



**International
Women's Club of
Philadelphia**

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Calendar at a Glance:

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 - 10 Virtual Happy Hour in the City
 - 18 Hiking Tour near Renate's Barn
 - 24 Brandywine Museum Exhibition
 - 24 Virtual Book Club
 - 24 Virtual Happy Hour in the Burbs
- October**
 - 08 Virtual Happy Hour in the City
 - 09 Picnic at Valley Forge Park
 - 15 Walking Tour, Henry Foundation
 - 22 Virtual Book Club
 - 29 Virtual Happy Hour in the Burbs
- November**
 - 12 Virtual Happy Hour in the City
 - 19 Virtual Book Club
 - 19 Virtual Happy Hour in the Burbs

IWCP Newsletter

Member of Welcome Clubs International

September, October, November 2020 Issue 1



Welcome, Fall

A Letter from our President

Dear Fellow Members,

Today I am sitting writing this letter to you all on day 26 of a cross country road trip and contemplating both your and my unique summer of 2020.

With the current travel restrictions imposed by COVID-19, and our flights back to Australia cancelled, my husband and I decided that this was a once in a lifetime opportunity to explore some of the beautiful and historic sites around the USA.

I would like to take this opportunity to share some highlights of our travels with you all.

Badlands National Park, SD. It's dramatic landscapes span layered rock formations, steep canyons and towering spires. Very spectacular scenery.

Mount Rushmore National Memorial, Black Hills in Keystone, SD. This gigantic sculpture has been carved into the granite face of Mount Rushmore, and features 18m heads of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln. The four presidents were chosen to represent the nation's birth, growth, development and preservation, respectively. Sculptor Gutzon Borglum and his son Lincoln Borglum oversaw the monuments execution from 1927-1941.

Yellowstone National Park, WY & MT was the first national park in the USA and is also widely held to be the first national park in the world. The park is known for its wildlife, such as bison and elk which were plentiful, and it's many geothermal features. We were very lucky to see "Old Faithful Geyser" erupt, a spectacular site indeed.

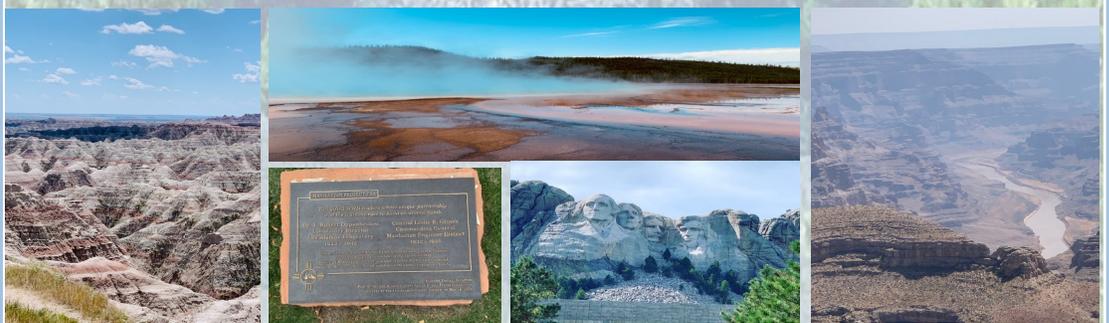
The Grand Canyon, AZ and Hoover Dam, NV/AZ via helicopter. Over 20 years ago I had a helicopter tour booked to see these amazing sights however due to inclement weather the excursion was unfortunately canceled! So, this was a trip that has been on my bucket list since and it was amazing! The Grand Canyon with its layered bands of red rock revealing millions of years of geological history is absolutely breathtaking. We were able to land on the rim of the canyon and take a walk around to soak up the scenery. The Hoover Dam is a concrete arch-gravity dam in the Black Canyon of the Colorado River, also a spectacular view from the sky.

Lastly, Los Alamos, NM that is recognized as the development and creation place of the atomic bomb-the primary objective of the Manhattan Project during World War II lead by J. Robert Oppenheimer a brilliant theoretical physicist.

I invite you all to share your stories, anecdotes and photographs of those things that have helped keep you positive during the ongoing pandemic and any suggestions to help keep our members engaged. Our Board Members are also working diligently to find creative ways to ensure our organization thrives during this challenging time and I thank them whole heartedly for this. Thank-you also to those members who have generously donated to our nominated charities, particularly at this challenging time when those less fortunate are really faced with hardship.

Wishing you and your loved ones good health, happiness and friendship over the coming months.

Kathryn Bessemer



The objective of IWCP is to welcome women of all cultures to the Philadelphia area and to promote friendship, cooperation and understanding without political agenda and self-promotion of businesses.

