# Campus Club

**Enriching Women's Lives Since 1900** 

February 2023
Campus Club Newsletter
https://blogs.cornell.edu/campusclub/

# Mid-year Report from our President

Dear Campus Club Members,

New Year's greetings to you! Here's hoping for a happy 2023.

We were glad to kick off the year with our Winter Tea. It is so good to be able to get together to see old friends and make new ones. As of 2/16/2023 our membership numbers are up to 278 with 35 new members joining us since September.

We have a great Campus Club Board. The 9 of us enjoy working together. We are proud that despite Covid challenges, the Club over the past year has continued to provide meaningful social, recreational and educational activities including:

Sponsoring over 25 Activity Groups

Organizing 5 lecture programs

Hosting a Fall Open House to sign up for activities and recruit new members

Hosting 3 social events - Spring Social, Summer Fling and Winter Tea.

The Summer Fling was a new event, held at Stewart Park. One goal was to invite families to encourage more younger members. Despite a very hot humid day, we had fun playing some games and socializing.

Of course the life blood of the club is the Activities. There is an amazing array of these volunteer-led groups. Some new groups, Paddling and Caregivers, highlight the diversity of interests of our members. We so appreciate the Activity group leaders! Without them, we wouldn't be the Campus Club.

In order to bring our income and expenses in line and how best to reduce our costs, the Board sent out an online survey to our members and based on the input we received, we put together our plan for the year (see below).

Please be in touch if you'd like to consider joining the Board, forming a new Activity group or are willing to help out at events. We would welcome members new and old!

Send an email to <u>campusclubatcornell@gmail.com</u> with ideas, suggestions, and interests.

Sending best wishes,

Ellen Harrison, President
On behalf of the Campus Club Board

#### Plans for the year

Thanks to the more than 130 members who responded to the survey requesting input on how the Campus Club should go forward in light of our budget imbalance. Using those responses the board has decided to:

- Raise dues to \$35 starting in September (they have been \$25 for many years). Women for whom that is a hardship can request a reduced rate by contacting the Membership Chair or president.
- Encourage financial gifts
- Increase membership through better outreach
- Hold a Spring/Summer family-friendly event on a Saturday in June at an open-air venue with minimal refreshments and dish-to-pass contributions encouraged.
- Hold the Fall Open House registration event at the Ithaca Farmers Market on the first Thursday in September (Sept. 7 in 2023) with minimal refreshments.
- Hold the Winter Tea in January at Moakley House (we have searched diligently for good venues and this is our best option) with attendees paying \$20 pp.
- Hold 2 fall and 2 spring Programs (down from 6) free and open to the public.

Of course, the Activity groups continue to be the most important thing we offer!

# Board Members at work at the Fall Open House Sept. 8, 2022 at Ithaca Farmers Market

For the first time in Campus Club's history, we decided to host the Fall Open House at the Ithaca Farmers Market. We liked the openness (great airflow and people can spread out), central location and parking facilities. Luckily the weather cooperated for us once again, and it was neither too cold nor blustery.



(Missing from photos, Ellen, Alice, Janie and Misao)

# **Message from Activity Groups' Chair**

This year has brought more of us out of our pandemic seclusion and into our activity groups face-to-face! Even though we all learned how to participate in a zoom meeting, our preference is to be truly "present" with our Campus Club friends.

A number of members have mentioned to me that our activities are the core of what makes Campus Club such a fabulous group. Whether sharing a book review, hiking the local trails, or participating in a gourmet meal, (just to mention a few!), we enjoy sharing our experiences together.

Two groups--What Do You Know? and CCC Road Cyclists have chosen to discontinue their meetings. Two NEW groups, Paddlers and Caregivers have sprung up! There seems to be a continual, evolving, camaraderie that exists amongst our members, and these changes reflect our continual evolution.

