



Tribute to an Exceptional Woman: Ruth Bader-Ginsburg

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Larry Harrington

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Potential therapeutics against Covid-19.

Interview with Larry Harrington: “This virus is irrational”

By Maria A. Cabezas*

Here are excerpts from our recent conversation with Larry Harrington, who contracted covid-19 in March after a trip to New York.

Larry was IDB Executive Director for the United States and Representative in Mexico. He currently works as an attorney and provides free humanitarian assistance to the Hispanic community in Nashville, Tennessee, where he lives.

First of all, how are you and your family doing?

We're fine. My wife Lisa and my son also got the virus. My daughter was with us, but didn't get it, even though she has type 1 diabetes, which should have made her more vulnerable. Thankfully, we're all fine.

How did you get covid?

My symptoms started four or five days after a trip to New York, where I went to a Broadway show with my daughter. Presumably, that's where I got the virus, although I could also have caught it on the plane, I'm not entirely sure.

What were your symptoms?

My symptoms were similar to those of a sinus infection, an upper respiratory infection rather than a lower respiratory tract infection, and thank goodness, because when the virus attacks the lungs, it's very serious.

It's possible I got a sinus infection and the virus at the same time, and that

the sinus infection wasn't connected to the virus. I had a mild fever for some 10 nights. During the day, I felt relatively OK. The fever would start around 4:00 or 5:00 in the afternoon and get gradually worse. At night it would be highest.

A week after the symptoms started, I lost my sense of smell and taste, and would put a lot of salt, pepper, and hot sauce on my food. After about five days, they suddenly came back. My wife would ask me “Can you smell now?” and one day I answered, “Yes, now I can smell.”

In New York, I saw a friend of mine who got the covid test the same day I did. His was positive and two days later he was hospitalized. He had to stay in the Intensive Care Unit for 10 days and still hasn't completely recovered. This friend is a former classmate of mine who went to law school with me and was in good health.

Did you immediately quarantine yourself when your symptoms started?

Honestly, I thought I just had a sinus infection, that it was a reaction to the spring pollen. But my wife insisted I get tested because I had been in New York. On March 17, Saint Patrick's Day—my family is Irish so I remember the date well—I went to a clinic in Nashville associated with Vanderbilt Hospital and Vanderbilt University. Fortunately, I got the results in two

“There are still people who think that wearing a mask doesn't help. That's insane.”

days: the clinic called me to notify me that the test was positive.

My daughter got tested in Maryland in early August—we live in Nashville, but we have a second home on the Chesapeake Bay near Annapolis where we spend part of June and July—and it took 16 days for her to get the results because of the backlog in tests that had to be processed in July after schools and universities reopened.

Did they give you any treatment at the clinic?

They prescribed treatment for my sinus infection symptoms: aspirin, Tylenol, lots of water, and normal food. Fortunately, I didn't have to go back to the clinic or need any other treatment. I had a bit of a sore throat because of the sinus infection but just used mouthwash to soothe it.

How long do you think the infection lasted and total recovery took?

Probably a couple of weeks. The clinic estimated it would take a total of 14 days from the onset of the symptoms.

Now that you've recovered, do you still have any discomfort? Have you had any aftereffects?

I don't feel any discomfort. I hope all the symptoms have gone away, although with this virus, you never know. Apparently, it can affect different organs in the body. I did break out in a rash on my upper back that itched a lot for two weeks. At a checkup in May, the dermatologist

told me that the irritation was likely connected to the virus, which can attack different body parts. Now, whenever I feel something odd in my body, I worry that the virus may have reinfected me or caused some aftereffect.

Do you think the risk of contagion is the same in all the places you've been?

From what I've seen, the virus started more slowly in most of the southern states, unlike New York or Chicago, with the exception of New Orleans. From March to May, we had a moderate number of cases. In May, there was a lot of pressure to reopen bars, restaurants, and other places. As it did in many other states—Georgia, Texas, Florida—the reopening led to a new, much bigger spike in cases. Nashville has been coping with a very difficult, complex situation in recent weeks. I don't have the numbers, but Tennessee in general is worse off than Maryland, Washington, and some parts of Virginia.

On June 1, I traveled to Washington and Maryland, and was surprised by the large numbers of people wearing masks and face coverings in Maryland. The problem we had here in Nashville was that at the time 30%–40% of people didn't wear masks in supermarkets or other public places. When I returned to Nashville a week ago, some 90% of people were wearing masks, at least in the city. But not in rural areas. It's a political issue. [...] I don't know how, but there are still people who think that a mask doesn't help. [...] It's insane.

What was the main factor in your recovery?

Time and a lot of good luck. Nothing else. Because this virus is irrational.

What do you mean by "time"?

The time it took for recovery, the 14 days. Being patient, drinking water, not too much alcohol, just a little tequila now and then, and taking good care of my body, having a healthy lifestyle, resting, eating right. And most important is staying calm, not letting yourself panic. I have to say that it gives me great peace of mind, at my age, to have Medicare coverage and the Bank's health insurance coverage for my family.

