

SUWC Preview

www.stanfordsuwc.com

Co-Presidents - Wendy Max
and Linda Kraemer
September 2026, LXVI, Issue 1
Preview Editor - Marina Lewis

Welcome to the Stanford University Women's Club 130th year!



Dear Friends,

We hope you had a great summer and are feeling reenergized and rejuvenated. Though it still seems like summer, the kids are back in school and we are looking forward to starting up a new year of Club activities.

At the SUWC you will find friendship and community with a group of engaged and engaging women who share a wide range of interests, want to learn new things, and are eager to take advantage of their connection with and proximity to Stanford. The Club is run by volunteers who give many hours of their time to support all our activities.

At the heart of the Club are the sections, where smaller groups of women meet monthly or more often to share a common interest. We currently have 16 sections, ranging from sports and games (Mah Jongg, Pickleball), discussions (Author's Coffee, Book Club, Great Decisions), the arts (Movie Club, Music Section, Visual Arts Forum), personal development (Meditation, Personal Writing), language skills (French Conversation, French Literature, German Conversation), to hobbies (Cuisine Club, FiberWorks), and exploration (Explore the Campus). Our newest section, Ladies Who Lunch, is off to a great start and at least 2 more sections are being developed. The sections will be represented at the Fall Brunch, where you can ask questions and sign up on section email lists. We also have a number of club-wide events which the Program Committee puts together. The Fall Brunch is hosted by the "first lady" of Stanford at the President's House, and is a lovely gift from the President's Office to us. The Program Committee is working on a number of other ideas, including a fall Zoom talk on osteoporosis, a wine and cheese reception, a music performance, a speaker for the April open board meeting, and the Spring Tea.

We currently have about 240 members and welcome new ones. If you know of someone in the Stanford community who is interested, please check the website for eligibility information. Some members have been with us for over 50 years while others have just joined.

And please look at our website (stanfordsuwc.com) for more details about the Club. The website is a wealth of information.

We are looking forward to a great year and to working with all of you!

Wendy and Linda



As we are starting our new year, please take note of a couple of housekeeping matters.

We have a new mailing address: **Stanford University Women's Club, PO Box 1106, Palo Alto, CA 94302**

At the request of our Treasurer, whenever possible, please use Zelle when renewing your membership. Payments can be sent to suwctreasurer@gmail.com.

The contact information for all Section leaders is listed on the last page of the Preview, which is also a convenient page to print and keep handy.

**Please mark your calendar ! September 16, 2026, 7:00 pm
Special Lecture on Osteoporosis -**

We are delighted to announce a special Zoom presentation on September 16, 2026 at 7 pm by Dr. Yasi Motlaghzadeh, Clinical Assistant Professor in the Department of Medicine, Division of Endocrinology, Gerontology and Metabolism. Dr. Motlaghzadeh is a specialist in osteoporosis and will be talking about various aspects of osteoporosis, with a focus on prevention and new treatments. Her presentation will be followed by a Q&A session. Dr. Motlaghzadeh is a dynamic and engaging speaker and we look forward to what will be a very informative session. A Zoom link will be sent out as we get closer to the event.

Join SUWC for *The Outsiders* at the Orpheum Theatre!

SUWC is planning a theater outing to see **The Outsiders**, winner of four 2024 Tony Awards, including Best Musical, at San Francisco's Orpheum Theatre. SUWC member Rosie Taymor's daughter, Danya Taymor, also won the 2024 Tony Award for Best Director of a Musical for *The Outsiders*.

We are currently holding a block of 20 discounted tickets at \$80 each for:
Saturday, December 12, 2026 at 1:00 pm.

If you would like to join us, please RSVP by September 8 so that we can adjust the number of tickets we are holding, if needed.

To reserve a ticket, please contact Leslie Pereira at leslie.pereira4@gmail.com, by September 8.



Carpools can be arranged at a later date.

At our Fall Brunch, October 2nd, tables will be set up where all our sections will be represented. Members are encouraged to stop by and sign up to participate in any section of their

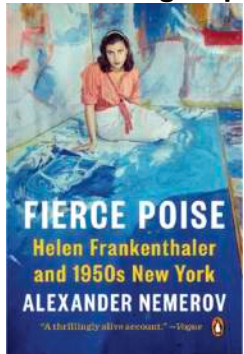
interest.

Sections, Sections, Sections ...



