

MAGNOLIA NEWS

SUMMER, 2020 * VOLUME 23, ISSUE 1

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
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Joy Allington-Baum
Past President

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Ebbie Redwine
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Peggy Curci
Hospitality

Lina Keefe
Interest Groups

Yolonda Brooks Robinson
Newcomers

Liz Doyle
Membership

Frannie Benner
Fund Raising

President's Message

Summer is here! Welcome to a special summer edition of the *Magnolia News*. We hope you are well and that your family is healthy. Since we were unable to meet in May, we thought you would like an update about the Vanderbilt Woman's Club. We are trying new ideas to stay connected and are being creative in our community outreach.

Traditionally, May's meeting is when we transition from the old Board to the new Board. Thank you **Joy, Madam President**, for leading us the past two years! Under Joy's leadership we added more members than ever, we hosted new events and interest groups, and we had a record **ScholarSongs** fundraiser event. Joy will continue to serve the board as Past President.

Thank you to **Ursula King** and **Amy Smith**, co-chairs of Newcomers, for creating new ways to reach the Vanderbilt community, hosting events, and welcoming new members. Because of their efforts, 57 new members joined this year. Thank you, **Ebbie Redwine**, for leading the Interest Groups and coordinating activities for the past three years.

Welcome to our new Board! Read about each Board member in the newsletter.

As we plan the new year with COVID guidelines, you will see new ideas to keep us connected, have fun, serve, learn, and support Vanderbilt. To start off the summer, we are hosting a clubwide online book club. We are going to read "*The Woman's Hour*" by **Elaine Weiss**. This book covers the history of the 19th Amendment focusing on Nashville. Since it is the 100-year anniversary of the Amendment and Nashville was significant in its ratification, we thought it would be of interest. We hope you join us!

Read our summer ideas from the VWC interest groups for things to enjoy this summer. For the first time, we offer Zoom Summer Camp lectures in July. Please join a Zoom presentation and learn something new.

Our new section, "**Vanderbilt Connection**," highlights some of Vanderbilt University activities, websites, and information that we think would be of interest. As you come across a Vanderbilt activity that you think a VWC member would like, please let us know so we can add it to GroupMe, PopUP, and *Magnolia News* for our members.

VWC continues to serve our Vanderbilt and Nashville community. Under **Ursula King's** coordination, members sewed over 235 masks for VUMC and the Nashville VA. Thank you, Ursula, for coordinating this effort and thank you to all the mask makers. Now the School of Nursing requests cloth masks for the students. Thank you **Joan Hornberger** and **Maisie Roden** for sewing 170 cloth masks for the new Nursing students. In April our virtual Second Harvest Food Drive raised \$3,375 - providing 13,500 meals for those in need. Thank you **Anne Manner** for coordinating this effort. Thank you all who contributed to these causes!

Because we are following the Vanderbilt guidelines on COVID, we are reaching each other through Zoom meetings, email, and phone calls. We will keep you informed about when COVID guidelines change to allow in-person gatherings.

We hope you enjoy this summer's *Magnolia News*. Stay engaged, stay connected, stay healthy!

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

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

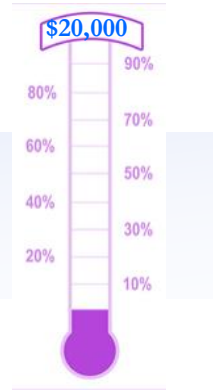
Donations since the last newsletter

Kelly Chambers

Mary Raffety in memory of Chuck Rath (Husband of Ellie)

Tribute cards are available from Liz at all meetings.

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



If you donate online and your name does not appear on our honor roll, please email lsiemer7@gmail.com

Thank you for sewing cloth masks for VUMC and VA! Ursula King, Joan Hornberger, Jan Goddard, Becky Hickson, Ann Olsen, Sue McDougall, Maisie Roden, Peggy Curci, Cindy Slobogin, Frannie Benner, Sharon Hels, Nancy Simply, Nancy Dwyer, Mary Stinson, Marva Collins, Marie Hindman, Ronnie Steinberg, Susan White, Meredith Oates, Judy Lefkowitz, Rebecca DePriest, Pamela Lamp, Stephanie Ward

Note Writing Campaign *by Kelly Chambers*

The need for physical distancing in retirement communities due to the Covid-19 vulnerabilities resulted in unprecedented social distancing and need for caution for several of our club members. Several VWC members volunteered to pen notes to our members living in retirement communities over the past several weeks as a way of staying in touch and reaching out. Thank you to all of our volunteer pen pals. Zoom, FaceTime, email, and telephone calls are great but an old school letter sent through the postal system still has its place in our communications.



Joan Hornberger and Maisie Roden



VWC Stitchers Help Out by Sewing Medical Masks

Continued by Ursula King

Several VWC members continued to sew masks this month and deliver them to members who work in health care and to VUMC. A total count is unknown as individual members began coordinating materials and delivering masks but the number was certainly many! Thank you to all who have participated and donated to this project.



Photo of VWC masks from Channel 17, WZTV

Things to know about our Board

Joy Allington-Baum - *Past President*



I was born in a small coal mining town in the North of England called Ashington, where my 90-year-old father still lives. I spent many hours on the beaches nearby.

I love the sea, and my favorite thing to do is sit by the ocean and read.



I moved to America in 1976, living in Lewiston, New York, then moved to Newark, Delaware. I graduated from the University of Delaware and went on to get certified as an addictions counselor through the University of Maryland. I worked in inpatient and outpatient clinics, eventually working at Johns Hopkins where I met my husband. We moved to Boston and I worked as a dual diagnosis therapist at Brigham and Women's. After having children, I retired.

I have two children, Evan born 1994 and Ella born 1996. Evan now lives in MA and Ella lives in Nashville.

I moved to Plano, Texas, to be near my husband's family after my daughter was born. I lived there for 18 years. During that time, I volunteered on the PTO, PTA and National Charity League, holding many positions. The largest charity event I was responsible for, National Charity League, was to support wounded warriors with over 1, 200 girls attending ranging from 6th grade to seniors. We made 900 care boxes, and the girls attended a lecture about internet safety and created inspirational videos and cards.

