

THE BULLETIN



a publication of the Caltech Women's Club

Spring 2022

RETHINKING FASHION

EXPLORING PASADENA

WOMEN'S HISTORY MONTH

THE ART OF KINDNESS TO YOURSELF

ACTIVITY GUIDE

UPCOMING EVENTS

RICOTTA TOAST



*My wish for you is that you continue.
Continue to be who you are to astonish a
mean world with your acts of kindness.”
– Maya Angelou*



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(in alphabetical order)

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**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.**

Editor's Letter

Spring is just around the corner, and I, for one, am ready for warmer weather, sunny days, and lots of flowers. I am hoping to try my hand at growing flowers this year, and I am eagerly awaiting getting them in the ground. Nothing says hope quite like the advances of spring.



As I was putting together this volume of the Bulletin, the difficulties of the last two years were juxtaposed to celebrating women's history and Earth Day. These all reminded me about the many avenues we have to be kind and just how necessary kindness is in our lives.

March is a wonderful time to be reminded about the important work of supporting each other as we reflect on the trajectory of women's rights over the last decade. And then there is Earth Day in April when we remember to be kind to the earth even with the little things like using reusable water bottles. All this thinking about kindness got me thinking even more about how important it is to be kind to ourselves in the narrow space we are living in between a pandemic and a hopeful return to more of the normal things that we love.

I am grateful that the CWC continues to be a place where women are supporting women and lifting each other up as we come together to enjoy events and activities. As you reflect on the activities of the CWC in these pages and read the lovely article about fashion that Vilia and Charlene shared, I hope that you have the time and space you need to be kind to yourself, and that you are gifted the kindness of strangers and friends alike.

Braake

p.s. The Victorian flower for kindness is the bluebell, pictured on the previous page. I did not have plans to grow those, but perhaps I should add them.

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We closed out 2021 on a wild and wonderful note as we held (or “sneaked in”) our Holiday Luncheon before campus COVID restrictions, once more, took effect. It had been two years since the last luncheon, but, for some of us, a two-year lapse in contact was the shortest break. Many of us hadn't seen each other for many more years. While a great deal of effort and planning went toward the presentation of our event, it was the opportunity to gather in person, laugh, exchange news, photos, updates and camaraderie that was the highlight and true delight.

As I wrote my “brief remarks” for our luncheon I reflected on the previous two pandemic years and all the CWC did to “keep going” and engaging our members. Therefore, as president, I made an executive decision and issued an executive order and established the CWC Pandemic Pivot Award. The inaugural award went to the CWC boards of directors from 2019 – 2020 and 2020 -2021 under the extraordinary leadership of Katie Clark. It was an honor well deserved but I sincerely hope the inaugural award is also the final award. The “pivoting” is hard on us all. We need to rest and engage in much needed self-care.

Because we had another COVID-related “pause” beginning in mid-December, many planned CWC activities were canceled or postponed. However, our outdoor groups such as the Urban

Explorers and the Scenic Walkers met and in February the Playreaders presented “The Ladies of the Camellias” by Lillian Groag while remaining in full compliance with COVID protocol. The work was presented using the technique of “puppeteers” which was both innovative and demonstrated an ancient form of theatre. Looking ahead we hope to present a Women in Science panel in April and slowly resume in-person activities and gatherings.