I'm very concerned about my neighbors, about the people who work in the supermarkets and other places that provide essential services, and who don't have health insurance or other options. On the most important factors in this type of situation is knowing that you have medical insurance, that if your health deteriorates, you can go to a clinic, to the hospital, or to the emergency room, and not be afraid of the bill after getting medical care. Many people don't see a doctor or get tested because they're afraid of the cost.

What do you recommend for healthy people to avoid getting the virus?

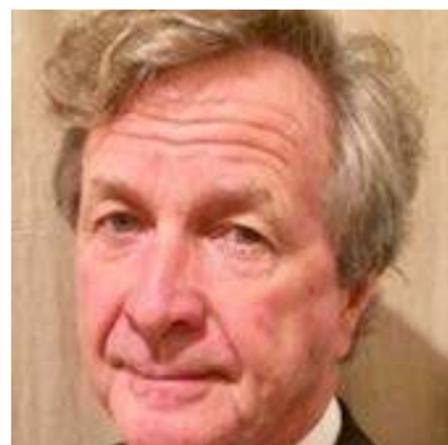
Most important is to use common sense: don't be careless; wear a mask; maintain social distancing; wash your hands; avoid crowded markets, bars, restaurants, and parties; limit the number of guests at family dinners and get-togethers. We need human contact, but we have to minimize it and be considerate of

others, especially older people and those with medical conditions.

Do you have a message for people like you, who have recovered from covid-19 at home?

What's most important is to have a good daily routine, to exercise, have a schedule of activities, and use Zoom to keep in touch with family and friends. That technology helps maintain mental health. When you leave the house, use common sense, wear a mask, avoid crowded places, and take care of yourself. Be careful. ■

- The website of the Centers for Disease Control (CDC) has reliable information in English and Spanish:
- How to protect yourself: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- What to do if you get sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



Larry Harrington, former U.S. Executive Director and Representative in Mexico.

*Maria A. Cabezas lives in Washington, D.C.



Inaugural Address by the New IDB President

On October 1, 2020 Mauricio Claver-Carone initiated his mandate as President of the Inter-American Development Bank. On his first day as President, he addressed the the IDB Group staff remotely from

the IDB's headquarters in Washington D.C. and presented his vision and goals for his five-year mandate. To listen to his speech, click on the picture below. ■



Tribute to an Exceptional Woman: Ruth Bader-Ginsburg

By Ruthanne Deutsch*



Ruthanne Deutsch with Judge Ruth Bader-Ginsburg.

as Supreme Court Justices would hire a woman as a clerk, especially one that was already a mother. And she obtained a lower court clerkship only when her prestigious law school threatened to stop recommending future clerks and offered the judge a male student as a “back up” clerk in case RBG couldn’t do the work. Needless to say, RBG was a stellar clerk. Whether a law student, clerk, lawyer, or judge, RBG never let bias and discrimination against women and working mothers, or the need to navigate competing family obligations (like raising her children, her husband’s military service relocations, or helping her husband battle cancer), stop her career or prevent her from reaching her goals. On the contrary, she used her own lived experience to fuel her work and help ensure that the law posed no obstacle for women (and men) to realize their full potential, whether as bread winners or care givers.

RBG’s trailblazing advocacy for gender equality gained us all Constitutional protections that did not exist when she started her own career: That you can’t be fired for becoming pregnant. That women as well as men are entitled to serve on juries. That a widowed father has the same right to government benefits to care for a child as a widowed mother. That the law cannot assume that a woman’s place is in the home, and that a man’s is not.

Having a dream that I was a lawyer prompted me to leave my job as an economist at the IDB in 2001 to attend law school at Georgetown University Law Center. But I never in my wildest dreams imagined that I would one day have the incredible opportunity to clerk for Supreme Court Justice Ruth Bader-Ginsburg, otherwise known as the Notorious RBG. Unlike many Supreme Court justices, Ruth Bader-Ginsburg achieved greatness before rising to the bench, as a path-marking advocate in the fight for gender equality and woman’s rights.

When RBG graduated at the top of her class from Columbia University (after transferring from Harvard, where she was also at the top of her class), none of the nine men then sitting

Interestingly, especially for international development folk, is that RBG’s own international exposure helped shape her life’s work in gender equality. Very early in her career, she moved to Sweden for two years to research and co-author a book on Swedish civil procedure. There, in addition to learning Swedish (and a lot about Swedish civil procedure) she also learned what it was like to live in a country where most women pursued work outside the home because there were not legal barriers to doing so, and where the Swedish government supported full integration of women into the workforce through the provision of subsidized day care services and other programs. This comparative perspective, and an appreciation of how governments and courts across the globe offered lessons for solving problems at home,

was something that she carried with her throughout her long career. Some of my fondest memories of my year working with her are the times when international dignitaries, whether other constitutional jurists, or political leaders, visited to discuss law and life.

