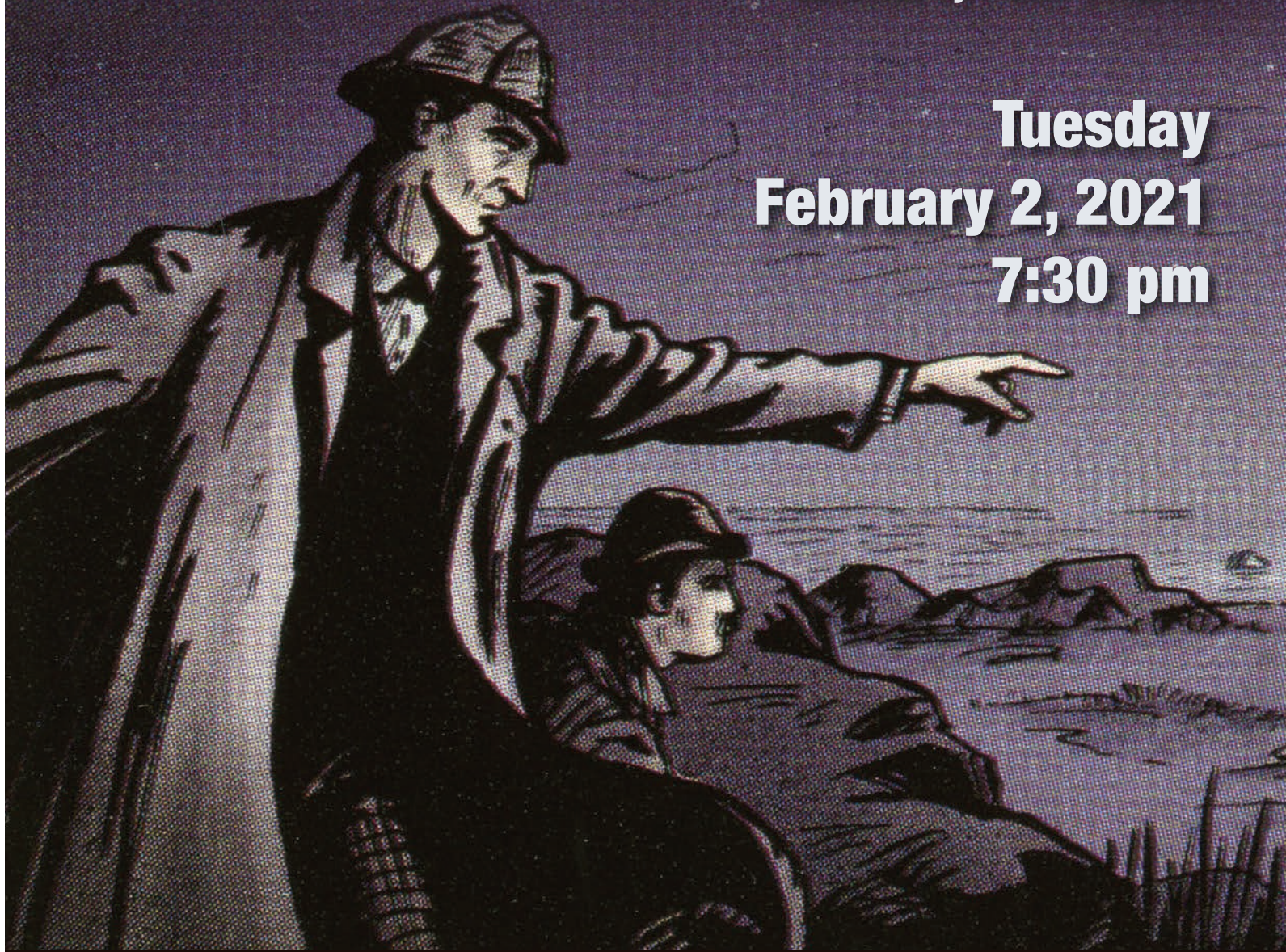
Caltech Playreaders Presents

# HOLMES & WATSON

by **JEFFREY HATCHER**

Directed by Peter D. Jones

**Tuesday**  
**February 2, 2021**  
**7:30 pm**



"Holmes and Watson" is presented by special arrangement with Dramatists Play Service, Inc., New York