There are also many groups that have long been in existence throughout Campus Club's history. Our *Garden* and some *Book* Groups have been around as long as anyone can remember. The *International Women's Friendship Group* (now known as *Friendship Group*), *Yoga for Life*, and *Performers Group* all represent long standing activities that are part of Campus Club.

Please check out all the possibilities of things you can participate in via our website, https://blogs.cornell.edu/campusclub/.

A big thank you to everyone for *your* participation (and leadership!) to make our Campus Club an enjoyable, uplifting, socially satisfying experience for all of us! Thank you, and I hope to see you at one of our many activities.

Sharon Howrey

# **Activity Group Updates**

# **Bird Study**

#### Tuesdays 8:15 AM Fall and Spring

Will start up again at the end of March 2023

Contact Linda Uhll <u>luhll@yahoo.com</u>

Suzanne Aigen <u>suzanne.aigen@gmail.com</u>

This past Fall 2022 the CCC Bird Study Group met eleven times, from Sept. 6th through November 15th. Most locations for our bird study group were within Tompkins County. We did carpool to Montezuma on one occasion. We saw many birds that we don't normally see in our area. We plan to schedule a trip to Seneca County Regional Airport to view snowy owls sometime this winter when they are reported being seen. We will be starting our Spring Schedule in March with a tour of the Lab of Ornithology by one of our members who happens to be a docent there. We plan to resume our weekly walks on Tuesday mornings beginning April 4th at 8:15 and continue through mid June. Destinations, in or near Ithaca, will include Stewart Park, Salt Point, Lindsey Parsons Biodiversity Preserve and Green Springs Natural Cemetery, just to name a few. We will take one extended trip to Montezuma to see the spring bird migration in early June. We are a fun loving and bird loving group. PLEASE JOIN US!!!



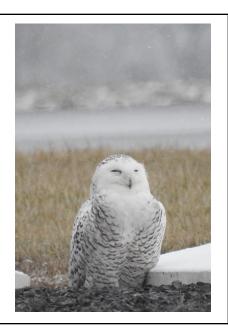
Searching for birds across the lake at Jetty Woods, Oct. 25, 2022



Birding with Charlie Smith at Dryden Rail Trail-Stevenson Road, Nov. 8. 2022



A group of us took a trip to see the Snowy Owl at Seneca County Regional Airport, Jan. 30, 2023



# **Book Group I**

3rd Monday, 2 PM via ZOOM

Contact Melanie Kalman <u>melanie.kalman@gmail.com</u>

Marcia Jocobson <u>marcia.jacobson@gmail.com</u>

The Monday afternoon book group has continued meeting through the pandemic. We are meeting on ZOOM during the winter and in person during fall and spring and this is working. We have enjoyed seeing each other again. We began our reading with *The Elephant Whisperer* (quite an interesting book if you love animals), a classic; *The Age of Innocence*, and the *Origins: A Genetic History of the Americas* that humanizes the scientific exploration of where we came from. In January we will read *Afterlife* by Julia Alvarez.

# **Book Group II**

2nd Thursday at 1:30 PM via ZOOM

Contact Dodie Kunz <u>dodiekunz3@gmail.com</u>

We have continued to meet via Zoom, but still enjoy the chatting with very interesting ladies. We meet on the second Thursday of the month at 1:30 pm. Our February choice is *Anxious People* by Fredrik Backman. In March we will be reading *Women Rowing North* by Nancy Pipher. We have two more meetings, the last being May.

# **Book Group III**

3rd Monday 8 PM via ZOOM

Contact Laura Andolina <u>andolina@aol.com</u>

Monday Evening Book Group is humming along with an interesting book every month to discuss! We just discussed a wonderful work of non-fiction by Kati Marton, *The Chancellor: The Remarkable Odyssey of Angela Merkel* and a large Zoom group of 16 loved it! Our own Barbara Nussbaum, born and raised in E. Germany, provided an excellent, personalized review. We are meeting via Zoom, with anywhere from 9 to 18 members logged on at any given point. We anticipate staying with ZOOM this year through June, although we are likely to resume in person or some form of hybrid meeting in the fall. In the fall, we read *The Bookwoman of Troublesome Creek and Horse: A Novel*, among others. We have great discussions and some great books yet to come, including, *The Magician's Assistant*, by Ann Patchett, *The Dictionary of Lost Words: A Novel* (Williams), *The Beekeeper of Aleppo* (Lefteri) and *Red at the Bone* by Jacqueline Woodson. We will pick our books for 2023-2024 at our June meeting.

