

# THE BULLETIN



SPRING 2021

a publication of the Caltech Women's Club

ALL ABOUT CHOCOLATE

INSPIRING VIRTUAL EXPERIENCES

CELEBRATING WOMEN

FLOWER BOOKMARK INCLUDED

FLOWER ARRANGING WORKSHOP

AROUND CALTECH

CRYPTOGRAMS



## PRESIDENT'S MESSAGE

# hello

I definitely hope that 2021 is a year unlike 2020. It is strange to think how much our world changed twelve months ago, but also fascinating to see how we've adapted. For the CWC, our Program Committee has kept us entertained with evening events, including the wreath-making workshop, where we had the pleasure of watching Donna Burdick offering a memorable decorating tip "more is more." Recently, Tom Mannion also talked us through a fantastic tasting of varied artisanal chocolates, and we had our own delicious samples to taste at home too. Our CWC activities are also continuing as we find community by joining in from our own homes over Zoom.



In my family, we realized that my father, who has been living on his own this whole time, could do with a little culinary variety. So, my siblings and I found the two delivery services (UberEats and the whimsically named Deliveroo) that provide food from a few restaurants near his home. Since I cannot be there in person, the least I can do is arrange a hot meal delivered in Hertfordshire. I'm careful not to use UberEats any other time since they associate my account with restaurants in England and think I always want to eat dinner in the morning!

Last year I celebrated the Year of the Rat by participating in the LA Firecracker 10K. The course is an uphill slog that provides amazing views from Elysian Park then descends around the outskirts of Dodger Stadium and ends back in Chinatown. The race always kicks off with a bang as hundreds of firecrackers sound off and features cheerful drummers encouraging the runners and walkers. Last year's post-race celebration included a delicious dim sum meal; at the time I did not realize it would be one of my last outings to a restaurant. Every year the Firecracker organizers come up with a great T-shirt design featuring a different animal from the Chinese zodiac. In order to maintain our collection, my running group ran to celebrate the Year of the Ox this year. We each participated in a remote Firecracker Run, finishing a 10K course of our own choosing. I'm grateful that we are still able to encourage one another to keep on running. While I don't miss running the steep hills above Chinatown, I am looking forward to adding another T-shirt to my running collection, hopefully in person, at next year's event to celebrate the Year of the Tiger.

We all have our lists of annual events, family gatherings, and community activities that have been different this year. We are also more likely to have a family member, friend, or colleague who has had a case of Covid-19. I'm grateful that our case numbers have declined, and I'm hoping that more and more of our members have the chance to get vaccinated soon, which allows us to start thinking about what comes next.

Missing you all,

*Katie Clark*

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

Sometimes things are more than the sum of their parts, and spring seems like a good time to reflect on this. Rain drops join together to water the ground, flowers uncurl, and trees are weighed down with beautiful blooms.

During March we celebrate women throughout history who fought for our rights to vote and hold office, to work in any job we want, to dream any dream we can dream, and to do the same for our children. In reminiscing, we are again reminded that we as women are stronger and more powerful when we stand together to move forward into the future.

And then this year, there are the memories of when we moved around easily, when a plane trip required little thought, and when visits with friends and family were seemingly commonplace. Here we are, one year into being at home, longer than even the most introverted among us could have dreamed of, and we are still us. We are more than our trips or meetings or the things we used to do. But we also have a keener sense of the way that experiences and interactions have shaped us over the years. In that reflection, we can see that we are more than the different parts of our lives and at the same time, a rich collection of everything we have ever been.



We've tried to touch on these ideas in this issue. There is a collage of women, some famous and some not famous at all, whose life experiences have led us to this moment of celebrating Women's History Month. Recipes are a reminder of how foods come together as much more than the sum of their parts to delight us. Check out the migas recipe which is sure to spice up your weekend breakfasts at home. We have included a tribute to travel with books and a collection of virtual experiences to indulge in a little exploration, and we are especially excited to feature some of the amazing women at Caltech and in the CWC community.

We hope you enjoy this issue, and as always, we'd love to include your stories and experiences in the issues going forward.

Happy Spring!

*Brooke and Maria*





# Celebrating







# WOMEN

Happy Women's History Month





# THE FIRSTS

A list of some of the firsts by women throughout history. While this is not at all an exhaustive list, it is a starting point. So many of these are fascinating stories. If you have a moment, pick a few names to research and learn more about these incredible women forging the way for women.