CUTENESS  
ALERT

CWC  
PLAYGROUP  
AT HOME  
HALLOWEEN  
PARTY



Jennifer Marqueda at the Rath al Fresco

WELCOME  
TO ALL THE  
ADORABLE,  
NEW LITTLE  
ONES

The CWC is growing by leaps and bounds these days with all the adorable new additions. Many congratulations to all the new mamas and mamas-to-be!

While we usually provide personal meals for CWC members with a new little one, these days

we are using delivery services to help you welcome your new addition. If you are expecting, please let us know so that we can send you a meal and help in any way we can. You can contact Katie Clark at [cwclub@caltech.edu](mailto:cwclub@caltech.edu) for more information. And as always, feel free to send us your cute bump photos and news and pictures to announce when your little one arrives.

**THE CWC PLAYGROUP**

is a group of parents that gathers together regularly. We think it's so important to support each other, especially now during the pandemic when many of us cannot see our families.

Since the Casita, the place where we usually meet for playdates and coffee, is closed due to the pandemic, we are currently doing virtual meetings and holiday partys. We try to support each other by doing curbside swaps of baby clothes, toys, and furniture. We also have a WhatsApp parents group where we share our experiences around parenthood and can ask each other for advice and tips.

If you are a new mom or dad in the Caltech community or currently pregnant and you want to join our group to share things & thoughts and build friendships, you can go sign up for the CWC membership online and then contact Jessica Scheidners at [schneiders.jessica@web.de](mailto:schneiders.jessica@web.de) to get connected with the Playgroup. We'd love to have you join us!



# CWC Member Updates



from Mikel Witte

I am still remembering our CWC Nov. 21, 2019 event " Explaining the Past with New Technology: Epidemics and the Fall of an Empire." Sarah Yeoman's talk on her current research involving ancient Roman medical tech and the impact of epidemics on Roman Society was a prescient, prophetic warning on pandemics, then COVID arrived!

Our altered routine during the last months has been to follow Albert Einstein's inspiring words..." Life is like riding a bike to keep your balance you must keep moving!"



Yes, we ride our bikes daily with safe remote escape to the peace of nature! Our milestone event is the blessed gift of little grand baby Claire in September bringing love and joy to all our family!



## Bylaws Update



The CWC Bylaws Committee presented the CWC board with a revised set of Bylaws this fall. The Bylaws were approved by the Board on October 7th, 2020. The approved Bylaws were then sent to the membership to be voted on. A majority of votes were cast in favor of the proposed CWC Bylaws, and they have now been approved and voted in by the membership. Going forward, this 2020 version of the Bylaws will be implemented for club business. Thank you to the Bylaws committee for their work, and thank you to the membership for voting.

from Elaine Chapin

For many years Mike and I said that we would get married if it made economic sense. This year Mike retired which changed our financial situation. We got married in September, after more than 27 years together. We were married by a friend who is a Superior Court judge in our backyard with only the judge, the judge's boyfriend, and ourselves present. No gifts please!



# The Law of Entail

## A Sonata in a Minor Key

Excerpt of a Short Story  
by Sandya Narayanswami

*"It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of a wife."  
Pride and Prejudice, Jane Austen*

*"To those who think, life is a comedy, to those who feel, a tragedy."  
Horace Walpole*

*"What doth it avail, to be twentieth man in an entail?"  
Brief Lives, John Aubrey*

July 1st, 1821

Ned was lounging on the library sofa reading *Pride and Prejudice*. He thought the novel witty and entertaining, and was enjoying the author's description of Lady Catherine de Burgh. It occurred to him she was rather like some of the starchier old ladies his parents knew. Lady Harrington for one. The characters were well drawn and the themes of the novel were familiar to him. The author, Miss Austen, knew well the circles she was writing about and had created an entertaining picture of the foibles of the society in which she moved. It was an excellent piece of writing and he looked forward to finishing it.

