

# THE BULLETIN



a publication of the Caltech's Women's Club

Winter 2021

**An Art Exhibition  
by Jessica Schneiders**

**&**

**An Interview  
with the  
CWC's Goodwill  
Ambassador,  
Mary Gant**

**Enjoy Recipes for  
Several Holiday  
Favorites**

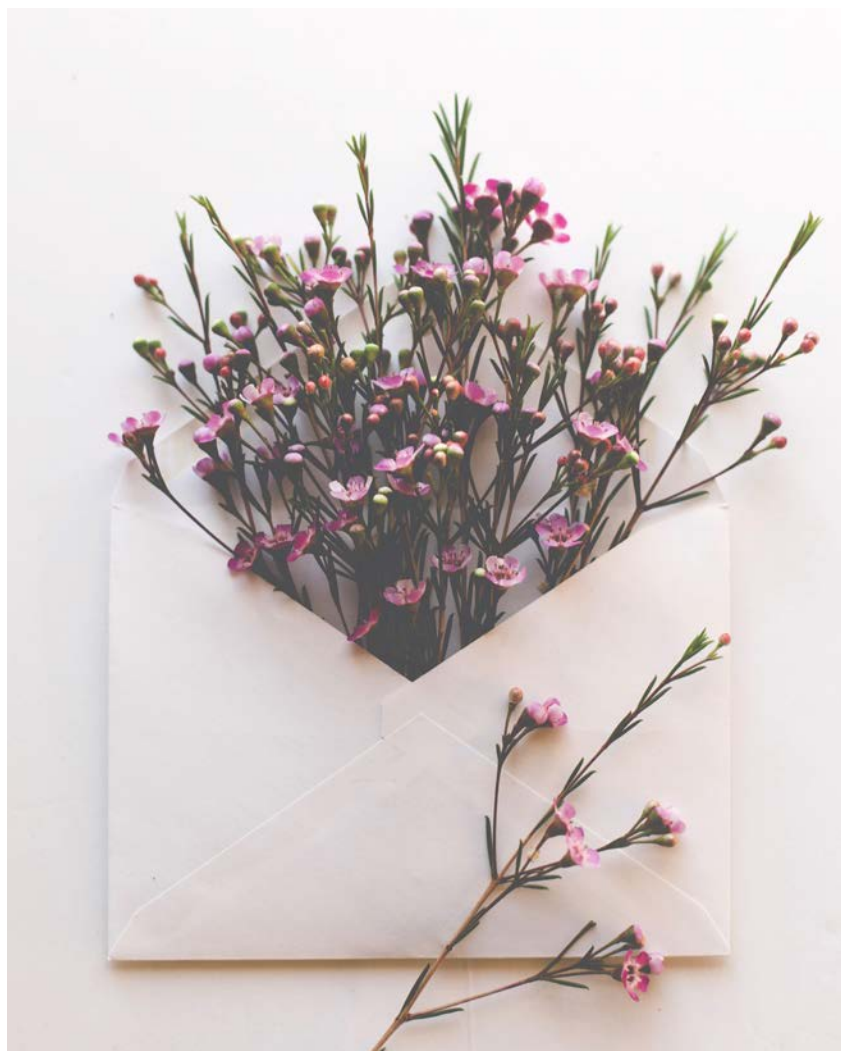
**Read All About CWC  
Activity Group  
Happenings**

**Around Caltech  
with the  
Caltech  
Post Office**

*Sending  
a Little Love*  
**This Holiday Season**

*Letter Writing  
Prompts for Snail Mail*  
**Inspiration**





### **Editor**

Brooke Anderson

### **Copy Editors**

Carol Chin

Katie Clark

Gloria Mullendore

### **Contributors**

*(in alphabetical order)*

Regina Birkhofer

Katie Clark

Dee Draper

Mary Gant

Gunilla Hastrup

Beryl Meiron

Gloria Mullendore

Jessica Schneiders

*A very special  
thank you to  
Edie Tyebkhan  
for the lovely bird pictures  
on pages 8 & 9.*

*Thank you to the  
Caltech Archives for permission  
to publish the pictures  
on page 29.*

**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.**

**A**s I was putting this volume of the Bulletin together, I was continually reminded of the connection between recipes and letters. Both are written by hand, shared, and sometimes even passed down through generations.



Letters and recipes bring us together and allow us to share some of who we are with the people around us. While reading through the recipes that were shared in this volume and thinking about the cards and packages often sent this time of year, I couldn't help but reflect on the way that both a handwritten letter or a homemade meal are emissaries of love and friendship. I was also continually drawn to remembering the ways that these tangible expressions of love are often front and center in our holiday celebrations.

It delights me to think about the way that writing letters, wrapping packages, searching through recipes, or preparing favorite family meals all give us space and time to slow down and savor moments. Perhaps you have a family recipe you have been wanting to make for ages, or maybe you have a friend who you would love to write. Maybe you are looking forward to enjoying a quiet lunch with a friend, or maybe you are eagerly awaiting a house full of noisy laughter. Whatever this season looks like for you, I hope it is filled with time to savor the beautiful moments and share a little friendship and love with the people around you.