- 1648 Margaret Brent—Demand a Vote in the American Colonies
- 1793 Hannah Slater (as Mrs. Samuel Slater)—Receive a U.S. patent (for cotton thread)
- 1799 Jeanne-Genevieve Labrosse—Parachute jump
- 1849 Elizabeth Blackwell— Become a doctor in the U.S.
- 1855 Emeline Roberts Jones—Practice as a dentist in the U.S.
- 1886 Winifred Edgerton Merrill—Earn a PhD in mathematics in the U.S.
- 1888 Marie Owens—Police Officer
- 1903 Marie Curie—Win a Nobel Prize
- 1905 Baroness Bertha Sophie Felicita von Suttner—Win the Nobel Prize in Peace
- 1909 Raymonde de Laroche of France—Pilot a solo flight in an airplane
- 1910 Bessie Raiche—Fly a solo airplane flight in the U.S.
- 1910 Sarah Breedlove—Self-made millionaire in the U.S.
- 1918 Opha May Johnson—Marine
- 1924 Alaska P. Davidson—FBI Special Agent
- 1925 Nellie Tayloe Ross—Governor in the U.S.
- 1926 Gertrude Ederle—Swim the English Channel
- 1927 Anna Pell-Wheeler—Present a lecture at the American Mathematical Society Colloquium
- 1928 Amelia Earhart—Cross the Atlantic in an airplane
- 1930 Elinor Smith and Evelyn Trout—Refuel a plane in flight
- 1931 Anne Morrow Lindbergh—Earn a glider pilot's license
- 1932 Amelia Earhart—Solo flight across the Atlantic
- 1933 Frances Perkins—Member of a Presidential cabinet
- 1934 Lettie Pate Whitehead—Serve on board of directors of a major corporation
- 1936 Wallis Simpson—Time's first female Person of the Year
- 1937 Aloha Wanderwell—Complete a drive around the world
- 1937 Grace Leach Hudowalski—Climb the Adirondack High Peaks
- 1938 Pearl Buck—Win the Nobel Prize in Literature
- 1939 Kitty O'Brien Joyner—NASA's first woman engineer
- 1942 Lt. Annie Fox—Awarded Purple Heart medal
- 1946 Katharine Graham—Publisher of a major U.S. newspaper, *The Washington Post*
- 1947 Gerty Theresa Cori—Win a Nobel Prize in medicine
- 1949 Jenny Lou Carson—Write a No. 1 country music hit
- 1949 Sara Christian—Race in NASCAR.
- 1953 Jackie Cochran—Break the sound barrier
- 1959 Arlene Peiper—Finish a Marathon
- 1960 Wilma Rudolph—Win three gold medals
- 1962 Jacqueline Cochran—Fly a jet across the Atlantic Ocean
- 1963 Valentina Tereshkova—Fly in space
- 1963 Betty Miller—Fly solo across the Pacific Ocean
- 1964 Geraldine Mock—Fly around the world
- 1967 Katherine Switzer—Run the Boston Marathon
- 1968 Diane Crump—Kentucky Derby Jockey
- 1972 Katharine Graham—Fortune 500 CEO
- 1973 Bonnie Tiburzi—Pilot for a major American commercial airline and Earn a Flight Engineer rating on a turbo-jet aircraft

I don't have a feeling of inferiority. Never had.  
I'm as good as anybody, but no better. - Katherine Johnson

I hate to hear you talk about all women as if they were fine ladies instead of rational creatures.  
None of us want to be in calm waters all our lives. - Jane Austen

- 1975 Junko Tabei—Reach the summit of Mount Everest
- 1975 Julia Robinson—Mathematician elected to the National Academy of Sciences
- 1976 First class of women enters West Point
- 1976 Emily Howell Warner—Work as an airline captain in the U.S.
- 1976 Janet Guthrie—Drive in the Indy 500
- 1977 Janet Guthrie—Drive in the Daytona 500
- 1978 Krystyna Chojnowska-Liskiewicz—Sail around the world solo
- 1979 Susan B. Anthony—On an American coin
- 1981 Sandra Day O'Connor—Appointed to the Supreme Court
- 1983 Sally Ride—American woman in space
- 1983 Barbara McClintock—Win an unshared Nobel Prize in Physiology or Medicine
- 1984 Geraldine F—Selected VP candidate for a major political party
- 1985 Libby Riddles—Iditarod winner
- 1985 Wilma Mankiller —Principal Chief of the Cherokee Nation
- 1986 Oprah—Own and produce her own talk show
- 1987 Aretha Franklin—Inducted into the Rock & Roll Hall of Fame
- 1989 Francis Allen—Receives IBM fellowship
- 1991 Patty Wagstaff—Earn the title of U.S. National Aerobatic Champion
- 1992 Mona Van Duyn—Poet Laureate of the United States
- 1993 Jeannie Flynn—Fighter pilot in the U.S. Air Force
- 1997 Madeleine Albright—Secretary of State
- 2007 Nancy Pelosi—Speaker of the House
- 2007 Frances Allen—Win the Turing Award
- 2008 Danica Patrick—Win Indy Car Series race
- 2008 Sarah Thomas—Officiate an NCAA football bowl game
- 2009 Nancy Lieberman—NBA coach
- 2010 Kathryn Bigelow—Best Director Oscar Winner
- 2013 Sarah Outen—First person to row solo from Japan to Alaska
- 2013 Diana Nyad—First person confirmed to swim Cuba to Florida with no shark cage
- 2015 Agnès Varda—Receive an honorary Palme d'or
- 2016 Hillary Clinton—Presidential candidate of a major U.S. political party
- 2020 Kamala Harris—Vice President of the U.S.

W O M A N

# All About Chocolate

from the CWC Evening of Chocolate Event  
with Tom Mannion

- Mayan people were probably the first to cultivate the cacao plant
- Joseph Frye made the first bar in 1847
- Chocolate was included in soldiers' rations in the Revolutionary War
- Nearly all cacao trees grow within 20 degrees of the equator, and 75 percent of them grow within 8 degrees on either side of it.
- A cacao tree can live over 200 years, but they only produce quality cocoa beans for about 25 years.
- Chocolate is noted to be anti-inflammatory, neuroprotective, & cardioprotective.
- Chocolate improves the bioavailability of nitric oxide, which improves blood pressure, platelet function, & blood fluidity.
- Phenylethylamine (PEA) is found in cacao and is a chemical that our bodies also make naturally. We produce PEA, an adrenal-related chemical, when we are excited. It causes our pulse to quicken, and we feel more focused and alert.
- Theobromine makes up 1-2 percent of the cacao bean and is a nervous system stimulant that dilates the blood vessels, much like caffeine. This ingredient is what makes cacao and chocolate unsafe for dogs.



If you'd like to order the amazing chocolate Tom featured at the event, you can check out Artisan Du Chocolat at [www.artisanduchocolat.com](http://www.artisanduchocolat.com).



