

## From the Board

*When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity.*

*John F. Kennedy*

All of our lives have been touched by the pandemic, whether we have lost touch with friends and family or found new and safe methods to do our shopping. Many of us have used our situation to try something different. The Women's Club board, in this time of crisis, is taking the opportunity to expand the ways in which we learn, communicate and stay in touch with our members.

Hopefully all of you received the email message inviting you to our first meeting of the year on November 4 with representatives from the Watsonville Wetlands Watch who shared the programs and goals of their organization. What's new is that we met electronically through a program called Zoom. This program allows participants to see the speakers and one another on their computer screens. While not the same as a monthly meeting, it's a wonderful, safe option to meeting face-to-face. Our plan is to continue our monthly meetings through this membership year. If you missed the November 4 meeting, find the link to the video at <https://womensclub.ucsc.edu/activities/list-page-meetings.html>.

We are currently working on updating our interest group information on the website. If you're an interest group leader, please check the website and contact Colleen Page at [colleen\\_page@msn.com](mailto:colleen_page@msn.com) with any updates.

Most importantly, the board is working without a president. After 4 years of service, Claudia Parrish's tenure ended, but she is still contributing by mentoring our new first vice-president, Sonia Deetz, in planning our guest speakers. Many board members are taking on additional responsibilities. This is the perfect opportunity to step onto the board with lots of support. If you have the slightest interest in joining the board, please contact Andrea Cohen at [acohen@ucsc.edu](mailto:acohen@ucsc.edu).

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## Scholarship Update

In spring of 2020, the Club awarded \$20,000 in scholarships to 14 recipients, including undergraduate and graduate students, men and women, student parents, first generation college students, and a wide spectrum of areas of study. And all from your generous donations!



*Oscar Cazares is completing a PhD in Molecular, Cell, & Developmental Biology and a 2020 scholarship recipient*

To see more photos of these wonderful students as well as to learn a bit more about them, please visit the Women's Club website [here](#).

If you wish to make a tax deductible donation before the end of the current tax year, click [online](#), search for the 'area of the University you would like to donate', select 'Friends Groups', and then Women's Club. If you prefer to donate to the Rita Olsen Pister Endowment, instead of searching, click to select a gift designation, then type in Rita Olsen Pister Endowment and click on that selection.

Alternatively, write a check addressed to UCSC Foundation, and indicate whether you wish the funds to be deposited to the Women's Club Scholarship Fund (immediate use) or the Rita Olsen Pister Scholarship Endowment (investment for continuing use). Either way, the University will send you a receipt for tax purposes. On behalf of our scholarship recipients, thank you for your support!

## Humor

From an April 2020 article in Psychology Today about the benefits of humor during the pandemic, Gregg Levoy offers a few funnies:

- For the first time in history, we can save the human race by laying in front of the TV and doing nothing. Let's not screw this up.
- Definition of irony: When the Year Of The Rat starts with a plague.
- Oh nowwww everyone wants to know what [introverts](#) do for fun.
- My daughter just maintained eye contact while stuffing her face with the last of my chocolate stash, and my husband said "oh s---" and picked her up and took her into the other room. But he won't always be here to protect her.
- Moment of silence for the people who agreed to live with annoying roommates because they wouldn't be spending much time at home anyway.
- The dog is looking at me like "See? This is why I chew the furniture."
- Never in my whole life would I imagine my hands would consume more [alcohol](#) than my mouth.
- I'm so excited it's time to take the garbage out. I wonder what I should wear?
- Some of you have never before gone through a global pandemic during an economic crash with a reality-show-host president who ignores repeated scientific warnings and can't lead—and it shows.
- I just tried to make my own hand sanitizer and it came out as a rum and coke.
- In an unsettling reversal of my teenage years, I'm now yelling at my parents for going out.
- Let's not forget that Rapunzel was quarantined and met her future husband, so let's think positively here.

## Just Keep Reading!

Now that we're spending more time at home we may have more time to devote to some of our favorite past-times like reading. One of the Women's Club book groups, the Brown Bag Bibliophiles, kindly shared a list of some of their favorite reads. This list only includes 'some' of their favorite reads because there is limited space in the newsletter!

The BBBs, as they call themselves, have continued to meet via Zoom since the pandemic began. And while their meetings aren't the same--they don't go to one another's homes and have lunch together --they do get to see friends' faces and share ideas and feedback about the books they read. They have, admittedly, tended toward happier book topics since March. But they reached back into their recent history to find their favorite books, listed to the right. They thought you might like to see one of their recent meetings, below.

