

Campus Club

at Cornell
Enriching Women's Lives Since 1900

February 2024
Campus Club Newsletter
<https://blogs.cornell.edu/campusclub/>

Mid-year Report from our President

New Year's greetings to you! Here's hoping for a happy 2024.

Good news for the Club! We have balanced our budget! We achieved that by implementing changes that reduced expenditures that reflected the input of members who responded to the survey sent out by the Board. Suzanne Aigen, our super Treasurer, not only keeps the books and keeps us out of trouble, but got us to buy a CD that pays good dividends.

A long overdue increase in dues as well as growing membership numbers provided a boost to income. We now have 325 members, up from 278 last year. Of those, 69 are new to the club. We are so pleased that more women are enjoying the Campus Club!

Among the factors that have resulted in our increased membership is all of you spreading the word, but also the Facebook presence that Carolyn Belle, our publicity chair, brought to the Club by showing people the fun members have as well as publicizing events and programs,

What fantastic programs Sharon Anderson has organized this past year. For those of you who have missed them, videos are available on our website (excluding the tour of Cornell Campus). One hundred thirty nine people attended the recent Zoom program on Eclipses. As you know, our programs are open to the public, so let your friends know about the upcoming program Gayogohó:nq? Learning Project on Wednesday, April 17, 7:00 p.m. at Kendal featuring Michelle Seneca, Gayogohó:nq?, (Cayuga) Turtle Clan. We very much appreciate the opportunity to hold events at Kendal.

Through the tireless and successful efforts of Beata Lopez, working with Misao Johnson, who helps with everything (and without whom we'd be lost!), we have transitioned to efficient on-line registration and payment. No longer do membership chairs Liz Elser and Beata have to manually enter data for each member!

The Winter Social held on January 13 at Moakley House was great fun. Our Social chairs, Jeani Parr and Zoe Leonard did a wonderful job of organizing the event. Some changes since last year made it easier to join in lively conversations among the 81 old and new members who attended. We are excited to be planning the June Social to be held at Stewart Park (Large pavilion) on June 8 (Sat.) from 2:00 - 4:00pm. That event is open to the public and is designed to engage families in an afternoon of socializing and games so come and bring family and friends.

The heart of the Campus Club is our activities, brought to you by our volunteer group leaders. Planning for the Fall Open house is underway. On September 5 at the Farmer's Market, members and prospective members will come together to learn about the 23 Activity Groups. It is a feat of organization that Activity Chair Wendy Wolfe does with energy, enthusiasm and competence.

Our Club VP is Alice Kops, The VP position duties are not well defined, it is kind of a lady-in-waiting to assume the President position. Misao Johnson and I are effectively working as co-presidents and are willing to continue another year, so Alice will complete this year as VP taking on leading us in developing a 125 year anniversary booklet and maintaining our archives. Written in 2000, the 100 year Anniversary Booklet is available on our website. An update in 2025 seems timely! Please be in touch if you would be interested in working on it.

Janie Leff, our secretary, provides minutes that keep tabs on our Board activities. These minutes are available by request on our website and are the basis of the Archives that Cornell University maintains for the Club.

We are fortunate to have such a fun, competent Board that works together so well. We are also fortunate to have volunteers who pinch hit. Chris Santospirito was recognized as "most valuable player" at the Winter Social for the way she pitches in for specific tasks and events. Any of you who would like to help with things like greeting people at the Fall Open House, printing name tags, bringing flowers to events or other one-time jobs, we'd love to have your help!

Send an email to campusclubatcornell@gmail.com with ideas, suggestions, and interests.

Sending best wishes,

Ellen Harrison, President
On behalf of the Campus Club Board

Message from Activity Groups' Chair

Activity Groups continue to be the core of Campus Club, providing a variety of rich and interesting ways to engage with others. These in turn rely on all the wonderful Activity Group leaders – thanks so much to each of you for stepping up and leading your group! Thanks especially to Raf, who leads 4 groups!

All Activity Groups continue from last year, and the variety of opportunities is impressive. From book groups, games and quilting, to outdoor pursuits like birding, paddling, and hiking, to music and gourmet dinners, plus caregivers and our ESL service group – and these are just some of our groups. All groups continue to welcome new members as our overall membership keeps growing. New groups are always welcome – if you have a passion to share, consider starting a new group!