I moved to Nashville in 2014 and joined VWC in Jan 2015. I was Newcomers chair for 2 years, Vice President for 2 months and then President for 2 years. I'm looking forward to being Past President and have been tasked to update the VWC history. I will have the pleasure of talking to all the current Life Members and past Presidents.

I am mostly looking forward to the time when we can all see each other again.

The A-Team of boards



First meeting for 2020/2021 Board on Zoom

Ebbie Redwine - *Recording Secretary*

I am a Nashville native and proud alumnus of Vanderbilt, where I majored in Economics and met my husband Jim. We have two adult children. Our son and daughter-in-law live here in Nashville, and our daughter lives in Atlanta.

Jim and I moved away from Nashville after we married in 1982, and our careers took us to stints in Los Angeles, Pittsburgh, and Baton Rouge. We happily moved back to Nashville in 2014. Our extended family in Nashville is quite large, as I am the seventh of nine children.

I have been fortunate to have two very different professional careers. I was a COBOL computer programmer for 22 years, before going back to college in my mid forties to study Nursing. I have been an RN for 14 years, primarily serving Cardiac patients. I currently work PRN at St Thomas Midtown Surgery Center. For fun, I enjoy walks with friends and reading.

Being a member of the Vanderbilt Woman's Club has been a blessing and delight.



Liz Doyle - *Membership*

Army brat, Army Wife, Army Mom, Crossfit Enthusiast, Grandmom of 5, BSFS Georgetown University, Washington DC, Independent Senior Director Mary Kay Inc.

Our Board *continued*



Peggy Curci - *Hospitality*

I joined VWC when we moved to Nashville from St. Louis in 2014. I quickly found a welcoming group of fascinating women to spend time with and explore the community. For the last few years, I have served on the board as the Hospitality Chair. I enjoy entertaining and planning parties, so Hospitality has been great fun for me. Our club has so many fun interest groups and I have tried most of them. My current favorites are Mahjong, Loosely Bound Book Group, Music Group, Girls Night Out and Lunch Bunch.

The last few months have been strange for all of us. I continue to work at Journey Pure a couple days a week, the pandemic has seen a huge spike in drug and alcohol use, so we have been really busy. John was working from home for the first few weeks, now he's back to his regular crazy schedule at Vanderbilt and the Veteran's Hospital. Our youngest daughter Rachel finished her senior year at BGA via Zoom, we missed seeing her play tennis and the father-daughter dance at Prom, but we were fortunate to see her graduate in a lovely social distanced celebration. She is getting ready to head off to Miami of Ohio in August. I have learned to sew cloth face masks and the last few weeks have been working on baby quilts as our middle daughter is expecting our first grandbaby in October. Our oldest daughter who lives in Franklin is back to work, we enjoyed watching movies on Demand during the first couple of months of "lock down", but we are ready to get back to our weekly lunch and movie dates. I miss planning our various events and look forward to seeing you all again soon.

**Thank you,
for all you do.**

Elisabeth Sandberg - *Treasurer*



Elisabeth left Boston to come to Vanderbilt in 2010 when her husband, Warren, accepted a department chair position at VUMC. She joined the faculty of the Psychology Department and teaches there full time. Elisabeth has two college-aged children and enjoys torturing them in her spare time.

Sharon Hels - *Vice President/Program Chair*

I'm a Vanderbilt alumna, having graduated in 1987 with a doctorate in Religious Studies. Since then I've worked in Nashville at the United Methodist Board of Higher Education and Ministry, and I've also pursued my twin passions for choral singing and fine art, earning a BFA from Watkins in 2011. Following the death of my husband, Brad Reed, in 2016, I was delighted to discover the fellowship of the VWC, and I remain an enthusiastic member.



Sara Plummer - *Corresponding Secretary*



I am the next Corresponding Secretary for the VWC. I was born in Northeastern Ohio, graduated with a BSN from the University of Cincinnati, and served in the Army Nurse Corps. I served one tour at the 17th Field Hospital in Saigon, Viet Nam. After finishing my obligation to the Army, I moved to Connecticut, worked at Yale- New Haven Hospital and worked in the Heart Surgery Recovery Room. While there, I met my husband who was a post doc. in the Yale Mathematics Department and we married. We spent 2 years in NYC and then moved to Nashville where he was a professor at Vanderbilt and I worked at Vanderbilt Hospital. We have 2 adult children and now live at the Blakeford Retirement Center. I am a life member of VWC and have really enjoyed reconnecting with all the women who have affiliations with Vanderbilt.

Tracy Stadnick - President



Ever since my friend, Christie Facer invited me to hear a discussion of Emily Dickinson poetry for Vanderbilt Woman's Club, I was hooked. My son was a freshman at Vanderbilt and I realized I wanted to support and do more for this great university, and VWC offered so many inter-

esting things to learn and do; so I became a member. I am a UGA graduate in Management Science: a computer nerd. I worked for IBM supporting mainframe computers and then moved to Educational sales where I sold network computers to schools and taught teachers how to use them. After several years, I consulted with school districts, and then quit altogether to raise my children. I have identical twin sons, and a daughter. The Vandy son just graduated from NYU with a masters in Data Science, and my other son is a 3rd year med student at UT Medical School in Memphis. My daughter just graduated from UGA and hopes to get her doctorate in physical therapy. I enjoy volunteering, as do most of you, I did what I could to support my children: Church Mom Group, Church children clothing sale volunteer coordinator for six years, PTO President and VP of Fundraising, Girl Scout leader for seven years, AAU basketball coordinator, travel volleyball mom, HS Volleyball booster president, and HS basketball president. I am passionate about education. I am starting my sixth year as a volunteer at Tusculum Elementary. I am on the Board of Owl's Hill Nature Sanctuary. My husband, Mike, is a Radiologist and works for his company, Imaging Specialist and Radsourc. We enjoy traveling and taking pictures. I met many of you when I co-chaired ScholarSongs last year. I participate in Explorers, Service and Loosely Bound. I have dabbled with MahJong, Movies, and Lunch Bunch. I go to Chancellor lectures, take Sarratt art classes and OLLI classes. I hope to get to meet each of you and learn more about you! This year will be different with COVID limitations, but I look forward to connecting with you and serving as your president!