In her years as a judge and justice, RBG continued to fight for equality – not just for women, but for groups suffering racial discrimination, or discrimination on the basis of gender identity or sexual orientation. She also fought to protect voting rights and access to justice for all. Her legacy continues through the cases she fought and won, the opinions she wrote, and the continued efforts of all those she taught and mentored, bending the arc toward justice through our sustained commitment to the law. ■



Swearing-in of Ruth Bader-Ginsburg as Justice of the United States Supreme Court in 1994.

*Ruthanne Deutsch, lives in Vienna, VA.

U.S. Celebrates 100th Anniversary of Women's Suffrage



Suffragettes marching in white on Pennsylvania Avenue, Washington D.C. c. 1913.

By S. Alexandra Russell*

It took over 80 years for American women to secure the right to vote. The fight for suffrage grew out of the anti-slavery movement before the Civil War. In 1848, abolitionists Elizabeth Cady Stanton and Lucretia Mott established the Women's Rights Convention in Seneca Falls, New York. They were joined by fellow abolitionists and suffragists such as Susan B. Anthony, and former slaves Harriet Tubman and Sojourner Truth.

The suffragists held meetings, gave speeches, lobbied lawmakers, and engaged in civil disobedience. An amendment to the Constitution granting women the right to vote was introduced in 1870 but failed. On Election Day in 1872, Anthony walked into a polling site in Rochester, New York, and cast her ballot anyway. Arrested for wrongfully and willfully voting, she was tried and fined \$100, which she refused to pay. Though she died before she could legally vote, Anthony recently made the news when

President Trump issued a controversial official pardon for her.

New generations of suffragists continued the fight for women's rights. They organized parades, including several in Washington, dressing all in white. Suffragists were the first activists to picket the White House, for which many were arrested and harassed. Since 2017, Democratic women members of Congress have paid tribute to the suffragists by dressing all in white at the annual State of the Union addresses.

It wasn't until 1919 that the U.S. Congress finally passed the 19th Amendment to the U.S. Constitution, giving women the vote. But the amendment still had to be ratified by the states. It languished for a year until finally the Tennessee legislature approved the amendment by a single vote, clinching the three-fourths majority of states required for

women's suffrage to become law in the whole country. Twenty-four-year-old Tennessee State Representative Harry T. Burn cast the deciding vote: though his constituency was mostly anti-suffrage, his mother had sent him a letter urging him to "be a good boy" and vote for ratification, which he did.

To explore the history of women's suffrage in the U.S., visit these online exhibitions on the websites of the Smithsonian and other museums.

- **The National Portrait Gallery:** [Votes for Women: A Portrait of Persistence](#) exhibition features more than 120 portraits and objects spanning 1832 to 1965. View selections from the exhibition on the [Google Arts and Culture](#) website.
- **The National Museum of African American History and Culture:** is sharing "[Five African American Suffragists You Should Know](#)" to tell a more complete history of the struggle for women's suffrage.
- **Smithsonian Institution:** [Women's Suffrage](#) and [Votes for Women](#) online archives offer downloadable historic photos and documents.
- **The National Archives:** online exhibit "[Rightfully Hers: American Women and the Vote](#)" uses records, artifacts, and photographs, to tell the complex story of diverse suffragists in securing women's voting rights. The exhibit also goes well beyond 1920 to show the relentless struggle that occurred throughout U.S. history to win voting rights for all women.
- **The Washington Post:** "Susan B. Anthony was arrested for voting when women couldn't. Now Trump will pardon her,"

<https://www.washingtonpost.com/history/2020/08/18/susan-b-anthony-trump-pardon/>

And above all, to honor the men and women who fought over the centuries throughout the hemisphere to gain full voting rights, citizens everywhere should be sure to vote in the next elections. ■



Early advocates of women's rights Elizabeth Cady Stanton (left) and Susan B. Anthony.



Former slave Sojourner Truth was a powerful speaker for voting rights for women as well as people of color.

*S. Alexandra Russell lives in Washington, D.C.



Suffragists picket the White House c. 1917.

Library of Congress

WOMEN'S SUFFRAGE IN THE AMERICAS

Year full voting rights granted

Country	Year
United States	1920
Ecuador	1929
Uruguay	1932
Brazil	1934
El Salvador	1939
Dominican Republic	1942
Guatemala	1946
Panamá	1946
Venezuela	1946
Argentina	1947
Suriname	1948
Chile	1949
Costa Rica	1949
Bolivia	1952
Guyana	1953
Belize	1954
Nicaragua	1955
Perú	1955
Canadá	1960
Paraguay	1961

Covid-19: Positive Developments



Wiki Commons

Sinovac clinical trials, University of Padjajaran, Sumedang, Indonesia.

By Camille Gaskin-Reyes and Claudia D. Perazza*

At this time, there are no vaccines or completely effective treatments for Covid-19, according to the WHO, but there are a number of hopeful therapeutic drugs that have been used as treatments for sick Covid-19 patients, while labs and specialists are working on vaccines. Many ongoing clinical trials across the world are evaluating potential breakthrough options.

