

The Woman's Club of Palo Alto

November 2016 Newsletter

President: Carol Lippert

Our 122nd Year

May your turkey be plump,
may your potatoes and gravy have never a lump,
may your pies take the prize.
And may your Thanksgiving dinner
stay off your thighs.



Nutrition Insights at Our November 16 Luncheon

Please join us for lunch Wednesday, Nov. 16, when **physician and Stanford lecturer Maya Adam** will discuss “Why We Fight With Our Food.” Maya teaches courses at Stanford on child health and nutrition, with a focus on addressing the needs of under-served communities. She creates online educational content for the Stanford School of Medicine for use in its pre-clinical programs and global health promotion efforts. She is the creator of two massive open online obesity prevention programs designed to make basic nutrition education broadly accessible. She is also the founder of the nonprofit “Just Cook for Kids.”



Maya Adam, M.D.

11 a.m.	Doors open
12 p.m.	Lunch served
12:20 p.m.	Club business
12:30 p.m.	Speaker
1 p.m.	End of program

Special thanks to our October luncheon co-chairs **Gloria Hom** and **Nancy MacLeod**! **If you would like to bring a guest** or if you would like a vegetarian or gluten-free meal please get in touch with Gloria (dghom@yahoo.com) or Nancy (nancypaloaltorealtor@gmail.com) at least one week prior to the luncheon. Lunch costs \$10 for members; \$15 for guests.

Our Outreach Committee will be collecting individually wrapped candies, cookies and bags of nuts to make up holiday goody-bags for veterans. Costco is a great source for this. Please, no leftover Halloween candy. We'll sign cards and assemble the goody bags Monday Dec. 5, and then distribute them to the vets at the Defenders Lodge at the Palo Alto VA.

Luncheon Etiquette:

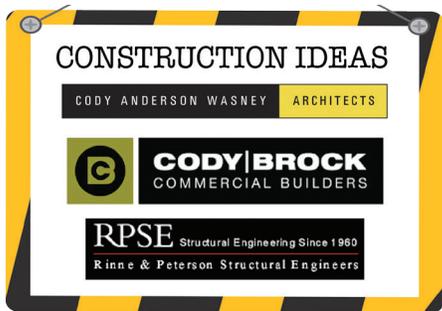
All members pay for themselves (\$10) and their guests (\$15). If you'd like to bring a guest, please advise that month's luncheon chairs at least one week prior to the event. Enjoy socializing but please stay attentive to the call to order. Please respect our speakers with your silent attention. Happily, our leftover food is dedicated to families in need. If you wish to take some, please check first with the luncheon chairs.

President's Letter

Dear members,
We've had a great start to our new season with two successful luncheons -- great food, beautiful tables, and compelling speakers. All credit goes to the volunteers who worked hard to achieve such results.



Our capital projects plan is moving ahead. We've completed our team selection for Phase 1. It took all summer to do this. First, our five-member committee gathered names of about 15 different firms, both contractors and architects, identified as accomplished in historic buildings like ours. We phoned about 10 firms to get three likely bidding teams. The committee, under Meg Monroe's direction, wrote a request for proposal. We asked bidders to describe how they would evaluate the building, tell us what needs work, and create a grouped hierarchy to do it, along with cost estimates and timelines. This would allow us to bundle the work during the months when our Clubhouse is least used.



We received three great proposals, and settled on a team consisting of architects Cody Anderson Wasney, contractor Cody Brock and engineers Rinne & Petersen.

You might see the team around the Clubhouse in the next few weeks -- they plan to complete their assessments and recommendations by January. At that point, we'll publish their results, and plan to discuss them with interested members, before moving forward.

Keep in mind that our Club's various interest groups -- described in the newsletter and on our calendar -- are open to all members. If you see something you'd like to do, just show up, or call the contact person for more information. See you at the Club!