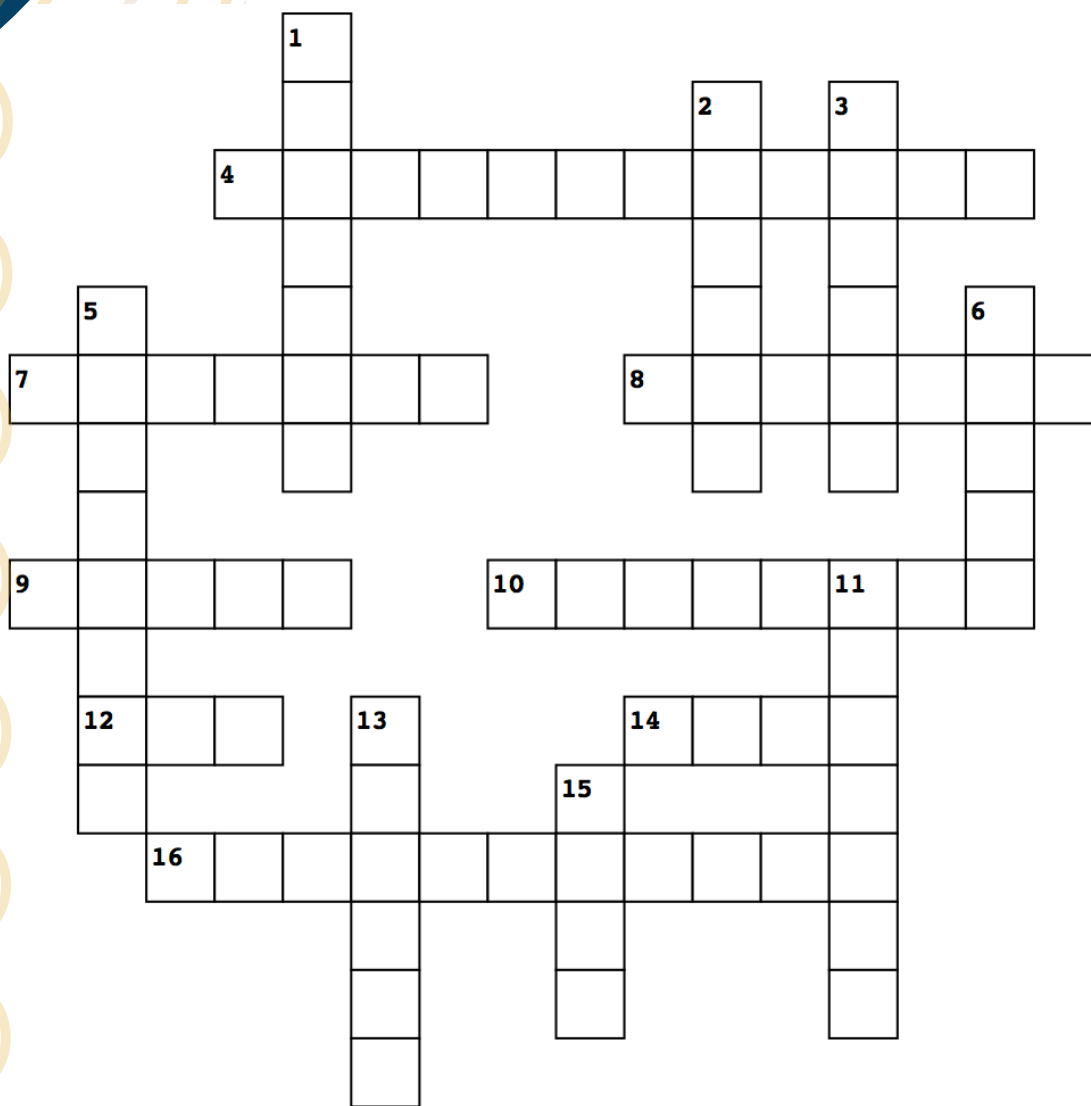


Our CWC board of directors met virtually on the first Wednesday of each month. The Nominating Committee assembled a slate of officers for 2022-2023 who have already been announced (Gloria Mullendore - president, Donna Burdick - vice president, Kate Bartlett – secretary, Katie Clark – treasurer). They have nearly filled all board positions both for voting members and volunteers. Thank you to all who have agreed to serve on our 2022-23 board. Thank you, members, for your participation in our various CWC groups. The pride and passion you take in these is obvious. I look forward to many opportunities to gather in-person in the new year. See you soon!

Gloria Mullendore

Celebrating Women

Last Names of Famous Women
Women's History Month 2022



Across

4. last reigning monarch of the Hawaiian Islands
7. led the 1914 peace parade in NYC in 1914
8. first black woman to earn a pilot's license
9. introduced America to French cooking
10. first female Secretary of State of the U.S.
12. architect of Vietnam Veterans Memorial in D.C.
14. studied societies in the South Pacific
16. won 56 Grand Slam tennis competitions

Down

1. wrote "The Feminine Mystique" in 1968
2. founded the American Red Cross
3. dress reform and declared "corsets are coffins"
5. discovered a comet named for her in 1847
6. first female president of Harvard University
11. printed 1st copy of Declaration of Independence
13. the author of Silent Spring
15. first woman of color elected to U.S. Congress