*Brooke*

# Contents

President's Message  
Upcoming Programs & Events  
CWC Happenings  
CHATS Fieldtrip  
CWC Goodwill Profile  
Playreaders  
Swedish Pancakes Recipe  
Potato Pancakes (Latkes) Recipe  
Around Caltech  
Art Exhibition  
Tamales Recipe  
Activities Guide  
Renaming Caltech  
Letter Writing



# Happy Holidays



Since I became president, I have traversed the Lower Arroyo with the Scenic Walkers, ventured to the Huntington Library gardens with the intrepid Urban Explorers, chortled at the witticisms of 18th century English playwright, David Garrick, with the Play-readers, hobnobbed with the young moms and children of the Playgroup, swapped stories and plenty of laughs with the Virtual Wine & Cheese group, actively participated as a CHATS docent, and met with many of you over the summer at multiple “member socials” at the Rath Al Fresco. I communicated via email for the purpose of introduction and to determine how best the CWC board of directors can support

and when in the U.S. we observed American customs. In Mexico we traveled to my maternal grandmother's house in a small town in the Pacific coast state of Nayarit. My grandmother, Maria de Jesus Garcia, was a licensed pharmacist and business owner. During the holidays, she transformed into the commander-in-chief of a household operation with the goal of celebrating the holidays. Every family member was assigned a task, and meals were dictated by long family tradition. A tamale making assembly line was organized for the Christmas Eve (Noche Buena) meal, various sweet and savory dishes were prepared over several days, and there was always anxiety over

Swedish pancakes, and Mexican red chile tamales. Around Caltech features the Caltech post office, a hidden gem and tremendous resource. Letter writing and greeting card exchange was and is a holiday tradition for many of us. Mary Gant does an outstanding job through CWC Goodwill of writing beautifully crafted letters to commemorate our milestones throughout the year. And letter writing was the principal means of communication between my family in the U.S. and in Mexico. The letters from Mexico always arrived via air mail (correo aereo) and special delivery (entrega inmediata) which meant the mailman knocked on our door anytime of the day or night. The Mexican air mail stationery was the red, white and green tricolor and the stamps featured an illustration of an archeological find in Chiapas c. 1960.

For 2022 the CWC board has much planned. We hope to present a Women in Science panel and a Venetian Masquerade. More immediately, our Holiday Luncheon sold out, and I look forward to seeing you December 9 at the Athenaeum.

I am grateful for all you do for the CWC and our community. I wish all of you a happy and healthy holiday season.

*Gloria Mullendore*



you. I have been so impressed by the energy and commitment you devote to your groups and the wide range of CWC offerings and member interests.

As the year ends and the holidays approach, our membership celebrates in a variety of ways. When I was growing up how my family celebrated was, “it depends.” I grew up bilingual and bicultural in the U.S. and Mexico,

finding a suitable turkey (un buen guajolote) for Christmas Day (Navidad) dinner. The only concession to American customs was my Uncle Francisco's job of finding a Christmas tree in a town where there were none. He always managed to find “a tree” to satisfy us kids. Many of the kids in town would come to the house to gawk at it and the decorations, and sometimes my siblings and I sang English language holiday songs for them.

Our Winter Bulletin contains much content about our members' holiday traditions and holiday activity in general. Be sure to read and perhaps attempt the recipes for Hanukkah latkes,



# Upcoming Programs & Events

## Holiday Luncheon

We're so excited to be able to host our Holiday Luncheon at the Athenaeum on December 9th. This event is already sold out, but we hope to have more in-person events as we go forward. Any questions about the Holiday Luncheon, contact Barbara Weber at [gobarbweb@gmail.com](mailto:gobarbweb@gmail.com)

## Panel of JPL Women

We are planning to host a panel of women from JPL early next year. We are excited to learn about these women's career paths at JPL, their current work, and advice for other women pursuing STEM careers. The details will be forthcoming, so watch your email for sign up information.

## CHATS

We will be having a campus tour for CWC members on Thursday January 20th, 2022. Enjoy an outdoor tour of campus led by docents of the Caltech History & Architectural Tour Service. The tour will start at 10:30 am and departs the Athenaeum at 551 South Hill Avenue.

Regular CHATS tours will begin again on January 27th, 2022.

## Playreaders

Performing *37 Postcards* Tuesday, January 11, 2022, 7:30 pm  
A homecoming, at first comical, turns into something else altogether, a genuine reckoning for all with both the joys and the painful realities of life. The family's denial of reality evokes the line from *Man of La Mancha*: "perhaps maddest of all is seeing life as it is and not as it should be."

## Venetian Masquerade

Get ready for a party to celebrate being back together coming in April 2022. We are preparing a venetian masquerade party for an evening to delight the senses. It's not too early to start thinking about costume ideas for a night on the town with the CWC. Watch your email and the next Bulletin for more details.

Stay up-do-date with CWC events with the calendar at [www.cwclub.caltech.edu/calendar](http://www.cwclub.caltech.edu/calendar).

# CWC Happenings

See what CWC members have been up to lately.

## Urban Adventurers Huntington Trip

After a long year of mostly online interaction, the CWC is finally exploring around town and hosting events and activities.

From scenic walks to outdoor lunches, a trip to the Huntington, and the Playreaders first live performance in over a year, life is beginning to feel a little more social off the screen.

Getting together with members, attending an event, or joining an activity group is the best way to get to know CWC members and make lifelong friends.

Maybe you've thought about trying out an activity group or stopping my a lunch, but you don't know anyone.

The thing about the CWC is that we were all the new person at one point, and that's a feeling we understand. So please feel free to reach out if you'd like to attend. We'd love to get to know you!



If you want to know more about joining an activity group, check out the Activities Guide on pages 24-25.

