

# MAGNOLIA NEWS

JANUARY, 2021 \* VOLUME 23, ISSUE 5

[www.vanderbilt.edu/vwc](http://www.vanderbilt.edu/vwc)

*The Vanderbilt Woman's Club brings together the women of Vanderbilt University; provides an opportunity for intellectual, cultural and social activities within the community and the University; supports and assists the mission of the University; and sponsors the Vanderbilt Woman's Club Stapleton/Weaver Endowed Scholarship through fundraising.*

## Members of the Board 2020-2021

Tracy Stadnick  
*President*

Joy Allington-Baum  
*Past President*

Sharon Hels  
*Vice President/Programs*

Elisabeth Sandberg  
*Treasurer*

Ebbie Redwine  
*Recording Secretary*

Sara Plummer  
*Corresponding Secretary*

Kelly Chambers  
*Communications*

Peggy Curci  
*Hospitality*

Lina Keefe  
*Interest Groups*

Yolonda Brooks Robinson  
*Newcomers*

Liz Doyle  
*Membership*

Frannie Benner  
*Fund Raising*

**NEXT MEETING  
SEE PAGE 12  
FOR DETAILS**

## President's Message

Dear Members,

Happy New Year to you all! I hope you are well and staying safe. In our Magnolia Newsletter, you will find all our upcoming events and dates. Please be mindful as some events have RSVP dates. I hope you will enjoy our programming for this month!

On **January 21st**, we will hold our annual meeting via Zoom and vote on the nominees for next year's Executive Board, followed by a presentation, "*Listeners to Leaders: A History of Women at Vanderbilt University from 1874 to Today*" by **Dr. Rory Dicker**, director of the Vanderbilt University Margaret Cuninggim Women's Center. We look forward to your participation at this Zoom meeting.

Our 2021-2022 Executive Board nominees are:

- President - **Sharon Hels**
- Vice President - **Anna Walker** (our current service chair)
- Treasurer - **Elisabeth Sandberg**
- Recording Secretary - **Ebbie Redwine**
- Corresponding Secretary - **Elaine Smyth**

Thank you, **Angela Bowens**, chair of our nominating committee, and committee members **Lynn Maddox**, **Lina Keefe**, **Jan Goddard**, and **Elaine Smyth**. We appreciate your time in putting together the nominees.

Thank you all for participating in our Poinsettia sale, our Kendra Scott sale, and the online holiday bazaar. Thank you, **Frannie Benner**, for coordinating these events. We are delighted to add funds to our Stapleton/Weaver Student Scholarship.

During November and December, we hosted several Zoom presentations. Many thanks to those who helped coordinate events and to those who taught us new things:

- Viviana Luison** - *Italian wine tasting*
- Caroline Gobert** - *Madeleines baking class*
- Peggy Curci** - *Peanut butter balls cookie class*
- Rita Venable** - *Tennessee butterflies*
- Charles Brindley** - *Art and perspective*
- Connie Williams** - *Stretching to relieve stress*
- Valerie Middleton** - *Zoom sing-along*
- Joy Allington-Baum** - *Annual Thistle Farm Holiday Tea*

See you on Zoom on **January 21st** for our annual meeting! Stay safe, stay connected, and stay curious.



*Tracy*

*The Vanderbilt Woman's Club acknowledges the late Margaret Branscomb, wife of Chancellor Harvie Branscomb, for the major plantings of the magnolia trees on campus and honors her in the naming of the newsletter.*

VANDERBILT  
WOMAN'S CLUB

# Donations to the Scholarship since the last newsletter

Donations may be sent to Liz Doyle, 1556 Oxford Court. Gallatin, TN 37066-5717

Anne Roos

## Year to date

Carol Armes & Robert Pitz, Evadne Awh, Cheryl Baird, Melinda Balser, Heidi Bates, Mary Baysinger, Holly Beavers, Madelyn Berezov, Audrey Brown, Faye Brown, Cathy Brunk, Kelly Chambers, Amy Page Christiansen, Kelly Christie, Janet Crowson, Peggy Curci, Katrina Dickerson, Dot Galloway, Kathleen Garthwaite, Joyce Gore, Cathy Griffith, Kay Hall, Cherie Hamilton, Margaret Hansen, Judith Hodges, Kathy Hood, Joan Hornberger, Regina Jensen, Sheila Jensen, Lael Kiesling, Helen Kornblum, Ann Krimm, Lynn Maddox, Anne Manner, Elaine McKenna, Valerie Middleton, June Morton, Margaret Norris, Rosann Nunnally, Ann Olsen, Anne Plummer, Sara Plummer, Kim Ross, Elaina Scott, Nancy Simerly, Cindy Slobogin, Amy Smith, Sandy Spitz, Tracy Stadnick, Mary Stinson, Claire Tschudy, Grace Wernke, Faye Wyatt



