



Monthly Source of News & Information for MVWC Members

April 2021



*Sending
sunshine and
support*

Happy birthday wishes to:

- Jackie Stout (4/3)
- Carolyn Rodi (4/3)
- Chrissy Hempelman (4/5)
- Suzie Phelan (4/7)
- Kristin Carkeek (4/9)
- Jill Fein (4/11)
- Mimi Rauschelbach (4/12)
- Elaine Evers (4/12)
- Vicky Babb (4/16)
- Sheryl Lovell (4/16)
- Jan Bree (4/20)
- June Fontenot (4/24)
- Sandi Kogan (4/29)
- Mary Henigar (4/29)

A sympathy card was sent to the family of **Patrice Karpinski** and a donation was made in her memory to St. Mary's Food Bank.

President's Message

Dear Member,

It has been a year! Just one year ago I wrote a dire President's letter about COVID, the CDC, masks, and the definition of social distancing. It is hard to overstate how much we have learned about those topics and ourselves in a year of isolation. While I did not learn Spanish as I'd originally intended, there is something to having had a glimpse of the distilled essence of our lives – without the distractions that we enjoyed pre-pandemic. My husband and I have been taking stock of what we learned and how we use it to be happier in the future. I am sure many of you are doing the same.

We had an excellent turnout for our March event with Will Humble, Executive Director of the Arizona Public Health Association. Will was extremely thoughtful in his answers to our members' questions. Overall, his presentation was optimistic about our futures as the vaccine rolls out. He said that, especially for older Americans, we must strike a balance between contracting COVID (very low incidence once vaccinated) and isolation and depression. My takeaway from this is that even though you should still wear a mask and distance after you're fully vaccinated (at least until everyone else has been), you should also get out and enjoy getting back to some sort of normal.

New member Jodi Kogan moderated the presentation and did an amazing job. I thank her for her help. Jodi has also volunteered to take on the job of Newsletter Editor. Thanks to our outgoing editor, Debb Erbstoesser, who stepped in when we needed her.

Speaking of volunteering, it is now time to fill out the volunteer sheet for next year's Board. We encourage everyone, even current Board members, to renew. This gives everyone an opportunity to pick a new position if something interests you and gives the incoming President some guideposts for creating a new Board. Being on the Board is a great way to meet other members and it is essential to keeping the MVWC viable. Without a Board, we wouldn't have a MVWC!



This month: join us for refreshments, camaraderie, and a plant exchange in celebration of Earth Day

**Thursday, April 22
10-11:30 AM**

Lora Simonsgaard's backyard
(50 E. Country Gables Dr.).

If you would like to participate in the plant exchange, please bring plants and/or cuttings to share.

The connection that we have to nature, plants, and the land is integral to our health and all that we are. Earth Day reminds us to take care of our planet—whether it's cleaning up litter, planting more trees, recycling, and repurposing, or going on a walk in a green space amidst the wildflowers.

RSVP to Audrey Sangerman
(a.sangerman@cox.net)
by **April 15**.

Note: though the event is outside, in accordance with CDC guidelines, we request that members wear masks and practice social distancing.

Speaking of members, a post on Nextdoor about friendship has spurred quite a few women to reach out about joining MVWC, which will likely mean a lot of new faces in 2021. As people evaluate the lessons of the pandemic, family and friendship looks to be the focus of a post-vaccine world.

I hope that you are all able to get your vaccines and dip a toe into the new normal, which can include small groups of other vaccinated people.

Best wishes and happy springtime,
[Kristin Carkeek](#)
MVWC President, 2020-2021

COVID-19 Talk with Will Humble

As Kristin mentioned in her President's Message, we had a very informative event in March with guest presenter Will Humble, Executive Director of the Arizona Public Health Association. He shared his thoughts on Arizona's COVID response, vaccine rollout, and where we're headed next, and thoughtfully answered all the questions shared by members. If you missed it, don't worry – you can access the recording in the News section on our [website](#).

Actively seeking volunteers!

The 2021-2022 Volunteer Form is included with this issue. In the 5 or 6 years that I have been on the MVWC Board, I'd bet fewer than 4 women said "I can't" when I asked them to take on a role. But nearly every time we ask, you come through. So...this is my request: please look at the Volunteer Descriptions and find something you like to do or want to learn.

We have had a wonderful group of women with a great dynamic on our Board, but we also want the Club to continue to meet the needs of our members and we are constantly building our skillsets. For example, when the MVWC's website was launched in 2018, it was only because a committee got together and learned how to launch a website. It was fun; we had useful discussions when we disagreed, and we created a better project for the diversity of thought in the group. This is an opportunity for you to leverage your passion and help the group.

Find the thing that meets your skills (or something you want to learn) and send the sheet back to us through any means you want (USPS, text, or email). If you have questions, please call/text Kristin Carkeek, at 602-690-3459 or by email at jcarkeek1@cox.net.



MVWC Annual General Meeting

Our next General Meeting will be on **Thursday, April 8 at 11:30 AM**. We will be announcing the results of the election and welcoming the incoming Officers. Zoom information was previously sent out to members and is also on our [events calendar](#).

Interested in starting a new activity group?

If you have an idea for a new activity for the fall, please submit details by **Thursday, April 15** so it can be included on the 2021-2022 Membership Form.

Please include group name and description including daytime or evening and whether you are willing to be the coordinator for this group. Email to Sandi Kogan, Records Chair, stkphx@cox.net or call 602-375-1433.

Survey and Suggestions for 2021-2022

The Survey and Suggestions Form is included with this issue. Please complete it and return it to us by USPS, email (jcarkeek1@cox.net) or text 602-690-3459.

We are very hopeful that by the start of our next season (the September event) we can all meet. Maybe it will be like years past, or maybe it won't, but we will move forward at a pace that matches the CDC guidelines.

Please let us know what you want, what you have been missing, and anything else you think might be fun to try!

MVWC Board meetings

Our next Board meeting will be conducted via Zoom on **Monday, April 26 at 6:30 PM**. Please contact Kristin if you have a matter for Board consideration or discussion. Board meetings are open to all members.

Membership directory updates

Member contact information is updated on a regular basis. We report these updates in the newsletter as necessary, but the [online directory](#) for new phone numbers, addresses, and/or information on new members is the best source! Your updates can be sent to Sandi Kogan, Records Chair, stkphx@cox.net or call 602-375-1433. If you would like to add or update a picture in our directory, please send your photo to Michele Workman at workman5@aol.com (any photo you like of yourself will do, so if it's a group photo, she can make sure only your lovely face makes it into the directory with your information).

Membership forms for 2021-2022

The forms will be sent out by the end of April and will also be available on the website, along with information about dues, activity group, and the dues payment deadline.

Newsletter items

Articles for inclusion in the May **Echo** should be sent to Jodi Kogan at jodijodijodi@gmail.com by **Thursday, April 29**. If you have any questions, please email Jodi.

Don't forget:

- Annual General Meeting/Election Results: Thursday, April 8 11:30 AM
- RSVP to the April event: Thursday, April 15
- New activity group submissions: Thursday, April 15
- Plant exchange: Thursday, April 22 10-11:30 AM
- Next Board Meeting: Monday, April 26 6:30 PM
- Newsletter deadline: Thursday, April 29



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