



CCW News

A Cornell Club of Washington Publication
Editor-in-Chief: Claudia T. Benack '74

January 2020

Honoring CCW Past President

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Carl T. Johnson, B.S. '60

Cornell Club Washington President 1975-1977



This issue honors CCW Past President Carl T. Johnson, who was the second Administrator of the Pipeline and Hazardous Materials Safety Administration (PHMSA). Mr. Johnson was nominated for the post by President Bush on Oct. 30, 2007 and received U.S. Senate confirmation on Dec. 19, 2007. Prior to joining the PHMSA, Mr. Johnson served as President and CEO of the Compressed Gas Association (1988-2006). Earlier in his career, Mr. Johnson served as Special Assistant to Representative Amory Houghton of New York and Director of Federal Government relations at Corn-

ing Glass Works. During his tenure at PHMSA he also served as a Member of the Transportation Research Board of the National Academy of Sciences, National Research Council. Mr. Johnson received a B.S. from Cornell and M.A. from The George Washington University. He and Joyce, also a Cornellian and CCW member, reside in Virginia, have three children, and have donated to the College of Human Ecology at Cornell.

In 2008 Administrator Johnson testified to the U.S. Transportation Subcommittee on Pipelines regarding Pipeline Safety in accord with the Pipes Act 2006. The hearing was coordinating the oversight by the Departments of Transportation and Homeland Security concerning pipelines that carry natural gas and hazardous materials, including topics of pipeline inspections and security, and the notification of local communities when pipeline accidents occur. While at PHMSA Carl was strongly supportive of his team and was quoted as saying at the Public Workshop on the Future of Hazmat Safety in 2008 the following: "Recently we marked the 100th anniversary of Federal hazmat safety regulation, and we invited our hazmat stakeholders to consider and share views on the future of the hazardous materials safety program"... "I have been extremely impressed with the quality and professionalism of the work that PHMSA employees do. All in PHMSA can be proud of the important role we play in helping to ensure the safety and reliability of the transportation system on which the American public depends." (PHMSA Focus Fall/Winter 2008).

Mark Your Calendars Save the Date

January 10th
Cornell vs. RPI Hockey
Crystal City Sports Pub

February 01st
CAAA Pan Asian New Year
New York City

February 21st-22nd
CALC
Westin Las Vegas, NV

CCW Board and Member Focus

Christine Song, CFA, B.A. '94 MBA '05



Christine Song is a Director on the Board of the Cornell Club of Washington and Senior Associate with the Cortland Valuation Group with fifteen years of professional experience in matters involving valuation, financial analysis, business due diligence and economic forecasting. Christine received her B.A. in Government in the Arts and Sciences College at Cornell University and her MBA in the Johnson Graduate School of Management from Cornell. She has been a member of CCW since moving to DC in 2012. She was a previous Editor of the CCW newsletter and member of the Communications team. Christine has enjoyed CCW Events including the 2019 Capitol Steps at the Ronald Regan Building Amphitheater. She holds the Chartered Financial Analyst® designation, and is a Board Director of the CFA Institute, the CFA Society of

Washington, DC and the Washington Association of Money Managers. Christine also is a regular guest lecturer at the George Washington University School of Business. She is an experienced U.S. small/mid-cap investment professional with a proven track record in portfolio management and security selection using a fundamental, bottom-up approach. Christine's equity research skills include financial statement analysis and modeling, valuation, in-depth company due diligence and management interviews, and economic and industry research. Among her expertise include financial modeling; financial statement analysis; market/competitor analysis; and capital structure analysis. Her work has encompassed a wide range of industries, including but not limited to pharmaceuticals, health care, medical products, software, food services, automotive, financial services, information technology, telecommunications, and industrials. She also founded Songbird Asset Management, an investment advisory firm located in Washington, DC.

CCW CAAAN Mentoring



CAAAN is the Cornell Alumni Admissions Ambassador Network, a group of Cornell alumni who serve as enthusiastic ambassadors to prospective students and families. Alumni ambassadors are important as they meet individually with freshman applicants, staff college fairs, and host local receptions for admitted and entering

students. CAAAN members not only share their experiences and information about Cornell, but also help to personalize the admissions process by mentoring candidates each year. What is mentoring? Mentoring is a personal enhancement strategy that encourages the sharing of known resources, expertise, values, skills, perspectives and experiences. It involves a mentor (experienced Cornell alumnus) and a mentee (student/learner) and is based upon encouragement, constructive comments, openness, mutual trust, respect and a willingness to share and learn from expertise and experiences. The mentee is able to build skills and knowledge, and develop goals for their academic and professional development. The mentor also benefits from being able to share expertise and continuously reassess how to improve and build upon their skills and knowledge. What does research show? Research shows mentoring can have a positive influence on mentees, mentors and organizations in areas of leadership, skill and professional development. What are the facts? A 2012 Career Development Survey reported "Leadership development" (49.5%) and "skill development" (47.1%) are the top two most frequently reported objectives of mentoring programs. (Source: Insala). In a further 2017 survey, 69% identified mentoring and coaching as the most effective career development offerings. (Source: Insala). More than 60% of students listed mentoring as a criterion for selecting an employer after graduation (Source: MMHA). For more information about the Cornell Alumni Admissions Ambassadors Network (CAAAN) and activities to inform high school students about Cornell, as well as support current students see <https://cornellclubdc.org/caaan>.

