



### Life Today In LAH

The past 3 months has greatly modified life in Los Altos Hills and how our LAH Club gets together. The Fremont Hills



Country Club was closed so luncheon meetings were cancelled.

Due to COVID-19 our two luncheon meetings have been replaced with Book Clubs meetings Online using Zoom technology. In addition to the pandemic, this past week peaceful protests have been marred by violence.

Members of the LAH Club are encouraged during these unprecedented times how important to remember to focus on your own wellbeing. Recognize the reality of your present situation – what you can do.

- Use effective coping strategies to stay healthy and mentally strong
- Apply quick tactics to immediately boost resilience
- Build resilience by self-management of your thoughts and feelings
- Create and maintain daily habits that build resilience
- Support your family and colleagues in isolation
- Stay educated and manage the impact of the constant media and news
- Manage your worries and family needs

The LAH Club will return to normal programming in September and November 2020.

All good wishes!

[www.LAHCLUB.com](http://www.LAHCLUB.com)



# Los Altos Hills Club Yoo Hoo

## Medical Cannabis:

### *“Past, Politics, Pitfalls and Prevailing Medical Practice”*

**T**eresa Nauenberg, MD, an experienced Internal Medicine doctor at the Encina Practice of Palo Alto Medical Foundation will provide the Los Altos Hills Club and invited guests from the Los Altos/ Los Altos Hills Newcomers Group great information on the **“Past, Politics, Pitfalls, and Prevailing Medical Evidence of Medical Cannabis.”**



**Medical Cannabis** use in California is legal since passing the Compassionate Use Act of 1996

**(Proposition 215).** In November 2016, California voters approved the Adult Use of Marijuana Act **(Proposition 64)** to legalize the recreational use of cannabis approved for people age 21 and older. With legalization, there has been an explosion of information about cannabis online and in the press. However, currently there is relatively little high quality research done on cannabis as a medication. Many of the claims in the press/online are based on personal experience or opinion with little scientific research backing the claims. In her talk, Dr. Nauenberg will review the history of medical cannabis use, the politics

that interfered with research and most importantly, which medical conditions have scientific data supporting benefit from the use of cannabis. She will also

review many of the current potential pitfalls that a patient should consider before using cannabis to treat a medical condition.

Join the Los Altos Hills Club Teleconference to learn the latest evidence about the use of medical cannabis.



Due to COVID-19 Guidelines, the lecture will be available via Zoom Teleconference

**Date: Tuesday, July 14, 2020**

**Time: 1 PM – 2 PM**

Actual lecture 45 minutes and Q&A 15 minutes.

Please join the meeting.

Here is your call-in information for Tuesday, July 14, 2020

Join Zoom Meeting

<https://us02web.zoom.us/j/86736697783>

Meeting ID: 867 3669 7783

**Reminders will be sent prior to date.**



### NEW MEMBERS

The Club welcomes new members. Please let your friends and colleagues know about the opportunity to join the historic Los Altos Hills Club. Reach out to a friend and invite them to attend a luncheon or participate in the Book Club.

Call or email:  
Pamela Taft at:  
650-917-9221  
pamelajtaft@gmail.com

Thank You!



Whenever you know of a need, sadness, or congratulations for a member, please contact:

Karen Emerzian

Cell: 650-796-7806

kemerzian@gmail.com

## Update Your Agendas—Special Interest Groups

### Book Club I

Meets the 2nd Monday of the month at 1:30 PM.

June book: The Emerald Mile, by Kevin Fedarko; July book: The Immortal Life of Henrietta Lacks, by Rebecca Skloot.

Club at capacity, no new members. Call: Annemarie Rosengreen at 650-948-8334.

### Bookies, Too!

No June Meeting.

July host: Carol Petty either Zoom or Los Altos Country Club. Book: The Other Einstein by Marie Benedit. (story of Einstein's wife.)

Club at capacity, no new members. Contact: Marge Mueller 650-799-9140.



### IN MEMORIAM Joanne Eagle

On May 4, 2020 our dear friend & longtime member Joanne Eagle succumbed to a long illness. Joanne was a member in the Los Altos Hills Club since the 1970's serving as Program Chair and most recently as Historian. Joanne and husband Alan resided for many years on Windsor Court, where they raised their family and hosted many Club events. In the past few years, they made their home at The Forum in Cupertino residing in a lovely villa. Their daughter, Kaaren Sipes, Ph.D., Neuroscientist was a guest speaker at one of our luncheons.

As soon as we hear about a memorial we'll let you know.

With heartfelt condolences to Alan and family.

Los Altos Hills Club

### Bridge Group



With the passing of Joanne Eagle, we do not have any schedule for Party Bridge dates. However, if interested in Duplicate Bridge, please see the article below regarding Online Duplicate Bridge.