Better Therapeutic Drugs

New evidence has shown that cheap, widely available steroid drugs can reduce the number of deaths in the sickest patients with Covid-19. Since September 2nd, the WHO is strongly recommending the use of these medications to combat severe or critical forms of disease caused by coronavirus infections. A meta-analysis of studies and trials on different corticosteroids show that corticosteroids such as dexamethasone and hydrocortisone reduced deaths in critically ill patients by 20 percent, which indicates corticosteroids are helpful as a class of drugs. So, the WHO is also recommending the use of methylprednisolone as another option.

Such flexibility may allow hospitals to avoid the shortages of remdesivir, an antiviral coronavirus therapy, which has received FDA's full approval to treat Covid-19 just recently, although questions still remain concerning its true benefits such as when the medicine is most useful or what patients it's best suited to help.

Another intervention that might make a big difference is monoclonal antibodies. Early testing in animals and humans suggests that it can protect an uninfected person against the virus. But it is believed to work only if administered soon after infection and they are hard to produce and expensive, at least at the moment.

The Promise of Rapid Testing

On testing for the virus, ten months into the pandemic, the promise of a rapid and inexpensive at-home test for the virus remains unfulfilled. The technology for such tests exists. One of the newest antigen tests, the Abbott BinaxNOW, uses a small paper card, and can yield results in 15 minutes. Using a shallow nasal swab, the test yields results that can be read from the card

like a pregnancy test. The test has been deployed mainly in nursing homes and schools and administered by health professionals.

However, according to FDA guidelines, to bring the tests to the wider U.S. market, companies must make them more accurate and easier to use before they can meet federal guidelines that would allow sales directly to consumers. The main hurdle is that these rapid antigen tests are less sensitive, and they can produce false negatives — causing people to think they are fine when they are in fact infectious. More recently, there also have been increasing incidences of false positives — when people are identified as being infected but are not. The main advantage, however, is their speed and low cost, making them easier to scale up to meet the demand for more testing.

The Race for the Vaccine

The race for a vaccine holds promise. As of today, 200 experimental vaccines are being developed worldwide, with 10 in final Phase 3 trials (being tested in thousands of people to check their effectiveness and safety), a scientific quest moving at record-breaking speed.

Vaccine trials in the U.S. have been trying to recruit African American and Latino residents to participate in clinical trials, as they have been disproportionately infected with Covid-19. According to recent news reports, the lack of completeness or representation of the most infected carries the risk of affecting the effectiveness of trial results. Efforts are underway to improve this situation.

Brazil, which has seen fatalities of more than 122,000 people, has emerged as a vital player in trials. According to a New

York Times article of August 16th, some 5,000 Brazilians have been recruited to take part in a vaccine trial by a British-Swedish pharmaceutical company in partnership with Oxford University, England. An additional 1,000 volunteers were recruited to test another vaccine being developed by a New York-based company. Brazil has signed agreements with companies to produce vaccines, once completely tested, and to achieve access to such vaccines.

In an interview with The Economist published August 18th, Bill Gates, the founder of Microsoft and one of the world's largest philanthropists through the Bill & Melinda Gates Foundation, said the pandemic will be over by the end of 2021, but not before more deaths come, mostly in poor countries. Most of these deaths, he said, would be caused not by the disease itself, but by the further strain on health-care systems and economies that were already struggling.

Mr. Gates believes a Covid-19 vaccine, if it is ready for distribution in the time he predicts, it will be by far the quickest vaccine ever to come to market. The Foundation has already pledged more than \$350m to the Covid-19 pandemic response, much of which is focused on reducing its impact in the developing world. Also, Mr. Gates is calling on rich countries to buy vaccines for poor ones, because if some countries remain reservoirs for the disease, it will continue to pop up again in others. If vaccines are priced high enough in rich countries to cover the fixed costs of production—clinical trials, building factories and so on—then the marginal cost of supplying poor countries would be relatively modest: of the order of \$10bn-12bn in total. He hopes to see money pledged to buy vaccines for the poor world in Congress's next supplemental spending bill.

In terms of distribution and actual immunization efforts, according to Mr. Gates, the latest research suggests that the other coronaviruses in circulation, like the common cold, and partial immunity afforded by vaccines already in use for other diseases, already grant a measure of protection against Covid-19. The current best estimate is that 30%-60% of the world's population will need an effective vaccine in order to halt the pandemic. "Fortunately, this isn't measles. We don't need over 90% of people to take the vaccine."

On October 22nd FDA's Advisory Committee met for a full day virtual meeting to debate and agree on safety and efficacy standards for a coronavirus vaccine to be approved. Before they authorize a vaccine, regulators will require that the vaccine be at least 50 percent effective, that there be at least five severe cases of covid-19 among people who receive a placebo and that there be at least two months of follow-up on half the study participants. So, however unprecedented this race has been, vaccines are not likely to be available before the end of 2020.