Lina Keefe - Interest Groups



My name is Lina Keefe and I joined VWC less than a year ago. This year I'm looking forward to serving as Interest Group Chair. I've lived in Tennessee for 19 years. My husband, Kevin, is a graduate of the Owen School of Business. We have a son, Jonathan, who lives in San Diego and

a daughter, Julia, in Nashville. I'm originally from Connecticut and received a Bachelors degree in political science from Central Connecticut State University. I am also a first generation Italian American. I've embraced all this new technology by taking a Zoom class to brush up on my Italian. I like to read, watch movies, and hike in Warner Park. I also, of course, enjoy participating in VWC events. Our new restrictions have pushed us all a bit out of our comfort zone. The way we interact this year will be different, but I hope we will still feel connected and not alone. I look forward to eventually seeing everyone in person again. In the meantime, see you on Zoom.

Yolonda Brooks Robinson - Newcomers



Background: Native of Georgia; moved to Nashville over 25 years ago.
Education: Graduated cum laude with honors in English (B.A.), minor in Management and Organization from Spelman College, Atlanta, GA.
Professional: Currently

employed as Director, Insurance Compliance and Strategic Projects for Franklin Madison Group LLC.

Community Service and Board Interest: In addition to the Vanderbilt Woman's Club, I am committed to volunteering my time and resources to organizations and causes that impact and provide outreach to women and children, and help close the gaps related to education disparities by providing scholarship opportunities to students in underrepresented communities through:

Alpha Kappa Alpha Sorority, Inc. (Silver Star, 25-year member) - Regional Appointment as Cluster Coordinator;

Pearls of Promise ("POP") Foundation - Board Member and Secretary;

Jack and Jill of America, Inc., Nashville Chapter;

NAASC (National Alumnae Association of Spelman College) - Alumnae Recruiter;

National Museum of African-American Music (NMAAM) - Baron Society and Legends Society member.

Personal: Married to William Robinson, Vanderbilt Vice Provost for Academic Advancement; Executive Director of the Provost's Office for Inclusive Excellence; Professor of Electrical Engineering; Professor of Computer Engineering. They have one son, Matthew (7).

Our Board *continued*

Frannie Benner - *Fundraising*



My husband, Kim, and I moved to Nashville from San Miguel de Allende, Mexico in the summer of 2015 where we had lived full-time for nearly twelve years. During that time, I taught ESL at the girls' orphanage, chaired various committees for fundraisers for Patronato Pro Ninos, an organization providing free medical and dental care for children whose families could not

afford those services plus served as President of the San Miguel Garden Club for two years, a group involved in various philanthropic projects for the citizens of San Miguel. I enjoyed playing bridge, Mah Jongg and golf each week and spent wonderful days exploring many areas of Mexico with Kim, friends and our Golden Retriever.

Several years before living in Mexico, Kim was promoted to his company's top position in Japan and we moved to Tokyo for a year, then moved to Singapore for the following year (Kim as the General Manager of Asia). While living in Tokyo, I joined the Women's Group of the Tokyo American Club and taught English to Japanese children whose families had repatriated to Japan after living in English-Speaking countries. While living in Singapore, Kim also had offices in Hong Kong, Kuala Lumpur and business in Sydney so I enjoyed the opportunity to travel with him frequently, a wonderful perk.

The experiences living in Asia piqued our interest for living in other cultures which ultimately resulted in our decision to move to San Miguel (from Atlanta where we had lived for eight years). After nearly fourteen years living outside the US, we decided we wanted to move closer to our children and grandchildren. After numerous trips to the southeast, we realized that Nashville's energy and natural beauty appealed to us more than any place we had explored.

In the beginning. . . I was born in Burlington, Iowa and grew up on a farm with my parents and two siblings. I have such fond memories of those days. . . like being a 4-H member in both Girls and Boys' 4-H clubs (I competed in county fairs showing Angus steers for a number of years with my dad patiently teaching me "all" I needed to know), high school cheerleader days and water skiing on the Mississippi River with friends. I graduated from Marymount College in Tarrytown, New York, majoring in English

and Education, then taught elementary education for twenty-three years (Brooklyn, NY, Knoxville, TN and Atlanta, GA). While in Knoxville, I served as liaison between Knox County Schools and the University of Tennessee Department of Education for elementary education, and mentored numerous student teachers during my teaching career. . . learning a great deal from them, I might add. Kim and I are grateful for our blended family of five children and eight grandchildren. My daughter and son and families now both live in Nashville and Kim's three children live in Cincinnati, Tampa and Greenville, SC with their families.

These days I enjoy daily hikes with Pax, our two-year-old Golden Retriever, working in our yard, playing bridge and Mah Jongg (most all games really), reading, watching movies, most sports (We love attending our Nashville grandsons' various sporting events.) AS WELL AS being a member of the Vanderbilt Woman's Club. I enjoyed co-chairing Community Explorers this past year plus learned LOTS chairing the silent auction for the annual fundraiser this past February. The best part truly has been meeting so many terrific women who are part of this organization

From the Archives *by Joy Allington-Baum*

The Vanderbilt Ladies' Literary and Musical Club met for the first time one afternoon in October 1893. This is where our club's story began.

The group was small and met in faculty homes. This created a moment for the ladies to indulge in an afternoon of musical entertainment and friendship. I am sure there was also a fair share of gossip.

No records were kept of these meetings.



The Magnolia tree is in Joy's garden

Second Harvest report *by Anne Manner*

More masks . . .

May 14, 2020

Dear VUSN alumni,

I am optimistic that our School of Nursing PreSpecialty students will be able to return to hospitals for their hands-on capstone clinical experience this summer. The health care world they will enter is quite different since COVID-19 put the pause button on clinical experiences for nursing students throughout the country.

As you know, there has been a shortage of masks and other personal protective equipment for providers. Fortunately, our students will not need to use vital PPE, including sturdy N-95 respirator masks. They will need cloth masks, however. I would like to ask you, our alumni, to consider making cloth masks for our students to wear when they are at their clinical placements.

