



# Desert Quail Tolders

An affiliated Chapter of the  
Society of Decorative Painters

<http://www.desertquailtolders>

Chapter #99204 Established 1991



Hi!

I hope this letter finds you all in the best of health.

We are still unable to continue our painting meeting, but are hoping to start up again in August. This might be a little different, maybe 2 to table, the wearing of masks, no hospitality; but we can still enjoy each other's company and the great teaching of our teachers. When the time comes, we will let you know how we will proceed.

We have moved our Community Service event, to kick off next year in January, this is where we paint boxes for Cancer Patients.

Summer Seminar is August 27/28, 2021, with Chris Haughey

We still have plans for our Christmas Party, Terri Mullins, needs a few more members to help with the party, by hosting a table, so give her a call.

I hope you have continued to paint, crafting or DIY-ing and when we come back, we will have to have a show and tell of all the wonderful projects you have done OR better yet, you can send Nancy photos of all your accomplishments and we can post them in the newsletter.

I hope you all have a wonderful month!!

Beth



# *An Excerpt from the San Gabriel Chapter Newsletter*

JAMES STEIN, MD

<https://www.medicine.wisc.edu/people-search/people/staff/291>

CARDIOVASCULAR MEDICINE FACULTY      CLINICAL SCIENCE CENTER  
MADISON, WI 53792-0001

[https://www.diowy.org/dfc/newsdetail\\_2/3203309](https://www.diowy.org/dfc/newsdetail_2/3203309)

Dr. Stein gives us some very thoughtful and informative info on Covid 19.

COVID-19 update as we start to leave our cocoons. The purpose of this post is to provide a perspective on the intense but expected anxiety so many people are experiencing as they prepare to leave the shelter of their homes. My opinions are not those of my employers and are not meant to invalidate anyone else's – they simply are my perspective on managing risk.

In March, we did not know much about COVID-19 other than the incredibly scary news reports from overrun hospitals in China, Italy, and other parts of Europe. The media was filled with scary pictures of chest CT scans, personal stories of people who decompensated quickly with shortness of breath, overwhelmed health care systems, and deaths. We heard confusing and widely varying estimates for risk of getting infected and of dying – some estimates were quite high.

**Key point #1:** The COVID-19 we are facing now is the same disease it was 2 months ago. The “shelter at home” orders were the right step from a public health standpoint to make sure we flattened the curve and didn't overrun the health care system which would have led to excess preventable deaths. It also bought us time to learn about the disease's dynamics, preventive measures, and best treatment strategies – and we did. For hospitalized patients, we have learned to avoid early intubation, to use prone ventilation, and that remdesivir probably reduces time to recovery. We have learned how to best use and preserve PPE. We also know that several therapies suggested early on probably don't do much and may even cause harm (ie, azithromycin, chloroquine, hydroxychloroquine, lopinavir/ritonavir). But all of our social distancing did not change the disease. **Take home: We flattened the curve and with it our economy and psyches, but the disease itself is still here.**

**Key point #2:** COVID-19 is more deadly than seasonal influenza (about 5-10x so), but not nearly as deadly as Ebola, Rabies, or Marburg Hemorrhagic Fever where 25-90% of people who get infected die. COVID-19's case fatality rate is about 0.8-1.5% overall, but much higher if you are 60-69 years old (3-4%), 70-79 years old (7-9%), and especially so if you are over 80 years old (CFR 13-17%). It is much lower if you are under 50 years old (<0.6%). The infection fatality rate is about half of these numbers. **Take home: COVID-19 is dangerous, but the vast majority of people who get it, survive it.** About 15% of people get very ill and could stay ill for a long time. We are going to be dealing with it for a long time.

**Key point #3:** SARS-CoV-2 is very contagious, but not as contagious as Measles, Mumps, or even certain strains of pandemic Influenza. **It is spread by respiratory droplets and aerosols, not food and incidental contact. Take home: social distancing, not touching our faces, and good hand hygiene are the key weapons to stop the spread.** Masks could make a difference, too, especially in public places where people congregate. Incidental contact is not really an issue, nor is food.