# Cryptograms

1

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
																	R									

V Y F Y Z K Q Y F L C K U T D X Y O V E  
 L U E E V H C K D X K Z J V N C E T N U F O X K  
 R R R  
 S K N P H K J V Z Z V Z J U T O X K V N C V S K E  
 R R R R R  
 Y N K C U S K B Y Z B Z W N O W N K B H P  
 L K U L C K Y N U W Z B O X K F V D Y E  
 R R R R R R R R R  
 E W N N U W Z B K B H P K Q O N Y U N B V Z Y N P  
 D U F K Z V Z F P C V T K D X U O Y W J X O F K  
 Y H U W O A W V K O E O N K Z J O X Y Z B  
 B V J Z V O P F V R X K C C K U H Y F Y

HINT:

Voices

2

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	

L N E L V Z C R U M F B L G Z I B O V B L  
 G E I V J B C O Y C O V B O J E O O J B V Z  
 K L O J B C O E F B L G Z G E I Y Z  
 J Z E N T K Z G E I I B O V C G G Z Z T  
 K J Z I J E P A B A C V E N Z J Z P T Y E G O  
 U E P E P E M B C V E A Q E L

to

3

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	

Q I T E I Y F I Q H K Y F I T S Z A I A S E I V Y  
 R Z Y Z R I E Z A D K T N K A K Z R I I X Q

Celebrate

4

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
			U																							

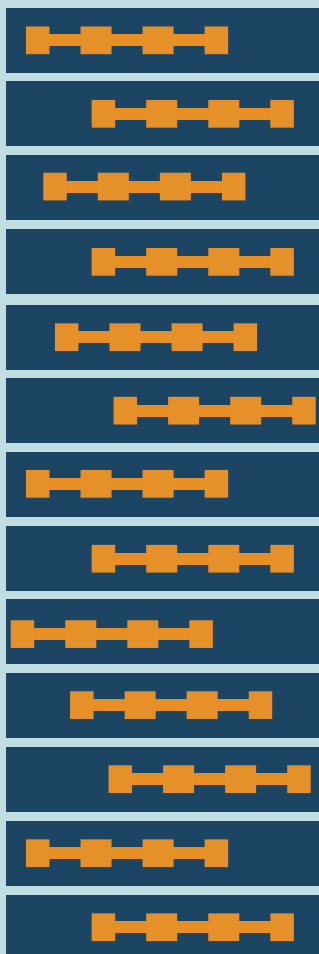
L N E L V Z C R U M F B L G Z I B O V B L  
 G E I V J B C O Y C O V B O J E O O J B V Z  
 K L O J B C O E F B L G Z G E I Y Z  
 J Z E N T K Z G E I I B O V C G G Z Z T  
 K J Z I J E P A B A C V E N Z J Z P T Y E G O  
 U E P E P E M B C V E A Q E L

Answers can  
be found on  
page 15

# Research corner

featuring  
Heather Lukas  
and  
Mackenzie Strehle

Research Corner is a new feature in the Bulletin dedicated to learning more about what researchers are doing at Caltech. If you'd like to share about your research or know someone who would, please let us know.



This year at home has made it possible for more grad students and postdocs to be involved with the CWC. Since we can't have in-person meet and greets like we used to, we thought it might be fun to get to know some of the graduate students. This month we are featuring two graduate students who have joined us for some of our online events.

## Heather Lukas

### Could you tell us a little bit about your research?

I am a PhD student in the Gao Group. My research focuses on small biomolecule sensing techniques towards continuous wearable health monitoring and point-of-care diagnostics. This past year, I worked on a low-cost electrochemical platform that could simultaneously quantify SARS-CoV-2-specific antigens, antibodies, and symptomatic inflammatory markers in a saliva sample.

### Where are you from?

I am from Northern Virginia and attended undergrad at Cornell University in Ithaca, NY.

### Favorite place in LA?

My favorite place in LA is the Barnsdall Art Park. It is a perfect picnic spot with panoramic views of downtown, Griffith Observatory, and the Hollywood sign.

### Something about yourself/hobbies/side projects?

I like to destress from research by taking classes at the Bar Method Pasadena and going on hikes in the LA area. I also love animals and do pet-sitting through Rover.

### Best meal you've ever had?

I did a solo backpacking trip in Europe prior to starting my PhD and my dinners in the South of France were the best meals I've ever had.



### Something you're really proud of?

I have been passionate about how individuals engage with their health since high school. So I'm really proud of my journey into this area of research and sticking with it even when it has been difficult.

## Mackenzie Strehle

### Could you tell us a little bit about your research?

I'm a biology PhD student. I study the molecular mechanisms underlying X chromosome inactivation - the process in which a single X chromosome is silenced in all female mammals (including humans!) during early embryonic development. X chromosome inactivation is responsible for giving calico cats their unique color patterning.

### Where are you from?

I'm originally from Mound, MN, and I got my BS from the University of Nebraska before coming to Caltech.

### Favorite place in LA?

I love hiking, so my favorite place in LA would probably be somewhere in the San Gabriels or other hiking trails. I also love the view from Griffith on a clear day.

### Something about yourself/hobbies/side projects?

Over the past few years, I've gotten really interested in finance and investing, and I love using my knowledge of biology to help me make decisions about investing in biotech and pharmaceutical companies.

### Best meal you've ever had?

I've had a lot of "best meals ever" since coming to LA, (the food scene here is incredible!) but one recent experience that stands out was eating a Lebanese meal at Zaytoon in Santa Barbara.

### Something you're really proud of?

Since moving to LA, I've run two half marathons. I'm hoping to run a full marathon once races are safe again!



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# Oh the Places We Will All Go



It's a been a long year of very little travel, but we can still dream. Grab a mug of your favorite drink, a journal, and jot down your memories of favorite trips, what you loved, how traveling made you feel, and the top places you want to explore when we all hit the road again.