Canceled and Postponed Events



CANCELED : Potluck Lunches, Expat Dinners, and Coffees

Due to the ongoing risk posed by the Coronavirus pandemic, all potluck lunches, expat dinners and coffees stand canceled until November. [The Preservation Alliance of Philadelphia Walking Tour](#) scheduled for September 15th and our [Annual Holiday Dinner/Fundraiser to have been held in December at The Merion Cricket Club](#) have both been canceled. In case the IWCP is able to schedule such an event, a special email will be sent out announcing the same. Members should check in regularly on the website for any new events or just to see what posts of interest there may be from fellow members.

POSTPONED: Welcome Back/Business Dinner

The Welcome Back/Business Dinner to have been held on Monday, September 28th at the Radnor Hotel has been postponed until June 2021.

Hiking Tour near Renate's Barn

Friday, September 18

10:00 am

Meeting Location: Renate's Barn located at 3402 Horton Road, followed by a 5 minute drive to hike along a creek.

Lunch at 11:30 am, at Renate's Barn. Bring your own lunch / beverage - possibly in a small cooler to keep food warm/cold.

Organizer: Renate Harshaw, 610-353-3107. **MAX 10 Persons. Masks required.**



Brandywine River Museum : Exhibition on the 100th Anniversary of the 19th Amendment

Date : Thursday, September 24



10:30 am

Location: 1 Hoffmans Mill Road, Chaddsford, PA 19317

Cost of Admission : \$18 / \$15 for Seniors

The year 2020 marks the 100th anniversary of the Nineteenth Amendment to the Constitution of the United States, which granted women the right to vote.

Votes for Women: A Visual History includes drawings, illustrations and posters from museums, historical societies and private collections that visualize the

complex political messages conveyed by suffragists. Presenting an inclusive historical narrative, the exhibition recognizes the efforts of women of color and their community networks, which have been largely overlooked. Serving as a companion to *Votes for Women: A Visual History*, is an accompanying photography exhibition, **Witness to History: Selma Photography of Stephen Somerstein**, which

continues the story of the ongoing struggles marginalized communities faced when voting following the passing of the Nineteenth Amendment. The exhibition features 55 photographs taken during the historic 1965 civil rights march from Selma to Montgomery, Alabama on March 25, 1965—a turning point in the civil rights movement that led to the passage of the Voting Rights Act.



Organizer: Annette Meertz, 610-220-2663/Annette.meertz@gmail.com.

MAX 10 Persons. Masks required.

Picnic at Valley Forge Park

Friday, October 9

(Rain date : Friday, October 16)

4 pm - 6 pm

Location: Meet at the parking lot of the Memorial Arch at Valley Forge Park, at 420 Gulph Rd, King of Prussia, PA 19406.

Details on location of the lunch will be forthcoming. Bring a chair/blanket and food/beverage.

Number of Attendees: **MAX 15 persons, masks required.**



Valley Forge National Historical Park is the site of the third winter encampment of the Continental Army during the American Revolutionary War, taking place from December 19, 1777 to June 19, 1778. Originally called Valley Forge State Park, it became a national historical park in 1976. Enjoy the park's historical buildings, recreated encampment structures such as the iconic log huts, memorials, museums and monuments erected by the states from which the Continental soldiers came.

Organizer: Monika Panger, 215-755-7655/ mmpanger@1919ic.com.



Walking Tour at The Henry Foundation for Botanical Research

Thursday, October 15

(Rain date : Thursday, October 22)

10:30 am - 12 noon

Location: 801 Stony Ln, Gladwyne, PA 19035

Tel.: 610-525-2037

Cost: \$10.00 payable on IWCP website or by mailing a check to Jacqueline

Lunch at 12 noon: Brown bag picnic lunch on the terrace.

RSVP by 10/1 to: Jacqueline Yates, Jacquelinecyates@gmail.com. (no phone messages please)
317 Wayne Ave, Lansdowne, PA 19050

MAX 12 Persons. Masks required. Wear good hiking shoes. Bring walking stick if needed. Uneven terrain.

The Henry Foundation for Botanical Research is a historical botanical garden created by Mary Gibson Henry. Her enduring vision, inspiration and creation give us a unique opportunity and forum to educate people about plants and to show leadership in the care and preservation of North American native plants growing with Asian counterpart species in a naturalistic setting. Join us for a 1 1/2 hour guided walking tour of this lovely wilderness garden which will enhance an understanding of the natural world through the study of botanical arts and sciences, to inspire responsible stewardship of the environment.