What does this all mean as we return to work and public life? COVID-19 is not going away anytime soon. It may not go away for a year or two and may not be eradicated for many years, so we have to learn to live with it and do what we can to mitigate (reduce) risk. That means being willing to accept \*some\* level of risk to live our lives as we desire. I can't decide that level of risk for you – only

you can make that decision. There are few certainties in pandemic risk management other than that fact that some people will die, some people in low risk groups will die, and some people in high risk groups will survive. It's about probability.

Here is some guidance – my point of view, not judging yours:

**1. People over 60 years old are at higher risk of severe disease – people over 70 years old, even more so. They should be willing to tolerate less risk than people under 50 years old and should be extra careful.** Some chronic diseases like heart disease and COPD increase risk, but it is not clear if other diseases like obesity, asthma, immune disorders, etc. increase risk appreciably. It looks like asthma and inflammatory bowel disease might not be as high risk as we thought, but we are not sure - their risks might be too small to pick up, or they might be associated with things that put them at higher risk.

**People over 60-70 years old probably should continue to be very vigilant about limiting exposures if they can.** However, not seeing family – especially children and grandchildren – can take a serious emotional toll, so I encourage people to be creative and flexible. **For example, in-person visits are not crazy – consider one, especially if you have been isolated and have no symptoms.** They are especially safe in the early days after restrictions are lifted in places like Madison or parts of major cities where there is very little community transmission. Families can decide how much mingling they are comfortable with - if they want to hug and eat together, distance together with masks, or just stay apart and continue using video-conferencing and the telephone to stay in contact. If you choose to intermingle, remember to practice good hand hygiene, don't share plates/forks/spoons/cups, don't share towels, and don't sleep together.

**2. Social distancing, not touching your face, and washing/sanitizing your hands are the key prevention interventions. They are vastly more important than anything else you do.** Wearing a fabric mask is a good idea in crowded public place like a grocery store or public transportation, but you absolutely must distance, practice good hand hygiene, and don't touch your face. **Wearing gloves is not helpful** (the virus does not get in through the skin) and may increase your risk because you likely won't washing or sanitize your hands when they are on, you will drop things, and touch your face.

**3. Be a good citizen.** If you think you might be sick, stay home. If you are going to cough or sneeze, turn away from people, block it, and sanitize your hands immediately after.

**4. Use common sense. Dial down the anxiety.** If you are out taking a walk and someone walks past you, that brief (near) contact is so low risk that it doesn't make sense to get scared. Smile at them as they approach, turn your head away as they pass, move on. The smile will be more therapeutic than the passing is dangerous. Similarly, if someone bumps into you at the grocery store or reaches past you for a loaf of bread, don't stress - it is a very low risk encounter, also - as long as they didn't cough or sneeze in your face (one reason we wear cloth masks in public!).

**5. Use common sense, part II. Dial down the obsessiveness.** There really is no reason to go crazy sanitizing items that come into your house from outside, like groceries and packages. For it to be a risk, the delivery person would need to be infectious, cough or sneeze some droplets on your package, you touch the droplet, then touch your face, and then it invades your respiratory epithelium. There would need to be enough viral load and the virions would need to survive long enough for you to get infected. It could happen, but it's pretty unlikely. If you want to have a staging station for 1-2 days before you put things away, sure, no problem. You also can simply wipe things off before they come in to your house - that is fine is fine too. For an isolated family, it makes no sense to obsessively wipe down every surface every day (or several times a day). Door knobs, toilet handles, commonly trafficked light switches could get a wipe off each day, but it takes a lot of time and emotional energy to do all those things and they have marginal benefits. We don't need to create a sterile operating room-like living space. Compared to keeping your hands out of your mouth, good hand hygiene, and cleaning food before serving it, these behaviors might be more maladaptive than protective.



6. **There are few absolutes, so please get comfortable accepting some calculated risks, otherwise you might be isolating yourself for a really, really long time.** Figure out how you can be in public and interact with people without fear.

