

From the President

Happy New Year!

I volunteered to serve as Acting President for the remainder of this academic year. Although life is currently different in so many ways, some things have not changed including the fact that re-entry students continue to work on their degrees often while raising a family. Their financial challenges during this pandemic are surely as great as ever.

In addition, I learned from the scholarship applicants last spring that some students did not have computers at home that were practical for online teaching while others did not have a quiet space at home to present their lectures or meet on-line with their study groups or sections. The need to shelter at home definitely complicated the lives of these students.

The good news is we will award scholarships this spring! On February 22, students can access the application for the Women's Club scholarships. Then, they have until April 2 to submit it. We will award the funds and hear from a few of the recipients at our Zoom meeting on May 5.

It's been awhile since our last big fundraising event so you may wonder how much money we have to grant in scholarships in 2021. At our February 24 meeting, the Women's Club Board will review our finances and determine the amount we can award this year. We were excited to learn that as of December 31, 2020, our



Rita Olsen Pister Endowment has a market value of \$500,171. The earnings for last year were over \$10,000 so we have at least \$10,000 to award this year. If we can continue to grow this Endowment, it will be a guaranteed source of scholarship funds in future years! We hope to augment the \$10,000 with carry-over operating funds from last year because we did save money by not meeting in person.

continued page 2

INSIDE THIS ISSUE

| | |
|-------------------------|---|
| From the President | 1 |
| Membership Reminder | 2 |
| Stress Relief | 2 |
| Just Keep Reading | 3 |
| Monthly Online Meetings | 5 |
| Women's Club Board | 5 |
| Mission Statement | 5 |

From the President, *continued*

Without our meetings and fundraising activities, perhaps you did not make your usual annual contribution to the Women's Club in 2020 so I encourage you to do so now! Simply go to <http://womensclub.ucsc.edu> click on Scholarships and then on Rita Olsen Pister Endowment and scroll to the bottom where you'll find the link to donate. Every dollar you contribute is appreciated by the students.

I hope you will join us in our monthly Zoom meetings at noon on the first Wednesday of each month. If you need help in using Zoom, please reach out to a Board member and you'll be contacted by a helper.

And, lastly, we are looking for Board members. It's not a big time commitment and we have fun! Contact me if you have any questions or if you would like to sit in on a meeting.

Laurie Salatich, Acting President
UCSC Women's Club
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Have You Renewed Your Membership?

Just a gentle reminder to renew your Women's Club membership for the 2020-2021 year. Your membership dollars allow us to continue the good work that we do! Go to:

<https://womensclub.ucsc.edu/about/membership/index.html> and choose to renew either online or in paper form.

Reducing Stress During COVID

Face it. We're all tired of COVID-19. We may worry about whether our loved ones are practicing safety guidelines. We may find ourselves nibbling our way through the day. Or we may binge watch Netflix or constantly check the news. While these are coping strategies, there might be more effective tools. A therapist from the Medical University of South Carolina makes several recommendations.

1. Remember you are not alone. Many of us are anxious and irritable, so you're not the only one. Ask your friends what they're doing to stay balanced.
2. Make time to breathe.
3. Focus on the good and provide acts of kindness.
4. Set a daily routine.
5. Stay informed by using reliable sources. In your daily routine, limit the time you spend checking the news and use those sources you trust.
6. Stay socially connected and engaged. These days electronic meetings and web presentations allow us to interact with others while practicing physical distancing. Check out some of the opportunities through the university in the article to the right.
7. Be mindful. Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment. Mindfulness has been found to be a key element in stress reduction and overall happiness.

Just Keep Reading!

This newsletter we've asked another of our several book clubs to provide us with a list of their favorite reads. They did one better! Not only did they give us a list of recommended books, they included a brief descriptive comment of each.



The Happy Bookers, from upper left: Sandie Swanson, Rusty Bowman, Kate Rosenbloom, Nadine Gassner, Evelyn Prichard, Eleanor Southers, Linda Werner, Nancy Davies, Irma Andrews, Nancy Smeaton, Susan Miner, Donna Karolchik, and Linda Wallraff.

Here are the Happy Bookers' books of interest:

The Nix by Nathan Hill - A funny and warm novel about growing up in America; a look at a son's attempt to reclaim his life and uncover secrets of his mother's life.

The Genius of Birds by Jennifer Ackerman - brilliant examination of character and intelligence of birds based on extensive 20 years of research.