### Bookie Wookies!

Meet 3rd Tuesday, during COVID-19 visit on Zoom but no book meetings in June. Suggest download audio books from library—free and easy.

July 21st; Marge Shively host. Book: The Island of Sea Women by Lisa See.

Club at capacity, no new members. Contact: Chair: Marge Shively

### New Book Club or Bridge Club?

If you wish to start a new Book Club or Bridge Group, please contact:

Vicki Oldberg  
[voldberg@stanford.edu](mailto:voldberg@stanford.edu)



### Duplicate Bridge Online?

#### Is it time to consider playing Duplicate Bridge online?

- The ACBL (American Contract Bridge League) shut down all its clubs and tournaments over two months ago. It was a natural consequence of COVID-19. After all, as an example, the Palo Alto club would daily have games with 200 players sitting at tables and handling cards that others have held only minutes ago.
- It is time to consider online bridge. The most popular online game is held by Bridge Base Online at Bridge-Base.com. Just a year ago you might find 1,000 tables of bridge played by 4,000 players. Now with the temporary closure of all the ACBL clubs, at this time, there are 22,000 players logged on and playing 4,400 tables of bridge.
- You can play ACBL sanctioned games with your regular partner, all from your homes. You can play games with robots. You can play friendly games. Whatever your pleasure is, there is something you can do for entertainment or competition.
- How do you get started? Join BBO (Bridge Base Online) by logging in at [www.bridgebase.com](http://www.bridgebase.com). Click "Become a member (free)" and fill out the form. You do not need an ACBL number. Some games are free, most cost less than \$2.

If you have questions, please write me at [harpootlian@gmail.com](mailto:harpootlian@gmail.com).

— Contributed by John Harpootlian, former LAH Councilmember & Mayor





# LAH CLUB SURVEY RESULTS



*In April 2020, the Board conducted a Survey sent to all 73 members. The purpose was to obtain information from the membership about their computer use, program choices, preferred luncheon meal choices, and comfort level with online payments. Forty three (43) members responded. A summary of the responses are provided below. Many thanks to Liz Wilson for interpreting the responses.*

*The Board would appreciate hearing your feedback. Email comments to President Patty Radlo at [pattydj@aol.com](mailto:pattydj@aol.com).*

**1. How long have you been a member?**

75% have been members for more than 2 years

25% have been members for 2 years or fewer

This is significant because it shows that we are growing the club. 1/4 of our responders are "new" members.



**2. and 3. Do you use the computer to send emails? Do you use your cell phone for emailing?**

Although 90% of our members use a computer for emailing, only 70% use that function on their phones.

Based on this, we can assume that nearly 1/3 of our members do not use their phones for email functions. And we can assume that almost all of our members use some form of device to stay connected by email. Or, we can assume that the 40 who responded were those who regularly read their email!

**4. and 5. Are you comfortable making online payments using your credit card? Are you comfortable using your computer to make reservations or purchases on line?**

The responses to these two questions were the same. Of 40 respondents, 6 do not use any form of online system for payments. We cannot really separate out making reservations from payment since our system requires payment to confirm a reservation.

**6. What is your preferred lunch choice at Fremont Hills?**

This was a ranked response. I looked at the first two preferences to make these observations:

91% chose a cold salad as their 1st or 2nd choice. Only 9 % did not chose this item as a first or second preference.

76% chose fish as choice 1 or 2. 24% did not want fish.

45% specified meat as choice 1 or 2, with only 15% choosing it as # 1

94% prefer to be offered a salad or a fish.

We did not ask about chicken as an option.

**7. What types of programs do you prefer?**

We offered 6 choices. I looked at the responses of the top three rankings in each category.

86% prioritize Local Information

56% prioritize Technology and Science

55% prioritize Cultural topics

47% prioritize Entertainment

44% prioritize Social Events

26% prioritize Outings

It appears that lunch programs are more important to our membership than are social events and outings. Local Information is far more interesting to our members than other topics. It is possible that technology and science of a local nature might also be popular, as might cultural topics that are local. Being entertained at lunch is the least popular choice of a lunch program with 6% making this a first choice.

Social events also received a response of 6% as a first choice so that should take some pressure off of planning parties. Outings received a vote of 26% as a 1st, 2nd, or 3rd choice, with 10% choosing this as #1. This may reflect that members who are engaged in careers might find this harder to plan into their calendar. Or, it may just be less popular.

**8. Should a beverage be included in your lunch?**

The overwhelming first choice is that our members like the coffee and tea service, with an 80% choice. Thus 3 out of every 4.

Few are interested in having soft drinks available for an extra charge, but over 1/3 of us appreciate having the wine available at an extra charge. Over half (53%) like having wine or soft drinks available. It is unclear whether members would actually buy wine or soft drinks at lunch if it was not included.