<https://www.henrybotanicgarden.org/>



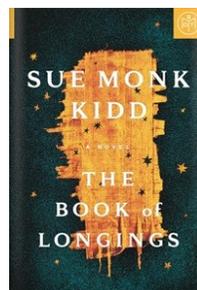
Virtual Book Clubs

Please join us for a lively discussion

Thursday, 09/24, 1 pm, via Zoom

Book: *The Book of Longings* by Sue Monk Kidd

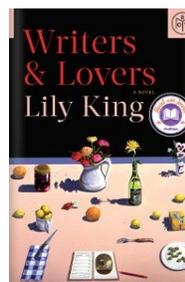
"An extraordinary novel . . . a triumph of insight and storytelling." — Associated Press



Thursday, 10/22, 1 pm, via Zoom

Book: *Writers & Lovers* by Lily King

"Wonderful, witty and heartfelt." — The Washington Post



Thursday, 11/19, 1 pm, via Zoom

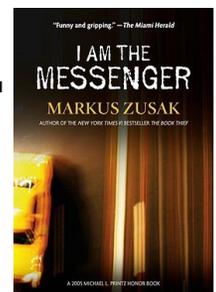
Book: *I Am The Messenger* by Markus Zusak

"Both serious and funny, touching and exciting."

- The Salt Lake Tribune

Please RSVP to Susan Gatzert-Snyder:

610-731-1760, sgatzertsnyder@gmail.com



IWCP Activities During the Pandemic - Other Ways to Engage

The restrictions imposed by the pandemic force us to rethink how we can keep our members engaged and recognize value in their IWCP membership. In addition to engaging all members with specific events, we could also focus on smaller groups with special interests that can set their own agenda and activities. Each group could have a group leader who organizes and manages events and records activities on the IWCP's web site. Invitation for such group activities would be sent out to group members only. Group activities during the pandemic should be limited to small numbers and be held outside where possible. Here are some ideas:

Small, local Happy Hours: Members who have large outside patios or gardens could host outside Happy Hours with limited numbers of participants. Electronic announcements can set a limit on the numbers of attendees and ask that each registrant check off on what she wants to contribute.

Groups : Create interest-groups like the book club or hiking group that currently exist. Designate a group leader who will be in charge of communicating with the group and publish group activities on the web. Examples: excursions (day trips by car), exchanging recipes, photos, teaching other members foreign languages like Spanish, French, German and Chinese; bird watching, wine tasting, volunteer work or crafts.

Movie recommendations and viewing

Teaching each other skills like computer literacy, language, writing, painting, publishing one's own photo album, creating a blog to communicate items of interest or using the WildApricot system as a common tool for exchanging ideas and news.

- Karin Steinbrenner, IWCP Webmaster

Since its founding in 1989, it has been the mission of the IWCP to welcome women of all cultures to the Philadelphia area and to encourage cooperation, understanding and new friendships. Thanks to donations from our generous members and allocating part of our membership fees, it has been our pride to be able to help four different charities in the Philadelphia area : Musicopia, Sunday Supper, Mother's Home and Chester Eastside this past year. These charities all help women and children and we, the IWCP community, a small group, can make a big difference in helping them lead a more fulfilling life.

Help us continue our mission!

Donate online at

<https://iwcp.wildapricot.org/Donations>
or contact Laura Hernandez-Paine, IWCP
Director of Charity at 610-733-4758 or
by email at
lhernandezpaine@hotmail.com.



A Thank You from our Treasurer

Dear Fellow Members,

I would like to thank our members, who have mastered the online credit card payments as well as those of you paying by check to register for events or for renewing their membership.

At this time, 78 of 159 members have renewed and paid their dues. The membership fee is our Club's only source of income and we have been able to cover our expenses, contribute to our charities and subsidize our special social events such as our Welcome Back Luncheon, Annual Dinner and Holiday Party. Unfortunately, due to Covid-19, we have had to cancel all of these this year.

The Board sincerely hopes all of our members will continue supporting our wonderful club and submit their dues.

Thank you,

- Trudy von der Wense, IWCP Treasurer

Sister Club News (WCI)

Dear fellow members,

As your club's Liaison to the umbrella organization of Welcome Clubs International or WCI, I would like you to be able to look at their 'members only' website <https://www.members.wciclubs.org> using our members password **WCIMembers2019**.

Please watch the informative video of President Kim Riedel. Be sure to click on the Sister Club News as those newsletters have lovely stories about the activities at the various member clubs all over the world.

When we are allowed to travel again, you should be aware that you are automatically an honorary member of any club you choose to contact. Many lasting friendships have come out of this benefit.

Please feel free to email me if you need help in contacting a representative of a sister club or about any question you may have concerning WCI.

In Friendship,

Jacqueline Yates

jacquelineyates@gmail.com



WCI
Welcome Clubs International

Happy Birthday!