The Soul of an Octopus by Sy Montgomery - A close look at octopus life and intelligence - warm and fuzzy read.

The Overstory by Richard Powers - Filled with climate change activism and resistance and tree loss, this is a beautifully written examination of nature.

Sea of Poppies by Amitav Ghosh - A historical novel about the British/China opium wars and the colonial exploitation of India.

The Ministry for the Future by Kim Stanley Robinson - This is a look into the not-too-distant future, about crises that we will inevitably face; it is a frightening but necessary read.

The Dutch House by Ann Patchett - This is another masterpiece of character development from Patchett where the house is also a character in the story. We follow two siblings starting from physical desertion by their mother and emotional desertion by their father into their adult lives where we learn what they discover about the importance of family.

Ordinary Grace by William Kent Krueger - A 'coming of age' story set in the 1960's in the upper Midwest. The story revolves around death including the violent death of a neighbor's son and the effects of this on a rural Methodist minister, his family including two sons of ages close to that of the dead boy, and the entire community.

continued page 4

Just Keep Reading, *continued*

**The Book Woman of Troublesome Creek* by Kim Michele Richardson - This is set in the 1930's in the Appalachian mountains of Kentucky. Richardson's characters speak using colloquialisms of this time and place while the reader learns about the 'Blue People' and the WPA packhorse library program that had many women bringing books to families in Appalachia.

The Pull of the Stars by Emma Donoghue - This is the story of three days in a maternity/flu ward of a Catholic hospital for the lower classes in Dublin during the pandemic of 1918. Donoghue's writing style gives the feeling of being in the head of the main character, an overworked nurse, as she teaches an orphan who volunteers as her helper and learns more about the political/social situation from a doctor who has been imprisoned for her political beliefs and is running from the law despite the desperate need for her services in the hospital.

In a Sunburned Country by Bill Bryson - *In a Sunburned Country* is a welcome, lighthearted relief from the tedium of lockdown. Bryson is a great humor writer who also includes plenty of historic and other incidental content about Australia.

**The Library Book* by Susan Orlean - This is a surprising and interesting history of the Central Library of Los Angeles. At first centered on a fire that almost destroyed the library in 1986, the book describes the history, politics and superb architecture that is still evident in this often missed landmark in the center of downtown Los Angeles.

**also on the Brown Bag Bibliophiles' list of favorite reads*

The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century by Kirk W. Johnson - The allure of the eccentric hobby of tying classic fishing flies with the feathers of rare and exotic birds leads a young man to steal birds from a museum in Great Britain. He takes many valuable specimens collected in the 1850's by the famous naturalist, Alfred Lord Wallace. The fact that most of the birds and feathers were never recovered as well as the prophetic loss of these species due to the high demand for feathers in women's fashion made this work of non-fiction fascinating as well as sad.

**Bad Blood: Secrets and Lies in Silicon Valley Startup* by John Carreyrou - This is a riveting story of corporate fraud with a step-by-step description of how a young, smart, ambitious, and charming woman fooled a lot of powerful men and was finally brought down.

**Where the Crawdads Sing* by Delia Owens - A beautifully written coming of age story and a celebration of the natural world, this novel juxtaposes the story of a young woman growing up in the social isolation of the North Carolina marshlands with a haunting mystery.

Educated by Tara Westover - In this memoir, Westover recounts her amazing journey from a childhood in the isolated mountains of Idaho with a survivalist family who denied her a formal education to her completion of a PhD program at Cambridge University. The book explores Westover's struggles to reconcile her strong desire for what an education offers with the threat it poses to her family ties and values.

Monthly Meetings Online

The Women's Club board has been working steadily this year to provide interesting and exciting monthly programs, sans the potluck lunch. Meetings begin at noon. If you renew your membership, you'll be sure to receive an invitation to join these meetings.

Here are the upcoming speakers and topics:

March 3 - Dr. Douglas Smith, Another Dam Talk: A Review of San Clemente Dam Removal and Carmel River Response.

April 7 - Dr. Bruce Lyon, Sparrows in the Mist: Complex Winter Social Behavior in a Little Brown Bird.

UCSC WOMEN'S CLUB 2020-21 BOARD MEMBERS

Officers

Acting President - Laurie Salatich

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

2nd Vice President - Linda Koval, MaryAnn Hobbs

Secretary/Sunshine - Jan Corriden

Treasurer - Sally Lester

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

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.