#GetOutside with the CWC



URBAN EXPLORERS

by Katie Clark

The Urban Explorers enjoyed an unusually warm Saturday morning walk (with temperatures in the high 70s) on February 12th around the streets of South Pasadena. The group started in Garfield Park which has a large playground, tennis courts, youth house (used by Boy Scouts and Girl Scouts for meetings). The northern end hosts the South Pasadena Children's Memorial and Healing Garden where stones are marked to honor local children of all ages who have passed away. The group stopped outside the Adobe Flores which is the oldest building in South Pasadena and listed on the National Register of Historic Places. It was built sometime between 1843 and 1846, when the area was part of the Rancho San Pasqual. The house served as temporary headquarters for the Mexican Army in 1847 and a later owner named the building the Adobe Flores, after the Mexican General José María Flores. The Adobe Flores has been a family home, as well as a boarding house and tea room. It was luckily rescued



from disrepair by a family who purchased and restored it in 1967. Adobe Flores is now a private residence with a large cactus garden in front, surrounded on three sides by an apartment complex.

The group also stopped by the Museum of Free Art, on the corner of Mission Street and Montrose Avenue, where visitors are encouraged to drop off or pick up tiny artworks. The walk also went down Chelton Way below Monterey Road, a private street (maintained by the residents, not the city) which has several large oaks in the middle of the road. After passing by Eddie Park, a small family friendly park tucked away on side streets, the group headed back to Garfield Park.

Photo features: Vilia Zmuidzinas, Dema Faham, Eva Schilk & Katie Clark

SCENIC WALKING GROUP



Gabrielino Trail



EATON CANYON NATURAL AREA



Hahamongna Watershed Park

The CWC's scenic walking group is back exploring the greater Pasadena area by taking scenic walks together. Each month a good-sized group gathers to enjoy easy trails and time in nature. The group is open to anyone would like to explore the outside. These walks are gentler than hikes and perfect to spend the day exploring with friends.

If you'd like to join in on the walks, you can contact Eva Schilk to be added to the list.



“I love walking because it clears your mind, enriches the soul, takes away stress, and opens up your eyes to a whole new world .”

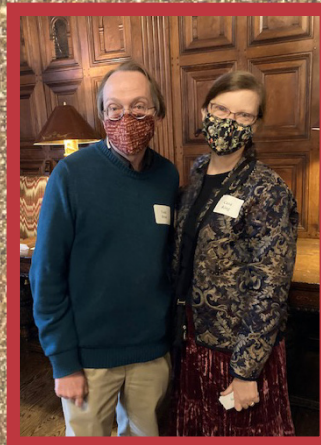
-Claudette Dudley

Holiday Luncheon

It was so delightful to be able to host our annual Holiday Luncheon on December 9th. The day was perfect, and thanks to having the event early in December, we got it in before we moved back into tighter restrictions.

It was wonderful to see so many people gathered today after more than a year of suspended in-person programs. The Athenaeum was lovely decked out in its seasonal finest and full of holiday spirit. The CWC president, Gloria Mullendore, gave a short speech and awarded previous CWC president, Katie Clark, with a presidential Pandemic Pivot Award for Katie's exceptional job helping us navigate an unprecedented year.







Virtual Wine & Cheese

This group has been a great community over the last two years. They are still meeting online one Thursday a month, and from the smiles, it seems they are having a good time. Contact Vilia Zmuidzinas for information.



Congrats to CWC Member **Karen Morenz Korol**

and her husband, Roman, welcomed their first child, Danylo, at the very end of 2021. Baby Danylo arrived home in time to celebrate the new year with his parents and Polaris, the pooch. This young family has already begun touring college campuses beginning with Caltech!



We'd love to share your news too! Contact us to share what's happening.

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Be Kind to Yourself

ok • Write a Letter • Call a Friend • Bake a Cake • Go on a Target Run Alone • Buy the Nice Soap • Take a Breath • Soak your Feet • Draw or Paint a Picture • Sit in Silence • Daydream • Eat a Fancy Chocolate • Do the Workout You Want • Take up a Hobby • Invest your Money • Drink Water • Buy the Flowers • Order Takeout • Take a bath • Drink some Tea • Read a Fun Book

Remember You Are



*Loving
capable
kind
worthy
giving
beautiful*

Spring Scattering

June 17th
5:00 to 7:00 pm
President's Garden 415 S. Hill Ave.

This event is open exclusively to CWC members, their families, and significant others.

Please be aware that all attendees must show proof of vaccination consistent with Caltech's vaccination policy.

Any questions, please contact Donna Burdick at
donna@robotics.caltech.edu



Announcing CWC Elected Board Slate

2021-2022

President
Gloria Mullendore

Vice-President
Donna Burdick

Secretary
Kate Bartlett

Treasurer
Katie Clark

You should have received an email on March 6th to vote for the slate.
Please be sure to vote by March 20th.