To check out all the possibilities you can participate in, visit our website and click on: [Activity Groups: A through G](#) and [Activity Groups: H through Z](#).

If you find an Activity Group that interests you, asking the group's leader to add you to their email list will provide you information about meetings, but it does not commit you to participate regularly. You are free to join as many groups as you like and participate when it works for you.

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

Wendy Wolfe

Activity Group Updates

Bird Study

Tuesdays 8:15 AM Fall and Spring

Will start up again in early April 2024

Contact **Linda Uhl** luhl@yahoo.com
 Ann Manzano annmanzano@myyahoo.com

This past Fall the CCC Bird Study Group met ten times, from Sept. 12th through November 14th. 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 possible trip to Seneca County Regional Airport to view snowy owls sometime this winter when they are reported being seen. We plan to resume our weekly walks on Tuesday mornings beginning April 2nd 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!!!

Book Group I

3rd Monday, 2 PM

Contact **Melanie Kalman** melanie.kalman@gmail.com
 Marcia Jacobson marcia.jacobson@gmail.com

The Monday afternoon book group meets in person at Kendal except for the winter months of January, February and possibly March. We have enjoyed seeing each other. We began this year reading *Hello Beautiful*. We also read Timothy Egan's *A Fever in the Heartland*, Diana Greene Foster's *The Turnaway Study*, and Hernan Diaz's *Trust*.

Book Group II

2nd Thursday at 1:30 PM

Contact **Dianna Southward** diannamay@aol.com

This year we expanded our book list from 8 to 9 books and welcomed several new members. Our monthly meetings run from September through June and are held in the homes of our members on a volunteer basis as is the facilitation of the discussion of the books. The books we read are nominated and then voted on by the members and any fiction or non-fiction work can be submitted. The process generally results in a diverse selection with interesting discussions. Upcoming books include *Hello Beautiful* by Ann Napolitano and *The Code Breaker* by Walter Isaacson. We especially enjoy the camaraderie of our get-togethers and the snacks that follow the discussion!

Book Group III

3rd Monday 7:30 PM; some of our meetings are in person, and a few, during the holidays and winter, are via ZOOM

Contact **Laura Andolina** andolina@aol.com

Monday Evening Book Group is humming along with an interesting book every month to discuss! This fall we discussed three fiction books ([Demon Copperhead](#), [Lessons in Chemistry](#) and [The Bear](#)) and one very interesting non-fiction book, ([History of the World in Six Glasses](#)). In January we held a dish-to-pass dinner with Chilean themed foods and discussed Isabel Allende's [Violeta](#), which takes place mostly in Chile (see photo).

Our Feb and March meetings will be via Zoom, and then April through June we will be in person. Our meetings tend to have 10-16 members in attendance each month, we meet in someone's home, and we have a reviewer to start us off each meeting. We have yet to read some great books this winter and spring: [A Dangerous Business](#) (Smiley), [The Marriage Portrait](#) (O'Farrell), [The Lioness](#) (Bohjalian), [The Princess Spy](#) (Loftis) and [Harlem Shuffle](#) (Whitehead). We will pick our books for 2024-2025 at our June meeting. Come and join us!



Bridge (Intermediate)

Wednesdays 9:30 AM to Noon

Contact Patricia Holmes pholmes2@twcnj.rr.com
 Barbara Armstrong barb368@yahoo.com

We still play every Wednesday morning at the Lansing Village Hall from 9:30 until 12:00. We ask for a \$2.00 donation each week to pay for the rent of the room. We play all year, including the summer time. Most players are at the intermediate level. Beginners who know the basics of bridge are welcome, as well as advanced players. We are an easy-going group that looks to have fun and learn from each other.

Please email lindaglabach@yahoo.com to be added to the weekly email that is sent out.