*Pictured above are Ameya Joshi, Meade Johnson, Gloria Mullen-dore, and Veronica Aguirre*







The Scenic Walkers embarked on their first walk of the academic year at the Pasadena Lower Arroyo. It was a delightful morning filled with native Pasadena flora and fauna and camaraderie among the participants.

## Scenic Walkers

*Pictured are regular scenic walkers, Eva Schilk and Cheryl Palfrey, guided first timers Meade Johnson and Gloria Mullendore.*

Get Ready for a  
Venetian Masquerade



coming in April 2022





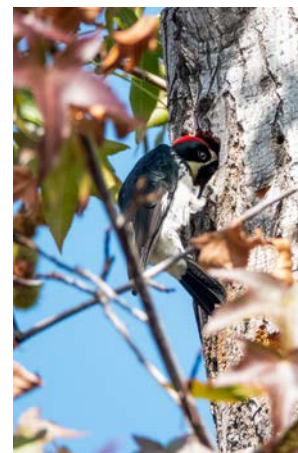
# Urban Explorers' Birdwalk

On Tuesday, November 9th a small group of CWC members and friends joined the regular Tuesday noontime Caltech Birdwalk group. Alan Cummings led the group and kept track of the birds observed on a custom checklist which listed the probability of seeing certain species during that week in November. We spotted 24 different species: including 15 of both yellow rumped warblers and bushtits, 9 acorn woodpeckers and 1 red-whiskered bulbul. The chance of seeing a mallard was listed at 43%, but we had to wait until the end of the route to spot one relaxing near the turtles at Throop Memorial Garden. This was a great opportunity to slow down and explore different areas on and around campus with a friendly group of birdwatchers.

Equipment tips: For birdwatching the group recommended looking for binoculars that were 10 x 42 (10 being magnification power and 42mm diameter) and several members wore binocular harness straps that take the weight of the binoculars off the neck.



Top picture: Busy birdwatchers: Vilia Zmuidzinas, Edie Tyebkhan, Katie Clark and Karen Brunschwig.  
Bottom picture: Regular birdwalkers with club members Katie Clark and Vilia Zmuidzinas  
Nature pictures graciously shared by Edie Tyebkhan.





# Member Welcoming



*Pictured are Mariella Soprano, Katie Clark, Gloria Mullendore, Marjie Weinreb, Pat Smith, and Donna Burdick. Picture by Regina Birkhofer*

Several members gathered together to eat lunch and catch up at a member welcoming. Watch your email for more impromptu member welcomings throughout the year.

# The Playreaders



In November the Playreaders performed *The Lying Valet*. It was their first live performance in over a year. The performance met with rave reviews!

Pictured from l. to r. are *Cara King (director), Joshua Zeller, Matthew Rolufs, Carrie Ancker, Cierina Marks, Elizabeth Freeman, Duane Howard, Barbie Insua, Todd Brun, Janet Stone and Calum Chisholm*





# FIELD TRIP

*Moore Lab of Zoology  
Occidental College*





# On October 21st CHATS

traveled to Occidental College to the Moore Lab of Zoology to learn about the renovation work done by CO Architects and see firsthand the research taking place there. CO were the architects for Caltech's CAST Lab (Center for Autonomous Systems & Technologies) which renovated the first floor of the 1940s von Karman Building and added a 3-story tall drone testing arena critical to the study of autonomous drones, robots and satellites.

The Moore Lab contains 65,000 vintage bird and mammal specimens and conducts cutting-edge research which combines vintage specimens with modern DNA technology with the goal of understanding how Earth's biodiversity evolved and where it's headed. The renovation work involved removing walls, creating open space and installing cutting edge lab features. A stunning floor to ceiling mural depicts various bird specimens "from the sea to the sky" and illustrates the focus of the lab. A guided tour was conducted by John Mc Cormack, PhD, director and curator.

CHATS is back in business! Consistent with the resumption of offerings by Caltech Public Events our monthly Community Tours begin January 27, 2022. Monthly tours are held on the 4th Thursday of the month, meet in front of the Athenaeum and begin at 10:30 a.m. Contact Caltech Campus Programs at 626.395.4654 for reservations or contact us directly at [chats.caltech@gmail.com](mailto:chats.caltech@gmail.com)





Letters are among the most significant memorial a person can leave behind them. - Johann Wolfgang von Goethe

Or don't you like to write letters? I do because it's such a swell way to keep from working and yet feel you've done something. - Ernest Hemingway

I know I'll always think of you with something like hurt and nostalgia.

- Sylvia Plath, from a letter to Ann Davidow-Goodman written c. March 1950

I am so happy you are proud of me, although I don't know what for. I am just surviving.  
- Martha Gellhorn, from a letter to Ernest Hemingway c. July 1941

People are always telling me I'm tough. Maybe because I've survived so much. Inside, I feel like cooked broccoli, and I don't mean the stalks which should be crisp and tasty. I mean the heads that fall apart when you cut them.

- Anne Sexton, from a letter to Stanley Kunitz written c. February 1971

I feel confident I should make my own life - and you have always made yours.

- Vivien Leigh, from a letter to Laurence Olivier written c. November 1958





# Sending Goodwill



I am a community volunteer. Every organization I belong to and serve is one that I was invited to, so I invite others to join you in whatever you

are doing. Currently, besides being on the CWC board, I am on the Kiwanis Club of La Cañada, the La Cañada Flintridge Chamber of Commerce and the Community Scholarship Foundation of La Cañada Flintridge boards. Each one is different; each one is inspiring. Family, community, and church have their own rewards. I have an adult granddaughter living with me and another close by as well as our daughter, Brenda, also a CWC member, and her husband, Jeff, near me.