He yawned and stretched. It was a warm, sunny day and he had gone riding out that morning for some fresh air and exercise. The house had looked its best, the trees in full foliage and the gardens and park lush and green. He admired the tall old building with its battlements and air of permanence. It had been in the family for over a century and a half and was the focal point of the area. Beyond the park gates was a small village with its church, and then the main road, which led to the estate and thence to more populous regions. ....

Once out on the road he had acknowledged a couple of neighbors who passed him, busy on their daily round. At the little church, he turned into a lane that took him past fields and copses, into the heart of the estate. It was his favorite ride, generally quiet, and he liked its peace and sense of isolation. The trees grew over the path to form a green tunnel, luminous in the filtered sunlight. The hedgerows were full

of wild roses, and only an occasional bird broke the silence. It was magical, he thought, and he half expected to see an elf or fay to appear before him and warn him off. He laughed at his fancies and went on thinking. His horse knew the way home and he had let him take his own time, the reins loose at his neck.

He had arrived home just a couple of days previously. It had been a long journey. It was good to be back home after finishing college. He had taken his degree, as was expected, but was now at rather a loose end about what he was going to do next. He was highly intelligent and his studies had interested him. His tutors had been pleased with his progress. He had also made friends, though it remained to be seen whether he would stay in touch with them. As for the future, who knew, and as he thought, far horizons of action and adventure opened up to his inward eye.

He yearned for something really challenging and interesting to do. He felt powers stir within him that called for occupation, and he knew he had talents. He knew he could turn his hand to many different activities and he longed to show what he could do. College had been enjoyable, he liked working hard, and it had made him aware of the wider world and its possibilities.

It didn't seem right that he should spend his days simply living quietly on the estate like all his forbears. Yes, there was plenty to do on the estate, and it was both interesting and necessary, but his father and his elder brother took care of most of it, and it was unclear what his role was to be. His father was getting on but was still in firm control of the estate. His mother had died some years ago. He missed her. She had been the one to support him, often warmly and in defiance of his father, a grim man who put money before everything else. He had plenty but always seemed to think it was all going to run out tomorrow. He kept Ned on a tight rein, his allowance barely enough to maintain him in the approved style for his position.

This was in marked contrast to the style his elder brother kept. He kept a string of hunters, rode out to hounds regularly, and enjoyed shooting. Ned suspected he kept a mistress too, somewhere.... He wondered who it might be. Country sports and country occupations and amusements seemed to suit him best. He never looked inside a book and would have laughed to see Ned reading *Pride and*

*Prejudice*. He hated music, and, like Sarah, Duchess of Marlborough, the only songs he enjoyed were ballads like *Bobbing Joan*.... Ned thought he might be tone deaf. A typical country squire in the making, his brother was popular with the local gentry and was very much a chip off the old block.

To continue reading this story, email...

Sandhya Narayanswami at [lorantffy1@yahoo.com](mailto:lorantffy1@yahoo.com)  
for the complete version.





# 12 Days of Festive Drinks



you can make at home

## Viennese Coffee

heat 1/3 c. heavy cream + add 3 oz chocolate until melted + 3 x. brewed coffee + 1/4 c. creme de cacao (if desired) + top with whipped cream

## Mulled Cider

1 bottle of apple juice + 2 cinnamon sticks + 1 sliced orange + 2 peices of dried ginger + heated in a crockpot until warm

## Peppermint Hot Chocolate

HC + vanilla bean + peppermint candy OR one tea bag + whipped cream + mini chocolate chips

## Orange Vitamin Tea

Heat 2 c. water + 2 cinnamon sticks + steep 2 black tea bags + then add 1/2 c. orange juice + squeeze of lemon (optional) + honey to taste

## Frozen Hot Chocolate

1/3 c. sugar + 1/3 c. dry milk + 4 T. cocoa powder + pinch salt + 1 c. milk + 3 c. ice blend until creamy & top with whipped cream