# Books About Travel

*From Scratch: A Memoir of Love, Sicily, and Finding Home* by Tembi Locke

*All the Way to the Tigers: A Memoir* by Mary Morris

*West with the Night* by Beryl Markham

*Overground Railroad: The Green Book and the Roots of Black Travel in America* by Candace Taylor

*Eurydice Street: A Place in Athens* by Sofka Zinovieff

*Wandering in Strange Lands: A Daughter of the Great Migration Reclaims Her Roots* by Morgan Jerkins

*Around the World in 80 Trains: A 45,000 Mile Adventure* by Monica Rejesh

*The Valleys of the Assassins: and Other Persian Travels* by Freya Stark

*Wild Horses of the Summer Sun* by Tory Bilski

*Slouching Towards Bethlehem* by Joan Didion

*A Month in Siena* by Hisham Matar

*Calypso* by David Sedaris

*My Brilliant Friend* by Elena Ferrante

*Vacationland* by John Hodgman

# Inspiring Virtual Experiences

Louvre Online Tours

Great Wall of China Virtual Tour

Georgia Aquarium Webcams

Monterey Bay Aquarium Live Cams

National Park Virtual Tours

Smithsonian Museum of Natural History

British Museum

National Women's History Museum Online Exhibits

National Museum of the US Air Force Virtual Tour

The National Historic Museum of Chile Virtual Tour

First-Ever 3D VR Filmed in Space YouTube

South Africa - Safari in Kruger National Park in 360 VR YouTube

A Virtual Tour through the Tutankhamun Collection

The National Trust UK Virtual Tours

National Marine Sanctuaries Virtual Dives

Grand Tour of Switzerland

Virtual Angkor

Discover Petra

Shakespeare's Globe Theater

Online Performances and Storytelling Workshops

Recorded Operas at OperaVision

[artsandculture.google.com](https://artsandculture.google.com)

So long as the memory of  
certain beloved friends  
lives in my heart, I shall  
say that life is good.  
-Helen Keller



# THE LONGEST CAREER CHANGE

that paid off



By Laura Ruaro

I wanted to share with the CWC community my journey of changing careers, made complicated by motherhood and continent hopping to support my husband's career in astronomy. My husband currently works as an Associate Project Manager with the Thirty Meter Telescope, an international project partly funded by Caltech.

I am originally from a small town in Northern Italy (Schio), but as soon as I set foot in London (UK), I decided at age 24 that this was going to be my home. I lived there for 14 (wonderful) years. After working for a few years in translation and then marketing, I started reading avidly about psychology and finally decided to retrain as a psychologist.

I initially had to take two years of college courses to get a BSc in Psychology to qualify to apply for a doctorate. In the meantime, I was able to move from a marketing job in finance to a research job in a National Health Service clinic treating people suffering from Post Traumatic Stress Disorder. I was accepted into a doctoral program at London Metropolitan University the year my daughter was born, which was 15 years ago!

Little did I know there would be so many twists and turns to finish this program. Having a baby and experiencing firsthand what a difficult transition it was and how little support was provided to mothers motivated me to find an internship in a Perinatal Mental Health Team. These teams were starting to be created in the UK after mounting evidence of the mental health challenges of motherhood and the impact of maternal depression on babies

and children long term. I also decided to write my dissertation on the experiences of therapy of mothers with postpartum depression, wanting to hear firsthand what mothers needed from a therapist and how therapy could be best adapted to mothers with babies. My career path was set at the time: graduating and working in a Perinatal Mental Health Team as a psychologist. Two years into my doctorate, my husband was offered an extraordinary opportunity to work as a System Engineer for the ALMA project in Santiago (Chile). The future psychologist in me did not want to move, but the adventurous part of me was excited. My husband moved to Santiago, and I stayed behind with my daughter for six months to finish the practice hours. In Santiago I wrote up my dissertation, had my son (now we have three nationalities in a family of four!), and had the privilege to explore some of the most beautiful parts of the world I have ever seen – the Atacama Desert and Chilean Patagonia. I did not work in Chile, but I managed to finish my dissertation and complete my doctorate, not an easy feat with a baby and a four/five-year-old navigating a new school.

My husband was headhunted to come and work for the Thirty Meter Telescope two years into our time in Chile. I sent the transcript from my doctorate to be evaluated,

“Last March COVID became a reality and forced me to start working online. This initially took the fun and the interest out of my work. I felt exhausted and helpless at the end of each working day. However, after a couple of months, I started to get used to meeting people over zoom. COVID made me realize I could not go back to commuting, so I decided to leave the group practice and work for myself.”





and luckily it was recognised to be equivalent to a US doctorate in psychology. Based on this, we decided to move to Pasadena. To my dismay, however, once I tried to get my hours of experience accumulated in the UK recognized by the California Board of Psychology, they denied my request and asked me to redo all 3,000 hours of pre-and-postdoctoral hours under the supervision of a California-based qualified psychologist. I felt totally lost and disheartened at this point, but giving up was not an option. I started talking to psychologists here in Los Angeles and finally landed a postdoctoral fellowship at the Wright Institute of Los Angeles, a low-fee clinic that trains clinicians in psychoanalytic psychotherapy. This was an incredibly rich experience that defined who I am as a therapist and allowed me to meet other like-minded psychologists.

After two years commuting to West Los Angeles, however, I needed something more local and worked one year at a primary care clinic in Glendale. After three years, I had finally accumu-



lated the 3000 hours needed for licensure, but now I had to take two big exams. Even though I thought of giving up again, I did not and passed both exams on the first try. Needless to say, I felt incredibly happy and proud once I finally got licensed as a psychologist in March 2018. I found a job straightaway in a group practice in downtown Los Angeles, and I was finally living my dream and doing a job I loved. Looking back, the long and twisted road was totally worth it.