**How long have you been in the CWC?**

Since the 1970's

**What brought you to the CWC?**

My husband was at JPL and I got invited, which is why I belong to many other organizations and groups.

**How did you decide to become the goodwill letter writer for the CWC?**

Barbara Weber asked me, I said, 'No' which Barbara never accepts.

**What do you enjoy about the role?**

It keeps me involved but I cannot attend board meetings because they are the same day/time as my Kiwanis meetings that I have been a member of since 2002. I donate my time, the expense of the cards, letters and stamps, it's a way for me to give back to CWC.

**What is one thing people might find surprising about the role?**

This is a good way to know what is happening with members and to be able to say a prayer for them at the same time as sending notes.

**Do you have a favorite pen you use when writing?**

No, whatever happens to be handy, the important thing is to let people know that CWC cares.

**What are your thoughts about handwritten notes in a digital world?**

I hand write sympathy and 'thinking of you notes, and I have a form letter I created for donations.

**Do you write letters outside of your good will role?**

I'm a phone caller, find that more personal, but add a personal note to my family and friends on any card I send. Phone calls tend to be an hour long because they are catching up typically with those I haven't seen in a while.

**Do you have any particular hobbies you enjoy?**

I love to exercise, walk, and be with friends which is a great way to walk and talk. Also, I'm a reader, always have a book going. People inspire me and being with others is such a comfort.

**Do you have a favorite writer or book?**

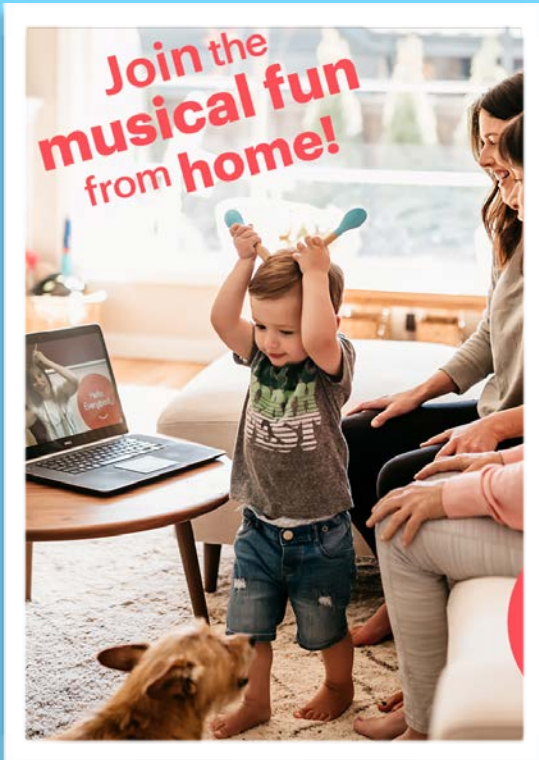
I love historical fiction but will read almost anything, I have several very trivial series that I have thoroughly enjoyed, I call them 'beach reads.'

I belong to a texting group of 7 women, those can be fun and funny texts. There's a group of 9 women that have been having lunch together of over 20 years once a month and our purpose is friendship. It started as a networking group but that fell by the wayside once we became sisters. We were 12 but with moving and deaths we are now 9 and decided that is just fine. We also take a one-day trip once a year.

As we age and lose our spouses and friends, we find that friendships are very important, and I thank the CWC club for the many friendships I've acquired over the years. The Zoom CWC Wine Tasting group has been wonderful during Covid!

-Mary Gant





**FOOTHILLS MUSIC TOGETHER**  
SINGERS!



**WINTER SESSION  
BEGINS JANUARY**  
**Music Together Online**

RSVP Today for Your  
**FREE DEMO CLASS!**

**Music • Movement • Instrument Play**

Research-Based Music Classes  
for Newborn through Kindergarten  
& the Adults Who Love Them

**Creating. Playing. Learning.**

Unique Nature-Based Children's Programs at Caltech

(818) 354-3418 • [CEOnline.org](http://CEOnline.org)

Now Enrolling  
Ages 2<sup>1/2</sup> -5  
Grades K-6



Child Educational Center  
FULFILLING THE PROMISE OF CHILDHOOD



*Caltech Playreaders Presents*

# *37 Postcards*

Written by Michael McKeever  
Directed by Todd Brun

**Tuesday,  
January 11, 2022**

**7:30 pm**

Athenaeum Hall of Associates

Wearing a mask and proof of vaccination are required to attend



# SWEDISH PANCAKES

3 eggs  
1 cup flour\*  
2 cups milk  
dash of salt  
dash of sugar  
butter

Beat the eggs. Alternate adding flour and milk. Mix gently until they are incorporated. Add the dash of salt and dash of sugar.

Butter a frying pan.

Pour a thin layer of the batter into the buttered frying pan.

Flip when golden brown.

Fold and place on a serving dish.

Top or fill with toppings.

You can use savory toppings such as mushrooms, shredded chicken, etc. or sweet toppings such as whipped cream, fruit, nuts, lingonberry or other jam, maple syrup, etc.

The possibilities are endless!