So, while we wait for potential good results of trials, we should not let down our guard. There are new outbreaks reported in countries which had already achieved a great deal of success in containing the virus. We continue to hope, cautiously optimistic, but we must continue to be cautious as well. Remember: wear a mask, keep your distance, and wash hands frequently. ■

Sources

WHO:

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

CDC:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

The New York Times:

- <https://www.nytimes.com/2020/08/15/world/americas/brazil-coronavirus-vaccine.html>
- <https://www.nytimes.com/2020/10/22/us/remdesivir-fda-approved.html?type=stylIn-key-updates&index=1>
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- <https://www.washingtonpost.com/health/2020/08/27/large-us-covid-19-vaccine-trials-are-halfway-enrolled-lag-participant-diversity/>
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The Economist:

- <https://www.economist.com/international/2020/08/18/the-covid-19-pandemic-will-be-over-by-the-end-of-2021-says-bill-gates>

*Camille Gaskin-Reyes lives in Chevy Chase, MD and Claudia D. Perazza, in Bethesda, MD.

Association of Retirees New Board Members

Luis Bauza



Luis was born in Asuncion, Paraguay. Graduated from Formal education in law at the Universidad Catolica de Asuncion Law School; LL.M in International Law from the National Law Center at the George Washington

University.

Luis worked in different areas of the IDB and undertook numerous positions providing legal support, performance budget support and management, and labor conflict resolution. He initiated his career giving legal support to the Sovereign Guaranteed Operations Division. Luis later served as a Resource Planning and Administration Lead Specialist at the Legal Department. In the Budget and Corporate Services Department, he was Lead Specialist in the Budget Division, and Contracting Officer in the Corporate Procurement Unit. Luis also served as Secretary of the now extinct Conciliation Committee for a period of 18 years. At the end of his tenure at the Bank, Luis was appointed Officer in charge of the Mediation Office. He retired from the IDB on January 1, 2019.

Since Luis retired, he has dedicated his time to his family, personal interests, and philanthropic activities. Among his philanthropic activities he cooks meals for "Goods for Good", which aids two shelters in Washington, DC. ■

Javier Hernández



Javier was born in Cartagena, Colombia. Graduated as a CFA (Chartered Financial Analyst), MBA from the University of Maryland. BS in System Engineering

and Mathematics from Universidad de los Andes (Colombia).

He is a Triathlon aficionado, yoga practitioner, golfer, and walker. Currently providing financial consulting services to companies in Latin America and involved in the board of directors and committees in my community and the Bretton Woods Recreational Center.

Worked for 26 years for the Inter-American Investment Corporation in the Operations Department. Started as Junior Investment Officer and progressed by taking on additional responsibilities to become Lead Investment Officer. Main responsibilities were the management of debt and equity investments – from origination to processing, approval and disbursement - for private sector operations across different economic sectors and geographical regions. Also served as member of several IIC internal committees such as the Finance Committee and the Loan Committee. Javier also served as member of the Credit Committee of the IDB-IIC Federal Credit Union. He retired from the IIC in 2016. ■

Compiled by Angela Rivera Saettone, Association of Retirees Office.

Suggestions to Enjoy from Your Couch

By Laura Bocalandro and Claudia D. Perazza*



Here are some suggestions for you to watch, do and enjoy from the safety of your couch. At this time, we will principally focus on film, dance and other suggestions, in no particular order. The sources include the NYTimes and the New Yorker.

FILM (movies and series)

- PBS Short-Film Festival (on YOUTUBE or PBS app and website)
- Movies: Tesla (rent or buy on iTunes, GooglePlay and others); *Netflix*: Mi Obra Maestra; Emily in Paris; Fargo; *Amazon Prime*: Midnight in Paris; Temporada de Caza (Hunting Season).
- Series: *Netflix*: Vientos de Agua; Anne with an E; Street Food Latin America; Extraordinary Homes; The Marvelous Mrs Maisel; Girls from Ipanema; Bolivar; Morocco. *Amazon Prime*;
- [Cine Argentino: Gratis en español](#)
- [20 Essential Latino Films Since 2000](#)

DANCE

- [New York City Ballet](#). Weekly, every Tuesday evening the NYC Ballet broadcasts from its archives
- The Guggenheim's Work&Process commissions, most under five minutes, with new works posted each Sunday and Monday to the Works & Process [YouTube channel](#), and its [Instagram](#) and [Facebook pages](#). The collection includes a [captivating solo](#) by Jamar Roberts of Alvin Ailey American Dance Theater; Evita Arce and Michael Jagger dancing Lindy Hop in split screen; and an [elegant ode to Broadway](#) by Michael Novak the

- Paul Taylor company's artistic director, and his husband, the choreographer Josh Prince. (Also check [dance-now.online](#))
- The Alvin Ailey Dance Company announces its December season with new works, including a world premier by Jamar Roberts, its choreographer in residence, and the debut of a collaborative response to Alvin Ailey's Revelations by Mathew Rushing and others
- [Cirque De Soleil](#) – Mystere, an others.