Emily Song, our 2019/2023 Scholar

[click here to make your donation by credit card](#)

If you have donated and your name does not appear on our honor roll, please email [lsiemer7@gmail.com](mailto:lsiemer7@gmail.com)

## Connie Williams from The Power to Pause

Connie presented Relieving Stress thru Stretching in December via ZOOM.

Now you can sign up for a one time zoom stretch class with Connie.



*Your daily life should never be limited because of your fear of painful movement. Connie C. Williams of The Power to Pause Stretching Studio will share how a daily routine of stretching cannot only help reduce stress, but it can also help keep you active and mobile through increased circulation and range of motion. Connie will explain how tight muscle tissue affects your body and offer visual examples of some popular Assisted Stretches.*

Connie C. Williams is a 40-year fitness industry leader and owner of The Power to Pause Stretching Studio. She co-created step/bench aerobics in the late 1980s, producing videos and traveling the world training instructors, corporate clients, and personal trainers - including Princess Diana's personal trainer. She now teaches Assisted Stretching through online and in-person classes, private sessions, and workshops. You can learn more about Assisted Stretching at [www.thepowertopause.com](http://www.thepowertopause.com).

ASSISTED STRETCHING CLASS:

January 13, 2021 class at 10:30am - 11am: \$8

Link for class sign-up:

<https://thepowertopauseconsultation.as.me/schedule.php?appointmentType=17542202>

### VWC in-person meeting guidelines:

*Our Vanderbilt Woman Club Guidelines are different from Nashville Guidelines:*

*VWC follows Vanderbilt University Phase Guidelines for COVID-19.*

*Vanderbilt University Guidelines are in **Phase II**:*

*"Gatherings up to 10 as long as physical distancing can be maintained and safety protocols (e.g., face masks/coverings) are followed."*

*The board recommends: No sharing of food and drink. Members should bring their own food and drink to events at this time.*

*Members cannot participate if they feel sick or have a fever.*

*We appreciate your concern for everyone's health and your participation to help keep our members safe!*

# Light at the end of the tunnel . . . .

Dear Patients, Families, and Colleagues:

I am writing to you with welcome news.

Since the FDA emergency use approval and first shipments of COVID-19 vaccine in early December, Vanderbilt Health has administered the initial vaccine dose to well over 15,000 people working at the medical center. We are encouraged by this progress, and hope that we will soon begin to experience reduced numbers of Vanderbilt Health personnel unable to work due to COVID-19 community spread.

Based on this progress, and on direction from the Centers for Disease Control and Prevention (CDC) and the Tennessee Department of Health (TDOH), I am pleased to announce that we are able to begin vaccinating patients, starting with those age 75 and over. We have developed plans and procedures that will allow us to begin registering and vaccinating over 1,000 Vanderbilt Health patients every day, starting with this age group.

## **We'll reach out to you when it's your turn to get the vaccine.**

We are now beginning to contact our patients age 75 and over through the My Health at Vanderbilt (MHAV) on-line patient portal. The most current information on patient groups eligible for vaccination through Vanderbilt Health, and details about the TDOH COVID Vaccine Plan can be found on [VUMC's website](#).

**If you are an established Vanderbilt Health patient, we'll send you a message through your MHAV account** to let you know it's time for you to schedule your vaccine. If you are an established patient but don't have an active MHAV account, [start yours now at this link](#). MHAV is the best way to manage and schedule your healthcare services through Vanderbilt Health, and it's also the way we will contact you and register you for the vaccine. Importantly, over the coming weeks as additional allotments of vaccine become available to Tennessee, the TDOH will expand the eligibility criteria beyond age 75 and over. We will contact additional Vanderbilt Health patients as they become eligible through MHAV to schedule vaccination.