If you are willing and able to do this, I request you use the guidelines outlined by the CDC here. Masks can be shipped via United Parcel Service to Mask Project, Vanderbilt School of Nursing, 461 21st Ave South, Nashville, TN 37240. (Unfortunately, U.S. mail is not being delivered to the school buildings at this time.)

As nurses, our first instinct is to help. This is a great way to help fight the pandemic and support the next generation of Vanderbilt nurses. I know it will mean a great deal to students that Vanderbilt alumni took the time and effort to make masks



for them. Other ways you can support our students are available here.

Please keep your family and yourself free from harm.

Best regards,

Linda D. Norman,
DSN, RN, FAAN
Dean
Valere Potter Menefee
Professor of Nursing

**220 masks shipped
to the Nursing
School from the
VWC so far.**



The club accomplished a successful Virtual Food Drive for **Second Harvest** during the heat of the pandemic.

Thanks to VWC member generosity, we surpassed our fundraising goal of **\$2,500** and raised a grand total of **\$3,375** - providing **13,500** meals for those in need! There are also hands on volunteer opportunities at Second Harvest:

<https://www.secondharvestmidtn.org/act/volunteer>

Dear Community Sewing Volunteers,

With grateful hearts, we send our many thanks to all of you who have contributed your wonderful sewing skills in making cloth masks for our staff at VUMC. All current donations have been distributed to our teams across our medical center and staff members are thrilled to receive them.

We are continuing to seek cloth mask donations as these masks are an important part of our success. We understand that sometimes resources are challenging to obtain, therefore VUMC Volunteer Services department will be providing mask-making kits to volunteers who would like to sew. Each kit contains kits pre-cut fabric and elastic to make 50 masks. To request a kit, please reply to this email. We will have designated kit pick-up times in the coming weeks at our 100 Oaks location.

We appreciate your talent and your generosity so very much!

Most Gratefully,

Angela Purinton, *Associate Program Manager,
Volunteer Services, Vanderbilt Health*

Dena McCormick, RN BSN, *Vice President
Vanderbilt Health Purchasing Collaborative*

Project Period

Donate feminine hygiene products at this year's meetings. This includes soap and deodorant. Donations can be left in the big pink bin or bag at each of our events or at Cindy's home,

1014 Greenwich Park slobogin@hotmail.com

[Click here to read more](#)



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

Lunch Bunch

Nancy Gentry 615-335-2895
nancy1gentry@yahoo.com

Hoping all of you and your families have stayed healthy during this terrible time. As you have probably heard from Tracy, our president, VWC is under the Covid-19 rules and regulations set by Vanderbilt University, so all of our activities will need to be virtual until we receive further instructions from the university. Hopefully the lunch bunch will be able to plan something as a group by **September 24th**, which is our regular meeting time, the 4th Thursday of the month. I will let you know if, where and when we will be able together as soon as we have been given the ok by our board. In the meantime, I would appreciate any suggestions or recommendations for restaurants you may have been to, read or heard about that you think would be places that our group would enjoy. Thank you, Joy for co-chairing. I have volunteered to serve as organizer of the Explorers group as well as the Lunch Bunch, so having someone help me with either or both groups is greatly appreciated. Please let me know if you or anyone you know would be interested in helping me with Explorers this year. Hope to see you all soon!!!

Joy Allington-Baum
214-755-5328
joyallingtonbaum@gmail.com

Daytime Movies

Hi, Ladies

*I hope that you all are well.
 I've missed getting together with
 each of you for a meal and movie.*

The Daytime Movie Group usually takes a break until September when I hope we can return to theaters.

Over the summer I'll keep monitoring what new movies will be released and try and stay in touch.

Meanwhile enjoy watching movies in the safety and comfort of home.

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

Book Group Two

Nancy Fruetel 615-297-5075 nfruetel@msn.com

We had online sharing for those who wanted to stay in for April, May and June.

We, also, had a park gathering under the trees at the Green Hills Library Park this past Monday for a second option for June and for those who wanted to get out. We used social distancing, brought our chairs and it was a lovely time of sharing face to distant face.

Bottom line... BG2 will decide how to discuss each selection with a month by month decision. We have an offer of a large porch with fans and that may be an option as well. We are following the group guideline of 10.

This information may be confusing... but it follows our world right now and we are doing our best. We have not missed a month of some type of interaction. Our participation is down. Thank you for what you do. Blessings to the board at this challenging time.



Loosely Bound

*will now be meeting the 4th Tuesday of every month
 at 7:00 pm in*

Elisabeth Sandberg's home.

by Zoom

New members are always welcome.

Please email Elisabeth to be added to the notification list.

Elisabeth.sandberg@vanderbilt.edu.

ANTIQUE STUDY GROUP

The "Antiques Group" is scheduled to meet on the 3rd Tuesday of September and October, and January through April. We are anxious to hear from anyone who has a passion for, or a collection of, a particular type of antique(s), or antiques in general, and would be willing to share her (or his!) expertise with the group!

Future dates on the third Tuesday

September 15 - Clearing House Consignment (Virus willing)

October 20 - Incorporating Antiques in Design

April 20 - American Brilliant Period Cut Glass

To be rescheduled: *Vintage Dolls*

Check with Mary Helen for details

Welcome, new chair, Mary Helen Short

615-269-0538

maryhelenshort11111@gmail.com

Community Service

First Tuesday of the month

LP Pencil Volunteer Days
Virus willing - August 4, 2020
from 9:30 –11:30 am

www.pencilforschools.org/lppb

LP Pencil Box,
7199 Cockrill Bend Boulevard, 37209

If you happen to be at a grocery store, look for the food bins that help feed the homeless. Currently Nashville is housing over 200 homeless men and woman from the overflow at the mission and other agencies in a building at the fairgrounds.

Welcome, new chair,

Anna Walker 615-545-7788

totallyyou@msn.com

Community Outreach and Service is exploring ways to virtually volunteer, including “microvolunteering” because we can perform them in just snippets of time. For those who expressed interest and/or currently serve on the Community Outreach/Service interest group, I invite you to a time of brainstorming on how we can continue to best volunteer in our communities.