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Bob Day Flagpole Dedication



The Anacostia Community Boathouse Association dedicated their new flagpole on September 28th in the memory of Bob Day, Cornellian and CCW Member. Diana Day and other members of Bob's family were in attendance.

The flagpole was dedicated to the memory of Robert "Bob" Day Jr., a champion for Watersport access, recreation and competition on the Anacostia River—and visionary of the Anacostia Community Boathouse and CCW Member. Over many decades, Bob developed and supported learn-to-row, learn-to-paddle and other educational programs for the at-large community. In Bob's honor, the boathouse hosted a novice rowing scrimmage with brand new rowers from Capital Rowing, D.C., Strokes Rowing Club and Washington Rowing School. The facility was bustling with activity, just as Bob envisioned. In honor of the Anacostia rowing and paddling community's most committed and hardworking champion, they officially christened the Robert E. Day, Jr. Capital Sprints.

Bob had a lifelong passion for crew, and we have Bob to thank for every stroke we take on the Anacostia. In fact, every person who takes a stroke—whether from a shell, dragon boat, or canoe—on our stretch of the river has Bob to thank. Following his retirement, Bob founded the Organization for Anacostia Rowing and Sculling (OARS) in 1988, introducing students from Anacostia Senior High School and Frederick Douglass Junior High School to rowing. The Capital Rowing Club began as a community rowing organization in 1988, originally rowing out of Thompson's Boat Center on the Potomac River. In 1995 in need of more space, Capital found a new home and OARS invited Capital rowers to join them on the Anacostia, which started a decades-long partnership with Bob based on their mutual love of rowing and mutual dedication to making it accessible to all in the community. Along with OARS, Capital became a founding member of the Anacostia Community Boathouse Association (ACBA). In 2010, Capital and other members of ACBA moved to the current site where rowers train and compete. Capital's sprint regatta began over a decade ago as a scrimmage among cross-town rivals and has grown into a summer racing tradition for rowing teams all over the DC area and up and down the East Coast. Each year, more than 200

youth and adult athletes with various abilities compete in more than 30 rowing categories during the daylong event. Bob's vision has led to a thriving community of more than 1,000 athletes of all ages and experience levels from 9 community, high school, and university programs. It is through his efforts that we all are able to challenge our physical and mental strength; experience the highs and lows of practices; build camaradery and confidence through competition; and enjoy crisp mornings, hot afternoons, and beautiful sunrises and sunsets while rowing on the Anacostia. Each year the Capital community honors and remembers Bob at the Robert E. Day, Jr. Capital Sprints regatta.

PLEASE JOIN

THE ANACOSTIA COMMUNITY BOATHOUSE ASSOCIATION
AS WE DEDICATE OUR NEW FLAGPOLE ON
SATURDAY, SEPTEMBER 28TH AT 2:00PM.

The flagpole will be dedicated to the memory of Robert "Bob" Day Jr., a champion for watersport access, recreation and competition on the Anacostia River—and visionary of the Anacostia Community Boathouse.

Over many decades, Bob developed and supported learn-to-row, learn-to-paddle and other educational programs for the at-large community. On the afternoon of September 28th—the boathouse will also be hosting a novice rowing scrimmage with brand new rowers from Capital Rowing, D.C. Strokes Rowing Club and Washington Rowing School. The facility will be bustling with activity as we dedicate the flagpole, just as Bob envisioned.

Diana Day and other members of Bob's family will be in attendance.



Anacostia Community Boathouse Association
The boathouse is located at 1900 M Street SE.

Questions? Contact Jennifer Ney at 202.340.1331 or jennifer.ney@gmail.com.

Past Event Highlights

Dean Dunifon The Opioid Crisis - Cornell's Leading-edge Research National Policy



CCW members and guests learned current cutting-edge work on the opioid crisis by Cornell HuEc Dean Dunifon and Penny S. Mills '82 MBA, CEO/Executive Vice President of the American Society of Addiction Medicine (ASAM). The goals are to ensure a long-term sustainable solution and a coordinated system of resources that will treat addiction, expand access, and provide evidence based clinical research and workforce development. But what is addiction? "Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences."