## Peppermint Ginger Chamomile Tea

1 part peppermint leaves (or bag), 1 part chamomile leaves (or bag) + 1 piece dried ginger (or tea bag)

## Affragato

1 scoop of vanilla ice cream + pour 1 shot of espresso or 1 shot of strong coffee over the ice cream + top with shaved chocolate or mini chocolate chips

## Chai Tea

1 slice ginger + 1/2 stick cinnamon + 3 cloves + 3 black peppercorns + crushed & steeped in 1 c. water w/ black tea bags + add 1. c. milk + sweetener to taste

## Mexican Hot Chocolate

HC + brown sugar + cinnamon + vanilla + pinch of cayenne

## White Chocolate Oatmeal Cream

milk + white chocolate + brown sugar + vanilla bean + cinnamon + dash pumpkin pie spice + topped with whipped cream & butterscotch chips

## Hot Tumeric Latte aka Golden Milk

1 c. milk + 1 piece of dried ginger + 1/2 t. tumeric + dash of cinnamon + honey to taste  
also great with coconut milk

## Gingerbread Hot Chocolate

HC + brown sugar + cinnamon + ginger + allspice + vanilla bean

Print this sheet and cut along the dotted lines. If you'd like, you can place the drink tabs in a jar or bowl and draw one randomly each day for 12 days of surprise drinks to liven up your morning.





PRETTY MUCH  
OVER ALL OF THIS.



HOPE YOU'RE HANGING IN THERE



## Social Media

Remember to follow the CWC on Facebook for updates and to chat with other members.

We have a public page at <https://www.facebook.com/CWCCaltech/>

We also have a private group. Search for CWC Women's Club, and request to join.

We'd love to see you on there!

We'd love to publish the stories and creations of our CWC members. If you have a story, poem, art piece, or anything else you'd like to share, please reach out to us at [cwclub@caltech.edu](mailto:cwclub@caltech.edu).



# Introducing

## Inside the Community: Untold Stories About Women and Men of Caltech

by Laura Marcus

*Long-time members of the CWC may remember the Bulletin articles written by CWC member, Laura Marcus. Recently Laura's Bulletin pieces as well as articles that she published in Caltech publications have been collected to share insights about life at Caltech.*

*We are sharing Laura's book because we wanted to celebrate it's arrival and reflect on some of the ways that the CWC and its members have impacted life at Caltech over the years.*

*Members of the CWC will certainly enjoy diving into Laura's new book as a way to reminisce about earlier days at Caltech, and newer members will have the opportunity to see the history of the club and the Institute in a new light with this publication. Many thanks to Laura's son, Kenneth, for sharing her book with us. The book is available at the Caltech bookstore and online.*



Laura Marcus, wife of Caltech professor of theoretical chemistry and Nobel laureate Rudy Marcus, published a series of 25 articles between 1987 and 1999, which appeared in three Caltech publications: Caltech Women's Club Bulletin, Caltech News, and On Campus. Compiled in one volume entitled *Inside the Community: Untold Stories of Women and Men of Caltech*, edited by Rudy Marcus and their son Kenneth Marcus, the book also includes 8 unpublished articles. The subjects are mainly wives of faculty members and Caltech presidents, as well as an article on Professor Olga Taussky-Todd, the first female professor in Caltech history. Each article was based on oral history interviews Laura conducted, and she also drew on her own background research. With a foreword by Harry Gray and David Tirrell, this collection of articles shows how the women and men of Caltech formed over time an extraordinary research community of science and engineering, whose members shared common interests and delightful social bonds.



**Inside the Community: Untold Stories  
About Women and Men of Caltech**

**Laura Marcus**

**Edited by Kenneth Marcus and Rudolph Marcus**



Laura Marcus (1922-2003) arrived at Caltech in the summer of 1978 with her husband Rudy, a future Nobel Laureate in Chemistry, together with their three sons. With a deepening interest in Caltech's social environment, Laura began interviewing a number of faculty and their partners. Over a period of 12 years, she published a series of articles which provide insight into the Caltech community that are brought together here in this collected edition for the first time.