However, last March COVID became a reality and forced me to start working online. This initially took the fun and interest out of my work. Although I felt exhausted and helpless at the end of each working day, after a couple of months, I started to get used to meeting people over Zoom. COVID made me realize I could not go back to commuting, so I decided to leave the group practice and work for myself. I am now establishing my own practice in Pasadena, and I hope to focus on working with and for mothers as I originally intended to at the beginning

of my doctorate (unfortunately Perinatal Mental Health Teams are not a reality in the US.) Even though I was worried I would feel isolated, working for myself has been wonderfully rewarding. I continue to learn and refine my skills as a therapist with on-going supervision, courses, and conferences. Thinking back, I realize that making the best of hard realities and not giving up are all good lessons I learned in my childhood in Italy.

I am delighted that I can use all of myself authentically in my career. I am grateful for the CWC, which provided me with support and friendships when I first moved to Pasadena. I was the Secretary of the Club three years ago, and I very much enjoyed being part of it. I really miss the events on campus, especially the wonderful Spring Scattering, and I look forward to meeting more of you in the future when we can gather again. If you want to know more about me, you can find me at [www.drlauraruaro.com](http://www.drlauraruaro.com).

## Cryptogram Answers from pg. 9

1. I am an example of what is possible when girls from the very beginning of their lives are loved and nurtured by people around them. I was surrounded by extraordinary women in my life who taught me about quiet strength and dignity. - Michelle Obama
2. Women will have achieved true equality when men share with them the responsibility of bringing up the next generation. - Ruth Bader Ginsburg
3. For most of history, Anonymous was a woman. - Virginia Woolf
4. I raise up my voice-not so I can shout but so that those without a voice can be heard.. We cannot succeed when half of us are held back. - Malala Yousafzai

## PASADENA BLOOMS IN THE SPRING BOOKMARK

THESE BLOOMS CAN BE FOUND IN  
PASADENA DURING MARCH & APRIL



# Join the

# PLAYREADERS

by Joanne Doyle

**O**n June 23, 1592, London theatres were closed due to the plague and the possibility of civil unrest. They were not reopened until June of 1594. Shakespeare, unable to pursue his emerging career as an actor and playwright, turned to literary art, publishing two dramatic poems, *Venus and Adonis*, in 1593 and *Lucrece*, in 1594, which brought him fortune and fame as a poet. Scholars think that the writing of Shakespeare's sonnets was also begun during these plague years. The sonnets were first circulated among his private friends and not published in full until 1609, well after Shakespeare's fame as a dramatist had surpassed his initial fame as a poet. For centuries, these breathtaking sonnets have been the subject of scholarly scrutiny and attempts to mine clues about the poet's own life and loves.

With their glorious language, dazzling imagery, and profound meditations on love, art, time, and immortality, his "sugared sonnets" still remain tantalizingly elusive in their meanings.

And so we come full circle in the midst of our own plague year and civil unrest to find solace and delight in sonnets written during plague years over 400 years ago. The Caltech Playreaders will present a varied assortment of Shakespeare's sonnets interpreted for today's world. The Zoom presentation will be divided into two halves, with a brief prerecorded discussion after each half. There will be a follow-along program with the text of all the sonnets available at production time.

Please check our website:

<http://www.its.caltech.edu/~plays/2020-2021/march.html>



~~~ Caltech Playreaders Presents ~~~

# SHAKESPEARE SONNETS

directed by Ann K Lindsey

**Tuesday**  
**March 16, 2021**  
**7:30 pm (PDT)**

### Featuring

Kathryn Bikle    Todd Brun    Carol Elaine Cyr  
Greta Davidson    John Davidson    Barbrie Insua  
Phoebe Kellogg    Cara King    Douglas Smith  
Diana St James

and special guest Tiffany Kim.

<http://www.its.caltech.edu/~plays/2020-2021/march.html>



# Announcing

## CWC Elected Board Slate

2021-2022

President  
Gloria Mullendore

Vice-President  
Donna Burdick

Secretary  
Beryl Meiron

Treasurer  
Maria Johnson Kriechbaum

You should have received an email on March 1st  
to vote for the slate.

Please be sure to vote by March 14th.



Thank you to the Nominating Committee,  
Mariella Soprano, Donna Burdick,  
Liz Jackman, & Beryl Meiron.



*The older I get, the  
greater power I seem to have  
to help the world; I am like a  
snowball - the further I am  
rolled the more I gain.*

*- Susan B. Anthony*



## Social Media

Remember to follow the CWC on Facebook for  
updates & 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're so happy to publish the stories &  
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).



# Beautiful Blooms

## Flower Arranging Tips

by Donna Burdick



### Prep Flowers

- Open cellophane right away
- Take greenery away from the flowers &
  - Strip the leaves off of the stems because bacteria will form and rot the flowers
  - Cut the stems at an angle
  - Store the flowers in water
- Use the included packet of flower food

### TOOLS

floral scissors  
tape  
oasis  
floral picks

### How to Use Oasis

- Cut it to the size/shape of your container
- Submerge it in a large container of water
- Don't push it down
- Soak it until it's thoroughly wet
- Place in your decorative container
- Put stems into the oasis
- Be careful not to remove stems and replace in the same hole because they will become loose and be less likely to hold



### Inspiration

Use different types of containers like pottery and decorative ceramic pieces, or an heirloom container with a glass inside to hold the flowers. Large, small, really anything at all

**Tip:** Flowers get moisture from top of flowers AND through the stem, so you can soak them in a bathtub for more moisture

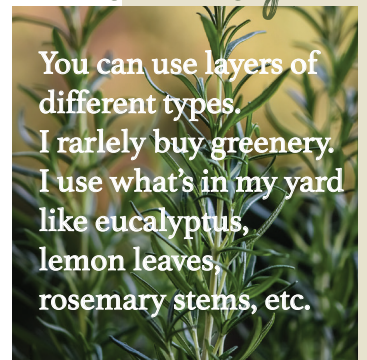
"I don't believe with flowers that less is more. I think more is more. I like it to look full."

- Donna Burdick

**Tip:** To help flowers stay fresh for longer, dip the stems in allum (buy in spice section) or add a little bit of bleach to the water

### Greenery

You can use layers of different types. I rarely buy greenery. I use what's in my yard like eucalyptus, lemon leaves, rosemary stems, etc.



# Getting Started

- Work with one type of flower at a time
- Take the leaves off so they aren't sitting in water
- Start with your heaviest item
- Work in odd numbers like 3s because it adds a little bit of interest

## Tall Vase Arrangement

- Cut your flowers evenly and on an angle
  - Start with the heaviest flowers in first then outward to the most delicate flowers
  - Create a round shape
  - Just keep turning it
  - You don't want to see the tops of the container or the tops of the flowers



## Late Summer Basket

- You can mix vegetables and flowers
- Fill the base with greenery and then the flowers
- You can line a basket or other seasonal container



## Table Setting

- Start with a charger
- Place a white plate on top
- Fold cloth napkins in half lengthwise
- Place the napkin on top of the plate vertically
- Place a decorative smaller plate on top of the napkin
- Use the good silverware



Monochromatic arrangements can make a beautiful impact

## Short Round Container

- Form a grid on top of container with tape to secure the flowers and greenery
- Most florists put the greenery in first
  - Hide the tape
  - You want the flowers to look somewhat like they do in nature
    - Create depth by putting some flowers higher and some lower so that it adds some interest



"You can't make any mistakes in floral design. Just keep working it, and it comes eventually. Nothing's permanent."

- Donna Burdick

## Decorative Tip

- Fill container 1/2 with beads & cover with water



We are happy to feature the Caltech Y as our first campus organization in Around Caltech. The Caltech Y is an important part of campus life, and we are looking forward to learning more about its history.

## The Caltech Y: A History by Liz Jackman

### Part 1: The Caltech Y 1916-2000

The Caltech Y has had a strong presence on Caltech's campus for over 100 years, providing programs that continue to this day, like the little t, Frosh Camp, New Student Orientation, Decompression, and a variety of leadership and service opportunities. Read on to discover more about the Y from its inception to the end of the 20th century.

#### The Early Years

The Caltech Y was founded on the Caltech campus (then the Throop College of Technology) in 1916 as a branch of the national YMCA. From the start, the students chose to de-emphasize the religious aspect of the Y in favor of social services.

During its first year, the Caltech YMCA made plans to welcome the next freshman class, sponsored a regular weekly Bible class, began publication of a monthly newsletter, and started a student employment bureau. The establishment of the employment bureau was particularly



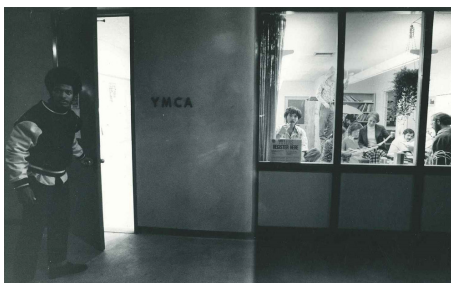
important because scholarships and student aid were virtually nonexistent at that time, and many students had to work long hours to meet expenses. In 1918, during WWI, the Y provided refreshments and other services for the soldiers training on campus and at Santa Anita Park.

For a time, the Y was without a professional secretary. As a result, a group of students volunteered to take charge and did remarkably well organizing activities. Over time this volunteer effort would evolve into the student executive committee, or ExComm, which has been central to the Y's development as an effective campus organization and continues to this day.

#### The 1940s & 1950s

When WWII was approaching, the Y met student interests by furnishing speakers on topics such as various peace movements, government reforms, labor issues, and other moral and political questions. The war was a source of great anxiety. Although the United States had pledged to stay out of the fighting, a massive defense effort had been initiated, and National Guard units were on alert. To students, military service seemed like a real possibility. Needed more than ever, the Y lived up to its motto, "Here to Serve."

At the end of World War II, Wes Hershey became the executive secretary of the Y. Hershey proclaimed a new motto, "If There Is a Need, We Will Fill It," and lost no time living up to it. The programs offered by the Y continued to grow and diversify. In 1949, the Y became incorporated and gained non-profit status.