Warmly, *Carol*

New-Member Bios

Our Club welcomes 29 new members this fall! We're publishing their brief bios, alphabetically and six at a time, beginning with the October newsletter and finishing in February. Here's the second installment:

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*Chrissy Coolidge*



As a product-focused business leader, I have spent the last 12 years of my tech career managing complex projects and partnerships for online media, e-commerce startups and Fortune 500 companies. I also participate as a Director and Board Secretary of Thoits Brothers Inc., a 4th generation family owned & operated real estate company. I enjoy sailing, tennis and riding bikes around downtown Palo Alto with my husband.

~~~~~  
Katie Cooney



Hailing from the Midwest, I sought to help others whether they had two legs, four legs, fins, or wings throughout my childhood and teen years. Through those encounters I developed a love for helping others, which led me to get my BS in Human Development from Cal Poly, SLO. Over the last three decades, whether working on a marketing strategy for start-ups, wiping noses in a Tibetan orphanage, or scheming how to make the world a better place, I have endeavored to bring a positive attitude and compassionate heart to my work. Currently, I am Executive Director of Deborah's Palm and the Founder of 2Bikes. I live in Willow Glen with my husband and our two Bichons.

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*Ursula Cooney*



My career is as a translation business travel consultant, but I'm also involved in several community service activities: Project Rally (helping children that are socio disadvantaged with reading and writing) and Community Breast Cancer Connection (now Cancer Connections) Buddy Program and Help Line. I enjoy

the company of other women and am looking forward to participation in the Club's programs and interest groups.

*Susan Graf*



I am the owner of the men's and ladies' wear boutique, Susan Graf Limited, located right here in downtown Palo Alto on the corner of Hamilton and High Streets. My flagship store is in Healdsburg (Sonoma County) and I expanded here in 2013. Since arriving in Palo Alto, I have been on the board of the Palo Alto Chamber of Commerce and have volunteered at many local charities, Vintage Affair, Vista Center for the Blind, and Gamble Gardens. I pride myself in dressing both guys and girls!

*Kristy Gray*



In my past career, I've worn many hats. I've been a pre-school teacher, worked at the Animal Care Center (where I helped with training), and was coordinator for the afterschool program in San Jose. I also served on a stress hotline for several years. I enjoyed the company of the ladies at the Club and am looking forward to being plugged-into your community.

*Anne Gregor*



I grew up in Toronto, Canada, the daughter of a business executive and a textile artist and professor. After studying economics at Queen's University, Ontario and the London School of Economics and Political Science, I embarked on a career as a financial journalist in England, the country of my birth. My journalist's life took me around Europe, to Montreal and Ottawa, and south Los Angeles. In the early 1990's the emerging world of multimedia captured my imagination, so I developed a new career as an Internet executive with a specialty in content presentation and production. Naturally, I followed that interest up with a career in guiding early start-ups in the clean technology sector. I am the past president of the Palo Alto Art Center Foundation and the Friends of the Junior

Art Center in Los Angeles. I play bridge and tennis, and I cycle, read widely, am a volunteer usher at the San Francisco Opera House, serve on the Palo Alto Art Center's Emeritus Group, and spend my summers with my husband, Fred Rose, exploring the continent as we drive to and from our cottage north of Montreal. We have one daughter, Martha, who practices law in San Francisco.

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## Our Club in the Community