In the meantime if you already have an active MHAV account, please log in to make sure you remember your password and have access. Please also check your communication preferences in MHAV to make sure you have elected to get email notices from us.

## **The most important thing to remember is that the COVID-19 vaccine is safe and effective.**

In my message over the holidays, "[A Holiday Gift](#)," I described the many benefits to getting vaccinated – including the remarkable impact on people who cannot be safeguarded by taking the vaccine themselves, either because it isn't yet available to them, or because their immune systems won't respond even if they do take it. Given the supplies of vaccine available, vaccinating the thousands of patients in our care will take months. I encourage you to schedule your vaccine as soon as we contact you – we are eager to vaccinate as many of our patients as possible not only to protect you, but also to gradually reduce the risk to those who are not yet vaccinated, or unable to be immunized. To answer your questions about COVID-19 vaccination, and those of your family and friends, [at this website](#) you will find more than 100 questions answered by our experts, as well as a growing library of videos and other valuable information.

We are grateful that you choose to receive your care from Vanderbilt Health. Together, we can control this pandemic and protect one another.

Sincerely,

Jeff Balsler, MD, PhD  
President and CEO, Vanderbilt University Medical Center  
Dean, Vanderbilt University School of Medicine

### Other websites with information

<https://www.wkm.com/news/local-news/metro-health-dept-begins-covid-19-vaccinations-for-davidson-county-residents-75-and-older/>

[https://www.williamsonhomepage.com/brentwood/heres-how-to-get-a-covid-19-vaccination-in-williamson-county/article\\_a02381d6-4ed5-11eb-86d6-bb2ccb42c0bd.html](https://www.williamsonhomepage.com/brentwood/heres-how-to-get-a-covid-19-vaccination-in-williamson-county/article_a02381d6-4ed5-11eb-86d6-bb2ccb42c0bd.html)

[Click here to see what's new in the picture gallery on our website](#)

# From the Archives'

## January

by Joy Allington-Baum

### 1993 - The Centennial Year

The program of the Centennial Year was planned, not only to commemorate its past, but also to propel it into the future. It presented special opportunities to renew old acquaintances and to welcome newcomers to the Club. It was a yearlong affair.

Three VWC members who grew up on the Vanderbilt campus spoke at a monthly meeting; **Grace Gardner**, **Eleanor Morrissey** and **Libby Zerfoss Fryer**.

The Gibson girls performed at another meeting. They wore black skirts, white blouses and red taffeta sashes with hat bands to match. They sang *Thanks for the Memories* describing different aspects of the Woman's Club. One verse included a description about the Holiday Potluck Lunches and the incredible food shared by all.

Three of the regular meetings were held in the homes of members who had special connection with the University.

The Welcoming Coffee began the year at the home of **Martha Ingram**, wife of the Chairman of the Board of Trust.

The Holiday Luncheon was hosted by **Ann Robinson**, wife of the Vice-Chancellor for Health Affairs.

There is a video stored in the University Achieves with **Jennie Mills** and **Sassy Carroll** in period costume. **Blanche Henry Weaver** wrote a 100-year history of the Woman's Club. This history was expanded by **Rita Hall** and is currently getting edited and will be updated and available to all members.

The Spring Picnic was at the home of **Faye Wyatt**, the wife of the Chancellor.

Two events appropriately were held on the University campus. The Chancellor's Address was given in Branscomb Formal Lounge. The dinner and candlelight concert --- to which spouses and friends were invited --- was at the University Club with the Blair School of Music providing the program.

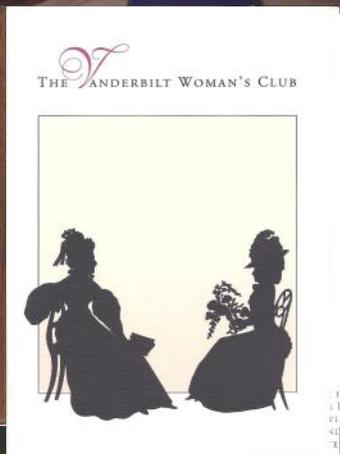
The Centennial Committee presented to members at each meeting some reminder of the celebration. A garden party that was the door prize at the Opening Coffee. A Gibson Girl Chorus enlivened the scene at

the Holiday Luncheon.