In 1951, The Leaders of America program was established to bring renowned personalities to the Caltech campus to address and interact with the students, including Martin Luther King, Jr., Walter Reuther, and Justice William O. Douglas.

#### The 1960s & 1970s

The 1960s brought political and social tumult to the nation and to Caltech. The Y served as an outlet for discussion and action on racial issues and the Vietnam War. The well-regarded Leaders of America program continued to bring prominent visitors to campus to speak formally and informally to students and other members of the community. The Friends of the Y was established in 1961 to provide continuing financial and programmatic support for the Y.

During the 1970s, the Y's Decompression "celebrations" became a permanent feature of campus life, providing relief during stressful exam periods. 1973 marked the arrival of the first class of female undergraduates. They did not create as much of a stir as some had anticipated, perhaps because they were so few or because female graduate students had been on campus since 1954. The Y, however, was well aware of their presence and welcomed and encouraged their involvement in campus affairs.

The Y also chose to formally separate from the national YMCA during this time—its members and constituencies were no longer exclusively male or even Christian.

#### The 1980s & 1990s

The Y brought prominent speakers to





Remember to  
Strut  
Your  
Stuff

campus, such as Desmond Tutu, hosted events for students, and began providing a new camping equipment rental service to the Caltech community. Continuing with the Y's tradition of service, the 1990s led to an official program of student volunteer work in the Pasadena community and the first Alternative Spring Break trip to the Navajo Nation in 1996. In 1998, a Memorandum of Understanding was executed to formalize the working relationship between Caltech and the Y. Expanding on the successful Leaders of America program, the ExComm established the Social Activism Speaker Series in 1999, and programs such as Decompression, Y-Hike, Earth Day, and International Day continued as an annual fixture at Caltech.

*The next article in this 2-part series will feature the Caltech Y from 2000 to today.*

## Calling All Writers, Editors, & Administrators!

We are putting together a team for the Bulletin next year, and we'd love to have you join us.



# Tax-Deductible Donations to the CWC Now Available Through Caltech

We are pleased to announce that we have arranged a way for members to make tax-deductible donations to the Caltech Women's Club through Caltech. Here are the details about the two ways to donate.

### TAX-DEDUCTIBLE DONATION THROUGH CALTECH

#### IMPORTANT:

Please be sure to note Caltech Women's Club on the memo line or any correspondence with the Development Office regarding a donation.

Note this type of donation will result in Caltech charging 20% of the donation for processing.

### DONATIONS VIA CREDIT CARD

Go to [cwclub.caltech.edu](http://cwclub.caltech.edu) and click on Donations to donate directly through Caltech to the Caltech Women's Club.

### DONATIONS VIA CHECK MADE PAYABLE TO THE CALIFORNIA INSTITUTE OF TECHNOLOGY

Mailing address:  
California Institute of Technology  
1200 E. California Blvd., MC 5-32  
Pasadena CA, 91125  
Memo line: Caltech Women's Club

All gifts made directly to Caltech and designated towards the Caltech Women's Club are **fully tax deductible**.

### NON TAX-DEDUCTIBLE DONATIONS MADE WITH CWC MEMBERSHIP RENEWAL OR DIRECTLY TO THE CWC

Many members are used to making donations payable to the CWC at the time of their membership renewal in the summer.

Members can still make donations this way, but please note that **any donation payable to the Caltech Women's Club is still not tax-deductible** but does still benefit the club.

### DONATIONS SUPPORT

Donations to the CWC go towards our community service programs by providing meals for new parents and members in need, items for the Casita Exchange and support for the Caltech History and Architectural Tour Service (CHATS).

Donations also underwrite honorariums for speakers, provide refreshments at new member welcoming events, and help with our ongoing expenses for communications and on-line resources to help members stay connected.



# MIGAS



A fresh and spicy take on brunch that'll wake up anyone in your house. Enjoy with a cup of strong coffee and take on that Saturday, or pair it with our featured mocktail and while your morning away with a book.



3 tbsp. olive oil  
5 corn tortillas, ripped into 2-inch pieces (about 1 1/2 cups)



1 jalapeño  
2 cloves garlic  
1/2 small onion  
5 large eggs  
Kosher salt  
1/2 c. mild salsa  
1/4 c. cilantro leaves  
1 avocado  
2 radishes  
1/4 c. cotija cheese  
Hot sauce  
Sour cream  
Lime for garnish



Heat oil over medium. Cut tortillas into strips and add them to the oil. Cook until crispy, about 5 minutes.



Add finely chopped jalapeño, garlic, and onion to oil and tortillas. Cook until softened, about 4 minutes.



Crack the eggs into a bowl and whisk.

Lower heat to medium low, add eggs, and season with salt.

Stir vigorously until everything is scrambled together, about 1 minute.

Add salsa and stir to combine with the eggs and tortilla.



Remove from heat and top with cilantro, sliced avocado, thinly sliced radishes, crumbled cheese, and hot sauce.

Serve with a slice of lime and a dollop of sour cream.

## Sweet Sunrise Mocktail



Pour 6 oz. of freshly squeezed orange juice over ice

Add 1 oz. of grenadine to taste

Garnish with a slice of orange

Optional:

Use regular orange juice

Substitute pomegranate juice or

pineapple juice for the grenadine

Add a shot of tequila for an adult version.

Spring is nature's way of saying, "Let's party."

cilantro

peas, mint, eggs, tomatoes, onions, radishes

# Spring Lentil Salad



2 cups cooked lentils  
(Black Caviar or French Green)  
1 cup english peas  
1 cup green beans  
1 cup asparagus  
1 cup of chard  
1/4 cup of radishes  
3 tablespoons red or green onion  
1-2 finely minced garlic cloves  
1/4 cup chopped mint or dill  
2 tablespoons olive oil  
juice and zest of 1 lemon  
salt and pepper to taste



Yogurt Dressing  
1 cup plain thick greek yogurt  
1 tablespoon lemon juice  
2 tablespoons fresh chopped dill or mint  
2 garlic cloves finely minced  
1/4 teaspoon salt, or to taste



Cook lentils in salted water until tender  
Lightly steam peas, green beans, asparagus

Wilt the finely chopped chard in a pan with a little olive oil and salt

Chop radishes into small cubes or narrow sticks and leave raw.

Place the lentils, steamed veggies, chard, radishes, onion, garlic, and mint in a bowl.

Toss with the olive oil, lemon zest, and 1/2 the juice of lemon.