Caregivers

2nd Thursdays at 3:00 via ZOOM and in-person as scheduled

Contact **Linda Glabach** lindaglabach@yahoo.com
 Rochelle Woods rewoods112@gmail.com

This group gets together for anyone who is, has or might be taking care of someone else in some way. This includes caring for children, the elderly or anyone else who needs help in some way. We listen to and work on supporting each other. We try to help find resources that will teach about, alleviate and work with you, the caregiver. This job can be thankless but also rewarding. We attend workshops at places such as The Office of the Aging or online. Just knowing that there are people who care about you and are willing to listen, can help. We meet on zoom the second Thursday of each month at 3:00. We also choose an in-person meeting date each month at a local restaurant such as Purity or Wegmans second floor. No set time or day for the in-person get-together.

Cyclists - Waterfront Trail

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

Contact Jan McCarrick janithaca@gmail.com
 Kathy Hopkins kathy1122@gmail.com
 Ruth Hopkins rah27@cornell.edu

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.



Our starting location at the Farmers Market on a beautiful September Thursday.



Socializing by the waterfront about halfway through the 10 mile outing.

Friendship Group

(Formerly known as International Women's Friendship Group)

1st Wednesday at 7:30 PM via ZOOM and
Sept- June IN PERSON 3rd Friday 3PM to 5PM at Lansing Village Hall

Contact Raf Chew rafchew@gmail.com
 Linda Glabach lindaglabach@yahoo.com

IN PERSON meetings have a topic of discussion or an activity. Meetings on ZOOM focus on just catching up with what is happening in members' lives.

We started in September with a discussion of "Our Favorite Restaurant in and around Ithaca". A few weeks later several members decided to try out the restaurant Osteria Salina in Auburn NY for lunch.

For the month of October members brought "A Favorite Thanksgiving Side Dish". It was lots of fun trying new Thanksgiving sides. Recipes were collected and shared with the members.

The Annual Holiday Potluck and Sing Along (normally held in December) was scheduled a month earlier in November at Kumari's home. Lots of delicious savory and sweet dishes to try followed by Holiday Songs with accompaniment from Mimi and Sharon. Holiday craft making supplies and instructions were made available by Linda.

We held a White Elephant Exchange for our January meeting.



January Friendship "White Elephant Exchange"



November Friendship Potluck,
Sing Along & Craft Making





October Friendship
"Sharing Favorite Thanksgiving Sides"



Games

Tuesdays IN PERSON at 10 AM

Contact Raf Chew rafchew@gmail.com

Games-group sessions typically run for 2 to 3 hours. This is usually enough time for two different games to be played at each meeting and ample conversation too.

Here's a list of the Games we have played since September:

Alhambra (players buy buildings for their Alhambra complex)

Azul (players choose tile-sets and place them in desirable patterns)

Blockhead (test your coordination by stacking different shaped wooden blocks)

Cooperative Solitaire (each player has their own deck but all players can lay down a card on any players cards)

Eyespectro (a color-matching game using triangular "dominos")

Guesstimation (a trivia game; the goal is to be closest to the true answer)

Mahjong (the version we play is very similar to the game Gin Rummy except you get to manipulate a beautiful set of tiles)

Qwirkle (wooden tiles with colors and shapes; points are scored by building rows that share a common attribute)

Rebus (use letters and symbol tiles to convey a word, phrase or sentence)

Set (speed-based card game for finding sets that either fully match or fully mismatch)

So Clover! (a cooperative word-association game)

Ticket to Ride (claim train routes to make the best cross-country railroad network)

Contact Raf rafchew@gmail.com





Blockhead



Qwirkle

Garden Group

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

Contact Ellen Lane ellenlizlane@yahoo.com

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 usually meet on the 4th Friday of the month at 2 pm, though that can change depending on the needs of the host or the weather. During the winter months, we often meet via Zoom.

September of 2023 found us at member Sue Martin's house having a fun introductory social, with a plant exchange and planning meeting for the year. In October, we ventured west to several Amish and Mennonite markets in Seneca County, ending up at the Ginny Lee Cafe in Waggoner Vineyards (here we are, pictured below).

In November, we joined "Verdant Views--Cultivating a Sustainable Future: Cornell Botanic Garden's Native Lawn" Zoom program to learn about one idea for lawn replacement at the Mundy Wildflower Garden.

In December, we had another soiree at member Eeva Krusius's home that was a bring a sweet or savory snack to share party with additional garden discussion and garden catalog sharing.

Our program on January 26 was a zoom garden video share plus program. February will be much the same, and hopefully, in March and April we will be able to resume our visits to area nurseries or do garden trip zoom sharing, which has been a great armchair form of traveling in prior years.