ART

- [At the Metropolitan](#), you could see paintings from the Dutch Golden Age (Rembrandt, Vermeer, Hals and Ruisdel) a period which began in 1648 with the end of the Eighty Year War with Spain that brought a boom in wealth and morale with an ideal for social warmth, comfort, belonging according to the New Yorker.
- Virtual Spin through the world collections of the [British Museum](#) ([britishmuseum.withgoogle.com](#))
- "Every Eye is on Me: First Ladies of the United States" opening November 13 through May 23 at the National Portrait Gallery, Washington DC, from Martha Washington to Melania Trump with painted portraits, drawings, sculptures, engravings, and photographic prints. It also includes Michelle Obama's dress wore for her official portrait.

OTHER SUGGESTIONS

- Volunteer or Donate to Help Others: <https://www.nytimes.com/2020/08/07/at-home/covid-19-volunteer.html?searchResultPosition=1>
- Cooking: Check out the NYT cooking for some delicious recipes, including a Butternut Squash and Green Curry Soup and a One-Pot Chicken Thighs with Black Beans, Rice and Chiles ([NYTimes.com/cooking](#))
- Free Shakespeare on the Radio: Richard II. <https://www.nytimes.com/2020/08/06/arts/things-to-do-weekend-coronavirus>.

- d. Find a Bookclub- <https://www.nytimes.com/interactive/2020/08/13/books/find-a-virtual-book-club.html?searchResultPosition=1>
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- f. Animal Watching to Reduce Stress of Elections:
 - (1) kittenrescue.org
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 - (6) explore.org/live-cams/panda-bears ■

*Laura Bocalandro lives in Chevy Chase, MD and Claudia D. Perazza, in Bethesda, MD

Association Events

FITBID: We have Restarted our Walks



From left to right: Bernadette Búchman, Cintia Guimaraes, Olga Vaca-Soto, Leyda Fajardo, Mario Yano y Jorge Tejada.

By Patricia Meduña*

After seven long months, we have resumed our Wednesday walks. We took our first hike the 14 of October in the Gold Mine Loop Trail in North Potomac. The views of the canal and Potomac River were spectacular, as were the multi-colored trees of fall.

tones of the leaves. But what was most gratifying was meeting our fellow walkers after so long. Despite the fact that we all wore masks, and that it was difficult to breathe when climbing the hills, we did not stop talking about how we are all trying to live as normally as possible during these pandemic times.

The second hike was around Lake Needlewood in Derwood, Maryland. We enjoyed the calm lake scenery and the varied yellow, orange, and brown

We invite all retirees, residing in the Washington area, to join us on our walks. They are held every Wednesday,



From left to right: Olga Vaca-Soto, Patricia Meduña, Bernadette Búchman, Jorge Tejada, Mario Yano y Leyda Fajardo.

be it hot, cold, snowing, humid, or windy. We only cancel when it rains. We meet between 9:30 am and 10:00 am in the location selected by the organizer. We usually walk in Maryland's and Virginia's parks, but also undertake urban walks in Washington, D.C. The hikes are usually between 6 and 8 miles, and the difficulty of the trails vary — some are easy and flat, others are more difficult and with some elevation.



From left to right: Cintia Guimaraes, Leyda Fajardo, Mario Yano y Jorge Tejada.

The type of trail and the distance of the walk are specified when the walk is announced. Communication among walkers is done via WhatsApp. If you are interested in joining the group, you can contact the administrators: Asunción Aguilá, Raul Tuazon, Arne Paulson, or Patricia Meduña.

We hope you join us! ■

*Patricia Meduña lives in Bethesda, MD.

Virtual Class: Balance and Fall Prevention

By Claudia D. Perazza*

On October 22, a live class was held on how to improve our strength and balance and prevent falls, which was presented by an expert physiotherapist on the subject.

The meeting was a success, with more than 40 participants, who not only had the opportunity to learn about the subject, but also were able to measure their level of balance and do exercises to strengthen it.

The most important thing about the meeting was to meet and greet our colleagues and friends that we had not seen for so long! The great majority (more than 90%) considered the meeting very good or excellent.

The Committee will hold more events of this nature in the coming months while the pandemic lasts. ■



Participants in the virtual class on balance and fall prevention, October 2020.

Launching the Association's Virtual Events Program

By Claudia D. Perazza*

In these unprecedented times of physical estrangement and isolation, we believe it is especially important to stay connected and do everything possible to encourage ourselves.

Since it has not been possible to hold face-to-face meetings and monthly lunches since the pandemic began, the Association's Cultural, Social and

Volunteer Activities Committee has been exploring options to offer more live interaction among its members. The result of this search is the launch of a program of virtual events that includes a series of meetings via Zoom on topics of interest to retirees. To date, the events by Zoom that are confirmed are the following. ■

- **November 2020:** *Great Paintings, National Gallery of Art, Washington, D.C.*
- **December 2020:** *Museum Highlights, Metropolitan Museum of Art, New York*
- **February 2021:** *Outstanding Works from the Cloisters, Metropolitan Museum of Art, New York*

*Claudia D. Perazza lives in Bethesda, MD.