Art History Section (AHS) - Summary of proposed new Section:

The Art History Section (AHS) is a potential new section for members who share an interest in learning more about the history of art. If there is sufficient interest to form the section, it will begin in Fall on a trial basis. The group will meet online for discussions based on shared reading of books about art history. The



first book selection will be Alex Nemerov's *Fierce Poise* (a book about Helen Frankenthaler and the 1950s New York modern art scene, selected because Nemerov is speaking on the topic at the Cantor Museum in February 2027). Future art history book selections would be made through a group consensus process. In addition to the book discussion, section meetings may also include sharing of information about local art history events and resources of interest and/or short presentations on selected art history topics by members who wish to volunteer. The section is preliminarily planned to meet bimonthly, with dates and time to be determined based upon member input and consensus. A sign-up sheet for the potential new section will be offered at the Hoover House Brunch in October. In the meantime, if interested in joining this new Art History Section or learning more about it, email Jody

Foster (jmfoster27@icloud.com), and/or Theresa Chung at tskchung@pobox.com) and include "AHS" in your subject line.

Author's Coffee - Help Wanted!!!

This has always been a very popular program for many years, but our leader has retired. If you are interested in leading this very worthwhile Section, please reach out to Katie Vigeant at katievigeant@gmail.com.

Book Club -

On September 14th, 1 pm, our Club will gather to discuss "The Loneliness of Sonia and Sunny" by Kiran Desai. Britta Erickson will lead the discussion for this in-person meeting. All members of the Section will receive an email with the full year schedule and details of the meeting location(s) in advance. If you have not already joined the Book Club and would like to be included, please email Suzie Lincoln to be added to the distribution list.

Cuisine Club -

The Cuisine Club is one of the oldest, continuously attended sections of the SUWC. Originally meeting in the evenings with couples in attendance, it now meets the 2nd Tuesday of the month at 12:30 p.m. for a themed lunch prepared by the members. The first meeting of 2026/27 will take place on Tuesday, October 13th. The section leaders are Linda Kraemer (llkraemer@gmail.com, 650-814-8950) and Laura Poplack (pop3378@yahoo.com, 602-359-8646).



Explore the Campus -

We are composed of an active, engaged, curious group of collaborative members who enjoy keeping updated on the many changes taking place on campus. Variety is our mantra, resulting in events covering

art, science, history, recreational or sports venues, campus walks, special campus programs or centers, and new or recently renovated buildings.

FiberWorks -

Members of our Section meet on the 3rd Thursday of the month at 10:30am. In September, that will be on the 17th, working on our various projects, from embroidery to needlepoint. We've knitted, crocheted, quilted, or mended in each other's friendly company. The location will be emailed to members in the weeks before the meeting.

French Conversation -

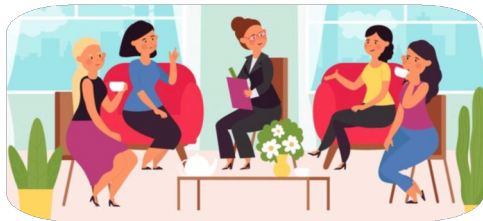


We will start on September 16th. Our discussions cover all possible subjects, from current events to literature and personal stories. We meet the first three Wednesdays of the month at 10:00 am, with two meetings on Zoom and one in person. For more details please contact either leader Karen Hohner, Khohner@gmail.com; Danièle Archambault, Daniele@DanieleBD.com.

French Literature -

Bienvenue au Club de Littérature française ! Our group brings together approximately ten Francophiles who share a passion for French and Francophone literature. Each month, one member selects and presents a book of her choice. The presentation is followed by a lively group discussion in French, in a warm and friendly atmosphere. Our selections reflect the group's wide-ranging interests, from classic works to contemporary literature. French speakers of all levels, including beginners, are warmly welcome. We meet sometimes in person, sometimes via Zoom. To receive information regarding the location of the meetings, please email Danièle at daniele@danielebd.com.

Our first meeting of the year is on Monday, October 5th at 1:30 pm. The members of the French Literature Section will discuss Mon testament par Antonine Maillet (2024), 106 pages. Danièle Archambault will introduce the book and the author.



German Conversation -

Möchten Sie sich für ein paar Stunden im Monat auf Deutsch unterhalten? If you do, then join the congenial German Conversation Group. We meet on the 1st and 3rd Monday at 1 pm, usually on Zoom and occasionally in person. Our first meeting will be September 21st. Section Leader: Karen Hohner at khohner@gmail.com or (650) 380-3229.