In May, with the resumption of the growing season, we have more trips to Ithaca and Newfield gardens planned, another visit to the Mennonite markets of Penn Yan, and a possible moveable feast, traveling from one member's garden to the next at least once this summer. We will also try to make concrete leaf molds by the end of summer, and possibly some terracotta ollas.

New ideas are always welcome from our members and we have fun whatever we do, so please join us.



Gourmet Diners'

Monthly at member's home

Contact **Alice Kops**
 Drucy Glass

portia95@amklegal.com
glassdrucy@gmail.com

The Gourmet Group is off to a wonderful and delicious start. This year we settled on a theme of "Countries Bordering The Mediterranean Sea." So our hostesses planned our cookbook and organized their individual dinners.

In September, we gathered for our usual Welcoming Cocktail Party which featured appetizer cuisine from all of the countries we will be visiting this culinary year. In October, we sampled the tasty food of Morocco/Algeria-The Flavors of Fez. It was exotic, delicious and fun. In November, we traveled to Spain and "savored" such dishes as paella, gazpacho, and Moorish eggplant. In December, we learned about the delicacies of the Baltics and prepared dishes that were new to many of us. January is taking us to Greece and its beautiful islands to enjoy moussaka, roast lamb, stuffed grape leaves and spanakopita. Yum!

We have a wonderful group of chefs, hostesses and diners who make all of this possible. Going forward we're looking to further travels around the Mediterranean and many more memorable dinners.

Hiking and XC Skiing

Mondays at 9:20 AM

Contact **Barbara Nussbaum** barbnussb@gmail.com
 Emily Tracy emilytracy@hotmail.com

As one of the long-standing activity groups within the Campus Club at Cornell, this year we had to change the way this group operates because Emily and Barbara, who used to lead almost all of our hikes and ski tours, both suffered from injuries. However, many thanks to our group members Kaisa, Edith, Suzanne, Anne, Lena and Janie who stepped up and led multiple outings, we were able to hike or ski each Monday except when the conditions were dangerous or in pouring rain. Sometimes we offered two hikes at the same time with one challenging hike of up to 6-miles which took 2 – 3 hours on hilly trails and one gentler and shorter hike. There is usually a chance to get back early if you prefer to hike no more than 60 minutes.

Hikes have included Buttermilk State Park, Taughannock State Park, FLLT Ellis Hollow Preserve, Black Diamond Trail, Sapsucker Woods, Cornell Natural Areas in the Monkey Run area and the Botanic Gardens. The group was introduced to beautiful trails new to the group in Hammond Hill and in Lansing by Suzanne and Anne. Overall, the group agreed that the different hike leaders made the outings more interesting and more fun than ever before and that we should keep it that way. Anyone who has a favorite hike and wants to lead the group there, please contact Emily or Barbara and we'll include your hike into our schedule for even more adventurous fun.

We were able to ski only once so far this season and we are still waiting for more 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".



Just Coffee

Fridays at 10 AM

Contact Raf Chew rafchew@gmail.com

We meet just to chat and get to know one another over a cup of coffee or tea and baked goods.

During the warm months we usually meet at the Small Pavilion at Stewart Park, enjoy the view of the lake, watch bikers, walkers and children at play.

When the weather turns colder, we gather at Ithaca Bakery at Triphammer and sometimes at Purity Ice Cream.



Just Coffee at Stewart Park (Early October)



Just Coffee at Purity Ice Cream



Just Coffee at Ithaca Bakery, Triphammer

MahJong (Intermediate)

Tuesdays from 10:00-noon or 1:00-3:30 (see below)

Contact Ayako Timmons 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 Tuesdays, 10:00-12:00 noon at the First Presbyterian Church at North Cayuga St., Ithaca, during winter, and 1:00-3:30 PM at the Timmons' residence in Cayuga Heights the rest of the year.