'Laura made an enormous impact in multiple ways after she and Rudy settled in Pasadena. She was a very active member of the Caltech Women's Club, where her Southern charm was in evidence at every meeting. She quickly made good friends, many of whom she interviewed and then put pen to paper to make sure there were written records of their personalities, talents and contributions to the Institute.'

Harry Gray (Arnold O. Beckman Professor Chemistry, Caltech) and David Tirrell (Ross McCollum-William H. Corcoran Professor and Provost of Caltech)



# Wintery Words

crisp

rest

ice skates

baking

memories

friends

icicle

cap

cozy

hibernate

frosty

sledding

blustery

lights

chilly

snow

scarf

traditions

packages

love

egg nog

holiday

family

comfort

chocolate

evergreen

shopping

friends

**These are some of  
our favorite  
wintery words.**

Which words would you  
add to the list?

quiet

quilt

wool

games

If you're feeling creative, you can use these words to write down winter memories, to ponder over a cup of tea, to write a short story, or as inspiration for a new project. And if you'd like, we'd love if you would share it with us on the CWC Facebook page or in the next Bulletin.



# Mother Frost

by the Brothers Grimm

*Once upon a time*

there was a widow who had two daughters; one of them was beautiful and industrious, the other ugly and lazy. The mother, however, loved the ugly and lazy one best, because she was her own daughter, and so the other, who was only her stepdaughter, was made to do all the work of the house, and was quite the Cinderella of the family. Her stepmother sent her out every day to sit by the well in the high road, there to spin until she made her fingers bleed. Now it chanced one day that some blood fell on to the spindle, and as the girl stopped over the well to wash it off, the spindle suddenly sprang out of her hand and fell into the well. She ran home crying to tell of her misfortune, but her stepmother spoke harshly to her, and after giving her a violent scolding, said unkindly, 'As you have let the spindle fall into the well you may go yourself and fetch it out.'

The girl went back to the well not knowing what to do, and at last in her distress she jumped into the water after the spindle.

She remembered nothing more until she awoke and found herself in a beautiful meadow, full of sunshine, and with countless flowers blooming in every direction.

She walked over the meadow, and presently she came upon a baker's oven full of bread, and the loaves cried out to her, 'Take us out, take us out, or alas! we shall be burnt to a cinder; we were baked through long ago.' So she took the bread-shovel and drew them all out.

She went on a little farther, till she came to a tree full of apples. 'Shake me, shake me, I pray,' cried the tree; 'my



apples, one and all, are ripe.' So she shook the tree, and the apples came falling down upon her like rain; but she continued shaking until there was not a single apple left upon it. Then she carefully gathered the apples together in a heap and walked on again.

The next thing she came to was a little house, and there she saw an old woman looking out, with such large teeth, that she was terrified, and turned to run away. But the old woman called after her, 'What are you afraid of, dear child? Stay with me; if you will do the work of my house properly for me, I will make you very happy. You must be very careful, however, to make my bed in the right way, for I wish you always to shake it thoroughly, so that the feathers fly about; then they say, down there in the world, that it is snowing; for I am Mother Frost.'

The old woman spoke so kindly, that the girl summoned up courage and agreed to enter into her service.

She took care to do everything according to the old woman's bidding and every time she made the bed she shook it with all her might, so that the feathers flew about like so many snowflakes. The old woman was as good as her word: she never spoke angrily to her, and gave her roast and boiled meats every day.

So she stayed on with Mother Frost for some time, and then she began to grow unhappy. She could not at first



tell why she felt sad, but she became conscious at last of great longing to go home; then she knew she was homesick, although she was a thousand times better off with Mother Frost than with her mother and sister. After waiting awhile, she went to Mother Frost and said, 'I am so homesick, that I cannot stay with you any longer, for although I am so happy here, I must return to my own people.'