Great Decisions -

Great Decisions is the nation's largest discussion program on U.S. foreign affairs. The SUWC's Great Decisions group meets twice a month during the Winter and Spring quarters on Tuesdays, from 7:30-9:00 PM, on Zoom. Our topics are selected by The Foreign Policy Association in NYC which publishes a text with a chapter on each topic which you are encouraged but not required to buy. To guide our evening discussions we try to find a Stanford faculty member to meet with us and speak about the topic before leading our debates. This is a non-political group.

The proposed list of topics for Great Decisions 2027 are: American Foreign Policy and the Future of Multilateralism, American Options in the Middle East, The Future of Germany in Europe and the Atlantic World, U.S.-China: The Case for Engagement, AI and American Choices, Energy Security: Challenges for American Foreign Policy, Organized Crime in the Americas.

For more information and to be added to our member email list, please contact Meredith Einaudi (mweinaudi@gmail.com) or Antonia Fore (AHoldegel@aol.com).



Hiking - Summary of proposed new Section

This Section will meet on the fourth Friday of each month for a 90-minute easy to moderate hike. A carpool option is available at 1067 Cathcart Way, Stanford, at 9:30 AM, or you can



meet at the trailhead by 10:00 AM.

Section leaders: Letitia Lai (letitia.c.lai@gmail.com, 650-776-7986) and Helen Li (xunjieli@gmail.com, 617-251-9879).

Join us for a hike at Wunderlich County Park on Friday, September 25th!

We'll take a scenic 3.8-mile loop through shaded redwoods, stopping by a salamander pond and taking a relaxing snack break midpoint of the hike surrounded by second-growth redwoods. This loop features a steady but moderate uphill climb with about 625 feet of elevation gain for the first half, followed by a gentle, continuous downhill grade on the return trip. Beyond the trails, the park has a rich history -- once a working ranch and vineyard

before being bought by the Folgers Coffee family in 1902. It features the beautifully restored 1905 Folger Stable and Carriage Room Museum.

Ladies Who Lunch -

We meet monthly at various locations at 11:30AM. For the date of a future lunch, we decide by popular vote between the first or last Friday of the month. We are always open to location suggestions! Please reach out to Carol West at chwest@gmail.com, or 650-804-0150.

MahJongg -

Come learn and play Western MahJongg! We meet at a private home for a relaxed game. Our group meets weekly on Mondays at 4:00 pm and one evening a month at 7:00 pm.

Whether you're a seasoned player or completely new to the game, you're welcome with the aim of creating a fun and social atmosphere.

* New players are encouraged to join us any week and learn in a relaxed and supportive environment. The first evening meeting will be on September 30th at Audrey's home. No meeting on Monday September 7th. Contact Audrey Gold or Estee Greif for details.



Meditation -

Meditation is one of the ways we calm the mind and develop compassion and wisdom to guide us through difficult times. The Meditation Section consists of personal sharing, meditation instruction and a short period of meditation. We gather by Zoom and all are welcome. Please contact Grace Schireson if you have any questions.

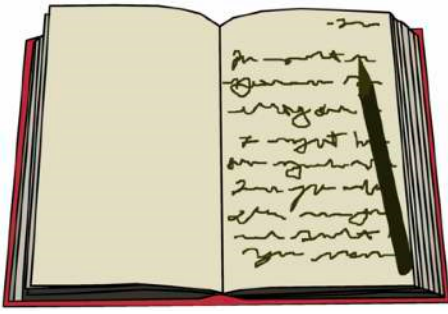
Movie Club -

Our Movie Club is initiated to engage movie lovers for entertainment experience in culture/cross-culture, history, art, and humanity. Movies are selected according to box office availability and ratings for drama, comedy, historical drama, and documentary.



Music Section -

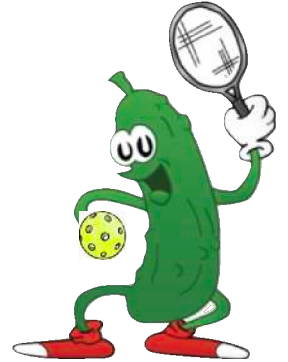
We will continue to meet the 3rd Wednesday of the month, at 1:30 pm. We usually meet in a private home and listen to local performers. Contact Trudy Roughgarden (tsrough@earthlink.com).