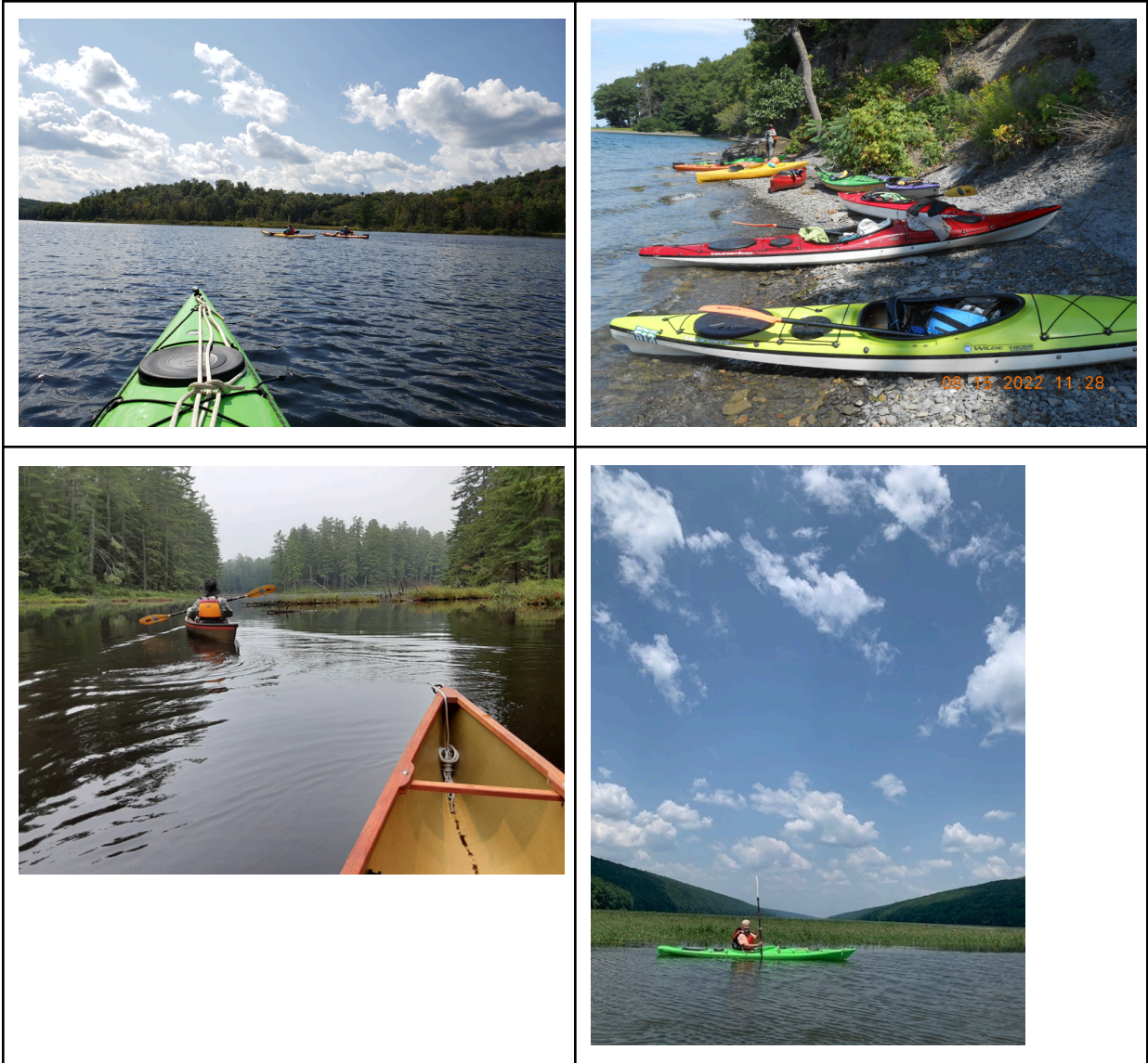
Mah Jong is a game of Chinese origin with 152 tiles, usually played by four people at each table. It is the luck of the draw that makes the game so intriguing!!