Thank you to the Nominating Committee,
Donna Burdick, Vilia Zmuidzinas,
and Katie Clark.

Answers to Crossword Puzzle on page 4:

albright
mink
faust
child
navratilova
lin
villard
carson
mitchell
walker
liliuokalani
goddard
barton
coleman

first female Secretary of State of the U.S.
first woman of color elected to U.S. Congress
first female president of Harvard University
introduced America to French cooking
won 56 Grand Slam tennis competitions
architect of Vietnam Veterans Memorial in D.C.
led the 1914 peace parade in NYC in 1914
the author of *Silent Spring*
discovered a comet named for her in 1847
dress reform and declared "corsets are coffins"
last reigning monarch of the Hawaiian Islands
printed 1st copy of Declaration of Independence
founded the American Red Cross
first black woman to earn a pilot's license



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!



“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

– Amelia Earhart

We Are Looking for a Few Volunteers

contact Katie Clark for more information

- Communication Chair
- Bulletin Designer
- Bulletin Editor
- Advertising Liaison
- Social Media Manager
- Committee Positions

Please note that the Bulletin Designer & Editor will be provided software of your choice to do the design and editing work.

The Art of Being Kind to the Planet





*Earth Day
April 22*

Bike More



The Earth is what we all have in common.

-Wendell Berry

Eat Leftovers Rather Than Throwing Food Away



Bring your own Bag



Use a Reusable Water Bottle



Grab a Ride with a Friend



Open your Windows and Curtains for Light and Air



Turn off Running Water



Shop Local



Walk More



Donate Clothes



Plant Flowers for Bees



Repurpose When Possible



Women of JPL

Panel Discussion
featuring several extraordinary
JPL women

April 7th

5:30 to 7:45 pm

\$15 per person

\$5 for postdocs and graduate students

You can register online at www.cwclub.caltech.edu/events

Light refreshments will be served in front of Guggenheim from 5:30 to 6:15.
The panel presentation will be in Lees-Kubota lecture hall in Guggenheim from 6:15 to 7:45pm.

This event is open exclusively to CWC members.

Please be aware that all attendees must show proof of vaccination consistent with Caltech's
vaccination policy.

Any questions, please contact Barbara Weber at gobarbweb@gmail.com.

“Society tends to pit women against each other, but we need to treat each other with kindness and compliment one another instead. Because women’s voices are the strongest when they’re together.”

– Normani Kordei

termann

G

Making a Silk Purse out of a Saw's Ear

by Vilia Zmuidzinas & Charlene Reichert

Perhaps you have heard of fast food? And perhaps you have even heard of some of the problems fast food has created for our health? Well, another “fast” product is creating unhealthy conditions for our planet in a similar way. Awareness of the many problems that our appetite for fashion creates for us has found its way into the fashion industry.

Fast fashion is a business model that creates cheap, trendy clothing which is sold rapidly and becomes outdated so the consumer will buy more. The unhealthy part of this equation for our planet is that all of the discarded clothing must go somewhere. Landfills are filling up with mountains of it – 10 million tons each year! Shipping used clothing to other countries, thinking a poorer nation wants our cast-offs is becoming less frequent as Africa and South America say “no” to our unwanted bundles. Sustainability in the fashion industry is as important as land use, food production or energy conservation. Our clothing creates environmental problems from production chemicals, water waste, dyes, and clothing fibers that do not degrade.

There is hope for the earth and avenues of choice for the consumer. How can an individual be more conscientious about her fashion needs? How can she adopt “slow fashion”? What can one individual do to stop unnecessary waste and production? Let's look at four actions we can take to be more conscientious fashionistas.

First, wear what you have! No need to go buy new at every turn. Using

what you already have is the very best way to protect the planet. Be conscious and creative when you mix and match your existing clothes. Maybe you don't need multiple black cardigans, or maybe you can forgo the pink one since it only goes with one outfit. With a little thought we can avoid overbuying. Sometimes repurposing the clothing we already have in our closets can be fun and flamboyant. A recent example of upcycling my wardrobe was noticing that the pants of an outdated silk evening suit were made of lovely fabric. By cutting off the leg portion and shaping with a gathered edge an unusual evening bag was created.