Thank you for your in-kind donations of early-reader books gathered at our September luncheon. They went to the nonprofit 10 Books A Home, which provides in-home tutoring to families in high poverty communities. Your book donations added up to \$1,525!

On October 14, Outreach Committee members **Anne Ercolani, Mary Grace**

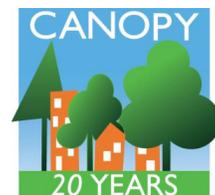


**Bertsch, Carolyn Reese, Sue Krumbain, Ellen Rosenblum and Eileen Brooks** volunteered at the annual WeHOPE/Dignity on Wheels benefit breakfast at the Garden Court Hotel.



We checked in guests, distributed materials and collected pledge envelopes. This wonderful organization serves the homeless in our community with shelters, training classes, and mobile showers and laundry facilities. Our Club supports Dignity on Wheels through our monthly luncheon collection (coming around again in March, 2017) of flip-flops and bottled water. Club member and former Palo Alto Mayor **Karen Holman** was recognized at the breakfast for her City Council work supporting WeHOPE.

Planting Trees with Canopy!  
The Outreach Committee participated in Canopy's neighborhood tree-planting exchange on Saturday, October 22 and Saturday, October 29. This opportunity brought us



back to the good work of our foremothers, as they planted and watered trees in our town in the early 1900s. Some things never get old!

We'll meet at the Clubhouse Monday, Dec. 5 from 10 a.m. to noon to sign cards and assemble the goody bags containing candy, cookies and nuts collected at the Nov. 16 luncheon. We'll distribute the cards and bags to the Vets at the Defenders Lodge at the Palo Alto VA.

If you're looking for an ongoing volunteer opportunity, please consider joining us in sorting donations at Haven Family House on the second and fourth Wednesday of each month from 9:45 a.m. til noon. Contact **Anne Ercolani** for more information.

If you'd like to know more about Woman's Club Community Outreach, or have volunteer opportunity ideas for us to pursue, please contact Eileen Brooks. We welcome your input! -- **Eileen Brooks**

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## Mural Tour in Oakland



The History Walks group will take Caltrain and BART to Oakland for a mural tour of the Uptown neighborhood on Tuesday, Nov. 1. Clipper card required. RSVP to Lolly Osborne. -- **Lolly Osborne**



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## Election-Day Ride

Join us for fun local rides with a lunch stop! All riders at all levels are welcome. This month's ride will be on Election Day, Tuesday, Nov. 8. The route is still to be determined. We'll probably meet at 11 a.m. at the California Avenue pedestrian/bicycle underpass near the train station. If you plan to ride and/or want more information, please email Shannon McEntee at [shannonrmcentee@gmail.com](mailto:shannonrmcentee@gmail.com).

-- **Jean MacDonell**

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## "Deja Dead" in November

The Mystery Book Group meets the second Thursday of every month from 6 p.m. to 7:30 p.m. at the Club. This month, on Thursday, Nov. 10, we'll be discussing "Deja Dead" by Kathy Reichs. **Leslie McLaren** will moderate the discussion. Our book selection for December is "The Lincoln Lawyer" by Michael Connelly.



--**Shelley Sweet**

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## Museum Fridays



Hop on the bus for Museum Fridays! Our Nov. 11 tour of the Rosie the Riveter Museum is sold out (waiting list only) but consider joining us for the following upcoming tours:

**Friday, Dec. 9:** Mission Dolores Tour, Holiday Lunch at Restaurant LuLu. \$90. Two seats left.

**Friday, Jan. 13:** Docent-led tour of the Rama Epic exhibit at the Asian Art Museum. \$57.

**Friday, Feb. 10:** Frank Stella Retrospective at the DeYoung Museum. \$32.

**Friday, March 10:** Berkeley Art Museum and Pacific Film Archive. \$74, including lunch.

**Friday, April 14:** Docent-led tour of the Doris and Donald Fisher Collection at SFMOMA. \$65.

To reserve a spot, send checks to Eileen Brooks, 780 Montrose Ave., Palo Alto, CA 94303.