Members from Latin American and the Caribbean to Meet Virtually

By Álvaro Beca*

The presidents of the Association of Retirees' Chapters held successful meetings in the cities of Quito in 2014, Lima in 2016, and Panama City in 2018. During these meetings, experiences regarding the functioning of the Chapters were shared. In addition, sessions were held to discuss the administration and performance of the retiree's principal benefits.

In 2020, the COVID-19 pandemic has kept us locked up due to the mandatory and voluntary quarantines which our retirees have responsibly respected. These circumstances have brought about important technological changes as well as an excellent opportunity to hold different types of events with our members living in Latin American and the Caribbean.

It was agreed that a virtual encounter would take place with a defined agenda on November 10, 11 and 12 of 2020. The encounter will have a Landing Page

that will permit participants to enter meeting rooms (via Zoom) for each country. In addition to sharing gestures of friendship, the meeting will provide platforms to discuss the following five topics: health insurance, pension plan, Credit Union, internal affairs of the Association, and the COVID-19 Donation Campaign.

Following these meetings, there will be plenary sessions whereby Bank executives will address each of the five topics with presentations and answer participant's questions.

During the encounter it will also be possible to download documents and recordings of the plenary sessions, as well as access videos and music from our time for the breaks. ■

*Álvaro Beca lives in Santiago, Chile.

Chapter Activities



Argentina

Due to the measures taken to prevent contagion during the pandemic, the Board of Directors of the Chapter in Argentina has been holding virtual meetings.

The highlight of its activities from June to September 2020 was the donation of US \$ 3,000 that was provided by the AJBID Covid Donation Program for each of the following projects: 1) We Take Care of Each Other managed by the Horizonte de Máxima Foundation -Sanitary Module Program- and ; 2) Provision of protection elements for children and young people with cancer, their families and health workers run by the Natali Dafne Flexer Foundation.

With the second phase of the Covid Donation Program, the COVID19 Committee approved an additional donation for the project Study of the Seroprevalence of SARS-COV-2 in the Province of Jujuy carried out by the Institute for Cellular, Genetic and Molecular Studies of the National University of Jujuy. The remaining uncovered costs of the project will be donated by the funds of the Argentina Chapter.

Furthermore, every week news of interest and online proposals



for social and cultural activities for the whole family continued to be shared with the members of the Chapter. ■



Colombia

In order to facilitate a continuous communication amongst our Chapter members, the list of our 28 active AJBID members was reviewed, their emails and cell phone numbers were updated, and a WhatsApp group was created.

The Bank's Country Office facilitated the use of the Teams platform in order to hold a series of virtual meetings. The first was a farewell meeting for the Country Office Representative, Rafael de La Cruz, who concluded his work in Colombia. There were also two Board meetings held on July 27 and September 15.

On July 30, a meeting called "Let's talk" was held with all the Chapter members. The main issues discussed were Aetna reimbursements and the difficulty in tracking what was consigned, changes in health insurance coverage, the status of the retirement plan, the difficulty with the RSS (which keeps it from being used), the election of the Bank's new President, and issues related to the pandemic (fortunately none of our members has been infected).

We also participated in a virtual meeting with the Association's President, Isabel Larson, and members of the Membership and Chapter Committee. All the pertinent steps were taken to request a donation to the AJBID's COVID-19 Committee, and a donation was made

to the Colombian Pneumological Foundation to support the acquisition of equipment to fight the coronavirus. Finally, the connections between AJBID, local retirees and surviving spouses of deceased members continued to be promoted. ■



Ecuador

The activities of the Chapter of Ecuador have been limited due to the regulations imposed by the Ecuadorian authorities to implement the quarantine due to the COVID-19 pandemic. Fortunately, before mid-March, when the "stay at home" order was strictly enforced, it was possible to hold a lunch meeting with the Chapter's members and celebrate the postponed Christmas 2019 celebration which was undertaken with the help of the member's spouses.

During this period, there has been continuous communication with the Chapter's members through internet. In this way it was possible to maintain them informed on the medical insurance coverage of the medical costs related to COVID-19, as well as the process used to elect the Board of Directors at AJBID headquarters and its results. Members also received an extensive report on the meeting held with the new Board of Directors and coordinated by the Membership and Chapter Committee (M&SC). Similarly, all members of the Chapter participated in the selection of candidates to fill the two vacancies in the M&SC.

Finally, in what constitutes the most important activity, a project was prepared together with the Secretary

Treasurer of the Chapter, Edgar Carvajal, in order to use the funds assigned by AJBID, IDB Global Federal Credit Union and the IDB, to help mitigate the effects of COVID-19. This project provides aid to the Town's Committee Community Dining Room so that it can continue to offer free lunches to indigent people who live in a neighborhood located north of Quito – with a significant marginalized population – and for the sale of food baskets, which will provide additional resources that will allow for the provision of free lunches to continue indefinitely.

This project is in execution and the experience and results will be shared in an upcoming report. ■



The small number of active members that belong to the Chapter are older. Several of them are over 80 years old making it difficult to have face-to-face meetings. Communication is maintained via WhatsApp and telephone.

