UPCOMING EVENTS

The Smith College Club of Washington has several events in the works in the coming months. In the beginning of 2015, Jessica Bacal, Director of the Wurtele Center for Work and Life at Smith, will join the Club to talk about her book, Mistakes I Made at Work. We'll recognize Women's History Month with a tour of the Sewall-Belmont House on Capitol Hill in March. As the weather gets warmer, we'll head outside for the Washington National Opera’s Opera in the Outfield at Nationals Park.

Events happen all the time in the DC area; if you want to share an event you’re hosting or attending with local Smith alums, please post it to our Facebook page, DC Smith College Alums. This group is closed, so any invitations you post will only be shared with members of the group. If you’re not already a member, please join today!

Make sure you’re connected to the DC Smith Club on all of our social media channels, and check the website for updates! For more information, to suggest an event, or to volunteer on the Programs Committee, contact Devin Burke at DevinABurke@gmail.com or (202) 258-8458.

SMITHIE HIGHLIGHT

Elizabeth Wolhken Rugaber ‘94, Arlington VA

I was a typical Smith alumna: majored in government, worked in non-profit before going to Georgetown Law, toiled for Big Law many hours a week while being a mother to two and a wife. One day following my son’s 3rd birthday, I started coughing and was more exhausted than usual, but shrugged it off. After all, I was working all the time -- at work, at my marriage, at trying to feed my new baby and to get my toddler to pee in a toilet -- so the fact that I was tired and had a cold did not strike me as odd.

I visited the doctor a few times over the next two months, but my symptoms did not improve. Eventually, in December 2009, I took a week off from the office... to work from home. I had to persuade myself that it was “OK” to do this -- notwithstanding my fever of 103 degrees, my ceaseless coughing and weakness that had me eating dinner on the floor because I got breathless getting to a table. That week, the doctor ordered a chest x-ray and drew blood. I was informed that while my chest x-ray was normal, my blood was not. I had extremely low levels of all three major categories of blood cells - red, white, and platelets. I had never ventured to Clark Hall at Smith and barely knew what a blood cell was, much less that there were different types of blood cells! I was told I would probably need to spend “the next few days" in the hospital, receiving blood transfusions and taking more tests. After a definitive bone marrow biopsy result, I was diagnosed with acute lymphoblastic leukemia. “Interesting,” I thought, “maybe now I’ll start feeling better.” My thoughts would become only partially realized over the next five years.
I started induction chemotherapy the day after my diagnosis; this was a 30-day inpatient treatment during which I was not allowed to see my children because of the risk of infection. I spent a lot of time online, learning about biology and chemistry and wishing science had been required at Smith. I was released to outpatient chemotherapy for another two months -- every day at the hospital for some kind of chemotherapy, blood transfusion or other treatment. I met other cancer patients in what I called “the chemo club” -- an infusion room where patients sit in Lazy-Boy chairs in a wide circle to receive their life-saving potions. It was there I learned that, unlike everything I seemed to be reading in the newspapers, cancer was not a one-size-fits all disease. The “cancer experience” is as varied as “women’s experience,” and it does not necessarily end once the chemo, radiation or surgery is complete.

The pain, hair loss, vomiting and the treatment schedule itself were taxing, but I sailed into remission. In May 2010, I had a bone marrow transplant at Johns Hopkins in Baltimore, with marrow donated from a 99.9% matched unrelated donor. I didn’t know there was such a thing as a National Bone Marrow Registry (www.bethematch.org), yet it alone connected me to a person somewhere in the world, who had anonymously volunteered to save my life.

As it turns out, beating the leukemia was the easy part. Shortly after the bone marrow transplant, I developed severe graft-vs-host disease, where the donated immune system attacked many of my healthy tissues and organs, viewing them as “foreign.” As a result, I lost my ability to walk and could not rise from a chair without assistance. My gut was bleeding, I had diarrhea 28 times a day and a skin-peeling rash all over my body. I lost the ability to produce tears in my eyes, lost 75% of my lung capacity, and stopped producing enough antibodies to fight things like common colds. While some of these conditions resolved with months of physical therapy and other medical intervention, I will have chronic severe dry eye and chronic obstructive lung disease forever, and will likely be immunocompromised for many years to come. I still go to Johns Hopkins weekly for treatments to help with the lung issues, take boatloads of medication and use machines to help me do things like... breathe.