Come and join us!

# **Bridge (Intermediate)**

Wednesdays 9:30 AM to Noon

Contact Patricia Holmes pholmes2@twcny.rr.com

Erna Westwig <u>rwestwig@stny.rr.com</u>

We play every Wednesday from 9:30AM -12:00PM at the Lansing Town Hall located on Triphammer Road. We always welcome new members.

## **Caregivers**

3rd Wednesday 7:00 PM to 9:00 PM via ZOOM

Contact Sharon Howrey <u>fish54@gmail.com</u>

We meet once a month via zoom on the third Wednesday of the month, 7-9 pm. Our topics of discussion pertain to the care we are giving to our elderly/handicapped family members. On occasion, we will attend a workshop sponsored by the local *Office of the Aging*. We derive great support from one another as we journey on this path together.

Any questions, please contact Sharon Howrey at: fish54@gmail.com.

# **CCC Waterfront Trail Cyclists**

Thursdays at 1 PM Fall/Spring and Summer at 9 AM

Contact Jan McCarrick janithaca@gmail.com

Kathy Hopkins <u>kathy1122@gmail.com</u> Ruth Hopkins <u>rah27@cornell.edu</u>

Our bike group enjoyed the good weather throughout the summer and late into the fall. We do feel fortunate to have such a scenic trail for most of our rides. The Ithaca waterfront trail and extensions (over 12 miles) is a 10+! For those without bike racks...now is a good time to look around for one that makes loading and unloading an easy task. Looking forward to seeing folks this spring.

Jan, Ruth, and Kathy

## **Conversational Spanish**

Mondays at 3:30 PM - 5 PM via ZOOM and outdoors, weather permitting

Contact Jane Leff janeleff134@gmail.com

Kris Hodges <u>minnswede@gmail.com</u>

After meeting at various lovely outdoor locations around Ithaca, the weather (and COVID) forced the Conversational Spanish group onto Zoom, where we have been meeting weekly. Please consider joining us for informal discussions in Spanish, but by the end of our meetings we often revert to English.

Please contact us if you would like to attend so we can provide you with any updated times or location.

#### Contact:

Janie Leff <u>janeleff134@gmail.com</u> Kris Hodges <u>minnswede@gmail.com</u>



Janie Leff and Kris Hodges



(I to r) Daphne Solá, Diane Wiessinger, Kris Hodges, Nancy Lorr, Barb Schloss

# **Friendship Group**

(Formerly known as International Women's Friendship Group)

1st Wednesday at 7:30 PM via ZOOM
3rd Friday 3PM to 5PM at Lansing Village Hall

Contact Raf Chew rafchew@gmail.com

Linda Glabach <u>lindaglabach@yahoo.com</u>

This year we decided to change the way we meet for Friendship Group, returning to meeting in-person for at least some of our gatherings on the 3rd Friday of the month at the Lansing Village Hall from 3 to 5 PM. So far we have had four very successful in-person get-togethers.

In October, members brought a favorite clothing item and shared where it was from, how it was made, and why it's a favorite. For November, members shared a favorite song, discussing why they like it, and providing an opportunity to sing-along.

In December, we had a wonderful potluck party at a beautiful home in Aurora offered by Natalia. There was fantastic food from many countries, musical accompaniment for a sing-along provided by the talented Mimi and Sharon, and an opportunity for wonderful conversations and outdoor walks with friends.