Then Mother Frost said, 'I am pleased that you should want to go back to your own people, and as you have served me so well and faithfully, I will take you home myself.'

Thereupon she led the girl by the hand up to a broad gateway. The gate was opened, and as the girl passed through, a shower of gold fell upon her, and the gold clung to her, so that she was covered with it from head to foot.

'That is a reward for your industry,' said Mother Frost, and as she spoke she handed her the spindle which she had dropped into the well.

The gate was then closed, and the girl found herself back in the old world close to her mother's house. As she entered the courtyard, the cock who was perched on the well, called out:

'Cock-a-doodle-doo!

Your golden daughter's come back to you.'

Then she went in to her mother and sister, and as she was so richly covered with gold, they gave her a warm welcome. She related to them all that had happened, and when the mother heard how she had come by her great riches, she thought she should like her ugly, lazy daughter to go and try her fortune. So she made the sister go and sit by the well and spin, and the girl pricked her finger and thrust her hand into a thorn-bush, so that she might drop some blood on to the spindle; then she threw it into the well, and jumped in herself.

Like her sister she awoke in the beautiful meadow, and walked over it till she came to the oven. 'Take us out, take us out, or alas! we shall be burnt to a cinder; we were baked through long ago,' cried the loaves as before. But the lazy girl answered, 'Do you think I am going to dirty my hands for you?' and walked on.

Presently she came to the apple-tree. 'Shake me, shake me, I pray; my apples, one and all, are ripe,' it cried. But

she only answered, 'A nice thing to ask me to do, one of the apples might fall on my head,' and passed on.

At last she came to Mother Frost's house, and as she had heard all about the large teeth from her sister, she was not afraid of them, and engaged herself without delay to the old woman.

The first day she was very obedient and industrious, and exerted herself to please Mother Frost, for she thought of the gold she should get in return. The next day, however, she began to dawdle over her work, and the third day she was more idle still; then she began to lie in bed in the mornings and refused to get up. Worse still, she neglected to make the old woman's bed properly, and forgot to shake it so that the feathers might fly about. So Mother Frost very soon got tired of her, and told her she might go. The lazy girl was delighted at this, and thought to herself, 'The gold will soon be mine.' Mother Frost led her, as she had led her sister, to the broad gateway; but as she was passing through, instead of the shower of gold, a great bucketful of pitch came pouring over her.

'That is in return for your services,' said the old woman, and she shut the gate.

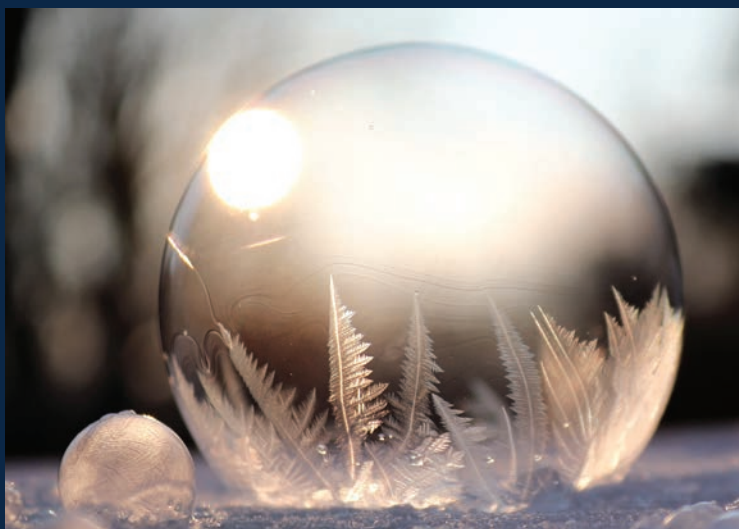
So the lazy girl had to go home covered with pitch, and the cock on the well called out as she saw her:

'Cock-a-doodle-doo!

Your dirty daughter's come back to you.'

But, try what she would, she could not get the pitch off and it stuck to her as long as she lived.

