



LAH Parks & Recreation Program



**New Adult Ballet Class**

**S**pecial announcement to LAH Club members that may wish to resurrect your ballet skills.

LAH Parks & Recreation has a new instructor **Asha Sienkiewicz**, who will be teaching Adult Beginning Ballet and Barre Fitness (plus a 1:1 personal training option) starting this Fall/Winter Activity Guide. For now, all classes are over Zoom.

Asha is young, energetic, positive, experienced (trained with Joffrey Ballet in NYC), and a certified Barre Fitness instructor.

LAH Club Member, **Nina Sutarina**, is a participant and highly recommends the program.

Contact: Sarah Robustelli, CPRP at 650-947-2518

**2020 ZOOM DATES  
SAVE THE DATE  
September 8, 2020  
TUESDAY,  
STARTING AT 1 PM**

Join LAH Club Zoom Meeting  
<https://us02web.zoom.us/j/85029603697>

Meeting ID: 850 2960 3697

www.LAHCLUB.com



# Los Altos Hills Club Yoo Hoo

## Fire Safety in Los Altos Hills

*"Paradise Rescue and fire science guidelines for fuel mitigation and property resiliency"*

**T**he September LAH Club Zoom Meeting will address major concerns of fire safety in our community. This year we have already endured major fires in Southern CA and the Bay Area. Los Altos Hills, one of the most beautiful tranquil areas in the County, potentially could suffer devastation from fire. We will hear about first hand experiences from Commissioner Kearney (Paradise rescue & recovery) and Capt. Denise Gluhan (preventative fire measures).

The Camp Fire was the deadliest and most destructive wildfire in California history and the most expensive natural disaster in the world in 2018 in terms of insured losses. Named after Camp Creek Road, its place of origin, the fire started on November 8, 2018, in Northern California's Butte County.

After exhibiting extreme fire spread, fire line intensity, and spotting behaviors through the rural community of Concow, an urban firestorm formed in the foothill town of Paradise resulting in the death of 85 residents and complete devastation of the town.

Los Altos Hills County Fire District Commissioner **Terry Kearney** and his wife **Mauri** are members of the Santa Clara County Sheriff's Search and Rescue (SAR) Team and were deployed to Paradise to search for remains of Camp Fire victims. Terry will share with us the process and scope of work required to accomplish

their mission. He worked with the American Red Cross that provided shelter, food and emotional support for victims of the disaster.

**Capt. Denise Gluhan (Ret.), the Fire District's Emergency Services Manager**, will review strategies that the Los Altos Hills County Fire District undertakes utilizing modern fire science to aid and prevent

potentially devastating fires that occurred in Paradise. Captain Gluhan previously served with the Santa Clara County Central Fire Protection District in a distinguished fire service career for seventeen-years and a total of twenty-one years in emergency response service. She works closely with residents to ensure that their property is resilient and complies with modern fire prevention standards.

The presentation will be via Zoom for 45 minutes with 15 minutes for questions and answers.

If you wish, you may submit your question via email to Cameron Bilger, Program Chair, ([Cameron@bilgers.org](mailto:Cameron@bilgers.org)) ahead of the meeting.

Topic: LAH Club Fire Safety Zoom Meeting  
Time: Sep 8, 2020 01:00 PM Pacific Time (US and Canada)

Join LAH Club Zoom Meeting  
<https://us02web.zoom.us/j/85029603697>  
Meeting ID: 850 2960 3697

**REMINDERS WILL BE SENT!**





### 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!

## Update Your Agendas—Special Interest Groups

### Book Club I

Meets the 2nd Monday of the month at 1:30 PM.  
Sept. Book: The Lager Queen of Minnesota by Ryan Stradal.  
October Book: The Overstory by Richard Powers.  
Club at capacity, no new members. Call: Annemarie Rosengreen at 650-948-8334.

### Bookies, Too!



September: Zoom Meeting. Diane Claypool Hosts. Book: The Other Einstein by Marie Benedict. (story of Einstein's wife.)  
October: 28 Summers by Elin Hilderbrand.  
Club at capacity, no new members. Contact: Marge Mueller 650-799-9140.

### 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)

### Bookie Wookies!

Meet 3rd Tuesday, 1:30 pm on Zoom. August 18: The Tea-Girl of Hummingbird Lane by Lisa See; Host Vicki Oldberg  
Sept. 15: The Tenth Muse by Catherine Chung; Host Carol Ach  
Club at capacity, no new members. Contact: Chair: Marge Shively [margeshively@yahoo.com](mailto:margeshively@yahoo.com); 650-948-3192

### COMING SOON ONLINE PAYMENTS



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

Karen Emerzian

Cell: 650-796-7806

[kemerzian@gmail.com](mailto:kemerzian@gmail.com)



### 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



**How to Beat the Covid-19 Blues –  
Find Your Flow**

**LAH Club Activities During the Quarantine  
Zoom Meeting In July for Medical Cannabis Lecture and  
Celebrating Cooking, Eating & Book Club Meetings !**

**U**C Riverside researchers who have studied people under quarantine in China say the best protection against COVID-19

stress is to participate in **all-consuming activities.**

In fact, finding the right activity could mean you experience the same well-being during the long quarantine as you would when not in quarantine, UC Riverside psychology researcher Kate Sweeny asserts.



“It’s a bold statement. But there are lots of reasons for this, and the data are compelling,” said Sweeny. *“Flow seems to mitigate the negative effects of quarantine.”*

“**Flow**” is the term researchers use to describe a state of complete immersion in an activity. Flow activities are so all-consuming that it is difficult to think of anything else. People achieve flow variously by playing video games or using a foreign language app. Activities such as baking, woodworking, and jogging could qualify, depending on the level of challenge. Reading and watching TV, while enjoyable, are not flow activities.

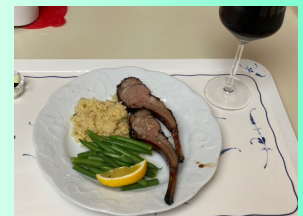
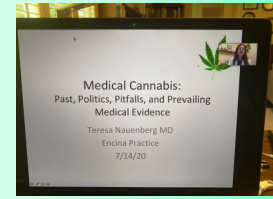
In the past, she asserted flow activities may be the best remedy for escaping the worry that comes with periods of uncertain waiting.

Those who engaged in flow activities reported more positive emotion, less severe depressive symptoms, less loneliness, more healthy behaviors, and fewer unhealthy behaviors. The benefits became greater as the quarantine continued.

“Flow significantly moderated the relationship between quarantine length and most measures of well-being,” the authors report in the study. “As a quarantine wears on, people may find that the tedium of isolation allows their worries to run wild, with little else to keep their mind occupied. If instead people can find activities that absorb their attention, the days feel shorter and the weeks, therefore, more tolerable.”

“Lots of people tell me they’re baking bread, and cleaning out their closets,” Sweeny said. “When you’re feeling antsy, look for activities that are engaging.”

See: <https://news.ucr.edu/articles/2020/04/17/how-can-you-beat-covid-19-blues-find-your-flow>



**Yes, indeed we all wear  
Masks, except when eating  
& drinking!!!**