It’s a little ironic. Before cancer, I don’t think I took any time to breathe. I was entirely swept

Join the Smith College Club Washington on Facebook and Twitter!

Message us on Facebook
(www.facebook.com/SmithCollegeClubofWashington)

Follow us on Twitter @dcsmithclub. We are using Twitter to share info about events with the club. Become a follower and learn more about how you can join us at events. https://twitter.com/DCSmithClub

Join the list serves on Yahoo to share information among area Smithies:
Group home page: http://groups.yahoo.com/group/dcsmithies
Group email address: dcsmithies@yahoogroups.com
up in a working frenzy. Now I spend a lot of time just trying to get air in and out of my lungs. I am grateful that I am still here to love what is, rather than grieve over what I lost, what I once thought of as “myself.” Smith continues to be a tremendous source of strength and support. I realize that it doesn’t matter that I wasn’t a biology major. Smith instilled critical thinking skills and curiosity that led me to successfully learn new languages, like “doctor talk.” Leadership skills translated into advocacy for my own health -- from asking questions, researching treatment, to fighting insurance companies. The Smith network brought me closer to friends far and wide. Although I am physically challenged, I feel closer to Smith’s mission of forging a path with conviction, more aware about the vastness of the human endeavor and one’s place in it.

**CLUB NEWS**

**Buy Pecans and Support the SCCW Scholarship Fund**

Delicious Smith pecans are here! Each year, we raise almost $6,000 for the SCCW Scholarship Fund from our pecan sale. This is our primary fundraiser for the year. Your purchases enable the SCCW to provide scholarship dollars to Washington-area students who attend Smith.

The price is again $10.00 for a pound of high quality extra large pecan halves, an excellent price compared to store prices. $3.10 per pound is tax deductible.

The mouth-watering chocolate covered pecans are here. They make a perfect holiday hostess gift, if you can resist eating them yourself. The chocolate covered pecans are now $8.00 for a 12 oz. bag ($2.50 tax deductible). Thank you for your support!

The stores listed below have again agreed to sell our pecans. Please support them.

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>MacArthur Beverages</td>
<td>4877 MacArthur Blvd. NW Washington, DC</td>
<td>202-338-1433</td>
</tr>
<tr>
<td>Morgan CARE Pharmacy</td>
<td>3001 P Street NW Washington DC</td>
<td>202-337-4100</td>
</tr>
<tr>
<td>Bradley Food &amp; Beverage</td>
<td>6906 Arlington Rd. Bethesda MD</td>
<td>301-654-6966</td>
</tr>
<tr>
<td>Brookville Market</td>
<td>7027 Brookville Rd. Chevy Chase MD</td>
<td>301-652-2793</td>
</tr>
<tr>
<td>Connell’s Valet</td>
<td>148 Maple Ave. Vienna VA</td>
<td>703-255-9481</td>
</tr>
<tr>
<td>Twisters Salon</td>
<td>423 S. Washington St. Alexandria VA</td>
<td>703-836-4242</td>
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These alumnae are storing pecans in their homes for your convenience. Email or call to place an order or mail the completed form located at the end of this newsletter.

**DC**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joan Keenan</td>
<td>Capitol Hill</td>
<td><a href="mailto:francis.keenan@verizon.net">francis.keenan@verizon.net</a></td>
<td>202-544-4152</td>
</tr>
<tr>
<td>Mindy Kotler</td>
<td>Georgetown</td>
<td><a href="mailto:mkotler@jiaponline.org">mkotler@jiaponline.org</a></td>
<td>202-337-3515</td>
</tr>
<tr>
<td>Pru Lake</td>
<td>Far NW DC &amp; Bethesda</td>
<td><a href="mailto:prulake@gmail.com">prulake@gmail.com</a></td>
<td>202-966-0468</td>
</tr>
<tr>
<td>Cheryl Stadel-Bevans</td>
<td>L'Enfant Plaza/</td>
<td><a href="mailto:cstadel@alumnae.smith.edu">cstadel@alumnae.smith.edu</a></td>
<td>202-210-4993</td>
</tr>
</tbody>
</table>
MARYLAND

Anne Abend         Rockville   blanchea1@alumnae.smith.edu  301-468-0677
Caroline Carbaugh  Ft. Washington caroline.carbaugh@alumnae.smith.edu  301-292-2102
Colette de Marneffe Takoma Park  cdemarneffe@icloud.com  301-270-2711
Alice Sweeney       Annapolis   awsweeney@aol.com  410-267-6377