Opioid Use Disorder (OUD) is defined as "problematic pattern of opioid use leading to clinically significant impairment or distress" that with prolonged and repeated drug use over time patients experience effects on brain structure and function. More than 130 Americans die every day from opioid overdoses (NIDA, 2019). Between 1999 and 2017, more than 400,000 people died (CDC, 2019) and the "economic burden" of prescription opioid misuse costs \$78.5B per year (NIDA, 2019). It is particularly problematic in rural areas where misuse is 45% higher than in urban areas. (Fual et al., 2015). Between 2009 and 2014 an estimated 8.7M children had at least one parent with a substance use disorder (Lipari and Van Horn, 2017), and on average 55% of child welfare cases involve substance use disorders (Seay, 2015). Our current state of medical knowledge is that brain changes due to addiction can be treated effectively with medications that help people with OUD refrain from using drugs. The most appropriate medication varies by individual and may change over time. Retention on medication for the long term is associated with improved outcomes, while discontinuing medication often leads to relapse and overdose. Barriers to OUD Treatment are: 1) Misunderstanding and stigma toward drug addiction; 2) Inadequate education of treatment providers and criminal justice personnel; 3) Regulations, such as waiver policies, patient limits, and restrictions on settings; and 4) a Fragmented system of care including financing and payment. ASAM's solutions to these barriers include: 1) Advocacy at Federal, State & Payer levels; 2) Standard Setting to ensure patients receive evidence-based care; and 3) Teach it – educate, strengthen and expand the workforce. Dispel the stigma of addiction in a Level of Care (LoC) certification for residential programs including MDs, Clinicians (NPs, PAs, RNs), Counselors, and Social Workers. Community and Family Centered Solutions apply the Family Treatment Court (FTC) Two-generation approach which began in the 1990s with the NY Tompkins County FTC as the national model. The goal of of FTC is to offer families additional services not provided in traditional court programs in order to preserve the family, provide addiction resources/peer coaching, and to partner with social services to devise comprehensive treatment plans. (2018 SUPPORT Act) (2019 Opioid Workforce Act) (MATE Act 2019) (2016 Comprehensive and Addiction and Recovery Act (CARA).

Creating Cards for Hospitalized Kids



Cornell families and their children brought Yuletide Holiday Cheer to children hospitalized in greater Washington DC. Seven Cornellians and 5 of their children created more than 50 holiday cards for kids in area hospitals. Cornellians included Laura Gonzales Meyers '96, Lisa Griffin '87 ILR, Chuck Walters '90 MILR and Chau Walters '91 MILR, Heather Hamm '95 ALS '09 Johnson School of Management, Wendy Sneff '75 A&S and Robert Sandoli '94 Grad.

Events at a Glance

The Cornell Club of Washington is Cornell's largest all-volunteer regional club and one of its most active. Your membership helps you connect with local alumni through social events and service programs advancing the university's mission through community-engaged discovery and learning that contribute to solving many of the local and world's challenges. CCW offers engaging programs and activities for alumni, students, and friends of Cornell University in the greater Washington, D.C. metropolitan area. Please check the [CCW Events](#) page for a current and complete listing of events and updates.

January 2020

- 10...[Cornell vs. RPI Hockey Game - Crystal City Sports Pub](#)
Questions: programming@cornellclubdc.org
- 11...[Cornell Cares Day Service Event - A Wider Circle Essential Support Program](#)
Questions: Contact Lisa Griffin at lisa.griffin3512@gmail.com
- 12...[Big Red Run/Lunch - Waterfront](#)
Questions: Contact Tony Chen at lc465@cornell.edu
- 14...CCW Monthly [Board](#) & [Programming](#) Meeting
Questions: president@cornellclubdc.org
- 19...[Dim Sum Lunch, Cantonese-Style](#)
Questions: Contact Tony Chen at lc465@cornell.edu

February 2020

- 1...[Shelter Clean Up Service Event](#)
Questions: Lisa Griffin at lisa.griffin3512@gmail.com
- 1...[Cornell Asian Alumni Assn \(CAAA\) Pan Asian New Year](#)
Questions: programming@cornellclubdc.org
- 3...[CCW Book Club - "How Democracies Die" by Steven Levitsky and Daniel Ziblatt](#)
Questions: Liz Pomper at ehp3@cornell.edu
- 11...CCW Monthly [Board](#) & [Programming](#) Meeting
Questions: president@cornellclubdc.org
- 21...[Cornell Alumni Leadership Conference \(CALC\) Las Vegas, NV](#)
Questions: calc@cornell.edu
- 21...Cornell Men's Lacrosse Team vs Towson at 4pm Towson, MD, Johnny Unitas® Stadium
Questions: programming@cornellclubdc.org
- 23...Cornell Men's Lacrosse Team vs High Point 1pm Baltimore, MD
Questions: programming@cornellclubdc.org

March

- 8...[DC Central Kitchen Morning Meal Preparation](#)
Questions: Contact Lisa Griffin at lisa.griffin3512@gmail.com
- 10...CCW Monthly [Board](#) & [Programming](#) Meeting
Questions: president@cornellclubdc.org

Volunteer Corner

Communications

Are you a fan of Instagram and Facebook? Help CCW with our communications efforts including our social media and email updates.