I will be reaching out to you by email to set up the ZOOM meeting. Esther Bailey- Bass, Partnership Manager at PENCIL, asked if we would submit a video or series of videos spotlighting our involvement. If you are interested, please visit the sites below for a video montage that will help with context and a video that talks about PENCIL's impact:

<https://www.youtube.com/watch?v=ApOIBI3dXkM>

<https://www.youtube.com/watch?v=NimNdN-cL2A>

We also have an opportunity to participate in their Proudly PENCIL - Virtual Learning Series. It is a video series created to help bolster Metro Schools online resources for students. We would create 5 – 15- minute videos about various educational topics. More details about these opportunities on our Zoom call. If you have participated in virtual volunteer opportunities already, please email your ideas to me at

totallyyou@msn.com.



I would love to hear from you and look forward to serving alongside each of you!

Anna Walker

Anna Parker Walker is the Founder and CEO of The Total You Life+Style Coaching and Consulting, which offers services to help clients find congruency in their inner and outer image and navigate life's liminal spaces. She has over 25 years of experience helping hundreds of women improve personally and professionally. She serves as a speaker, life +style design coach, and image consultant.

Anna has a passion for fashion, travel, chocolate, the arts, Turner Classic Movies, and serving others. Her passion for service has led to her work at a non-profit organization which offers support, education and mentorship for young and adult women, serve as a board member for the Tennessee Chapter of the International Coach Federation, a board member at Bridges for Deaf and Hard of Hearing, interpret for the deaf and hard of hearing at her church, volunteer at YWCA's Dress for Success/Nashville, volunteer as the Diversity Council Lead for the state and Executive Council Member for AARP, and other numerous volunteer engagements.

Anna has a BA in Economics from Spelman College in Atlanta, GA and a Masters in Organizational Management from the University of Phoenix, Costa Mesa, CA Campus. She is a native Nashvillian and married to Dr. Matthew Walker III. She has a bonus son, Matthew IV, in college.

*Along with Board changes, we have changes in the Interest Groups. Thank you **Lina Keefe** for stepping up to be our Interest Group Chair!*

*Explorer co-chairs, **Frannie Benner**, and **Ebbie Redwine** are stepping into different roles this year on the Board.*

*Thankfully Nashville native, **Nancy Gentry** will coordinate Explorers. Nancy is continuing to coordinate Lunch Bunch and would like a co-chair for Explorers. If you are interested, please let Lina Keefe know.*

*After many years of coordinating Service, we thank **Anne Manner**, and **Joan Hornberger** for leading this group! The Pencil Foundation and Second Harvest service projects are well established thanks to their efforts. You will continue to see Anne and Joan as they serve with us. Thank you ladies!*

*Our new chair of Service is **Anna Walker**. A new member, native Nashvillian, Anna loves to serve and has many ideas of how to continue with Pencil and Second Harvest and to create more opportunities for us to serve Vanderbilt and the community. We look forward to serving with Anna.*

Tracy

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

Cocktail Club NO COCKTAILS THIS SUMMER

Our gracious hosts: Hopefully in September - Curcis - Outside

Lynne Siesser 615-298-5659 lsiesser7@gmail.com

As we cannot party together, here are some cocktail recipes from our group. Please lift a glass to the return of the Cocktail Club in the Fall.

Pimm's - Lynne Siesser

2 ounces Pimm's No. 1 Cup
3 ounces Sprite, 7Up or ginger ale.
1 slice cucumber
Ice
Garnish: mint sprig, strawberry or cherry, lemon or orange wheel



Apple, Elderflower and Mint Sparkle

Joy Allington-Baum

75 ml elderflower cordial
1 liter cloudy apple juice
Small handful of mint leaves
chopped
Bottle of sparkling water

In a large jug / pitcher put in mint leaves and muddle. Then fill halfway with ice. Pour in cordial, apple juice and sparkling water; mix; pour into tall glass and enjoy.



Skinny Mojito - Kelly Chambers

3/4 ounce light agave syrup
2 mint sprigs/leaves
2 ounces white rum
3/4 ounce lime juice
Club soda/Topo Chico or whatever sparkling water.

Muddle agave and mint in a shaker. Add rum and lime juice. Fill shaker with ice. Cover. Shake vigorously about 20 seconds. Strain into a tall glass filled with ice. Top off with club soda. (Some people like a bit of coarse sugar in the bottom of the glass first; can also garnish the finished drink with a fresh mint leaf.)



and now for the American contributions

Watermelon Margaritas - Peggy Curci

1 1/4 cups watermelon juice
2 1/2 Tbsp lime juice
5 Tbsp of your favorite tequila
2 Tbsp simple syrup - optional
Sea salt



Pack a large blender full of cubed ripe watermelon (with or without seeds) and blend until you have a juice. One small watermelon should yield roughly 3-5 cups, so you will have leftover juice for extra margaritas. You can choose to strain the juice through a fine mesh strainer to remove any seeds or pulp. To make margaritas, add watermelon juice, lime juice, tequila, and a handful of ice to a cocktail shaker and shake vigorously to combine. Sample a small amount and adjust flavor as needed, adding more watermelon juice or simple syrup for sweetness, lime juice for acidity, or tequila for booziness.

Line the rim of two serving glasses with lime juice and sea salt (optional). Add crushed ice and pour over margaritas. Best when fresh! Leftover watermelon juice will keep covered in the refrigerator up to 3 days.

Music Group

Dear Music Group,

Are you still there? Are you bored yet? I hope you've been able to listen to your favorite music at home and on the road. Wonder who has made the most playlists?!?

I found a site that can connect you with local music and more. Just click on the link below:

<https://www.visitmusiccity.com/things-to-do-in-nashville/events/upcoming-concerts>

Hopefully we can meet again before long.
Take care and Happy July!!



Sue 615-974-5121

Sue McDougall

mcdougall.interiors@gmail.com

Zoom Summer Camp

July 14th at 1:30

The Ethics of Artificial Intelligence.