\*For a healthier alternative, use einkorn flour instead of regular all-purpose flour

adapted from [www.thekitchn.com/swedish-pancakes-22948856](http://www.thekitchn.com/swedish-pancakes-22948856)

shared by and in memory of  
Gunilla Hastrup  
a beloved member of the CWC  
1929-2021





# Traditional Potato Pancakes

This is a simple Hanukkah recipe our family loves above all others.

It is adapted from a recipe by Melissa Clark featured in the *The New York Times*.

## or Latkes

~1 pound (~2 large) Russet potatoes, cleaned, unpeeled and cut into quarters  
1 (~8 ounces) large onion, peeled and cut into quarters  
2 large eggs  
½ cup all-purpose flour  
2 teaspoons kosher or sea salt  
1 teaspoon baking powder  
½ teaspoon black pepper  
Safflower, canola or other oil for frying

1. Using the food processor coarse grating disc, grate the potatoes and onion. (Grandma used to do this by hand!) Transfer the mixture to a clean, dry dishtowel and wring out as much liquid as possible.

2. Transfer the mixture to a large mixing bowl. Add the eggs, flour, salt, baking powder and pepper. Incorporate all the ingredients, and check that the flour is mixed through.

3. Heat a heavy pan or skillet over medium-high heat and pour in about ¼ inch of the oil. When the oil is hot, drop the batter by heaping tablespoons to the oil, and cook in batches. We cook 3 or 4 pancakes at a time, depending on the diameter of the pan. Use a broad spatula to flatten and shape the batter into rounds. When the edges are brown and crispy, about 5 minutes, flip the pancake. Cook until the pancake is golden brown, about another 5 minutes. Transfer the latkes to a paper towel-lined platter or a cookie sheet and pat off the oil. Repeat the process until all the batter is used. You can keep the latkes in a warming oven or on the lowest temperature of your oven to keep them warm.

4. It's traditional to serve the latkes with a dollop of sour cream or homemade applesauce.

5. You can freeze cooked latkes in a single layer on a cookie sheet, then place them in a sealed plastic bag. Reheat at 375 degree F in the oven; do not microwave. However, latkes are best eaten freshly made, hot off the skillet.



# AROUND • CALTECH

## The Caltech Post Office



*"The Best Kept Secret Post Office in Pasadena."*

**D**id you know that Caltech has its own post office? Whenever you send mail to the CWC, the mail is delivered to our box in the back of Station 626. This post office is an official United States Post Office that has been operating since 1969. It is located on the Caltech campus in the Keith Spaulding Building and serves the Pasadena community as well. In addition to mailing with USPS, this post office also offers FedEx services with a discount.

If you ask CWC members what they think of the Caltech Post Office, many of them are quick to say it's the best place to mail holiday packages. The post office workers are friendly, the lines are usually short, and they even have very competitive overseas rates.

Perhaps you have seen this post office's little blue trucks that are small enough to drive almost everywhere on campus. If only these little blue trucks could talk. Imagine the things they have carried before our digital age. Correspondence between Nobel Prize winners, loving packages from parents of future scientists, news of grants accepted, preprints of groundbreaking papers.

With so many international faculty, staff, and students at Caltech, it is fascinating to think about all the places the mail from Caltech goes too. Next time you want to buy stamps or send a package to someone you care about, try the Caltech Post Office.



When it goes through the Caltech Post Office, your mail can join the mail that has changed the world.







## Fun Facts

Deliver US mail and intercampus mail

Process 200,000 letters each year

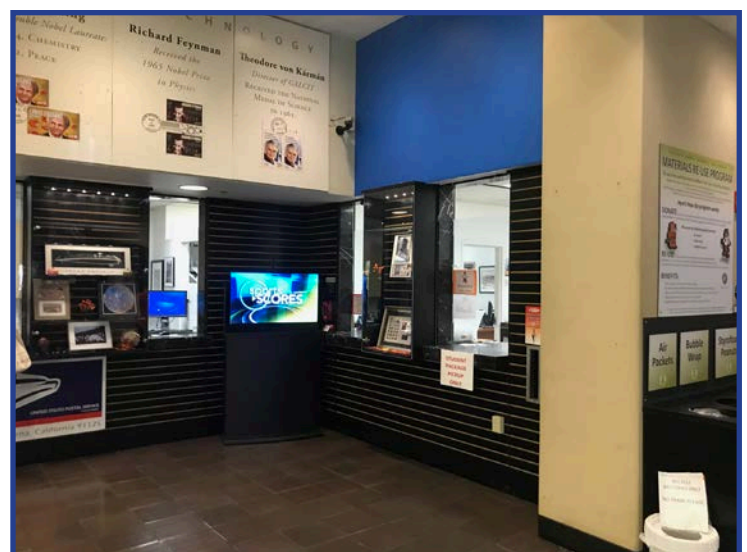
Deliver to 200 mailstops on campus

Deliver 30,000 packages and parcels

throughout the campus annually

Service 1000 undergrad mailboxes

Process 4500 FedEx packages annually





# Art Exhibition CA

by Jessica Schneiders



About the exhibition:

The acrylic, oil and aquarell paintings are inspired by the unique and atmospheric sunlight in Southern California and highlight the transitory nature of light and color.

Simplified compositions of familiar scenes of the Californian landscape illustrate the transitional character of light and showcase the beauty of the coastal scenery. The pieces are storytelling and characterized by soft brush strokes.



In short:

The artworks of this exhibition capture the essence of light and the palette of the Southern California coast in a way we rarely see but love.