Of course, styles change and our tastes change. Sometimes even our bodies change! Therefore, the second thing we can do is recycle clothing we no longer need. Donate your unwanted clothing where it can be better served. Participate in school and church drives providing items for the needy. Goodwill and the Salvation Army are the go-to places to donate clothing. Union Station Homeless Services in Pasadena will provide clothing directly to the homeless. Dress for Success distributes your donations to disadvantaged women who need professional attire for job interviews. There are many online options to recycling your clothing as well. ThredUp will provide you with a free shipping label, so you can easily drop off your package at the local post office.

Clothing ourselves is only part pragmatic. We all enjoy looking chic and certainly a new purchase can be uplifting. Is there a responsible way to minimize our fashion purchases? One option is to shop previously owned clothing or vintage clothing. There are many reputable online websites that offer such fancies. Etsy and eBay come to mind. Online

consignment and thrift stores have been booming. Check ThredUP, the RealReal, and Poshmark for online sources.

Some responsible clothing manufacturers are adopting the idea of circularity. The current model for consumption is “take-make-dispose”. A circular model emphasizes reusing products and materials, taking into account a product's entire life cycle-- production, consumption, and recycling back into production. An example of responsible re-merchandising online is “Patagonia Worn Wear”. REI also offers a site for resale of their merchandise. Eileen Fisher takes their clothes back to be worn again. Their Resewn collection of deconstructed pieces made from returned items are transformed into one-of-a-kind designs.

An afternoon browsing in brick-and-mortar resale or consignment establishments is fun and rewarding. Some terrific shops in Pasadena are Ritz Resale, ACT, Full Circle Thrift and the Huntington Collection. - it is quite the trend to ‘go thrifting’ nowadays.

Fashion savvy is no longer simply buying what Vogue magazine suggests. Looking smart now includes being smart about using clothing we have, finding responsible ways to recycle it, and shopping creatively. We look forward to seeing all the silk bags that the Women's Club members will be sewing from their old slacks!



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.*

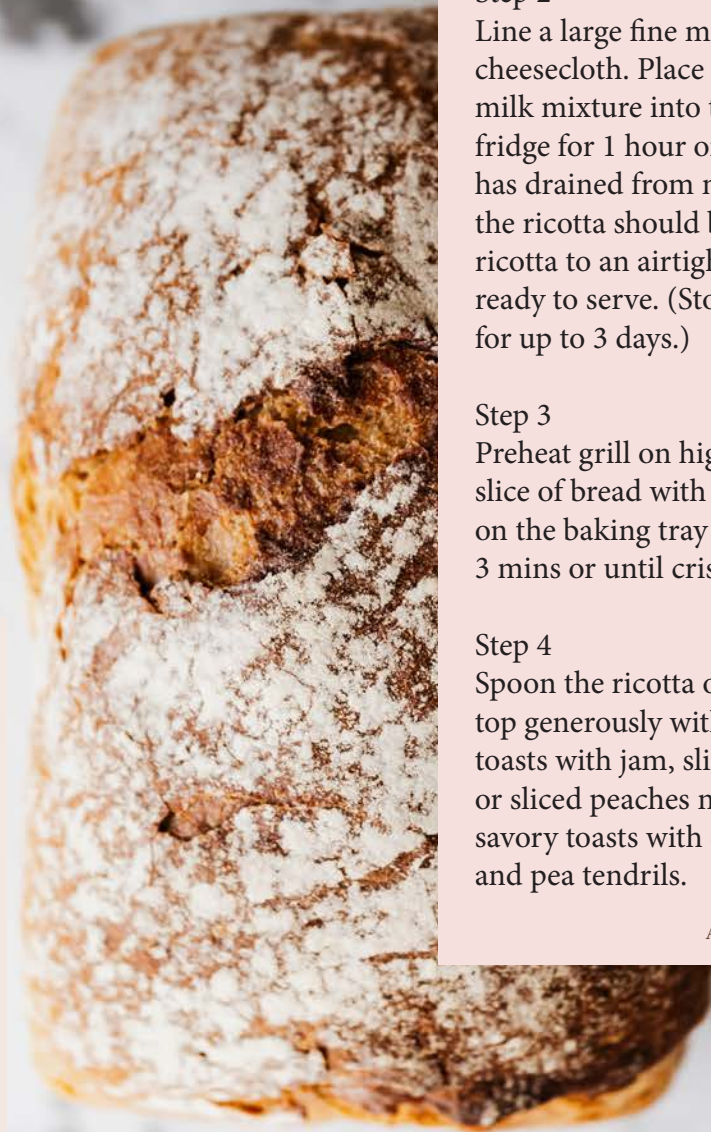


pasadenaconservatory.org



Homemade Ricotta Toast

- 3 cups (750ml) milk
- 3/4 cup (185ml) thickened cream
- 2/3 cup (165ml) buttermilk
- 1 large lemon rind finely grated, juiced
- 1/2 cup (110g) caster sugar
- 8 slices of a hearty, rustic toast
- 60g unsalted butter, softened
- toppings such as jam, honey, sliced figs, sliced peaches, prosciutto or crudo ham, pea tendrils