Presented by **Dr. Doug Fisher**, *professor of Engineering.*

Doug will broadly survey ethical considerations of using artificial intelligence in various areas of life, such as transportation, cities, education, medicine, law, arts, military, policing, conservation, and religion. Common themes across all these areas include social justice and personhood. Doug will highlight issues that are somewhat specific to the last few months of pandemic, race relations, and policing.



July 22nd at 11:00

Elephant Sanctuary.

Presented by Education manager, **Joy Owens**

Utilizing photos, Q&A, and live-streaming EleCams in the elephant habitats, we will bring The Sanctuary to you.

Learn more about the history and mission of The Elephant Sanctuary, hear the personal stories of our resident elephants, and peek into the elephant habitats via our EleCams.

Please email:

Tracy Stadnick, tstadnick@comcast.net,

if you plan to attend the Zoom.

Tracy will be sending out Zoom instructions for participants.

Evening Movies

Movie theaters might not be an option for a while but there is an abundance of film entertainment available.

Whether you like a beginning to end movie, or the series you can enjoy for days, here are a few of suggestions.

Share your comments and recommendations to

Cindy Slobogin - slobogin@hotmail.com

1. My Brilliant Friend - 2 seasons on HBO
2. Baptiste - series PBS
3. Just Mercy 2019
4. Loving 2016



Lynette Vecchio, Cindy Slobogin, Tracy Stadnick, Peggy Curci, Frannie Benner

Play real **Mah Jongg** online against the computer, other random players or select those you know. Enjoy learning the new card or playing with 2019 card. Pace ranges from slow to fast. Have fun! Site - Real Mah Jongg

- Sign up with your player name and password
- get a two week free trial
- membership is \$5 monthly

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



'Get Fit'

Heidi Bates

801-671-2363 ©

heidi.m.bates@gmail.com

Summer reading . . .

Book Group 1 and Kitty Porter recommend

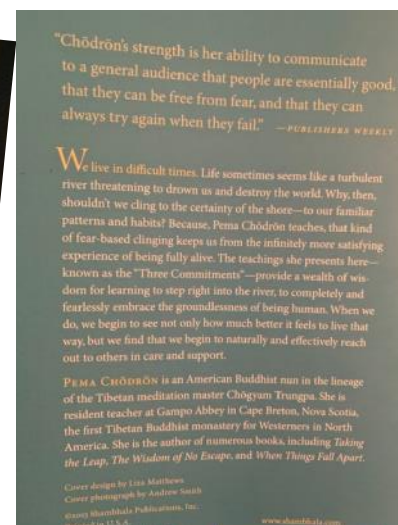
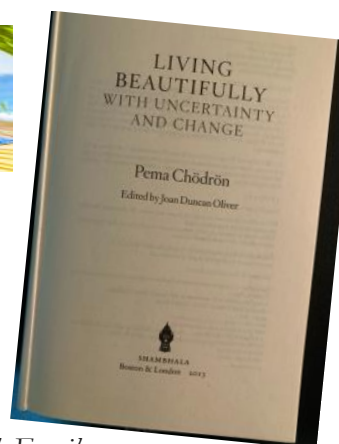
Commonwealth by Ann Patchett
The Miraculous Journey of Edward Tulane by Kate DiCamillo
(recommended by Ann Patchett in the New York Times)
Clock Dance by Anne Tyler *(or anything else she wrote)*
Hidden Figures by Margot Lee Shetterly
Grass by Sheri S. Tepper
The Doomsday Book by Connie Willis
Where the Heart is by Billie Letts
The Honk and Holler Opening Soon by Billie Letts
The Confederacy of Dunces by John Kennedy Toole
I Know This Much Is True by Wally Lamb
The Devil's Dream by Lee Smith
Fair and Tender Ladies by Lee Smith
Frederik Backman:
1. *A man called Ove*
2. *Britt-Marie was Here*
3. *My Grandmother Asked Me to Tell You She's Sorry*
Miss Fortune series by Jana DeLeon
Nowhere Near the Bottom by Fred Bailey



Tracy Stadnick recommends

The Woman's Hour by Elaine Weiss
Read this summer selection *The Woman's Hour* with your VWC members!
Email Tracy Stadnick at tstadnick@comcast.net to register to get a book.

Also, you may be interested in the following:
The Vote: Vanderbilt web site for 19th amendment activities:
<https://www.vanderbilt.edu/19thamendment/community-wide/NPT>
show *The American Experience* has a two part series called *The Vote*. This is a documentary about the 19th Amendment.



Book Group 2 recommends

- 1...**Joy**...*The Guest List*...Lucy Foley
- 2...**Natalie**...*The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz*...Eric Larson
- 3...**Jeanette**...*The Fountains of Silence*...Rita Sepetys
- 4...**Susan**...*Jim the Boy*...Tony Earley
- 5...**Elaine**...*And There Was Light*... Jacques Lesseyran
- 6...**Marlene**...*Singapore Sapphire*...A.M. Stuart
- 7...**Lisa**...*Redhead by the Side of the Road*...Anne Tyler
- 8...**Mary**...Authors she enjoys...Dorothy Gilman...
Janet Evanovich...Lillian Jackson Braun...Louise Penny
- 9...**Estelle**...*Carry On Jeeves*...P.G. Wodehouse
- 10...**Nancy**...Author, Daniel Silva's spy novels...
Where The Crawdads Sing...Delia Owens
If You Can Keep It... Eric Metaxas
- 11...**Karen**...*A Long Road to Mercy*... David Baldacci

Girls Night Out

from Cindy Slobogin and Amy Smith

The VWC board met Thursday, June 4th and they are trying to get the policy from Vanderbilt before going further with any gathering. They will let us know when they get word.

Wait and see for now.

I so look forward to all getting together at some point.



Take Care.



Read Books.