The Garden Party at the home of Chancellor and Mrs. Wyatt climaxed the year. With both **Chancellor Heard** and **Chancellor Branscomb** in attendance. A committee of fifty members planned the gala event. Round tables with beautiful white linen cutwork tablecloths with either clusters of African Violets in baskets or with white miniature parasols and spring flowers as the centerpieces. Lunches were served in black shiny boxes with pink, satin ribbon. A tribute to the original Ladies Literary and Musical Club was presented in music by the Blair Quartet.

Current member **Elaine McKenna** remembers dressing in costume and attending this 'absolutely beautiful event'. It was fun to see many members in costume and in a 'beautiful setting on a gorgeous day.'

This information was gathered from the VWC history and from down-memory-lane articles from the *Magnolia News*.



## ‘Get Fit’

Social distancing doesn't have to be a deterrent for getting out and getting fit and a new year is a great time for renewed goals! **Running** is a great way to stay vibrant, feel better, and get your “glow” on! If running isn't for you (or your knees), **walking** is equally good!

If you would like some additional motivation, there are “virtual” races that you can participate in. These **great races can be completed entirely at your leisure and pace**, at a distance you can choose (5k, 10k, half-marathon, etc.), and they offer fun incentives (think swag AND medals!) to encourage runners and walkers to get out and exercise without gathering in huge crowds!

You'll find many races support great charities as well.

**Virtual Running Club** ([www.virtualrunningclub.com](http://www.virtualrunningclub.com)) recently held a “*Ratification Race*” that celebrated and honored the 100th anniversary of the ratification of the 19th Amendment (a portion of registration fees went to the National Park Foundation's Women in Parks initiative)!

A quick Google Search for: Virtual Running Clubs will give you a list of great options to check out – or contact me any time for help, training suggestions, encouragement, or to schedule virtual walks/runs together!

Exciting races are happening virtually all the time.

Check out a virtual race and get or **stay** fit and healthy in reality (and socially distanced)!

**Heidi Bates 801-671-2363**

[heidi.m.bates@gmail.com](mailto:heidi.m.bates@gmail.com)



## Music Group



Dear Groupies,  
Happy New Year to you ALL!! I miss you and our gatherings and hope by mid-year we will gather again.

Of course we can find musical performances online but it's just not the same! We can always depend on the Blair School of Music to present various performances. They even included some comforting words by Emily Dickinson: "Hope is the thing with feathers- That perches in the soul". They suggest that through the words of artists "we discover that the human necessity to believe in possibility is one of our most precious gifts."

Through the Blair School of Music's website,

<https://blair.vanderbilt.edu/>

you can find a variety of performances to soothe your soul or invigorate your spirit until we can meet again!

Love to all and stay safe!



Sue

**Sue McDougall 615-974-5121**

[mcdougall.interiors@gmail.com](mailto:mcdougall.interiors@gmail.com)



## Still looking . .

for a

co-chair for the  
Community Explorers  
group.

If you are interested,  
please contact

Lina Keefe

*Interest Group Chair*

[LDFK@comcast.net](mailto:LDFK@comcast.net).

Thank you,

615-268-3850

[Click here to see what's new in the picture gallery on our website](#)

## Holiday Happenings . . .

### Thistle Farms Afternoon Tea

*Whether you ate half of it on the way home.* Kelly

*Had a few nibbles to test it out.* Chris

*Saved it for Lunch.* Joan

*Had for dinner with daughter finishing it as a midnight snack.*

Peggy



*Or introduced your husband to the concept of afternoon tea.*

Lina.

*Or created a Formal Tea Experience with a daughter requesting it every week.* Tracy



It was a nice break for us all.

The best news of all is a **SAVE THE DATE**

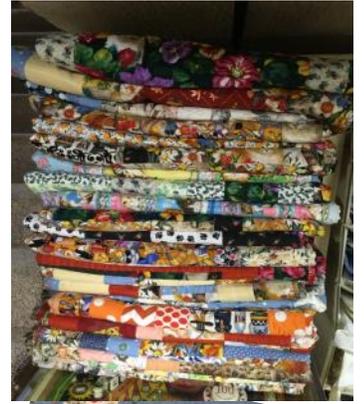
**December 10th, 2021 from 1-3 pm**

we will be resuming our in-person event.