Step 1

In a large heavy-based saucepan, heat milk, cream, buttermilk and 1 tbs lemon juice. Cook over medium heat for 5 mins or until just beginning to simmer. Reduce heat to low and simmer gently for 15 minutes, stirring occasionally to prevent scorching. Set aside to cool for 5 mins or until mixture begins to separate into milky cheese curds and watery whey.

Step 2

Line a large fine mesh sieve with muslin or cheesecloth. Place over a large bowl. Pour the milk mixture into the lined sieve. Place in the fridge for 1 hour or until most of the liquid has drained from milk mixture (the texture of the ricotta should be spreadable). Transfer the ricotta to an airtight container and chill until ready to serve. (Store the ricotta in the fridge for up to 3 days.)

Step 3

Preheat grill on high. Spread 1 cut side of each slice of bread with butter. Arrange the bread on the baking tray and cook under the grill for 3 mins or until crisp and golden brown.

Step 4

Spoon the ricotta over each slice of toast and top generously with toppings. Create sweet toasts with jam, sliced figs drizzled with honey, or sliced peaches nestled in the ricotta. Create savory toasts with crudo ham or prosciutto and pea tendrils.

Adapted from Curtis Stone's recipe on taste.com.au

Caltech Playreaders Presents ♦ Caltech Athenaeum Hall of Associates

For those who appreciate wisteria and sunshine.

Enchanted April

by

**Matthew Barber based on
the novel by Elizabeth von Arnim**

Directed by Lynne McGrath

**Tuesday
April 12 2022
7:30 PM**

Enchanted April is presented by special
arrangement with Dramatists, Inc.

P



layreaders

“The Ladies of the Camellias”

by Lillian Groag

Directed by Joanne Doyle

Playreaders was finally able to put on a lively performance in the Athenaeum. After so many months of adapting performances brilliantly online, it was such a treat to attend live theater.



The Ladies of the Camellias was directed by Joanne Doyle and featured unique, latex masks worn by the cast.



Stay tuned to your email to learn about upcoming Playreaders performances.

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 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.

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 Amandine Creiere at dine.leg@icloud.com



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 Mariella Soprano at mariella@caltech.edu.

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

Apr 11 - Crying in H Mart by Michelle Zauner
May 9 - The Liar's Dictionary by Eley Williams
Jun 13 - Harlem Shuffle by Colson Whitehead
Jul 11 - Rosaline Palmer Takes the Cake by Alexis Hall

ACTIVITY GUIDE 2021-

Morning Book Discussion Group

Morning Book Group, Fri. Apr. 22nd, 11:30 a.m. - 12:30 p.m., The Athenaeum, *Bellweather Rhapsody* by Kate Racculia. This activity group has just restarted and is welcoming fellow readers. If you are interested, please contact Ellen Weinstein at ellenweinstein139@gmail.com.



CHATS

Tours start at the entrance to the Athenaeum. Reservations required.

Thurs. Apr. 28th, 10:30 a.m. - 12:00 p.m.

Thurs. May 28th, 10:30 a.m. - 12:00 p.m.

No tours held June - August.



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 caltech.playreaders.1950@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)*

ACTIVITIES CALENDAR - 2022

Virtual Wine & Cheese

Usually meets the last Thursday of the month

5:00 pm - 6:00 pm

To get the Zoom login details, contact Vilia Zmuidzinas at 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 at cwclub@caltech.edu for more information.

Scenic Walking Group

Meets the first Thursday of the month. Thursday April 7th, 9:00 am - 10:30am Ernest E. Debs Park, 4235 Monterey Road, Los Angeles. The trails are not flat, but very comfortable, with excellent views of Downtown LA. All walkers should be fully vaccinated (including booster). Contact Eva Schilk at 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.

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

“Sometimes when we are generous in small, barely detectable ways it can change someone's life forever.”
– Margaret Cho

CWC Directory

Website
www.cwclub.caltech.edu

Club Email
cwclub@caltech.edu

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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

Ellen Weinstein
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