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

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
vanderbiltwomansclub

or search for
@vanderbiltwomansclub

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 - nfruetel@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
Nancy Gentry - 615-335-2895 - nancy1gentry@yahoo.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
Nancy Gentry - 615-335-2895 - nancy1gentry@yahoo.com
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

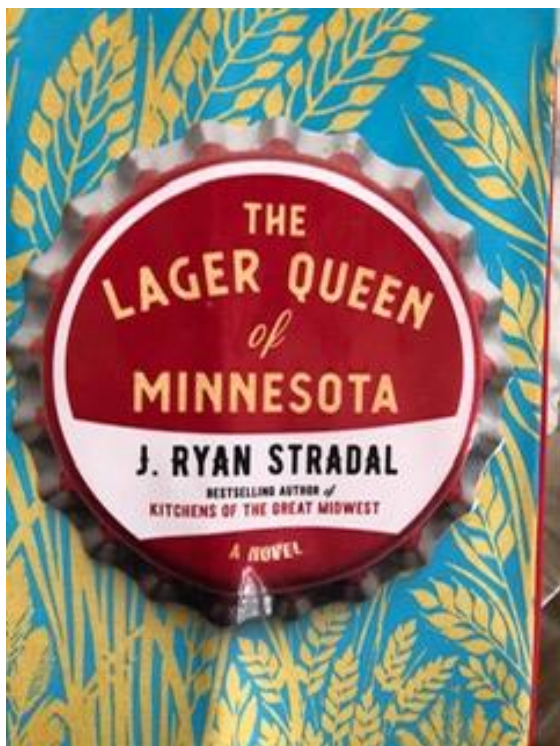
MAH JONGG - EVENING: 1st Monday 7pm
Cindy Slobogin - 352-339-4822 - slobogin@hotmail.com

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

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

Book Groups during Social Distancing



We are resourceful

Nature Bits . . .

by Elisabeth Sandberg

Magnolias:

Magnolias are ancient plants. They have existed on the planet at least 95 million years. (I don't know how they know that). Because they appeared before bees, magnolias slowly changed their flowers to become more attractive to bees (to ensure successful pollination). Magnolias do not produce nectar. Instead, they have pollen enriched with proteins which bees use as food. Flowers release sugary scent which attracts pollinators.



Mockingbirds:

The TN state bird is the Mockingbird. If you've been hearing an endless string of 10 or 15 different birds singing outside your house, you might have a Mockingbird in your yard. As is true with human males, nocturnal Mockingbird singers are unmated males. Nighttime singing is more common during the full moon. Male Mockingbirds may learn up to 200 songs in its life. Mockingbirds don't only mimic other birdsongs. Waste an afternoon on YouTube listening to examples of them meowing, barking, and mimicking car alarms.



Salamanders:

Did you know that Tennessee is the Salamander capital of the world? For real. Salamanders are an especially abundant and diverse group in the Great Smokies. In fact, the great majority of vertebrate (backboned) animals, including human visitors, in the park on any given day are salamanders.



Backyard Bird Feeding Tips

by Kelly Chambers

- If you want a variety of birds it's best to feed a variety of seeds. Buy mixtures that include peanuts and fruits as well as the always popular black-oiled sunflower seeds.
- If squirrels are eating all of your seed try switching to safflower seed; most squirrels and blackbirds do not like it.
- If you want to attract goldfinches put out a thistle feeder with nyjer seed or just mix some nyjer seed in with your regular bird seed. Goldfinches also love zinnias which are easy to grow from seed in a sunny spot in your garden.
- Put your hummingbird feeder out in the spring even if your "regulars" don't show up until farther along in the summer. Throughout the season there are hummingbirds migrating through the area that need some nectar along the way before flowers are in full bloom. Homemade nectar can be made by dissolving one part of sugar into four parts of water.
- And then there's the basic need for water -- birds love a clean bird bath full of water.



Elisabeth and Kelly took part in the Owl's Hill naturalist class.

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

Interest Group Chairs meet on Zoom

Recap from Lina Keefe - *Interest Groups Chair*

First though, I wanted to reiterate that we are not following the Nashville Covid guidelines. We follow the Vanderbilt University Phase Guidelines for COVID-19. The Vanderbilt Guidelines are different from the Nashville Guidelines. 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 club further 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 don't officially start until September, but groups can still connect during the summer. This may help members who have to stay in not feel isolated.

Online meeting platforms that were suggested are Zoom, Web X, Google Meet, Microsoft Team. Using YouTube to learn a skill (drawing, painting). You can do this as a group online using Zoom for example. There's a way to share your screen view so everyone can view it.

Choose a book, a movie, a lecture to watch. Discuss it afterwards as a group on video chat. Any group can do this, even though this isn't a normal activity for you. You can even have a movie watch party in real time as a group

You can schedule a speaker and all join through Zoom to listen.

Have a Zoom wine tasting, ladies or couples. Direct everyone which wines to buy and a few places where to get them. Enjoy each with snacks in your home. Or get takeout from the same restaurant so it's a virtual dinner.

Play Bridge or Mahjong online with another person from your group.

We also discussed Zoom fatigue. We may be tired of seeing people only on a screen. You can meet in person if you follow the Vanderbilt guidelines, 10 or fewer people, social distance, wearing masks, no sharing of food or drink.

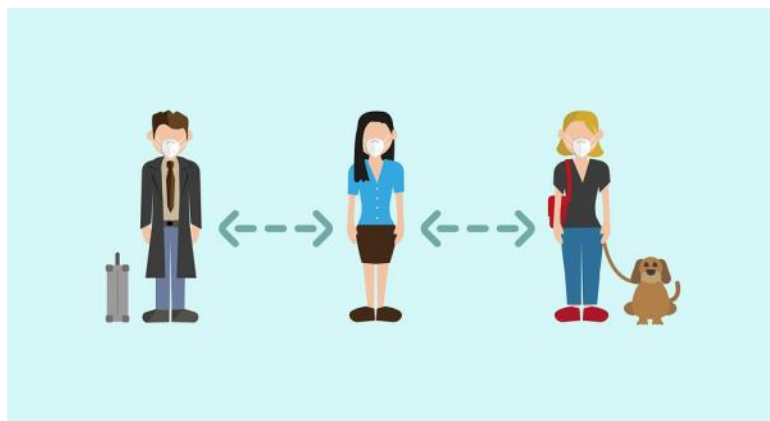
We talked about meeting outdoors in a wide open area such as Cheekwood.

Ask your group members what they are comfortable with, whether meeting in small groups or using an online meeting platform. Maybe connecting less often, every other month.