Salt and pepper to taste.

Serve with Yogurt Dressing

Adjust lemon and salt, adding more if you like.



## CHOCOLATE CHOCOLATE BROWNIES

Cooking spray  
1 cup all-purpose flour  
1/4 cup Dutch-process  
cocoa powder (such as  
Valrhona)  
3/4 teaspoon fine sea salt  
1 1/3 cups dark chocolate  
wafers (such as Valrhona  
Caribbe 66% Cacao),  
divided  
1 cup granulated sugar  
3/4 cup unsalted butter (6  
ounces), melted  
1/2 cup packed dark  
brown sugar  
3 large eggs  
1 teaspoon vanilla extract

Preheat oven to 350°F.

Line a 13- x 9-inch metal baking pan with parch-  
ment paper, and lightly coat parchment paper with  
cooking spray.

Sift together dry ingredients: flour, cocoa, and salt in  
a small bowl and set aside.

Melt 1 cup of chocolate wafers in the microwave  
stirring in 15 second intervals until smooth.

Combine granulated sugar, melted butter, brown  
sugar, eggs, and vanilla in bowl.

Mix on high until frothy and light caramel in color,  
about 1 minute.

Slowly pour melted chocolate into wet ingredients.

Fold in dry ingredients until incorporated.

Pour batter in pan and smooth top.

Chop and sprinkle remaining 1/3 chocolate wafers  
on top of batter.

Bake in preheated oven until a wooden pick  
inserted in center comes out clean, 18 to 20 minutes.

Cool brownies in pan on a wire rack at least 2  
hours.

Using parchment, remove brownies from pan.





Whatever hour you woke there was a door shutting. From room to room they went, hand in hand, lifting here, opening there, making sure—a ghostly couple.

“Here we left it,” she said. And he added, “Oh, but here too!” “It’s upstairs,” she murmured. “And in the garden,” he whispered. “Quietly,” they said, “or we shall wake them.”

But it wasn’t that you woke us. Oh, no. “They’re looking for it; they’re drawing the curtain,” one might say, and so read on a page or two. “Now they’ve found it,” one would be certain, stopping the pencil on the margin. And then, tired of reading, one might rise and see for oneself, the house all empty, the doors standing open, only the wood pigeons bubbling with content and the hum of the threshing machine sounding from the farm. “What did I come in here for? What did I want to find?” My hands were empty. “Perhaps it’s upstairs then?” The apples were in the loft. And so down again, the garden still as ever, only the book had slipped into the grass.

But they had found it in the drawing room. Not that one could ever see them. The window panes reflected apples, reflected roses; all the leaves were green in the glass. If they moved in the drawing room, the apple only turned its yellow side. Yet, the moment after, if the door was opened, spread about the floor, hung upon the walls, pendant from the ceiling—what? My hands were empty. The shadow of a thrush crossed the carpet; from the deepest wells of silence the wood pigeon drew its bubble of sound. “Safe, safe, safe,” the pulse of the house beat softly. “The treasure buried; the room ...” the pulse stopped short. Oh, was that the buried treasure?

A moment later the light had faded. Out in the garden then? But the trees spun darkness for a wandering beam of sun. So fine, so rare,

# The Haunted House

by  
Virginia  
Woolf







coolly sunk beneath the surface the beam I sought always burnt behind the glass. Death was the glass; death was between us; coming to the woman first, hundreds of years ago, leaving the house, sealing all the windows; the rooms were darkened. He left it, left her, went North, went East, saw the stars turned in the Southern sky; sought the house, found it dropped beneath the Downs. "Safe, safe, safe," the pulse of the house beat gladly. "The Treasure yours."

The wind roars up the avenue. Trees stoop and bend this way and that. Moonbeams splash and spill wildly in the rain. But the beam of the lamp falls straight from the window. The candle burns stiff and still. Wandering through the house, opening the windows, whispering not to wake us, the ghostly couple seek their joy.

"Here we slept," she says. And he adds, "Kisses without number." "Waking in the morning—" "Silver between the trees—" "Upstairs—" "In the garden—" "When summer came—" "In winter snowtime—" The doors go shutting far in the distance, gently knocking like the pulse of a heart.

Nearer they come; cease at the doorway. The wind falls, the rain slides silver down the glass. Our eyes darken; we hear no steps beside us; we see no lady spread her ghostly cloak. His hands shield the lantern. "Look," he breathes. "Sound asleep. Love upon their lips."

Stooping, holding their silver lamp above us, long they look and deeply. Long they pause. The wind drives straightly; the flame stoops slightly. Wild beams of moonlight cross both floor and wall, and, meeting, stain the faces bent; the faces pondering; the faces that search the sleepers and seek their hidden joy.

"Safe, safe, safe," the heart of the house beats proudly. "Long years—" he sighs. "Again you found me." "Here," she murmurs, "sleeping; in the garden reading; laughing, rolling apples in the loft. Here we left our treasure—" Stooping, their light lifts the lids upon my eyes. "Safe! safe! safe!" the pulse of the house beats wildly. Waking, I cry "Oh, is this your buried treasure? The light in the heart."



# VIRTUAL ACTIVITY GUIDE

## 2020-2021



If you have an idea for a new activity group, contact the CWC 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: [sonyawierman@gmail.com](mailto:sonyawierman@gmail.com).

Mar 8 - *American Dirt* by Jeanine Cummins

Apr 12 - *The Vanishing Half* by Brit Bennet

May 10 - *Tomorrow Will Be Better* by Betty Smith

Jun 14 - *In the Country of Women* by Susan Straight

Jul 12 - *Burning* by Megha Majumdar



### Morning Book Discussion Group

The Morning Book Discussion Group will be on hiatus until at least September, when we will decide if meeting in person is possible.

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



### Playreaders

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

Tuesday, March 16, 2021: *Shakespeare's Sonnets*

Upcoming events TBD



### 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).

“Time doesn't take away from friendship, nor does separation.”

— Tennessee Williams





MORNING

Sara Teasdale

I went out on an April morning  
All alone, for my heart was high,  
I was a child of the shining meadow,  
I was a sister of the sky.  
There in the windy flood of morning  
Longing lifted its weight from me,  
Lost as a sob in the midst of cheering,  
Swept as a sea-bird out to sea.



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

# Directory

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

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If you are interested in serving on a committee, please reach out to the committee chair or Katie Clark.



**CALTECH WOMEN'S CLUB**  
FOUNDED 1916