## BBB's Favorites

The #1 Ladies Detective Agency  
 All the Light We Cannot See  
 Bad Blood  
 The Boys in the Boat  
 The Book Woman of Troublesome Creek  
 A Gentleman in Moscow  
 The Glass Castle  
 The Goldfinch  
 In the Garden of Beasts  
 Hero of the Empire  
 The Library Book  
 The Little Friend  
 Middlesex  
 Night Over Water  
 The Orphan Master's Son  
 River of Doubt  
 The Shadow of the Wind  
 Water for Elephants  
 Where the Crawdads Sing  
 Wolf Hall



From left to right, top row: Cynthia Noble-Vesecky, Bonita Sebastian, Ellen Schoust; middle row: Irma Andrews, Sally Lester, Dorothea Ditchfield; bottom row: Ellen Kimmel, Corinne Wipke, Bev Merkley. Not pictured are Sarah Schuster and Lorraine Margon.

## Awe as the antidote to anxiety

In a recent, in-depth *Psychology Today* article, author Carlin Flora defined awe and revealed the profound benefits of finding more opportunities to incorporate the feeling into your life.

Awe is the feeling of admiration in the face of something greater than yourself. It's the sense of smallness and wonder you experience when you stand before something vastly bigger than you. You can get it from a nature walk, a piece of art, or thoughts of our enormous universe, but what's most important is that it gives you a sense of perspective. This awareness helps to relieve anxiety, keeping you from focusing on your own negative thoughts.

Research suggests that the experience of awe improves your health and positivity. Details of research and ways to get more awe in your life are available at the website of [The Greater Good Science Center](#) at UC Berkeley. The website suggests several down to earth ways to increase the presence of awe in your life, such as taking an "awe walk." Awe is most likely to occur in places that have two key features: **physical vastness** and **novelty**. We are so fortunate in Santa Cruz to have many locations that include those features!

You're more likely to feel awe in a new place, where the sights and sounds are unfamiliar to you. That said, some places never seem to get old. No matter where you are, the key is to be in the right frame of mind. This practice is designed to turn an ordinary walk into a series of awe-inspiring moments, filled with delightful surprises. Away from distractions (like cell phones), creating a state of mindfulness for yourself, and remembering to breathe helps to set the stage for an 'awe'some experience. Check out the details for an awe walk at [https://ggia.berkeley.edu/practice/awe\\_walk](https://ggia.berkeley.edu/practice/awe_walk).

## UCSC Budget Update

Prior to COVID, UCSC anticipated a permanent campus budget of \$830 million for the budget year that began July 1, 2020. A more realistic budget estimate is \$671 million, reflecting a projected revenue loss of \$159 million for fiscal year 2021. The two main components of this revenue decrease are a \$20 million reduction in state funding to the core budget, which supports teaching, research and campus infrastructure, and a projected revenue loss of \$130 million in campus sales and service operations, including auxiliary operations like housing, dining, transportation and parking, and other units that generate their own revenue.

At UCSC the plan is to make up the \$20 million reduction in state funding using one-time funds rather than making permanent cuts. The campus entered this crisis in a sound financial position, and we have taken important steps to adapt to the evolving budgetary situation by limiting hiring and controlling other expenses. A plan has been proposed that would take \$12 million in cuts centrally and distribute the remaining \$8 million across the divisions. Importantly, these are not permanent budget cuts and divisions can address their target using a combination of savings from unfilled positions, foregone travel and operational costs or uncommitted year-end cash balances. By choosing to absorb this revenue loss with one-time funds, the campus can better support the academic experience and services provided to all students, consistent with the mission as a student-focused research university.

The campus' guiding principle continues to be to keep as many staff members as fully deployed as possible and to keep indefinite layoffs to a minimum throughout this pandemic.

**UCSC WOMEN'S CLUB  
2020-21 BOARD MEMBERS**

**Officers**

President -

Co-1st Vice President - Sonja Deetz, Claudia Parrish  
(interim)

2nd Vice President - Linda Koval, MaryAnn Hobbs

Secretary/Sunshine - Jan Corriden

Treasurer -

**Coordinators**

Food - N/A

Fundraising - Yamindira Kanagasundaram

Data/Communication/Membership - Clea Hermanson

Interest Groups - Colleen Page

Publicity -

Scholarship - Gloria Williams (lead), Laurie Salatich  
(understudy)

Newsletter - Sally Lester

Website - Hazel Powell, Sally Lester (apprentice)

**Members-at-Large**

Andrea Cohen (Floater)

Sara Radoff – (STARS Representative)

**Staff Liaison, Interim**

Clea Hermanson



***Mission Statement***

The UCSC Women's Club is open to all women of the campus and town communities. Its purpose is to be of service to the University, to foster friendship between town and gown, and to encourage understanding and support for the mission and functions of the University. A special goal of the club is to raise money for scholarships for UCSC re-entry students.