About me:

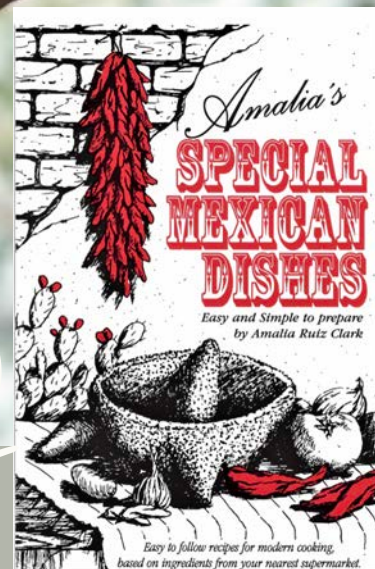
I am a mother and artist living in Pasadena with my husband and our little son. I got my masters degree in fine arts in Germany. Now I am preparing my first exhibition in LA for January 2022.



For more information contact me at [schneiders.jessica@web.de](mailto:schneiders.jessica@web.de)



# Amalia's



## AMALIA RUIZ CLARK

Amalia Ruiz Clark was born in Tucson, Arizona, of immigrant parents from Sonora, Mexico and was reared in a traditional family atmosphere. As the oldest of nine children, she grew up with much responsibility centered around the kitchen. It was in this traditional family environment where she learned to cook firsthand from her mother, helping and experiencing these exciting recipes; thus her appreciation for the joys, smells and trials of traditional Sonoran cooking.

After Amalia married, she continued to please her family with traditional cooking. It was her pleasure to share this rich heritage with others through this cookbook. Her husband, Tom Sr., was her constant source of support and encouragement during the writing of this cookbook. She had two daughters and a son, was a grandmother and great grandmother and made her home in Oracle, Arizona. She died in 2019 at the age of 103. Her daughter, Dee Draper, is a long term CWC member.





## CHILE CON CARNE PARA TAMALES CHILE CON CARNE FOR TAMALES

4 pounds	meat (boneless chuck roast, pork roast, or half and half)
2 1/2 quarts	water
1 1/2 teaspoons	salt
1 clove	garlic
6 cups	Prepared Red Chile Sauce (see basic recipe) for a thicker sauce add 3 table spoons flour
2	tablespoons shortening

Place the meat and water in a large kettle, add salt and garlic. Cover kettle, heat and bring to a boil. Cook at low heat for 3 or 3 1/2 hours until meat is tender. Remove meat from broth and allow to cool. Cut meat into bite size pieces and set aside.

Heat shortening in a large saucepan. Add flour and brown lightly. Add the Prepared Chile Sauce and bring to a boil, simmer for 5 minutes stirring the sauce intermittently.

Add the meat to the chile sauce and simmer 10 to 15 minutes stirring occasionally. Allow to cool. Refrigerate until ready to use. Will store in freezer. (Yields 2 quarts for approx. 4 dozen tamales)

## TAMALES DE CHILE CON CARNE DE MASA FRESCA RED CHILE BEEF TAMALES

2 quarts	Prepared Chile Con Carne (use basic recipe)
5 pounds	fresh masa
1 1/2 pounds	lard
1 tablespoon	salt
2 - 3 cups	cold tap water
1 1/2 pounds	corn husks

**TO PREPARE THE MASA:** Whip the lard and salt until fluffy (about 2 minutes). Add masa gradually, alternating with water, until all the masa and approximately 2 cups of water are used. Beat until fluffy and test by placing small sample into a glass of water. If sample rises, masa is ready. If masa is too dry, add enough water to bring masa to a spreading consistency. Set aside.

**NOTE:** Use an electric mixer to whip.

**TO PREPARE CORN HUSKS:** Soak in hot water for about 10 minutes until husks are flexible. Wash and drain. Select the large husks for making tamales.

**TO MAKE TAMALES:** Spread approximately 1 heaping tablespoon of masa on the broad end of the corn husk (side to side and half way up). Place 2 heaping tablespoons of chile con carne in center and roll sides of husk together so that edges overlap. Bend the narrow end toward tamale and pinch open (opposite) edge together.

**TO COOK TAMALES:** To cook 2 dozen tamales, use a large pot. Crumple a piece of tinfoil to the size of a cup and place it in center of the pot. Add 2 cups of water and carefully place the tamales around the tinfoil (open end up) making sure the flap is against the foil and in pyramid fashion, until all the tamales have been assembled in the pot. Cover tightly and steam cook for about 40 minutes.

*Continued on next page*

## RED CHILE BEEF TAMALES CONTINUED

**NOTE:** Uncooked tamales will store in freezer. To cook, do not thaw, simply double the steam cooking time. (Yields 4 1/2 dozen)

# Buen provecho

## PASTA DE CHILE COLORADO RED CHILI PUREE

12	red chili peppers (dry)
1 1/2 quarts	hot boiling water
1 clove	garlic

Remove stems and seeds from peppers. Wash in cold water then soak in hot boiling water in a covered pot for 20 minutes. Remove the peppers, save the water, and add during the grinding process.

Grind the peppers and garlic together creating a paste. Add small amounts of water until all the water has been used. A blender is an excellent means to puree the chile.

For a finer paste, sieve the ground chile.

Store in the refrigerator or freezer until ready to use. (Yields 1 1/2 quarts.)