More details to follow.

## The Quilting Group

21 quilts were donated to the *Rutherford County Cat Rescue*. Bolts and bolts of cat-themed fabric were given to us by a grateful patient. The quilts were gifted to the Cat Rescue volunteers, foster “parents” and cat adopters.



Looking for a project while we are still in lockdown?

There is fabric (*no more cats*) waiting to be turned into lap quilts for the wheel chair patients at the VUMC.

Contact Lynne Siesser

lsiesser7@gmail.com or 615-298-5659

## Community Service/Outreach

# COMMUNITY SERVICE COMMITTEE



# 2021

MAY THIS YEAR BE FILLED  
WITH HOPE AND  
EXPECTATION

KICKOFF MEETING  
TUESDAY, FEBRUARY 16, 2021  
9:30AM

Anna Walker 615-545-7788 [totallyou@msn.com](mailto:totallyou@msn.com)

[Click here to see what's new in the picture gallery on our website](#)

# Communications Gurus

*Thank you for keeping us all informed.  
Please send all photos or items you want to share to*

**Kelly Chambers**

[kellychambers420@yahoo.com](mailto:kellychambers420@yahoo.com)

**Text: 409-771-5731**

*She will disseminate all information. Kelly will also guide you through joining our social media.*

## The Team

**Kelly Chambers** - Coordinator

**Nancy Dwyer** - Publicity

**Lisa LeMaster** - Website

**Lynne Siesser** - Magnolia News

## Pop-Up Group or PUG *is a loosely formed*

*group of VWC members with diverse interests and sometimes flexible schedules who want to meet up with other members for fun outside of regularly scheduled club events. Movies, hikes, lectures, theater, festivals, music events, whatever – they are all game for*

**PUG** click on <https://groupme.com/en-US/>



Instagram

*Look for us as*  
**vanderbiltwomensclub**  
*or search for*  
**@vanderbiltwomensclub**

## Stay Connected



*Join our VWC Facebook group to keep up with happenings in the club throughout the year. It's a closed group so only VWC members may post information or see posts. You do need a Facebook account to join.*