Contact Toniqua Hay at communications@cornellclubdc.org

Community Service

We are always looking for community service ideas and volunteers! To learn more,

Contact Lisa Burns Griffin at communityservice@cornellclubdc.org

Editorial

Interested in assisting CCW with its newsletter and informing the local Cornell community about local goings-on? What to be published?

Contact Claudia Benack at newsletter@cornellclubdc.org

Finance Committee

Do you have a background in accounting or tax law? Or want to become more familiar with these areas and how they work in the non-profit context? Then please consider joining us!

Contact Mel Zurn at treasurer@cornellclubdc.org

Membership

Invite your Cornell classmates and alums to join CCW. For current member to renew your membership, and update your contact, newsletter and email preferences,

Contact Annalise Schoonmaker and Justin Kondrat at membership@cornellclubdc.org

Programming

The CCW Programming Committee welcomes suggestions for programs and volunteers to help with them!

Contact Jim Schoonmaker at programming@cornellclubdc.org

Technology

Looking for people with website experience to help in the redesign of the CCW website. Contact

Matt Nieman at president@cornellclubdc.org

Nominations

Interested in serving on the 2020-21 CCW Board of Directors? Consider being nominated to serve as a director.

Contact Eliot Greenwald at nominations@cornellclubdc.org

Upcoming Events

Cornell Hockey - RPI vs Cornell

January 10th from 6:30pm to 9:30pm at Crystal City Sports Pub, 529 23rd St S, Arlington, VA



Join CCW at Crystal City Sports Pub for an ECAC Mens Hockey viewing party of the RPI Engineers vs Cornell, with skates and sticks hitting the ice at the RPI-Houston Field House. Come together with family and friends to enjoy a delicious meal and great company. The Big Red came up big time among the ECAC men's coaches who tabbed the men's ice hockey contingent from Ithaca as the favorite to capture the 2019-20 season title. Top billing is nothing new to Cornell, which is always a threat, especially with the 'Canadian' Big Red big guns like #27 Morgan Barron, a junior forward from Halifax, Nova Scotia, who scored a hat trick in the rout against Yale, and #8 Yanni Kaldis, a senior defenseman from Montreal, Quebec. Cornell hockey fans would do the team a disservice if you do not take in the game to catch #35 Matthew Galajda, a junior goaltender from Aurora, Ontario.



Cornell Cares Day Service Event - A Wider Circle Essential Support Program

January 11 from 9:00am to 12:00 noon at A Wider Circle, 9159 Brookville Road, Silver Spring, MD

A Wider Circle's mission is to end poverty through on-the-ground programs and services. Join us helping with A Wider Circle's Essential Support program. The program focuses on providing basic need items for the home to neighbors seeking to rise out of poverty. The donations A Wider Circle receives include household furniture, linens, kitchen items, toys, and professional clothing and accessories. Volunteers help sort donations and stock the showrooms from which clients select their items. With the help of volunteers, A Wider Circle can furnish 20 homes free of charge each day for neighbors in need. All first-time volunteers need to complete a waiver form. Volunteers under age 14 should be accompanied by an adult. The waiver form requires a parent or guardian signature for volunteers under the age of 18. Please wear comfortable clothes and closed-toed shoes (sneakers are best). The center is not fully temperature controlled, so please dress for the weather.

What's Happening?

- Contact: lisa.griffin3512@gmail.com
- Metro: Silver Spring Red Line Metro Stop
- Driving: Park at Woodlin School at 2101 Luzerne Ave., Silver Spring, MD 20910 next to A Wider Circle.

CCW News

Cornell Club of Washington

2148 O Street NW

Washington, DC 20037

www.cornellclubdc.org

newsletter@cornellclubdc.org

January 2020

Moved? New email? Update your member profile at www.cornellclubdc.org

Do you have ideas for CCW News? Or corrections? Email us at: newsletter@cornellclubdc.org

Event Venues and Speakers Wanted

Do you have a meeting space that CCW could use for lectures or receptions?

Do you know a local Cornellian who would be a great speaker?

Contact Jim Schoonmaker at programming@cornellclubdc.org

CCW News

Do you know a local Cornellian who should be featured in a future newsletter?

Contact Claudia Benack at newsletter@cornellclubdc.org