In January, members shared a Person of Influence in their lives, telling stories and sharing photos and mementos.

We also meet once a month via ZOOM on the 1st Wednesday of the month at 7:30 PM where we talk about various topics and catch up on what is happening in our lives. In this way we have been able to include members who are out of town or cannot attend the in-person meetings. We plan to continue to have both types of meetings (in-person and ZOOM), with ZOOM as our backup if the weather is not cooperating or if Covid levels become too worrisome.

We welcome all who would like to share life's experiences from around the world to join us. If you would like to receive the email, please contact Linda Glabach <a href="mailto:lindaglabach@yahoo.com">lindaglabach@yahoo.com</a>, or Raf Chew <a href="mailto:rafchew@gmail.com">rafchew@gmail.com</a>.

Friendship Group meets twice a month, September through June.



October Friendship Members Sharing a favorite clothing item



Members singing holiday tunes to the accompaniment of Mimi and Sharon



December Friendship Potluck and Sing- along

#### **Games**

#### Tuesdays at 10 AM

#### Contact Raf Chew rafchew@gmail.com

Since September, the Games have returned to meeting in-person at 10 AM every Tuesday. It's been wonderful to sit together, converse, and compete while using actual game pieces. These are some of the new games we have tried in the last few months.

- Herd Mentality: a party game where the aim is to think like the herd by choosing the same answer as everyone else.
- Kingdomino: a strategy game where the goal is to expand your kingdom as you lay down a variety of tiles.
- Poetry for Neanderthals: a word-guessing game where all clues must be given by speaking using only one-syllable words.
- So Clover: an excellent COOPERATIVE, word-association, puzzle game.
- · Wits & Wagers: a trivia game with a betting component.

We also continue to play some of our favorites:

- Catch Phrase: the clue giver tries to get their team to shout out the target word or phrase before the hand-held device buzzes.
- Code Names: each team uses one-word clues to guide their team toward guessing their own words while avoiding words belonging to the opposing team.
- Oh Hell: a trick-taking card game where the object is to predict exactly the number of tricks one will take.

If you'd like to join us, contact Raf <a href="mailto:rafchew@gmail.com">rafchew@gmail.com</a>.



A small selection of the games we have played.



Playing the cooperative game "So Clover"

# **Garden Group**

# Usually 4th Friday at 2 PM in-person spring/summer months and via Zoom during winter months

Contact Ellen Lane <u>ellenlizlane@yahoo.com</u>

The Campus Club Gardening Group is a fun and sociable group of women at all stages of gardening ability who come together monthly to share their knowledge, questions, and interest in gardening. We meet on the 4th Friday of the month at 2 pm, and often, during the winter months, our meetings are held via Zoom.

During the summer months we had the pleasure of visiting members' gardens and the Lion garden that has been featured on the Garden Conservancy Open Garden Days in prior years. (See photos below from our July visit to the city garden of member Margaret Fabrizio, provided by member Jan McCarrick).

In September we enjoyed a tour of the Cornell Production Greenhouses from manager Missy Bidwell. In October, we gathered at the home of member Sue Martin for a plant swap and the year's club program planning. Our Nov./Dec. meeting included a talk on healthy soil, plus a "finger foods" potluck and holiday social gathering at member Eeva Krusius' home.

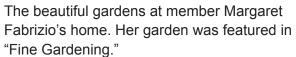
Every February we share gardening photos from our travels, and in the spring and summer we will feature programs that will include more outdoor garden gatherings, garden tours, and Zooms of beautiful gardens. This year we included visits to the gardens of new members, who would like to glean tips from the accumulated knowledge of more experienced members.