*from gutenburg.org*





A close-up photograph of a squirrel with reddish-brown fur and a large, bushy tail. The squirrel is perched on a dark, textured tree branch and is focused on eating a nut. Its paws are visible, holding the nut. The background is a soft-focus forest scene with green foliage and brown branches.

# Fable

Ralph Waldo Emerson

The mountain and the squirrel  
Had a quarrel;  
And the former called the latter 'Little Prig.'  
Bun replied,  
'You are doubtless very big;  
But all sorts of things and weather  
Must be taken in together,  
To make up a year  
And a sphere.  
And I think it no disgrace  
To occupy my place.  
If I'm not so large as you,  
You are not so small as I,  
And not half so spry.  
I'll not deny you make  
A very pretty squirrel track;  
Talents differ; all is well and wisely put;  
If I cannot carry forests on my back,  
Neither can you crack a nut.'



# VIRTUAL 2020-2021 ACTIVITY GUIDE



If you have an idea for a new activity group, contact the CWC Activities Chair, Alice Stone at [cwclub@caltech.edu](mailto:cwclub@caltech.edu).

## Book Lover's Soiree

Second Monday of the month at 7:30 pm.

For more information contact Sonya Wierman: [sonya.weirman@gmail.com](mailto:sonya.weirman@gmail.com).

Dec. 14 - *The New Jim Crow* by Michelle Alexander

Jan. 11 - *The Book Woman of Troublesome Creek* by Kim Michele Richardson



## Morning Book Discussion Group

Second Monday of each month at 8:00 am.

For more information contact Beverly Jones at [cbjones626@earthlink.net](mailto:cbjones626@earthlink.net).

Dec. 14 - *The Leopard* by Giuseppe Tomasi di Lampedusa

Jan. 11 - *The Dutch House* by Ann Patchett

Feb. 8 - *They Left Us Everything* by Plum Johnson

Mar. 8 - *The Year Without Summers* by Guinevere Glasford



## Playreaders

Meeting virtually starting this fall

For more information contact [playreaders@gmail.com](mailto:playreaders@gmail.com).

Tuesday, February 2, 2021: *Holmes and Watson* by Jeffrey Hatcher

Tuesday, March 16, 2021: *Women Playing Hamlet* by William Missouri Downs



## Virtual Wine & Cheese

Thursdays 5:00 pm. - 6:00 pm.

To get the Zoom login details contact

Vilia Zmuidzinas: [viliazm@gmail.com](mailto:viliazm@gmail.com).



## Caltech Women's Investment Club

Meets monthly on second Wednesdays at 7 PM.

For further information please contact

Shelley Erwin at [charlotte.erwin@gmail.com](mailto:charlotte.erwin@gmail.com).



## Playgroup

This group of parents with young children gets together for playdates, fieldtrips, and support.

For more information contact

Jessica Schneiders: [schneiders.jessica@web.de](mailto:schneiders.jessica@web.de).

“Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life.”

— Amy Poehler



A winter landscape with snow-covered evergreen trees and a wooden cabin by a lake. The scene is serene and quiet, with the snow reflecting the light. The cabin is partially obscured by the trees and the water's reflection.