From June-September, the activities of the Chapter with other Chapters were carried out via email and video conferences. A video conference was held for the presentation of Isabel Larson, President elect of the Retirees Association.

A video conference was also held with members of the AJIDB COVID-19 Committee, to introduce the COVID-19 campaign and request Chapters to present projects that could be financed by the funds donated by the AJBID,

the IDB Global Federal Credit Union and the IDB.

In the case of Guatemala, the institution that benefited from the donation was the Fundación para el Desarrollo de Guatemala "FUNDESA". The project financed ventilation helmets that were donated to hospitals dedicated to caring for COVID-19 patients. The sum of US \$6,333.00 was donated for the elaboration of 21 ventilation helmets. We are awaiting the second phase of the donations, which will culminate the Covid-19 campaign. ■



The Chapter of Florida elected a new Board of Directors on June 19, 2020, with Rodrigo Mayen Girón as President, Luis Fierro as Vice President, Maria Cecilia Arbulu as Secretary/Treasurer and Maria Eugenia Kyburz, Patricia Varela, and Mireya Rossi as Speakers.

Among the activities that were carried out by the Chapter was the preparation of two projects to obtain donations from the Association's initiative to help mitigate the negative effects of the COVID-19 pandemic. The purpose of the first project was to collaborate with the We Count NGO in providing funds to agricultural workers in the city of Homestead, Florida, who were severely affected by the pandemic. Many workers have lost their jobs and have found it difficult to provide food and medicine for their families, as well as pay their rents or mortgages, and electricity. The Association of Retirees donated \$3,000 to the NGO and Florida Immigrants

Coalition donated another US \$2,000. With these funds a donation of \$250 was provided to each of the twenty families with the most pressing needs.

The second project has not yet been executed because the Association has not yet disbursed the funds. This project will provide aid to the organization A Place in Time that has been assisting low-income families with food, and hygiene products to prevent infection during the pandemic. Once the funds are received, we will carry out the corresponding follow-up to ensure that our resources are used efficiently.

The Chapter's Board of Directors also approved a donation of US \$850 from the Chapter's revolving fund. This donation will cover the cost of 405 meals for women and children affected by COVID-19 which are housed at the Center for Women and Children sponsored by the Miami Rescue Mission. The donation was delivered to Broward Center for the Homeless by Maria Eugenia Kyburz and Rodrigo Mayen Girón. The organization's staff thanked us for our donation. We also received a thank you note from them. ■



The Chapter of Peru carried out the following activities from June to September 2020:

Despite the limitations resulting from the pandemic, the Chapter held several meetings via zoom and WhatsApp. They included meetings with the following objectives:

- Discuss the health of the association's members and their families.
- Guide members regarding medical centers in case of any eventuality with the pandemic.
- Orient and share experiences on teleconsultations with Aetna.
- Coordinate the preparation of survival certificate documents.
- Coordination on medical care in the network of clinics.
- Elections for the Chapter's Board of Directors.
- Workshop on reconciling medical expenses in the Aetna system.
- Preparation of two projects to be financed by the donations of COVID-19 program managed by the Association.

In addition, during this period there was constant communication amongst members through WhatsApp, which helped to integrate the IDB family in these difficult times. ■

NEW MEMBERS

Enrolled June-October 2020

- Virginia Aguilera de Medin
- Sergio Ardila
- María Bouroncle
- Jesús Duarte Agudelo
- Alberto Manuel de Egea Pérez
- Hilia Gensheimer
- Patricia Hernández Febres-Cordero
- Fidel Jaramillo
- Carlos Knapps
- Andrea Clair I. Mason
- Ethel Muhlstein
- Betsy Karen Murray
- Jaime Enrique Vargas Sánchez

InTouch

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DECEASED MEMBERS AND SPOUSES

June-October 2020

The obituaries of the following fellow retirees, who passed away between June and October 2020, could not be completed due to the IDB closure. Their obituaries will be prepared once they are available from HRD:

Members

- Jorge Bianco Ambrosoli 06/11/2020
- Florencio Ballesteros 07/17/2020
- Inés G. Cherny 08/22/2020
- Bolívar Cobos 07/07/2020
- José Adolfo De la Torre 07/26/2020
- Juan Dionisio Díaz 10/09/2020
- Herman A. Ferguson 08/07/2020
- Antonieta E. Gutiérrez 08/03/2020
- Germán Gutiérrez 10/19/2020
- Edna C. Migliazzo 09/14/2020
- Mario Miscoria 09/12/2020
- Celio A. De Moraes Jr. 08/07/2020
- Francisco A. Otaizo G. 09/13/2020
- Celia S. Ponce 07/14/2020
- María C. Torres 08/25/2020

Spouses

- Lidis Bosetti de Buguña 09/12/2020
(spouse of Enrique Buguña, Deceased)
- Laura N. Pogliani 07/30/2020
(spouse of Héctor Raúl Cañón)

Compiled by Eliane Dias Boechat, Association of Retirees Office.



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