## Interest Groups

*Do you have another interest not listed?*

**Lina Keefe 615-268-3850 LDFK@comcast.net**

### DAYTIME

**ANTIQUES:** Mary Helen Short *3rd Tuesday at 10am*  
615-269-0538 - maryhelenshort11111@gmail.com

**BOOK GROUP TWO:** Nancy Fruetel *1st Monday 1pm*  
615-297-5075 - nnfruetel@msn.com

**BRIDGE TUESDAY:** Mary Helen Short *2nd Tuesday 1pm*  
615-269-0538 - maryhelenshort11111@gmail.com

**BRIDGE THURSDAY:** Lynne Siesser *Every Thursday 1pm*  
615-298-5659 - lsiesser7@gmail.com

**COMMUNITY EXPLORERS**

Margaret Hansen - 615-481-1927  
margarethhansen@gmail.com

**COMMUNITY SERVICE:** *1st Tuesday 9:30am*

Anna Walker - 615-545-7788 -  
totallyou@msn.com

**FRENCH:** Joan Harshman

*2nd Thursday 12:30pm*

615-864-8885 - joan.s.harshman@gmail.com

**GET FIT:** Heidi Bates

801-671-2363 - Heidi.m.bates@gmail.com

**MAH JONGG:** Cindy Slobogin *Every Wednesday 1pm*

352-339-4822 - slobogin@hotmail.com

**MOVIE GROUP:** Betsy Fleetwood

615-579-0903 - befleet@aol.com

**OUT TO LUNCH BUNCH:** *4th Thursday 12:30pm*

Joy Allington-Baum - 214-755-5328

joyallingtonbaum@gmail.com

**QUILTING:** Lynne Siesser

615-298-5659 - lsiesser7@gmail.com

**VANDY LUNCH:** Elisabeth Sandberg

*2nd Wednesday 12:30pm*

text: 617-957-2169 - elisabeth.sandberg@vanderbilt.edu

### EVENING/WEEKEND

**BOOK GROUP ONE:** *2nd Sunday 2:30pm*

Ann Ercelawn - 615-298-4766 - ann.ercelawn@gmail.com

Kitty Porter - 615-406-4352 - kitty.porter@gmail.com

**COCKTAIL CLUB:** Lynne Siesser

615-298-5659 - lsiesser7@gmail.com

**GET FIT:** Heidi Bates

801-671-2363 - Heidi.m.bates@gmail.com

**GIRLS NIGHT OUT:**

Amy Smith - 720-939-0135 - amyjsmith.rn@gmail.com

Cindy Slobogin - 352-339-4822 - slobogin@hotmail.com

**GOURMET GROUP**

Sheila Jensen - 615-351-4375 sheilajensen@comcast.net

Adele Stein - 615-309-6951 steinadele@hotmail.com

**LOOSELY BOUND:** Elisabeth Sandberg *4th Tuesday 7pm*

text: 617-957-2169 elisabeth.sandberg@vanderbilt.edu

**MAH JONGG - EVENING:** *1st Monday 7pm*

Cindy Slobogin - 352-339-4822 - slobogin@hotmail.com

**MOVIES - EVENING:**

Cindy Slobogin - 352-339-4822 - slobogin@hotmail.com

Betsy Fleetwood - 615-579-0903 - befleet@aol.com

**MUSIC GROUP:** Sue McDougall

615-974-5121 - mcdougall.interiors@gmail.com

# On and Around Campus compiled by Tracy Stadnick

## Vanderbilt Margaret Cuninggim Woman's Center January newsletter with events:

*Women, Democracy, and Power in Tennessee* - **Tuesday, January 12, 6:00 p.m. CT**

An online conversation with **Charlane Oliver, Lisa Quigley** and **Emily J. Reynolds**, exploring the power of democracy and the role women play in local and state elections. Please sign up [on the website](#)

*Mrs. America Screening and Discussion* - **Wednesday, January 13, 4:00 p.m. CT**

Please sign up [on the website](#)

*Difficult Conversations* - **Thursday, January 21, 12:00 p.m. CT**

**Lauren Dattilo**, Ph.D., HSP, Clinical Psychologist, Work/Life Connections-EAP

Please sign up [on the website](#)

<https://www.vanderbilt.edu/email-creator/2021/01/womens-center-january-2021-newsletter/>

## Vanderbilt Blair School of Music adult online learning community.

Join the discussion on Zoom from the convenience of your home as **Mitchell Korn**, senior lecturer in music and educational outreach, uses video, images, stories and listening guides to bring great music to life. Classes are two hours in length and held during the day.

"*Music and Civil Rights*" is a six-session class that begins **January 14**. Social justice and the civil rights movement in the U.S. have always had music and musicians as a central inspiration and driving force. The music, in many cases, became anthems for protesters and celebrants. African American blues, Southern roots music, the Great Migration, Chicago blues, 1950s R&B and contemporary songs all have given the movement its voice.

"*Symphony 101: New Ears for Music and the Orchestra*" (eight sessions, beginning **January 13**) explores great classical music. Highlights include Beethoven's *Symphonies No. 5 and 9*, **Yo Yo Ma and Goat Rodeo**, Strauss' *A Hero's Life*, and *Grieg's Piano Concerto*.

"*Great Music, Great Films*" (six sessions, beginning **March 10**) features important films in which music and musicians play the central role in the story. Films this fall include *My Man Godfrey* (1936), *Design for Living* (1933), *Ninotchka* (1939), *Shop Around the Corner* (1940), *Sullivan's Travels* (1941) and *Anatomy of a Murder* (1959).

Visit <https://blair.vanderbilt.edu/blair-academy/korn.php> to learn more about these classes and to register.

## Nashville Symphony's Virtual Celebration, January 11-17, 2021

The Nashville Symphony's annual *Let Freedom Sing* concert honors the life, legacy and triumphs of Dr. Martin Luther King Jr. and the civil rights movement. Join us on social media for a week of performances, released each day. Then join us on **Sunday, January 17**, for a culminating performance of "*Lift Every Voice and Sing*" by the Celebration Chorus and Celebration Youth Chorus, followed by live panel discussion moderated by **Tamar Smithers**, Director of Education and Public Programs for the National Museum of African American Music. Support this completely free program with a gift of any size to our annual fund. Thank you.