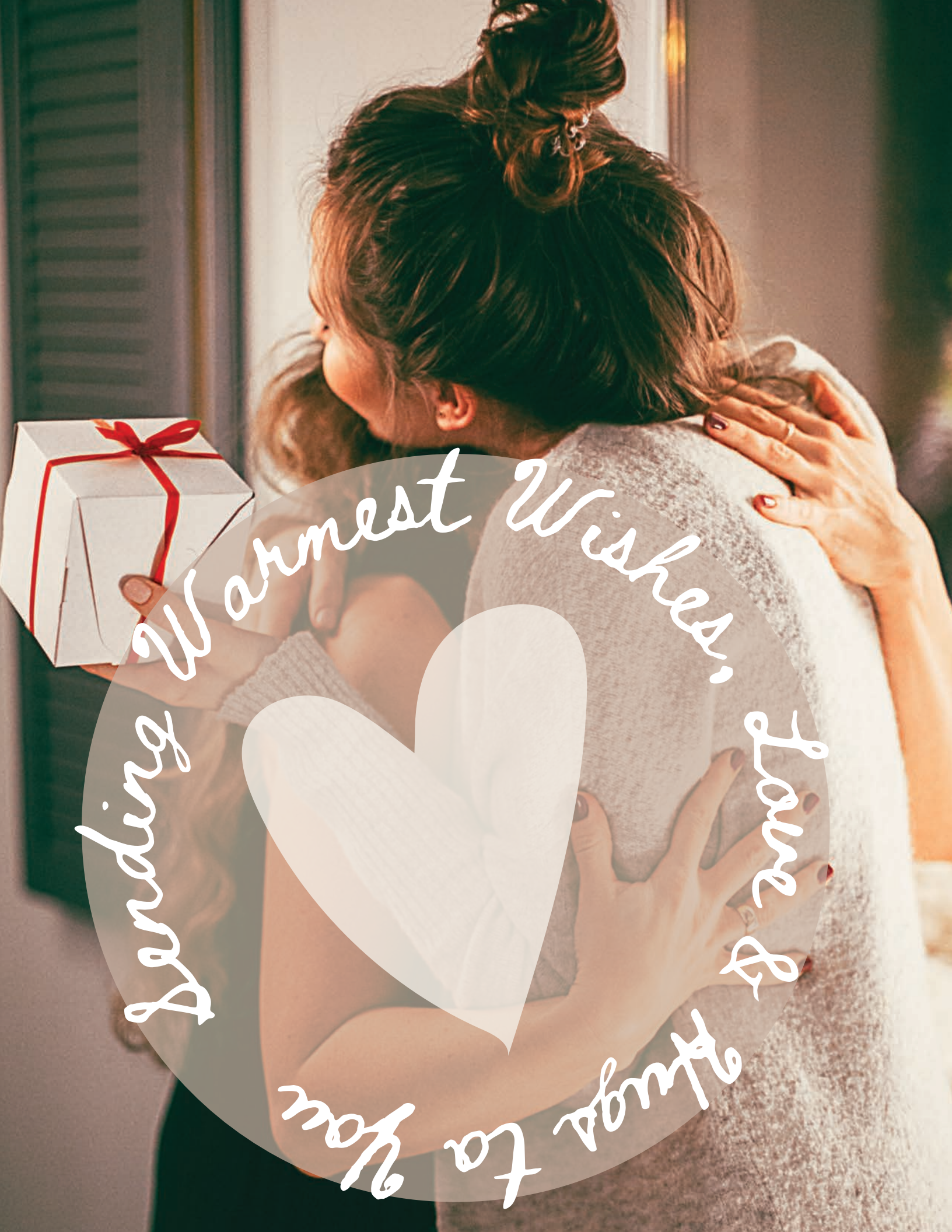
# After the Winter

by Claude McKay

Some day, when trees have shed their leaves  
And against the morning's white  
The shivering birds beneath the eaves  
Have sheltered for the night,  
We'll turn our faces southward, love,  
Toward the summer isle  
Where bamboos spire the shafted grove  
And wide-mouthed orchids smile.

And we will seek the quiet hill  
Where towers the cotton tree,  
And leaps the laughing crystal rill,  
And works the droning bee.  
And we will build a cottage there  
Beside an open glade,  
With black-ribbed blue-bells blowing near,  
And ferns that never fade.





Sending Warmest Wishes,  
Love & Hugs to you



California Institute of Technology  
Caltech Women's Club  
Mail Code 104B-6  
Pasadena, CA 91125

# Directory

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[www.cwclub.caltech.edu](http://www.cwclub.caltech.edu)

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Current Open Chairs  
Membership  
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Services

If you are interested in serving on a committee, please reach out to the committee chair or Katie Clark at [cwclub@caltech.edu](mailto:cwclub@caltech.edu)



**CALTECH WOMEN'S CLUB**  
FOUNDED 1916