Paddlers

Monthly/TBA

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



Performers

Contact

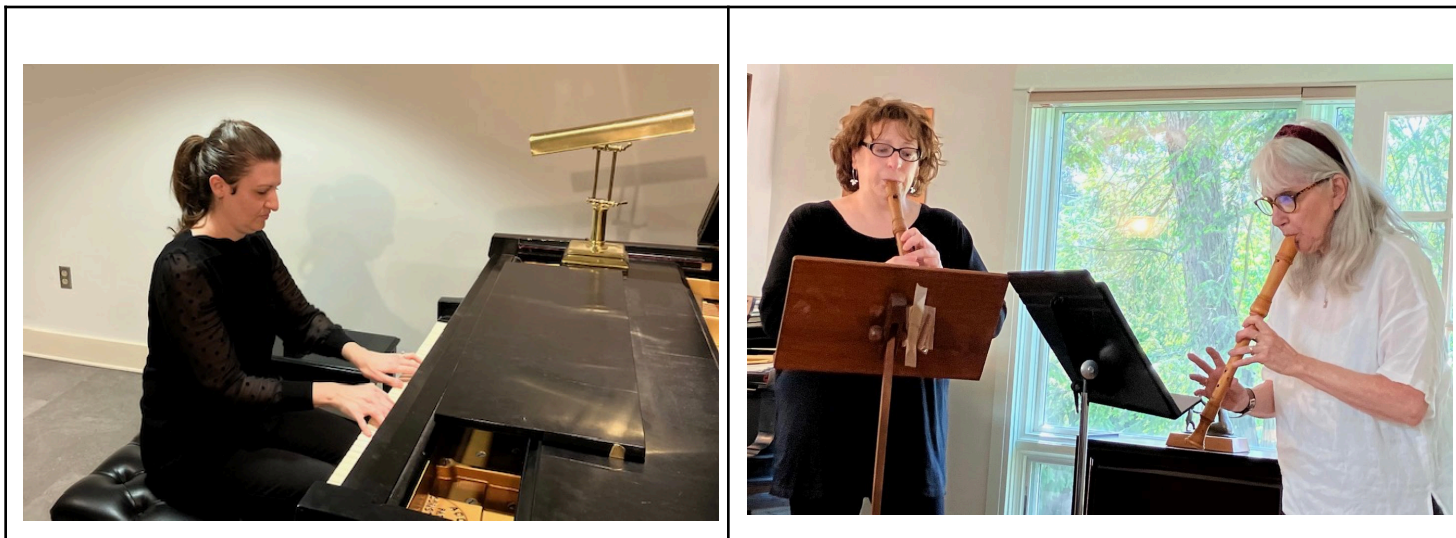
Charette Wheelis
Jane Dieckmann

charette1042@gmail.com
dickjane201@gmail.com

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 happy to meet in December, when we enjoyed a varied program of music by Van Eyck, Bach, Bower, Ellington, Chopin, and Ravel. We were treated to outstanding performances on piano, recorder, 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.



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. Last year's charity quilt was raffled off to help raise money for the Campus Club. Here are a few of the blocks created for this year's quilt.



Spanish Conversation

Mondays at 3:00 PM - 4:30 PM at Wegmans Cafe, upstairs

Contact **Janie Leff** janeleff134@gmail.com
 Kris Hodges minnswede@gmail.com

Our group of Spanish speakers meets weekly on Mondays from 3-4:30pm. Locations can change, so please get on our mailing list if you are interested in joining us.

We have a good time with a focused discussion (a time when we were surprised or afraid; a good book; recent travels; encounters with nature) that gives us the opportunity to practice speaking, learning more about the Spanish language and deepening friendships.

This is a low-pressure environment with no judgment.



Ukulele

Fridays 3 to 5 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 jeanmcpheeters@gmail.com

We have had a great start this year. Generally 5 or 6 of us meet and occasionally there are a bunch more. We played at a fundraiser for Maui at the Trumansburg Conservatory in December with some members of the Ithaca Ukes. It was fun to do a lot of Hawaiian music and to accompany the hula dancers. In December we played for family and friends and a few library patrons (near the newspaper section) at the Tompkins County Public Library. We performed a selection of Christmas music and one Hanukkah song. Currently we are practicing songs for Valentine's Day and hoping to perform at one of the nursing homes in Ithaca.

If you can play at all and know 5 or 6 chords, give me a call. We'd love to have you join us.

Wanderers

Several trips a year/TBA

Contact Raf Chew rafchew@gmail.com
 Misao Johnson misaosj@gmail.com

Trips are normally planned for an hour or so drive from Ithaca. Members often carpool. Usually one or two trips are planned for fall, one very local Ithaca trip in January and one or two trips in late spring or early summer.