If you have any interest in attempting to garden in the challenging environment of upstate NY, you will learn a lot from this group and have a lot of fun while you're at it.









https://www.finegardening.com/article/a-terraced-urb an-garden-that-balances-hardscape-and-softscape?u tm\_source=Newsletter&utm\_content=FG+eLetter&ut m\_medium=Newsletter&oly\_enc\_id=0117J5507589B 3U



#### **Gourmet Diners'**

#### Monthly at member's home

Contact Alice Kops <u>portia95@amklegal.com</u>

Drucy Glass <u>glassdrucy@gmail.com</u>

We have been meeting since September using our 2022-2023 cookbook, "Road-trip USA". Our group has traveled through California (Asian), the Southeast, American Holiday Family Recipes, and the Midwest. We have enjoyed many great dinners and had lots of fun. February will take us to New Orleans to celebrate Mardi Gras.

Bon Appetit!

# **Hiking and XC Skiing**

Mondays at 9:20 AM

Contact Barbara Nussbaum <u>barbnussb@gmail.com</u>

Emily Tracy <u>emilytracy@hotmail.com</u>

As one of the long-standing activity groups within the Campus Club at Cornell, we are happy to report that we continue to enjoy the fellowship of our returning members as well as the new members who have added additional ideas and excitement to our group. We offer a variety of group hikes each Monday morning; we don't carpool, and we always meet at the trailhead. These hikes can range from 90 minutes in gentle terrain to 6-mile hikes of about 2 – 3 hours. Hikes have included Buttermilk State Park, Treman State Park, Taughannock State Park, the FLLT Eberhard Preserve, FLLT Roy Park Preserve, FLLT Ellis Hollow Preserve, Lime Hollow Nature Center, Sapsucker Woods, the FLLT Lindsay Parsons Biodiversity Preserve, Cornell Natural Areas in the Monkey Run area, the Botanic Gardens, and others. We are looking forward to skiing this winter, but we are still waiting for the snow. Even without snow, we still hike in the winter and delight in the hidden waterfalls we discover throughout the area. It is never too late to join us, so come and enjoy the fresh air and comradery. You will discover that indeed, "Ithaca is Gorges".



Barbara and Emily



Cornell Botanical Gardens Sept. 19, 2022



At Lindsay-Parsons Biodiversity Preserve Oct. 17, 2022



At Taughannock State Park Dec. 12, 2022



Cross-country skiing at Yellow Barn, Feb. 6, 2023

# **Just Coffee**

#### Fridays at 10 AM

Contact Raf Chew <u>rafchew@gmail.com</u>

Just Coffee meets in-person every Friday at 10 AM.

There are no tasks or hosting-duties associated with this group; it's just a chance to meet and enjoy each other's company. When the weather is warm (not expected until Spring), we meet at the Small Pavilion in Stewart Park. For cold or rainy weather, we meet at Purity Ice Cream.

We often are the only customers --- a plus when trying to limit our exposure to COVID. In addition to coffee, Purity Ice Cream sells fancy donuts, pies, muffins, and (of course) ice cream. Instead of "I need my morning coffee" a few of us would rather say "I need my morning ice cream." Please join us for lively conversation about everything and anything.

If you'd like to get the reminders please contact Raf at <a href="mailto:rafchew@gmail.com">rafchew@gmail.com</a>



Meeting at Small Pavilion at Stewart Park



Getting together for morning coffee, baked goods and ice cream (!) at Purity

# **MahJong (Intermediate)**

Mondays from 1:00 - 3:30 PM

Contact Ayako Timmons (607-227-5235) ayakotimmons@gmail.com

We are a group of "Intermediate" players that play "American MahJong" using the Mah Jong card. We meet in person weekly on Monday afternoons (1:00 - 3:30 PM). Mah Jong is a game of Chinese origin with 152 tiles, usually played by four people at each table. It is the luck of the draw that makes the game so intriguing!!