-- **Eileen Brooks**

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## "The Girl on the Train"

The Cine Circle will meet Tuesday, Nov. 15, from 7 p.m. to 8:30 p.m. at the Clubhouse to discuss "The Girl on the Train." RSVP to Nancy Wong or Shannon Griscom.

-- **Nancy Wong**

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## Book Group

The Book Group will discuss “The Moor’s Account” by Laila Lalami on Tuesday, Nov. 22 at 7:15 p.m. at the Clubhouse. This award-winning book of historical fiction is the imagined memoir of a Moroccan slave who was the first black explorer of America. New readers are welcome.

Our Fall Series theme is “explorers and exploration.” December and January books are: “Wind, Sand and Stars” by Antoine de Saint-Exupery (Dec. 20) and “The Passionate Nomad Life of Freya Stark” by Jane F. Geniesse or “The Valley of the Assassins” by Freya Stark (Jan. 24).  
-- Margaret Feuer

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## What’s Happening with the Rentals Committee?

The Rentals Committee’s goal for the 2016-17 fiscal year is \$81,000 in gross revenue. With 38 days of contracts already signed for this year, we have an estimated annual gross revenue of \$115,906. Yes, we are above our goal!

-- Sue Krumbein



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## In Search of Helpers

### Hosting prospective members for lunch:

We have a long list of women who have expressed interest in joining our Club when we admit new mem-



bers next spring. Would you be willing to host one of them at an upcoming luncheon this year? If so, please contact Membership Chair **Margo Ogus** at [margo.ogus@gmail.com](mailto:margo.ogus@gmail.com).

**Communications:** If you would like to join a small committee charged by the Board to develop a communication strategy, please contact **Susie Richardson** at [susiebmc@gmail.com](mailto:susiebmc@gmail.com) or **Chris Kenrick** at [christinakenrick@gmail.com](mailto:christinakenrick@gmail.com).

**Newsletter design:** If you have skills in graphic design and would be interested in helping with the newsletter, please contact **Chris Kenrick** at [christinakenrick@gmail.com](mailto:christinakenrick@gmail.com). We will give you the text, and you make it look nice.

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## Photos From the October Luncheon



# History Corner

## Cookery: Choice Recipes collected by The Woman's Club of Palo Alto



Twenty-four women organized the Woman's Club of Palo Alto in 1894. Ten years later, the women were a strong enough organization that they planned to build their own clubhouse. In 1904, they bought the lot at the corner of Homer and Cowper for \$1,125. It took the women of the club another 12 years to raise the \$5,300 to build the building. They gave concerts, held food markets, hosted costume parties, featured speakers such as Helen Keller. One of their early fundraisers was *Cookery*, a collection of club members' recipes.

Two copies of the cookbook remain in the archives of the Palo Alto Historical Association at Cubberley.

However, in order to follow the recipes, one needs to translate directions to the 21st century:

A peck of strawberries = 4 dry quarts; half a peck = two dry quarts

A little thickening = a tablespoon or two of flour or cornstarch mixed in a half cup water

"Mash through a sieve" = Use a food mill

A quart can of tomatoes = Does not exist. Use a 28 oz. can plus one more half cup

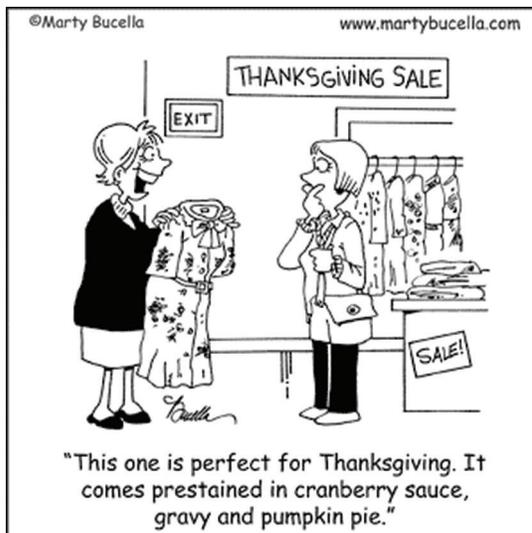
A "well seasoned tomato sauce" = probably use marinara sauce

A quick oven = I am guessing an oven heated to 400 degrees



Recipe for Chicken Broth = "An old hen makes the best broth. Cut up and put into pot with 2 quarts cold water. Simmer 6 or 7 hours in a 'closely covered' vessel. When the meat begins to leave the bones, take the chicken from the pot, strip off meat, crack the bones, and return all to the pot... Strain through cloth when hot, and skim off all fat when cold..."