<https://www.nashvillesymphony.org/letfreedomssing2021> DONATE NOW

**TPAC Advocacy thru the Arts: Film Festival** <https://www.tpac.org/event/2021-01-28-to-2021-01-28-friends-life-film-festival/>

**Nashville Opera doing their virtual Gala**, with online fundraiser: <https://www.nashvilleopera.org/>

## Nashville Jazz Workshop.

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

Courses offered about Jazz artists:

Music and Life of Nat King Cole: *Straighten Up & Fly Right* **Monday | 6:00pm to 7:30pm** 3-week course \$100 **(2/1, 8, 15)**

Instructor: **Will Friedwald**

Vocal Literature: *The Music of Jimmy Van Heusen* **Monday | 6:00pm to 8:00pm** 6wk - \$275 Instructor: **Lori Mechem**

*Making Old Standards New Again* **Monday | 7:00pm to 9:00pm** 3wk - \$150 **(1/11, 18, 25)** Instructor: **Matt Endahl**

## Cheekwood.

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

*Orchids in the Mansion* beginning **January 30th**. Offers 2 orchid classes beginning February. See website.

Online Orchid class: Orchids 101 (Online). **Saturday, February 6 10:00 AM – 11:30 AM**

Learn the basics of caring for orchids from Cheekwood's Vice President of Gardens, **Peter Grimaldi**, in this live, virtual workshop! Peter will share foundational information for growing common orchids like *Phaenopsis* and *Cattleya* - from lighting and watering, to temperature control, potting media, and pest prevention—that will keep your orchid healthy all year-round. Participants are encouraged to ask questions, and Peter will provide consultation as time allows. Capacity is limited to allow participant engagement. Advanced registration is required. Registration closes 48 hours before the workshop. Participants will be emailed Zoom meeting instructions 24 hours prior to the workshop. Please ensure we have your correct email on file to receive this information. Not-Yet Members: \$15. Members: \$12



## Owl's Hill Nature Sanctuary.

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

*Marshmallow Hikes*. **Dates in January**. Limited availability. Hike and end with hot chocolate and marshmallows by camp fire. See website.

*Geocaching Day*: **Saturday, January 23, 2021 10:00am - 2:00pm** Cost: \$10pp or \$36/registration *up to 4 per group*.

Come geocaching at Owl's Hill! Geocaches are hidden in containers that can be found using a GPS or smartphone. We have new sites set up that are ready to be found. This is also a fantastic way for new geocachers to get acquainted with the game. Hike around in the woods and see what you can find!

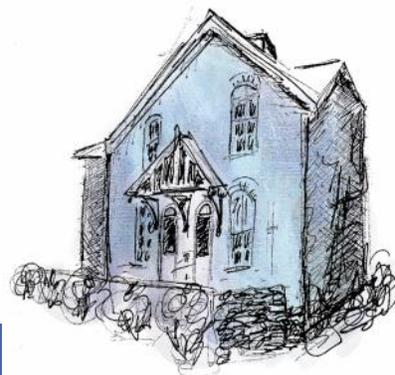


**Parnassus Books events.** **Melinda Gates** does virtual talk about her book "*The Power of Lift*" on **January 12th**, with **Ann Patchett**. Need to register and get a ticket

[Click here to see what's new in the picture gallery on our website](#)

# January 2021

Margaret  
Cunningim  
Women's  
Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3	4 Book Group 2 1pm	5	6	7	8	9
10 Book Group 1 2:30pm	11	12 Women, Democracy 6pm Melinda Gates	13 Stretching 10:30pm Mrs. America 4pm	14 French 12:30pm Blair	15	16
17	18	19	20	21 Business Meeting 9:30pm Difficult. . Noon	22	23 Geocaching 10am
24	25	26 Loosely Bound 7pm	27	28	29	30 Orchids starts at Cheekwood
31 						

## A SIMPLE GUIDE TO ATTENDING CLASSES VIA ZOOM LIVE-STREAM

You will be sent a ZOOM access link for your class if you have not already — just click the link and follow the instructions that pop up on your computer screen.