As we plan for this year, we need to stay flexible. This could get better, it could get worse. So layers of options need to be considered as we move forward.

Let me know if I can help you. Please share your suggestions and concerns. This is a learning experience for all of us. The more we can share ideas, the better we can help each other.

Thanks,
Lina Keefe



Vanderbilt Connection:

President, Tracy Stadnick is committed to involvement in campus offerings.

Below are a selection of links to VU and VUMC some members found interesting:

VU video of Chancellor Diermeier's welcome: <https://news.vanderbilt.edu/2020/05/29/diermeier-shares-message-of-optimismannounces-upcoming-virtual-gatherings-with-vanderbilt-community/>

Congratulations to 2020 Emeritus Professors: There are a number of outstanding woman on this list. Read more about the wonderful contributions they have made: https://cdn.vanderbilt.edu/vu-news/files/20200512170507/EmeritusBooklet-2020_5.12.20_NEW.pdf

VU COVID guidelines: <https://news.vanderbilt.edu/2020/06/05/transition-to-vanderbilt-phase-2-of-return-tocampus-plan-begins-june-8/>

VUMC on COVID research:

On June 22, 2020 Susan Wentz interviewed Dr. Balser about COVID: <https://news.vanderbilt.edu/2020/06/22/watch-a-word-with-wentz-a-discussion-with-drjeff-balser/>

On June 30th at 11 - noon lecture: A Promising Start to Ending Coronaviruses with Stephen W. Fesik, Orrin H. Ingram II Chair in Cancer Research

The School of Medicine, Basic Sciences is critical in the response to the coronavirus pandemic and the research of Stephen Fesik, Orrin H. Ingram II Chair in Cancer Research, is one of the most promising examples. Fesik has had groundbreaking success in cancer drug discovery and has now shifted his focus to COVID-19. That work has great potential for a therapeutic approach that could combat not just COVID-19, but also future coronaviruses.

Hear his overview.

Use the link below to register: <https://vanderbilt.events.alumniq.com/go/covid19>

Vanderbilt: Equity, Diversity and Inclusion: www.vanderbilt.edu/diversity website provides news and registration to attend the **Memorial Service Against Racism** to be held June 29th 4PM.

Fundraiser: Zoom talk with Author Andrew Maraniss:

July 31st at Noon 7 slots available,

First Come, First Served A Boxed lunch will be provided, delivered to you.

Cost \$40 includes hardcopy, signed book, and lunch.

RSVP: Tracy Stadnick at tstadnick@comcast.net if you want to participate, by July 22.

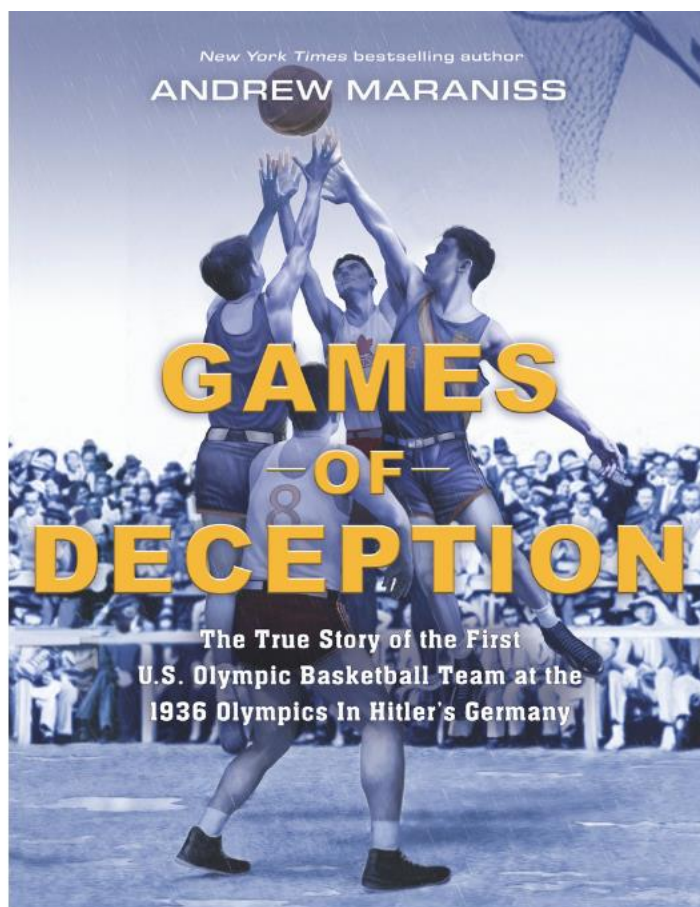


"Long before basketball conquered the world, Adolf Hitler had his own plan to do just that. Andrew Maraniss has done a dazzling job sketching the atmosphere, the characters, and the stakes of the 1936 Nazi Games where the sport made its Olympic debut. This book is a richly reported and stylishly told reminder how, when you scratch at a sports story, the real world often lurks just beneath."

BESTSELLING AUTHOR ALEXANDER WOLFF

"I was blown away by Andrew Maraniss' engrossing book, *GAMES OF DECEPTION*. The book lives up to its title: It's a fascinating, fast-paced, well-reasoned, and well-written account of the hidden-in-plain-sight horrors and atrocities that underpinned sports, politics, and propaganda in the United States and Germany."

NEWBERRY AWARD WINNER SUSAN CAMPBELL BARTOLETTI



SAVE THE DATE
TUESDAY, NOVEMBER 5
6:30 PM

**Book Talk and Signing with New York Times Bestselling Author
Andrew Maraniss, Moderated by Rudy Kalis**

PARNASSUS BOOKS NASHVILLE, TN



July 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4 
5	6 Book Group 2 1pm <i>with restrictions</i>	7	8 	9 Board Meeting By Zoom 10am	10	11
12	13	14 Zoom 1:30pm Doug Fisher	15	16	17	18 
19	20 	21	22 Zoom 11am Elephant Sanctuary	23	24	25
26	27	28 	29 Memorial Service Against Racism 4pm	30 A Promising Start to Ending Coronaviruses 11am	31 Zoom Noon Andrew Maraniss	

Notes

Sign up for Zoom meetings
tstadnick@comcast.net