At the end of September, Wanderers member Linda Glabach led an Amish/Mennonite Farm Markets/Stands & More (north of Ithaca) Tour. The first stop was the Pumpkin Stand in Ovid where we had pumpkins and so many kinds of squashes to purchase. For produce, plants and more we stopped at Stoltzfus Farm in Ovid, Peachey Produce and Horst Farm Market both in Romulus, and Countryside Market in Interlaken. For discount grocery items we visited Lake Country Sales in Ovid. Most of these places are fairly small so we all came prepared with CASH. Lunch was at Thirsty Owl Bistro at tables on the lawn with a view of Cayuga Lake.

Wanderers members' Heide Stuebel-Horowitz and Diane Rudd organized a trip to the Schweinfurth Art Center in Auburn for the Annual International Juried Quilt Show called "Quilts = Art = Quilts". These are not your grandmother's quilts. If you have not been to see the Annual Quilt Show (runs usually Nov thru early Jan) at the Schweinfurth, do add it to your calendar. Lunch was at Osteria Salina in Auburn. Just before heading back to Ithaca the group made a stop at the New Hope Mills store where one could purchase New Hope Mills products and so much more. And you can also enjoy delicious and hearty breakfast and lunch Mondays thru Saturdays at the Cafe at New Hope Mills.

The Local January Trip was organized by Wanderers Members Elke Schofield and Robin Dubovi. The first stop was a tour of the Namgyal Monastery and the NEW Library (opened September 2023). Lunch at The Bistro at La Tourelle. Library Place is a newly opened apartment building for active 55 plus adults. Participants got to view one of the three bedroom apartments as well as other amenities in the building. The last stop was a tour of the Henry Miller Inn.



At the Pumpkin Patch for the September Wanderers Amish/Mennonite Markets & More Tour



Checking out the Adirondack chairs
at Stoltzfus Farms in Ovid





“Quilts = Art = Quilts” Exhibit at the Schweinfurth Art Center in Auburn in November





Building that houses the Namgyal Monastery Library



Close up of a mandala





Entryway at the recently opened Namgyal Monastery



Apartment at Library Place



William Henry Miller Inn

Wine Explorers

Monthly

Contact Alice Kops portia95@amklegal.com
Kathy Ruis sunrisehillbnb@gmail.com

We have been exploring everything and anything about wine over the past several months. In September, on a beautiful blue sky day, we visited Sunrise Hill Vineyard for a fantastic vineyard tour. The grapes were at their peak of color and we learned some interesting information about the different varieties and how labor intensive growing wine grapes can be. Truly, a labor of love.

In October, we explored the Loire Valley of France, with our host Chip Hughes at the Falls Wine Shop. This very large wine growing region provides countless incredible wines, all different and all wonderful in both style and taste, because of its size and different terroirs.

In November, our host Eden from Cellar Door, offered us seven Rieslings from five different countries to taste, judge, and choose a favorite and least favorite. This was an interactive event, since the wines were covered and not revealed until the end. What fun to find out where our choices were from!

We ended the year with a holiday event at the home of Kathy and Bob Ruis. Everyone arrived with a favorite wine paired with a favorite appetizer. It was great fun sitting around the dining room table, sharing stories and enjoying friendship, wonderful food and delicious wine.

We welcome the New Year with more fun events as we continue exploring wine from different regions, different countries, different styles and different terroirs. Our Valentines Day event was held on Feb. 18th from 2:00 - 4:00 pm at the Long Point Winery in Aurora, with five different wines selected by the owner to match each delicious handmade chocolates from Preliminaires Chocolat of Seneca Lake. All who attended enjoyed an exquisite experience!

Yoga for Life

Wednesdays 8:30 - 10 AM via ZOOM

Contact **Ayako Timmons** ayakotimmons@gmail.com
 Kathy Hopkins kathy1122@gmail.com

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 **Anna Roberts** asroberts05@gmail.com
 Anita Christiansen anitag99@gmail.com

The ESL service group continues to honor the 50+ year tradition of providing conversational English classes to the Cornell-affiliated community. This year, our volunteers are teaching both in-person and virtual Zoom 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.