#### **Paddlers**

#### Monthly/TBA

Contact Chris Santospirito (607-222-8629); <u>csantos1@twcny.rr.com</u>

Sandra Elaine Greene (607-289-9447); seg6@cornell.edu

We are a group of paddlers who enjoy getting on the water together for kayaking, canoeing, and stand-up paddle boarding. We welcome beginners to advanced paddlers. Join us for day-trips to explore flat water lakes, streams, rivers and lakes in the Ithaca area and beyond. We will also be organizing a fun, overnight outing to places like the Adirondacks at least once a year. No boat? Don't let that stop you from joining us. We can help.

Chris Santospirito csantos1@twcny.rr.com 607-222-8629

Sandra Elaine Greene <a href="mailto:seg6@cornell.edu">seg6@cornell.edu</a>
607-289-9447

#### **Performers**

Contact Jane Dieckmann <u>dickjane201@gmail.com</u>
Charette Wheelis <u>charette1042@gmail.com</u>

The Performers' Group is an activity group for Campus Club members who play an instrument or sing, and who wish to share their music with others in an informal setting. Our membership includes listeners who do not perform but who enjoy the gathering of amateur musicians to hear interesting and often memorable programs of mostly classical music. We encourage performance on a variety of instruments and levels.

We were delighted to resume meeting again in October, where we enjoyed a wonderful and varied program of music by Schubert, Jobim, Chopin, Debussy, and Mozart. We were treated to outstanding performances on piano and violin, after which we enjoyed socializing with lovely refreshments.

We welcome new members, both performers and listeners. If you would like more information or have questions, you may contact one of our activity leaders:

Charette Wheelis: 272-1042 or <a href="mailto:charette1042@gmail.com">charette1042@gmail.com</a> Jane Dieckmann: 273-2133 or dickjane201@gmail.com







Cynthia Lunine

# Quilting

First Wednesday of the month from 1PM - 3PM

Contact Sarah Hatcher sshatcher@gmail.com

The Quilting group is currently meeting in person at the Village of Lansing Community Room (2405 N. Triphammer Rd.) on the first Wednesday of the month, 1-3pm. Parking is at the back of the building housing the community room.

## Ukulele

**Fridays 3 to 4:30 PM:** At the Tompkins County Public Library Borg-Warner Room in cold weather, and the park on Dey Street near Hickey's Music in good weather.

Contact Jean McPheeters <u>jeanmcpheeters@gmail.com</u>

The Ukulele group is thriving with several new members as well as the core group and we occasionally join with members of the Ithaca Ukes. The joined group wowed the crowd at Porchfest in September and we had gigs lined up at Titus Towers and the public library in early December, but terrible weather forced us to cancel.

We are playing multi-part music and lots of ballads with great harmonies. We often teach each other new fingerings or different strumming techniques.

# Wanderers

#### Several trips a year/TBA

Contact Nora Shang <u>nshang3@gmail.com</u>

Raf Chew <u>rafchew@gmail.com</u>
Misao Johnson <u>misaosj@gmail.com</u>

Nora Shang and Jeani Parr co-led the first 2022-23 Wanderers trip on Oct. 12, 2022, to a local farm and historical building; the trip consisted of 14 attendees. The trip began with a visit to Grisamore Farms in Locke, owned and operated by the fifth generation of the Grisamore family. They started with dairy farming in the early days, which has evolved to the farm growing strawberries, produce, apple and cherry orchards. The group learned about the history of the farm, picked apples and fall raspberries. Next is lunch at Dugan's Country Grill in Scipioville, where the owner and chef, Mike Dugan, served generously sized and fresh homemade comfort food for all!

In the afternoon, the group had a docent-guided tour of the Isabel Howland House (Opendore) in Sherwood, a historic building with exhibits on women's suffrage movement. It's on the National Registry as part of the Sherwood Equal Rights Historic District, recognizing the leadership of William, Hannah, and Isabel Howland in the women's suffrage movement. Last stop was the King Ferry Corner Store, a re-created

old store that served freshly in-house baked goods, convenience items, handmade crafts and local products. It was a fun-filled day of exploring local farms and history, along with lots of eating.