VIRGINIA

Alisa Beyinson      Old Town Alexandria alisa326@gmail.com
Beth Spooner Shiflett Alexandria/So. Fairfax Co. Bethshiflett@gmail.com  703-765-1089
Suzanne Mucchetti   Arlington   sdmucchetti@yahoo.com  703-532-8730
Jan Rubin          Burke       janrubin@alumnae.smith.edu  703-866-0192

About the SCCW Scholarship Fund

Each year, the SCCW raises money for its Scholarship Fund. The proceeds from this fund provide scholarships to Smith to several students from the greater metropolitan DC area. Please consider making a tax-deductible contribution to the Scholarship Fund in any amount to aid current students at Smith. All contributions will be added to the Club’s Endowed Fund at the college. You can make a donation directly to our Scholarship Fund with no extra effort on your part in two ways: online on the SCCW website at www.dcsmithclub.com at Scholarship Fund under Programs or by sending a check made out to “Smith College Club of Washington Scholarship Fund” to SCCW Treasurer Caroline Carbaugh, 253 Inverness Lane, Fort Washington, Maryland 20744. We sincerely appreciate the support of those who have contributed in the past and we hope you will consider doing so again this year.

News from MLK Elementary School

Tutoring and our Read-Aloud program are underway at Martin Luther King Elementary School in Southeast Washington. Our volunteers have been actively involved with DC schools for over 25 years. Many of our volunteers have been involved for much of this time, so we are now seeking some new blood as we consider retiring. Our activities take place during school hours, so we need people who are free during the day. The rewards are substantial—seeing a child learning to read or suddenly comprehending what he or she has read. Even when we don’t feel we have taught them anything we see their enthusiasm to interact with someone on a continuing one–to-one relationship. Most of the children are starved for attention.
If you are interested in getting involved, SCCW’s office manager, but also as a self-employed real estate and construction research analyst. When not working, she enjoys spending time with family and friends, cooking (especially panini sandwiches and nearly all things seafood), walking and exploring the streets of DC, and traveling with her husband and “fur kids” to their North Carolina beach house. And of course, to meeting fellow Smith Alumnae! Her favorite Smith memories? Bonding contact Andrea Kane about reading aloud (202-544-1516 or akane@thenc.org) or Nancy Simon about tutoring and other opportunities (301-530-1202 or ngsimon@verizon.net).

The grocery bonus card school programs are still in effect. Help us help MLK by designating MLK. You must reregister each

**Meet the New Office Manager**

Smith alumna, Amy Huenefeld Tyrrell, has enthusiastically assumed the role of the SCCW’s newest Office Manager, in which she will manage the club’s database, along with its email and snail mail. Born and raised in Cincinnati, Amy graduated from Smith in 1993, where she majored in Economics and minored in Mathematics. Following graduation, the former Scales House resident lived and worked briefly in England before returning to Cincinnati (where she served as Secretary for the Smith College Club of Cincinnati), later moving to Charlotte, and ultimately settling in Washington, DC. Amy holds a Masters in Business Administration with concentrations in Real Estate and Marketing from the University of Cincinnati and professionally, she works not only as the

with housemates, being inspired by the faculty, and absorbing the beauty of its campus. Amy and her husband, Graham (whom she met during her Junior Year Abroad in London), have resided in DC since 2003 and live in Capitol Hill with their Pembroke Welsh Corgi, Emma, and rescued Norwegian Forest Cat, Isaac. She would love to hear from SCCW members and can be reached via the club’s email at dcsmithclub@yahoo.com.
December 2014

Dues Form

Name: ___________________________  Class: ________  Degrees: ________

Email: ___________________________  Fax: ___________________________

Daytime phone: _________________  Evening phone: _________________

I would prefer to receive the newsletter via (circle one):  email  postal mail

Is this new contact information? Yes   No

May we share your contact information with other alumnae? Yes   No

Can you provide an internship? Yes   No

Can you provide affordable housing for an intern? Yes   No

July 1, 2014 – June 30, 2015 SCCW Dues Schedule:

Sustaining -- $100  Contributing -- $60  Regular -- $40  Associate -- $20

(Associate is available to parents of current students, classes ’63 and lower, and classes ’09 to ’13)

Dues: $__________

NEW! Pay your dues online at our website via PayPal - dcsmithclub.com.

Please make check payable to the Smith College Club of Washington and return form with payment to:

SCCW PO BOX 2305
Washington, DC 20013-2305