**We are social creatures. We need each other.** We will survive with and because of each other. Social distancing just means that we connect differently. Being afraid makes us contract and shut each other out. I hope we can fill that space created by fear and contraction with meaningful connections and learn to be less afraid of each of other.

## ***Holiday Boutique***

**Jeannetta Cimo &**

**Becky Bolding**

It is with a sad heart we have had to postpone the 2020 Holiday Boutique. We will however now have lots of time to keep painting and preparing for an even more fabulous boutique in 2021; the date will be announced once it has been finalized. In the meantime, just keep working on all those wonderful projects and we look forward very much to a great event next year!



# **Summer Seminar—POSTPONED!!**

**Rosanne Scholey &  
Becky Bolding**



It is with great regret that Becky Bolding and I announce that the Summer Seminar for 2020 has been cancelled.

Thanks to our gracious teacher, Chris Haughey, a new date of August 27 and 28, 2021 has been selected. Please mark your calendars, and let's pray that 2021 is without incident.

Becky Bolding and Rosanne Scholey

## **Programs**

**Jeannetta Cimo &  
Rosanne Scholey**

Your Program Chairpersons, Jeannetta Cimo and Rosanne Scholey, are hoping that we will have the use of the Church by our August Meeting. **SHOULD THIS BE THE CASE, WE WILL HOLD A MEETING.** We do not know what restrictions, if any, will be placed on the meeting—number of people who can attend, wear a mask or not, and so on. As we know these things we will certainly update you.

Let's assume we start meeting in August. We have Heidi Allison scheduled. Below is an image of the project, perfect for the Fall. I will contact members as we know more to see who will be attending. Please stay tuned for additional information.

Projects for the remainder of the year will be put in upcoming newsletters. Too many things have changed, and we are so thankful that our teachers have shuffled their schedules to accommodate us. Rather than confusing members with lists of teachers and months, only to change them in the next newsletter, we will do this as we know more about when we can start again.





## ***Dates to Remember***

### **June Birthdays**

Maggie Miller	1
Cathy Frazier	4
Julie Dutcher	6
Nancy Schatz	6
Cookie Perry	18
Molly Fyvie	19



## ***Membership***

**Janet Mitchell**

Because we have not met and a lot of you probably have not gotten your membership book here is an excel spreadsheet of the DQT members for you. Janet



# Education

**Marthalene Roberts**

Hi Marthalene here. Hope this finds everyone is doing well thru this ordeal. Been going thru old magazines and found some how to's.

Double Loading from Donna Dewberry.

Double load means to carry two colors side by side so you can apply two colors to the surface in preblended strokes.

Step one.

Side load a brush by side loading through a puddle of paint and blend.

Step two.

Flip brush and side load the other side of the brush and blend a narrow strip so only where the two colors meet blend together. Flip back and forth till you get the blend you want.

Also I've had a couple of patterns that instructed to side load the base color and flip And side load shade or highlight color and blend and apply. You will run across these techniques in some patterns.

Everyone stay safe.



# Secretary

Carol Whitton

Desert Quail Toler

Board Meeting

June 2, 2020 10:00 am

Online Zoom Meeting

## 1. CALL TO ORDER

The meeting was called to order by Beth Murena, President, at 10:22 am. Other members present were Jeannetta Cimo, Marilyn Hinman, Janet Mitchell, Nancy Schatz, Rosanne Scholey, Diana Van Riel, and Carol Whitton.

## 2. BOARD OF DIRECTORS' REPORTS

**a. President.** Beth shared that she has kept in touch with Sarah Vogel at Faith Lutheran Church. The church is still closed. **It was moved by Rosanne Scholey and seconded by Nancy Schatz that we suspend normal meetings until at least August. The motion carried.**

**b. 1st Vice President (Programs).** Rosanne reported she'd sent out a survey to all members. She stated she was surprised that many stated they would attend a meeting in August if it was held and that we should not limit the number attending. She further shared that most agreed that those attending meetings should bring their own food and drink for now. Tami Carmody has been rescheduled to teach in 2021. Rosanne will contact Terri Mullin to reschedule her.