## PASTA DE CHILE COLORADO-GUISADO PREPARED RED CHILI SAUCE

2 cups	red chili puree (basic recipe)
1/2 teaspoon	salt
1/2 teaspoon	garlic powder
2 tablespoons	lard or shortening
2tablespoons	flour

Heat lard or shortening in a saucepan, add the flour, mix quickly and brown (similar to preparing gravy). Add the chile puree and seasoning and simmer 15 minutes, stirring intermittently.

**NOTE:** This is a basic sauce used as an ingredient in various recipes in this book. Adding or decreasing the amount of flour will produce a thicker or thinner sauce as desired (Yields 2 cups).



**The 2021-2022 Activities Guide** is a mix of virtual and in-person opportunities to spend time with the CWC community. We are making attempts to gradually ease back into some activities in accordance with the current rules at Caltech, and just like we have all become accustomed to, things are in flux. Some activities like the Ath Lunches are still on hiatus, but there are many ways you can connect. So please join us at an activity when you are ready. We would love to see you there!

You can always check the website [www.cwclub.caltech.edu](http://www.cwclub.caltech.edu) for the most up-to-date information. If you have an idea for a new activity group, contact the CWC Activities Chair, Dema Faham at [cwclub@caltech.edu](mailto:cwclub@caltech.edu).

## Playgroup

This group of parents with young children get together for playdates and field trips. The playgroup provides mutual support for the ups and downs of parenting.

For more information contact Jessica Schneiders at [schneiders.jessica@web.de](mailto:schneiders.jessica@web.de)



## Caltech Women's Investment Club

Meets monthly on second Wednesdays at 7 PM. Members learn about investing through research and discussion, and the club maintains its own investment portfolio. Meetings are currently virtual through Zoom. For further information please contact Shelley Erwin at [charlotte.erwin@gmail.com](mailto:charlotte.erwin@gmail.com).

## Book Lover's Soiree

Second Monday of the month at 7:30 pm. Gather for a casual, informal discussion of the selected book. We previously met at the Rath al Fresco during the summer months or the Rathskeller during the academic year, but right now we are meeting virtually.

Feel free to join us on a regular basis or just drop in occasionally for a particular book discussion. For more information contact Sonya Wierman: [SonyaWierman@gmail.com](mailto:SonyaWierman@gmail.com)

Oct 11 - *Somebody's Daughter* by Ashley C Ford  
Nov 8 - *Sansei and Sensibility* by Karen Tei Yamashita  
Dec 13 - *Transcendent Kingdom* by Yaa Gyasi  
Jan 10 - *Rodham* by Curtis Sittenfeld

# ACTIVITY GUIDE 2021-

## Morning Book Discussion Group

Historically this group has met on the second Monday of each month at 8:00 am for breakfast at the Athenaeum and lively conversation about books.

This group is currently on hiatus and in need of a leader.





## Playreaders

Athenaeum Hall of Associates, 7:30 pm.  
71st Season, 2021-2022 Season runs October - May.  
The Playreaders meets six times a year for semi-staged script-in-hand readings of comedy and drama. Performances run about two hours. Stay after the performance for refreshments and discussion with the cast. No reservations are needed for the reading, but are requested for those joining the playreaders' table in the Athenaeum Main Dining Room beforehand (reservations 626-395-8200).

Admission is \$3 for CWC Members, \$4 for guests.  
For more information contact [playreaders@gmail.com](mailto:playreaders@gmail.com).

### Dates Booked in the Athenaeum Hall of Associates

Tuesday, January 11, 2022, 7:30 pm  
"37 Postcards" by Michael McKeever  
Directed by Todd Brun  
Playscripts

Tuesday, February 8, 2022, 7:30 pm  
"The Ladies of the Camellias" by Lillian Groag  
Directed by Joanne Doyle  
Dramatists\*

Tuesday, March 8, 2022, 7:30 pm  
"A Woman of No Importance" by Oscar Wilde  
Directed by Barbie Insua

Tuesday, April 12, 2022, 7:30 pm  
"Enchanted April" by Matthew Barber  
Directed by Lynne McGrath  
Dramatists\*

Tuesday, May 17, 2022, 7:30 pm  
"The Real Inspector Hound"  
by Tom Stoppard  
Directed by Ashley Stroupe  
Concord (Samuel French)\*

# WINE TALKS 2022

## Virtual Wine & Cheese

With holidays not sure what date we will meet but we are still meeting.  
One Thursday a month  
5:00 pm - 6:00 pm  
To get the Zoom login details, contact  
Vilia Zmuidzinis at [viliazm@gmail.com](mailto:viliazm@gmail.com).

## Hiking

The hiking group is currently on hiatus and in need of a leader. If you love the outdoors and would like to organize or lead hikes in the area, please contact Activity Chair, Dema Faham, for more information.

## Scenic Walking Group

The walking group will meet Thursday, December 2nd 9:00 a.m - 10:30 a.m. Meet at the Eaton Canyon Nature Center, 1750 N Altadena Drive, Pasadena. No high elevation gain. RSVPs to Eva Schilk ([schilk8@gmail.com](mailto:schilk8@gmail.com)) are greatly appreciated. The schedule for the winter will be announced later. Contact Eva Schilk at [schilk8@gmail.com](mailto:schilk8@gmail.com) for more information.

## Urban Explorers

Join us as we explore sights of interest in and around Pasadena. Past excursions have included the Ninth Circuit Court of Appeals, Tournament of Roses House and Pasadena Museum of History. Details coming soon on outdoor visits to local sights. Have a suggestion for an excursion? Please contact Katie Clark, [ktclark@caltech.edu](mailto:ktclark@caltech.edu).