September

01 Genevieve Nicole Lewis,
Monika Panger
03 Meltem Gonnella
06 Paula Nolte,
Daphne van Bemmelen
07 Daisy Grajewski
09 Esther Gerhard
10 Kathryn Bessemer
16 Diane Bernhard,
Ruth Quinn
18 Gila Mohadjer,
Theresa Zarb
19 Susan Stoutzenberger
26 Ruth Sachs,
Trudy von der Wense
30 Martine Chauvet

October

02 Michele Haines
05 Susan Mattioni-Hill
11 Helga Ruus-Neubert
16 Ursula Maul
22 Christa Kramer
24 Helena Johanson
26 Kerstin Hoeldtke
30 Lynne Brown,
Helena Malarkey,
Karin Steinbrenner
31 Irene Boden,
Sigrid Weltge

November

16 Caroll Drazen
19 Susanne Neubig
21 Theresa Smith
27 Jo Madden
29 Anca Constantinescu



International Women's Club of
Philadelphia

Email: iwcpphiladelphia@yahoo.com

Member
WELCOME CLUBS INTERNATIONAL (WCI)

www.wciclubs.org

Stress Management Relief During the Pandemic

When you are stressed, you need to remind yourself to take your 'MEDS'. Not the MEDS from the drugstore but, the following:

Meditation (or your preferred relaxation technique): Both transcendental and guided meditation can assist in promoting self-awareness. Download Apps like Insight Timer, which is free, or Head-space, which offers 10 free sessions

Exercise (there are lots of yoga and exercise videos on the internet)

Diet (make time for comfort foods but not for unhealthy choices)

Sleep (restorative sleep can boost your immune system)

Schedule time for self-care: Set a time each week to focus on yourself the same way you schedule your work. Where can you best fit in 30 minutes to an hour just for you?

One self-care tip is to **take a social media vacation!** There are two levels : Staying offline weeks at a time. At other times, set a timer and only allow 10-15 minutes a day. It's amazing how much this may impact your mood, heart and attitude.

Pay yourself a compliment a day! Look in the mirror, smile and appreciate something about yourself or something you did well this week.

Increase your water intake. Most adults do not drink enough water and dehydration can lead to higher cortisol levels. Get a reusable water bottle to measure how much you're drinking each day to ensure you stay hydrated.

Think about how much you have learned the past few months—we have learned to balance work and homelife. Did you ever think you could homeschool your children and juggle a job?

Learning the importance of connectedness while learning IT skills such as using Zoom, Google Hangouts, Skype, Facetime and Microsoft Teams.

Learning to practice patience! Be well!

-Susan Gatzert-Snyder, IWCP Book Club Coordinator

Virtual Happy Hours

Following the success of our virtual Happy Hours in the last quarter, the IWCP will continue to host 'Virtual' Happy Hours via Zoom.

We are now offering a Happy Hour every week with different hosts and on perhaps different days. Look out for announcements.

Each Happy Hour will start at: 5:00 PM East Coast Time. Our two historic Happy Hour dates will remain unchanged. Each Happy Hour will be announced a week ahead. The **FIRST 15 MEMBERS** to sign up will be accepted and be able to attend from their home. A few days prior to the virtual meeting, all participants will receive a Zoom invitation that will enable them to attend. The IWCP looks forward to continue bringing many of its members virtually together over the next three months.

Happy Hours In the City:

2nd Thursday of the Month: 9/10, 10/8, 11/12

Please contact Monika Panger at
215-755-7655 or mmpanger@1919ic.com

Happy Hours In the Burbs:

Last Thursday of the Month: 9/24, 10/29,
11/19*

Preponed on account of Thanksgiving (11/26)

Please contact Kathryn Bessemer at
610-457-3205 or
kathrynbessemer@comcast.net

International Women's Club of
Philadelphia

Email: iwcpphiladelphia@yahoo.com

Member
WELCOME CLUBS INTERNATIONAL (WCI)

www.wciclubs.org

Visit us on the web at www.iwcp.org

Welcome, New Members!

Jeannie Boulange, France
jeannie.boulange@gmail.com

Hailu Tizita, Ethiopia
tizutesh21@yahoo.com



Newsletter: Please send information to Reshma Munshi, who writes and edits the newsletter, at Reshma.munshi@gmail.com. Newsletters for 3-month periods are published Sept. 1, Dec. 1, March 1, & June 1. To be included, information must be received at least 10 days earlier, i.e., by the **20th** of the month preceding the month of publication.

You also can find all our recent newsletters on our website at

<https://iwcp.wildapricot.org/IWCP-Newsletters>