Not attractive to today's cooks would be "**Sweet Bread Salad**". The directions say to boil "sweet breads" for 20 minutes, plunge them into cold water, then remove "the membranes and little pipes, cut into dice; lay by table-spoons on crisp lettuce leaves; cover with mayonnaise." Mrs. Addie Wershing submitted this recipe, and at least 50 other women contributed recipes to the cookbook. – **Vicki Sullivan**





*Fab speaker, Leslie Berlin, Pres. Carol Lippert and Mayla Clark.*



*Connie Fasani & Nancy Alexander luncheon chairs with helper Mary Grace Bertsch.*



*Delicious curry salad from Whole Foods.*



# October Luncheon Photos

*Shirley Klynn greeter in festive outfit.*



*Members of our Club's Outreach Committee volunteered at an Oct. 14 fundraising breakfast at the Garden Court Hotel for East Palo Alto-based Project WeHOPE, which provides supportive housing and other services for the homeless. Their programs also include Dignity on Wheels, a mobile shower unit.*





*Sept. 24 - Shoreline: Paula Collins, Joanne Jones, Carol Lippert, Donna Mackowski, Susan Kaye, Bea Garsh, Caroline Willis*



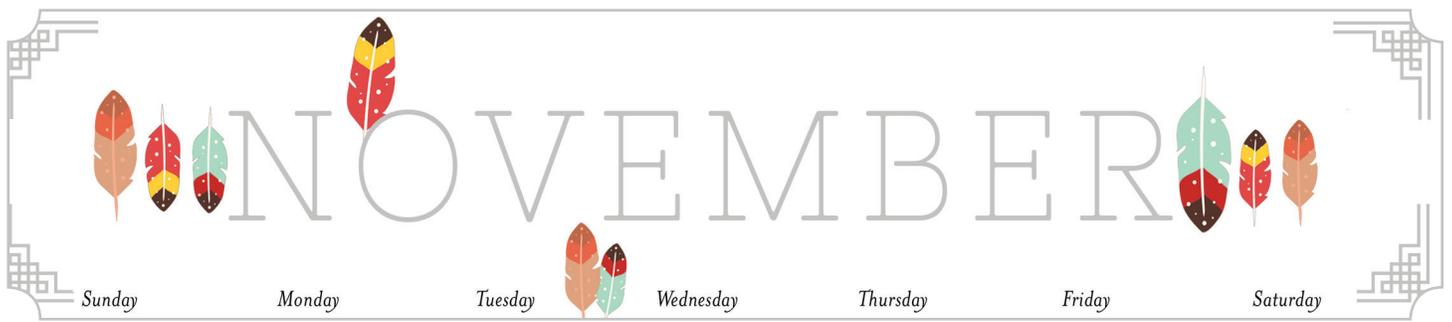
*Oct. 8 - Shoreline: Linda Vlastic, Kathy McMahon, Ellen Rosebaum, Carolyn Pierce, Mayla Clark, Barbara Blatner-Fikes*



*Members of our Outreach Committee were honored at a Sept. 28 tea given by the Menlo Park homeless shelter Haven Family House. For at least six years, our Club members have regularly volunteered at Haven Family House, sorting donations twice a month and hosting barbecues and other events for the residents. Among the gifts to attendees were packets of stationery featuring art work by children who have become homeless within the past year in our community.*



**LifeMoves**  
Breaking the Cycle of Homelessness



Tuesday, Nov. 1 - History Walk: Oakland Murals Tour. Contact Lolly Osborne

Thursday, Nov. 3: Bridge Group meets at the Club from 2:15 p.m. to 4:15 p.m. for lessons from Prue Saunders. \$15. Contact Nancy Bjork.

Friday, Nov. 4: Knit & Stitch meets from 2 p.m. to 4 p.m. at the home of a volunteer hostess. Contact Ginnie Noh for more information

Tuesday, Nov. 8: Townie Bikers meets for fun local ride with a lunch stop! This month's route TBD but probably will start at 11 a.m. at the California Avenue pedestrian/bicycle underpass near the train station. Contact Shannon McEntee

Tuesday, Nov. 8: The Thanksgiving Drop-In Social meets from 5 p.m. to 7 p.m. at the Clubhouse. \$5. RSVP to Celiene O'Hara

Wednesday, Nov. 9: The Outreach Committee sorts donations at Haven Family House from 9:45 a.m. to noon. Contact Anne Ercolani

Thursday, Nov. 10: Bridge Group meets for practice at a member's home. For information contact Nancy Bjork

Thursday, Nov. 10: The Mystery Book group will meet from 6 p.m. to 7:30 p.m. at the Clubhouse to discuss "Deja Dead" by Kathy Reichs. For more information contact Shelley Sweet

Friday, Nov. 11: Museum Friday group heads to the Rosie the Riveter Museum in Richmond. Sold out (waiting list). Contact Eileen Brooks

Tuesday, Nov. 15: The Cine Circle meets from 7 p.m. to 8:30 p.m. at the Clubhouse to discuss "The Girl on the Train." RSVP to Nancy Wong or Shannon Griscom

Wednesday, Nov. 16: Monthly luncheon featuring physician and Stanford lecturer Maya Adam. Outreach Committee will collect individually wrapped candies, cookies and nuts to make goody bags for veterans. Doors open at 11; lunch served at noon; meeting over by 1

Thursday, Nov. 17: Bridge Group meets at the Club from 2:15 p.m. to 4:15 p.m. for lessons from Prue Saunders. \$15. Contact Nancy Bjork

Friday, Nov. 18: Knit & Stitch meets from 2 p.m. to 4 p.m. at the home of a volunteer hostess. Contact Ginnie Noh

Saturday, Nov. 19: The History Committee will meet at 9:30 a.m. at the Clubhouse to work on the Club's Archives. Contact Margaret Feuer

Tuesday, Nov. 22: The Book Group will meet at 7:15 p.m. at the Clubhouse to discuss "The Moor's Account" by Laila Lalami. Contact Margaret Feuer

Wed., Nov. 23: The Outreach Committee will sort donations at Haven Family House from 9:45 a.m. to noon. Contact Anne Ercolani