The second trip on Jan 18, 2023, co-led by Elke Schofield and Robin Dubovi, involved a tour of various venues in the Ithaca Downtown area.

- The first stop was a tour of the State Theater with Executive Director Doug Levine. We were able to walk the stage and visit the level below to see the dressing rooms. Here are some of the things we learned.
  - There is a plan in place to break into the wall adjacent to the Box Office (the building containing the Box Office is owned, mortgage-free, by the State Theater Not for Profit Organization) and convert that space to make a larger lobby, including a place to purchase refreshments.
  - Recently 2 out of the 4 boilers used for heating were replaced --- this is an example of a not so sexy improvement.
  - The moose high up on the wall of the lobby was shot by Robert Treman himself. A letter he wrote in the 1920s expresses his wish to lend the moose to the State Theater for a year.
  - A very successful campaign, SAVE your SEAT, was launched during COVID; it exceeded its original goal.
  - A program (ongoing for many years) distributes theater tickets to families who may not have the means to experience a theater production.
- Next stop was a visit with John Guttridge, owner & developer of Press Bay Alley & Court. His philosophy is to improve nondescript and or under-utilized properties in the downtown area by refurbishing and repurposing them.
- At the Canopy Hilton, Suzanne Jablonski of the Downtown Ithaca Local Development gave us an overview of the Ithaca Downtown Conference Center.
- The last stop was a peek into a sample apartment at The Ithacan which is scheduled for the first tenants Fall 2023.

If you would like to participate in Wanderers Trips, send an email to Misao Johnson misaosi@gmail.com, or Raf Chew rafchew@gmail.com



Grisamore Farms, Locke, NY Oct. 12, 2022



Apple and raspberry picking at Grisamore Farms





Exhibits about the Women's Suffrage movement at Isabel Howland House



In front of Isabel Howland House (Opendore) in Sherwood

## Photos from trip on January 18, 2023



Box Office at the State Theater with Doug Levine, Press Bay Alley with John Guttridge,

Jeanette & Nomi in the State Theater Dressing Room

# **Wine Explorers**

Monthly

Contact Alice Kops <u>portia95@amklegal.com</u>

Helpers: Kathy Ruis (607-220-3124); sunrisehillbnb@gmail.com

Gail Lyman (607-319-5314); gail.lyman@lymanandlyman.com

We have been meeting since September and have enjoyed sampling wines and ciders with appropriate pairings. We were treated to wonderful evenings by Cellar d'OR, Triphammer Wines & Spirits, and Bellwether Ciders & Wines. Our members, Nora & Bill Shang, also organized our traditional "Wine Games Evening" which is always great fun. In February we sampled port and wines at Ports of NY and had chocolates to celebrate Valentine's Day!



Frederic, the owner, explaining the history of his family's wine making background.

Feb. 15, 2023 at Ports of NY, Ithaca



The wine press at Ports of NY

# Yoga for Life

#### Wednesdays 8:30 - 10 AM via ZOOM

Contact Ayako Timmons <u>ayakotimmons@gmail.com</u>

Kathy Hopkins <u>kathy1122@gmail.com</u>

Led by Gisela Konrad, an independent certified yoga instructor since 1983. The purpose of this class is to achieve a sense of balance and health in both mind and body. Our class has continued with attendees from as far away as Bolivia and Finland.

Fee: \$15.00 per class.

# SERVICE GROUP -

# **English as a Second Language**

Contact Anita Christiansen <u>anitag99@gmail.com</u>

The ESL service group has bravely weathered the pandemic, and continues to honor the 50+ year tradition of providing conversational English classes to the Cornell-affiliated community. This year, our volunteers are teaching a mix of in-person and virtual ESL classes, helping Cornell-affiliated spouses, students, and visitors to improve their English as well as learn about the US, and stay connected to each other, Ithaca and Cornell. We have students from all over the world: Taiwan, Japan, Italy, Chile, India, China, France, Egypt and more, enriching our lives and theirs.