# Serving the San Gabriel Community for over 20 Years! Call me for all your real estate needs.



MARINA MAKAROV

Broker Associate

**626.390.1718**

Marinamakarov@yahoo.com

MarinaMakarov.cbintouch.com

CaIRE# 01190900

Affiliated real estate agents are independent contractor sales associates, not employees. ©2021 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realogy Brokerage Group LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



**COLDWELL BANKER**  
REALTY

## The CWC Playgroup

is a group of parents that gathers together regularly. We think it's so important to support each other, especially now 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 coffee and playdates dates outside. 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 Schneiders at [schneiders.jessica@web.de](mailto:schneiders.jessica@web.de) to get connected with the Playgroup. We'd love to have you join us!

### Social Media

Follow the CWC on Facebook at [www.facebook.com/CWCCaltech](http://www.facebook.com/CWCCaltech)

We'd love to see you on there!

### New Activity Groups

If you have an idea for a new activity group (on-going or a one-time meet up), please email Activities Chair, Dema Faham at [demafaham@gmail.com](mailto:demafaham@gmail.com)



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).



# MOVING

# FORWARD

**Caltech Hall**  
(formerly the Robert A. Millikan Memorial Library)

**The Lee F. Browne Dining Hall**  
(formerly the Harry Chandler Dining Hall)

# RENAMING CALTECH

**Grant D. Venerable House**  
(formerly Ruddock House)

**The Judge Shirley Hufstедler Professorship**  
(formerly the Robert A. Millikan Professorship)

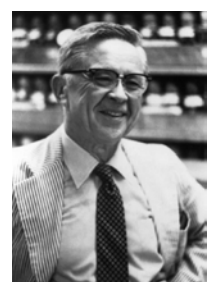
**The Edward B. Lewis Professorships of Biology**  
(formerly the Albert Billings Ruddock Professorships of Biology)

**Ronald and Maxine Linde Laboratory  
for Global Environmental Science**  
(formerly the Linde + Robinson Laboratory authorized previously by the Board)

The **Caltech Board of Trustees**,  
in accord with recommendations from the  
**Committee on Naming and Recognition** and  
the **Ruddock House Renaming Committee**,  
has approved new names for campus assets and  
honors that previously memorialized individuals  
affiliated with the eugenics movement.



Judge Shirley Hufstедler



Edward B. Lewis



# anatomy of a

# letter

make it fancy with a wax stamp and seal

your favorite pencil with the perfect grip & cute dots



choose beautiful paper to make your letter even more special

Medioevalis by Rossi are always a favorite



the pen that glides effortlessly on the page



stamps can be a fun & easy way to decorate



white & colored pens & pencils to decorate envelopes

colored or kraft envelopes can add some serious style







# Writing Prompts

Use the CWC roster to write a letter to a fellow member

Find a distant relative and write a letter to connect with them

Thank a local frontline worker or community hero

Send your favorite author a letter

Write your grandchild a letter and tell them a story from your childhood

Send a letter to a friend you haven't talked to in way too long

Write a note to encourage someone you know is having a tough time

Thank a friend just for being them and share what you love about spending time together

Write a letter to your future self

Remind a friend of the story about how you met





# Join the Pasadena Conservatory of Music's Adult Studies community!



**Individual Instruction**

**Group Lessons & Ensembles**

**Music History Courses\***

*\*History courses are available to distance learners via Zoom as well as in-person students who wish to attend classes on campus.*



[pasadenaconservatory.org](http://pasadenaconservatory.org)





# Winter Branches

by Margaret Widdemer

When winter-time grows weary,  
I lift my eyes on high  
And see the black trees standing,  
stripped clear against the sky;

They stand there very silent, with  
the cold flushed sky behind,  
The little twigs flare beautiful and  
restful and kind;

Clear-cut and certain they rise,  
with summer past,  
For all that trees can ever learn  
they know now, at last;

Slim and black and wonderful,  
with all unrest gone by,  
The stripped tree-boughs comfort  
me, drawn clear against the sky.





“Now is the time of fresh starts  
This is the season that makes everything new.

There is a longstanding rumor that Spring is the time of renewal, but that’s only if you ignore the depressing clutter and din of the season. All that flowering and budding and birthing--- the messy youthfulness of Spring actually verges on squalor. Spring is too busy, too full of itself, too much like a 20-year-old to be the best time for reflection, re-grouping, and starting fresh.

For that you need December. You need to have lived through the mindless biological imperatives of your life (to bud, and flower, and show off) before you can see that a landscape of new fallen snow is THE REAL YOU.

December has the clarity, the simplicity, and the silence you need for the best FRESH START of your life.”

*Vivian Swift, When Wanderers Cease to Roam: A Traveler’s Journal of Staying Put*

## CWC Directory

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

Club Email  
[cwclub@caltech.edu](mailto:cwclub@caltech.edu)

Bulletin Email  
[cwclub@caltech.edu](mailto:cwclub@caltech.edu)

Gloria Mullendore  
President

Donna Burdick  
Vice President

Beryl Meiron  
Secretary

Maria Johnson Kriechbaum  
Treasurer

Katie Clark  
Membership

Brooke Anderson  
Communications Chair

Dema Faham  
Activities Chair

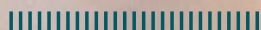
Mariella Soprano  
Program Chair

Eman Badr  
Services Chair

Barbara Weber  
Social Events Chair

Liz Jackman  
Athenaeum Rep

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



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