Personal Writing Workshop (PWW) -

The Personal Writing Workshop (PWW) meets ONLINE monthly on 3rd Wednesdays at 4 pm. “Personal writing” refers to writing done primarily for one’s own pleasure and edification and/or for immediate family and friends. Short forms include diary or journal entries, vignettes, essays, family histories, and meditative reflections. PWW members enjoy personal writing for many reasons, such as developing their thoughts about particular subjects or experiences, capturing treasured memories or stories, or recording the details of unique family histories or travel adventures. At the beginning of each month PWW members receive an

email (the “PWW Promptsheet”) that provides writing prompts and often some samples of related writings which members can use as inspiration for personal writing to share at the section meeting. The first meeting of the 2026-27 year will be September 16. If you are interested in learning more about PWW and/or joining it, email Chair Jody Foster at jmfoster27@icloud.com and include “PWW” in your subject line.



Pickleball, anyone?

We battle, we laugh, we tease, we laugh some more, and then we battle some more. Ladies of all ages and ability chase that little yellow ball with holes in it. It’s great exercise. We enjoy camaraderie and companionship yet our competitive spirit is alive and well. We play every Monday morning at 8 am at SCRA. Contact Marina Lewis at marinalewis3@icloud.com if you are interested in joining.

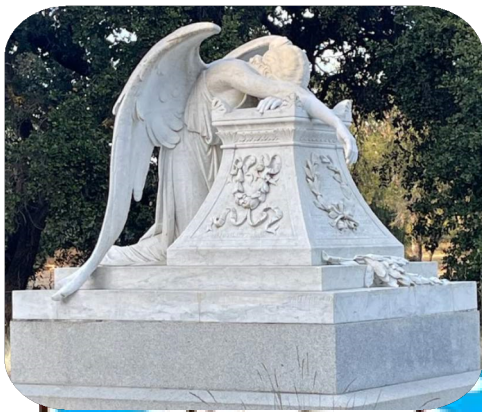
Visual Arts Forum -



The Visual Arts Forum (VAF) meets monthly to explore a common interest in the visual arts. Typical meetings are group tours of local art museums, galleries and outdoor art; hands-on arts activities; and online presentations and discussions about the visual arts. VAF also twice a year meets jointly with Explore the Campus for tours of visual arts on the Stanford campus. Last year VAF activities included a field trip to the Legion of Honor Museum for a tour of the Manet/Morisot exhibition; a spring visit to Hakone Gardens, and participation in a formal Japanese Tea Ceremony (chanoyu). VAF meets generally on the second Thursday of the month at 3:30 pm, sometimes online and sometimes in person, but the time and date can vary depending on event. If interested in joining VAF or learning more about it, email Co-Chairs Jody Foster (jmfoster27@icloud.com), Amy Krehbiel (amy.krehbiel@gmail.com) and/or Theresa Chung at (tskchung@pobox.com) and include “VAF” in your subject line.

A NOTE FROM THE EDITOR: We hope you had a great and restful summer. The “Chatterbox” is where you, our members, can contribute information or stories you would like to share with others. This is also the space where we will introduce you to some of our members who we think you’d like to meet. Please contact our Preview Editor, Marina Lewis (marinalewis3@icloud.com) for more information.





Sadly, we are sharing with you the news that

Deanna Mann passed away suddenly July 13th. She was only 73. Deanna was very active in many of our sections, notably she co-led our Explore the Campus Section for many years. We will miss her greatly.



Sarah!



Dr. Sarah Donaldson, an enthusiastic Stanford University Women's Club member, is dedicated to the MahJongg group. When you spend a few minutes with her it quickly becomes clear that what defines her is an infectious optimism, a deep gratitude for the opportunities she has experienced, and an unwavering commitment to helping others.

Sarah's path to medicine was anything but conventional. She began her career as a nurse, working with an oncologic surgeon, Dr. William Fletcher, a visionary physician who became her most influential mentor. Recognizing talents that Sarah herself did not yet see, he urged her to apply to medical school despite her concerns that women were rarely admitted, she was too old, could not afford medical school, and simply was not smart enough. Fletcher disregarded her objections and through a series of carefully orchestrated opportunities—including a visit to his alma mater, Dartmouth, Sarah found herself with an admissions packet in hand and in love with the school. "It was the most vibrant place I had ever been," she recalls. Three weeks later, she was admitted as one of only six women in her class.

Following Dartmouth, she graduated from Harvard Medical School, and chose a path that few had previously taken, pediatric radiation oncology. She recognized that childhood cancer required exploring a fundamentally novel approach to clinical investigation and patient care, and became an early pioneer in the field. To complete her training, she spent a fellowship year in France and soon became a true Francophile. She continues to delight in French culture including pastries—a fitting choice for connecting at Douce France, where we met to talk about her remarkable career.