Here are some step-by-step instructions for features within ZOOM.

### ZOOM INSTRUCTIONS

We've chosen the ZOOM video-conferencing platform for its ease of use and generally consistent quality of connection. It is recommended that you download the Zoom app, although this is not required to participate. If you already have the Zoom app you may be in need of an upgraded version in order to make things run as smoothly as possible.

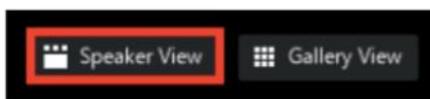
About Zoom

How do I join a ZOOM meeting?

[Updating my Zoom app](#)

### VIEWING OPTIONS

1. Look at top right of the ZOOM window. You will see an icon representing one of two view options: *Gallery View* or *Speaker View*. Click the icon to switch views.



- **Gallery View** lets you see small video thumbnails of all participants.
- **Speaker View** lets you see the Active Speaker (the person speaking at any given time).

We recommend that you keep your screen on Speaker View as that will keep your focus on the presenter and help you remain more connected to the information being shared.

2. On the bottom of your screen, in the bottom left corner of the toolbar, which you may have to scroll over to see, there are controls for your microphone and video camera. This is where you can both electively mute and unmute your microphone as well as start and stop the video image of yourself.



Although muted audio is the default setting for most classes, be sure to mute your mic (lower-left corner of your screen) as soon as you sign on and whenever you are *not* speaking. This is important to avoid background noise and distractions for others.

If you click on Stop Video, real time video of you will be replaced by a simple solid screen with your name on it. You will still be able to see others who have their own video playing. When you want to return to using video so that you can be seen by the whole group, just click on Start Video. Consider stopping your video if you are eating, talking with someone else in the room, or doing anything else that might be distracting to others.

# Annual Business Meeting

Thursday, January 21, 2021

9:30 a.m. Business Meeting

10 a.m. Speaker

RSVP

tracy.stadnick@vanderbilt.edu

## Rory Dicker:

*"Listeners to Leaders: A History of Women at Vanderbilt University from 1874 to Today"*

**BY ZOOM**

Some Famous Vanderbilt Women: **Kate Lupton**, the first woman to earn a degree from Vanderbilt; **Stella Vaughn**, alumna and coach of the first women's basketball team at Vanderbilt; **Anne Benedict Scales**, alumna, benefactor, and lobbyist for women's educational opportunities; **Molly Sims**, actress and model; **Dinah Shore**, singer; **Amy Ray**, Indigo Girl; **Amy Grant**, contemporary Christian music; **June Carter Cash**, comedian and musician; **Ellen Gilchrist**, novelist; **Elizabeth Spencer**, writer; **Rosanne Cash**, songwriter; **Brooklyn Sudano**, actress; **Carolyn Peck**, television sportscaster; **Pauline LaFon Gore**, mother of a vice president; **Jody Wagner**, politician; **Alice S. Fisher**, deputy attorney general of the US; **Kim Dickens**, actress; **Virginia Abernethy**, academic.



**Rory Dicker** has been director of the Margaret Cuninggim Women's Center since 2015. She previously served as the Associate Director of the Women's and Gender Studies Program at Vanderbilt (now Gender and Sexuality Studies), where she continues to teach classes in the history of American feminisms, women and literature, and feminist pedagogy. She completed her undergraduate studies in English and French at the Johns Hopkins University and earned her M.A. and Ph.D. in English from Vanderbilt. After completing her graduate work, she taught English for several years at Westminster College in Fulton, Missouri, where she helped to inaugurate the college's minor in Women's and Gender Studies. She is the author of *A History of U.S. Feminisms* and the co-editor of *Catching a Wave: Reclaiming Feminism for the 21<sup>st</sup> Century*.



*Nancy Ransom, first director of the Women's Center, Vanderbilt. Nancy was a member of the VWC*



*Dr. Ada Bell Stapleton, first Dean of Women, Vanderbilt. Our scholarship is named for her.*

## Vote for the slate of officers

- President - **Sharon Hels**
- Vice President - **Anna Walker**
- Treasurer - **Elisabeth Sandberg**
- Recording Secretary - **Ebbie Redwine**
- Corresponding Secretary - **Elaine Smyth**