**c. 2nd Vice President (Membership).** Janet reported that she has passed out the membership books that she could. The remainder are in the cabinet at the church. She will send out a spreadsheet via email to members so everyone has current information.

**d. Secretary.** The April 7, 2020 Board meeting minutes were emailed to members prior to the meeting. There were two corrections: 1) add Rosanne Scholey as being in attendance at the meeting and 2) on 3g it should read, "Jeannetta Cimo reported she doesn't have much to report. They are waiting to hear from the church regarding the availability of the facility for the October Boutique." **A motion was made by Marilyn Hinman and seconded by Diana Van Riel to approve the minutes as corrected. The motion carried.**

**e. Treasurer.** Marilyn Hinman stated there had been no monetary activity with the treasury since her April 2020 report. The balance remains at \$5309.93

**f. Newsletter Editor.** Nancy Schatz reported that articles are due to her by June 4th.

**g. Ways and Means.** No report.

## 3. COMMITTEE REPORTS

**a. Charities.** Not present.

**b. Christmas Party.** Not present.

**c. Community Service.** Diana stated she would like to move the Charity event to the January meeting. Those present agreed.

**d. Easter Egg Exchange.** Not present.

**e. Education.** Not present.

**f. Fair.** Carol Whitton reported she has not heard about dates for the 2021 Fair.

**g. Holiday Boutique.** Jeannetta Cimo reported they have still not heard anything from the church. She is not optimistic about our being able to hold the event this year.



**h. Holiday Raffle.** Carol Whitton reported things came to a somewhat standstill with the stay-at-home orders. She still needs to deliver the wood for the TV trays. The Nativity set, a tray insert, and one Welcome sign have been completed. She still needs volunteers to paint two Welcome signs. Let her know if you are willing.

**i. Hospitality.** Not present. Once we start back up, members will be asked to bring their own food and drink. They will also be asked to take their own trash home.

**j. Nominations.** Marilyn Hinman suggested that the 2020 Board and chairmen continue for 2021 since we barely got started before having to shut down. There may be some who may not wish to continue. We will check with each to see how they feel.

**k. October Painting Month.** Not present.

**l. Special Raffles.** Not present.

**m. Summer Seminar.** Rosanne Scholey shared that Chris Haughey has been rescheduled for August 27-28, 2021. She does not require a new deposit.

**n. Sunshine.** Not present.

**o. Website.** No report.

**p. Welcome.** Not present.

#### **4. OLD BUSINESS**

There was no Old Business to discuss.

#### **5. NEW BUSINESS**

There was no New Business to discuss.

#### **6. FUTURE AGENDA ITEMS**

**a.** Rent vs Donation to Faith Lutheran Church.

#### **7. NEXT MEETING**

The next Board meeting will be held on Tuesday, May 5, 2020 at 9:30 am.

#### **8. MEETING ADJOURNMENT**

**A motion was made by Rosanne Scholey and seconded by Nancy Schatz to adjourn the meeting at 10:40 am. The motion carried.**

Respectfully submitted,  
Carol Whitton  
Secretary



## *Egg Exchange*

Debbie Ragains

# REMINDER—3 Awards To Be Given Out!!

Hi Ladies:

When next we meet we will do our Easter exchange. Not sure when that will be, but it will happen. Too many things have been totally cancelled so I want to make sure this happens. Three (3) gift certificates are going to be awarded to the top three entries that everyone votes on. Being home gives people the chance to really step up and do this!! I am at my shop to ship orders and answer phone calls so if you need a canvas just call and drive by and I will deliver curbside to you. Trying to keep my shop alive. Get ahold of me shop #760-244-1929 or cell 760-559-6027.

Thanks, Debbie



## *2020 Christmas Party*

Terri Mullin

Still in the planning process..., but Terri could really use some help with awesome event...please contact her!!





# What projects have you been doing during quarantine?



Beth Murena



Janet Mitchell







**Nancy Schatz**



**Heidi Allison**



If you have projects completed during the quarantine...send a picture of them to me (mtnnan2@msn.com) for inclusion in next month's newsletter!