Sarah arrived at Stanford in the early years of women joining the faculty, recruited to build one of the nation's leading cancer programs. She purchased her campus residence in 1973, using a down payment of her \$5,000 monthly Stanford stipend. Looking back, she says simply, "Life is a lot of being in the right place at the right time."

Over the decades, Sarah became an internationally recognized leader in pediatric radiation oncology, but when asked what has given her the greatest satisfaction, she does not mention awards or titles. Instead, she talks about mentoring. Inspired by Fletcher's belief in her, she has devoted herself to encouraging younger physicians. "Mentoring is volumetric," she says. "It has given me a legacy that is the most gratifying aspect of my professional life". Five years ago, she retired so that her endowed chair could be transferred to a talented younger woman in her department. "I understand succession planning, recruitment and retention," she explains. "I wanted to give another woman this wonderful opportunity." She has never regretted the decision. "There is nothing better than witnessing the success of your own trainees."

Retirement has hardly slowed Sarah down. She continues now as a Stanford retirement coach and leader in University Emeriti/ae Council, creating new programs for retired faculty to remain engaged in university life. As she puts it, "Seniors want to feel valued, needed, and loved." She also has expanded her retirement interests to include participation in the arts, as an active board member of TheatreWorks Silicon Valley.

Your Sections at a Glance

Book Club	2nd Monday	1 pm, sometimes on Zoom	Kathryn Spitzer Kim Suzie Lincoln	kathryn4859@gmail.com suzielincoln@yahoo.com	484-612-8007 650-857-1076
Cuisine Club	2nd Tuesday	12:30 pm	Linda Kraemer Laura Polack	llkraemer@gmail.com pop3378@yahoo.com	650-814-8950 603-359-8646
Explore the campus	1st or 2nd Friday	1:30 pm	Ruth Cronkite Audrey Gold Wendy Max	ruth.cronkite@gmail.com audryegold@gmail.com wendy.max@ucsf.edu	650-575-7934 650-714-4243 650-678-8729
FiberWorks	3rd Thursday	10 am	Elizabeth Matthews	elizmatthews9@gmail.com	650-493-7422
French Conversation	first 3 Wednesdays of the month, 2x on Zoom, 1x in person	10 am	Karen Hohner Danièle Archambault	khohner@gmail.com Daniele@DanieleBD.com	650-380-3229 650-208-9095
French Literature	1st Monday	1:30 - 3 pm	Danièle Archambault	Daniele@DanieleBD.com	650-208-9095
German Conversation	1st and 3rd Monday	1 pm	Karen Hohner	khohner@gmail.com	650-380-3229
Great Decisions	Tuesdays, 4x/quarter (winter&spring)	7:30 pm	Meredith Einaudi Antonia Fore	mweinaudi@gmail.com AHoldegel@aol.com	650-327-2786 650-743-4246
Ladies who Lunch	one Friday/month	11:30 am	Carol West	chwest@gmail.com	650-804-0150
MahJongg (Western)	every Monday	4 pm	Audrey Gold Estee Greif	audreygold@gmail.com eng94305@gmail.com	650-714-4243 650-704-9724
Meditation	every Wednesday	2 - 3:15 pm	Grace Schireson	Grace@schireson.com	559-994-9008
Movie Club	3rd Tuesday	1 pm	Kelly Zhang Steele	kellyzsteele@gmail.com	510-366-9696
Music section	3rd Wednesday	1:30 pm	Trudy Roughgarden	tsrough@earthlink.net	408-230-6376
Personal Writing WS	3rd Wednesday	4-5:30 pm (Zoom)	Jody Foster	jmfoster27@icloud.com	202-250-9469
Pickleball, anyone?	every Monday	8 am	Marina Lewis	marinalewis3@icloud.com	650-465-8476
Visual Arts Forum	2nd Thursday	4 pm	Jody Foster Theresa Chung Amy Krehbiel	jmfoster27@icloud.com tskchung@pobox.com amy.krehbiel@gmail.com	202-250-9469 650-473-1730 650-856-9344

Please Note: If you wish to attend any one of our Club's functions and you do not have a way to get there, please contact Wendy Max or your Section leader. We will always try to find a ride for you!



Stanford University Womens
Club
PO Box 1106
Palo Alto, CA 94302