

# The Palomar District Telescope

Organized June 1, 1958 Incorporated January 6, 1966  
January 2019 Edition



President Rosalia Zamora  
1st VP-Dean of Chairmen Beverly York \*\* 2nd VP-Membership Sonja Berg-Hults  
3rd VP-Programs Barbara Lerma \*\* 4th VP-Fundraising Judy Pantazo  
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Corresponding Secretary Jan Imonti \*\* Parliamentarian Pat Harvey  
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## Greetings to our Palomar District Members!

**District Board of Directors Luncheon Meeting: Tuesday, January 22**

**Registration: 9:15 a.m. Meeting: 10:00 a.m. Woman's Club of Carlsbad**

**Lunch: \$15 payable to Woman's Club of Carlsbad. Please make your reservation through your club.**

**Pay at the door. Deadline: January 15<sup>th</sup>**

## Upcoming District Meetings

### DATE

Tuesday, February 26, 2019

TO BE ANNOUNCED

Tuesday, March 26, 2019

Wednesday, April 24, 2019 "Federation Day"

### TYPE OF MEETING

District Art Festival

Spring Fundraiser

Executive Board

District Convention

Templar's Hall, Poway

TBA

Bonsall

Cocina del Charro, Escondido



**From CFWC Palomar District President Rosalia Zamora [rosalia1947@att.net](mailto:rosalia1947@att.net)**

At the last CFWC State Board meeting the "Option 2" plan (dividing the Areas by District) was adopted with 71 votes out of 78. 4 votes were cast for option 1 (areas by clubs), none for option 3, (horizontal/vertical plan), and 3 votes were disqualified because they voted for more than one option. The plan went into effect November 1<sup>st</sup>. Area D now includes De Anza District, Palomar District, San Bernardino District, and Southern District.

More tidbits from that meeting –

\*The theme for the CFWC (state) convention is "Mardi Gras." May 15-18. Sacramento.

\*For ESO, you can read any book and get credit for it as long as you send the name and author of the book to the CFWC Education chairman.

\*There was a motion passed unanimously for CFWC to support "A Cup of Joe for a Joe"; i.e., for \$2.50 you can buy a military person a great cup of coffee. Find out more at their website, <https://www.greenbeanscoffee.com/products/cup-of-joe-for-a-joe>.

The next CFWC state board meeting is on **February 7-9, 2019** at the **Hilton Doubletree in Mission Valley**. Remember - **CFWC board meetings are open to all members!** Now that it's in San Diego not far from home, here's your chance to see how the CFWC takes care of business and has fun at the same time. I hope you will start making plans to attend. You can attend any part of the meetings that meet your schedule but you must register and let them know you're coming. The Call will be posted on the <https://www.CFWC.org> website soon.

Speaking of websites, please take a look at the district website, which has been newly designed; almost everything you need to know is posted there. Linda Bridges lives in Texas now but still a member of the Contemporary Women of North County (CWONC), and we are grateful that she stayed on as our Web Manager. The site is [gfwcpalomardistrict.org](http://gfwcpalomardistrict.org).

I'm happy to say that all of our District Chairmanships and Special Appointments have been filled! Thank you to all who accepted the responsibility and the opportunity to serve Palomar District.

A very important position on the Executive Committee – Recording Secretary – is still vacant. In thinking about the Pacific Ocean and its wisdom: **The Recording Secretary** is the keeper of the ship’s log. Without her, there is no record of where the ship has been or what the officers and crew have achieved. It is important that there be a well-kept record of the journey. The ship’s archives should be well organized, protected, and stored for easy accessibility. They should be available to pass along to others on future voyages. Please step forward and join us on this journey!

**"Tell me and I forget. Teach me and I remember. Involve me and I learn." - Benjamin Franklin**

***Please consider joining the GFWC Palomar District BOARD as Recording Secretary!***

You will be taking minutes at District Board meetings and the April Convention, sending them to assigned clubs for editing, and then sharing them with our clubs.

Contact President Rosalia for more information.

Thank you for volunteering!



***From GFWC President Mary Ellen Brock: (on GFWC website)***

GFWC was founded on the principle of “Unity in Diversity.” Our founders could have chosen any word, but they chose “Diversity” because it reflected their belief that the organization should exist embracing **“Diversity”** in its members and programs. During this administration diversity will be one of the emphasis areas. We will seek diversity in who we are and what we do. Welcome into membership in your club people of all ages, religions, creeds, races, genders and lifestyles. Work on projects with and for organizations that are diverse. Widen the scope of club programs to educate members on the traditions and lifestyles of different religions and countries. Embrace Diversity.

**Legislation** is the second emphasis area. GFWC’s passion for positive change in communities through legislation is part of our history. In 1906, thousands of members of GFWC, who without a vote, only a persistent voice, passed the Pure Food and Drug Act. We will go back to our roots, raise our voices, and reclaim our role as the unified organization that can make things happen. Members will understand the process of how a bill becomes a law and their part in the process. We will select two bills and work actively for them to become laws. We will work to establish the GFWC brand with the members of the United States and State Legislatures by the **“RECOGNIZE THE RED”** campaign. We will select one bill and on one day all members of GFWC will be asked to call their legislator and urge action on the bill.

During this administration there will also be **“7 Grand Initiatives.”** They are called “7 Grand Initiatives” as each of them has 1,000 as a goal. The “7 Grand Initiatives” are: 1) That 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019; 2) That members will plant 1,000 trees on Arbor Day; 3) That members will donate 1,000 pairs of used shoes to Soles 4 Souls or Nike “reuse-a-shoe”; 4) that members donate 1,000 Dr. Seuss books by March of 2020; 5) That 1,000 members join the Legislative Action Center; 6) That members do 1,000 projects devoted to women in the military; and 7) That 1,000 members donate \$1,000 to the Capital Campaign. The “7 Grand Initiatives” are very attainable. Plan your projects now.

### ***Home Life Community Service Program***

Myrna Binford, Home Life Chair 760-728-6393 [mbin9@hotmail.com](mailto:mbin9@hotmail.com)

Home Life Department Narratives are due at the January 22, 2019 District meeting. If you have questions about what areas are considered Home Life, please call me (760-728-6393) or email me – [mbin9@hotmail.com](mailto:mbin9@hotmail.com). Information on Home Life can be found on both the [gfwc.org](http://gfwc.org) and [cfwc.org](http://cfwc.org) websites.

As mentioned in this newsletter, STARS did the “Girls Love Mail” project that was fun, economical, and “Done-in-a-Day” (although you can do it longer). Julian is starting to do the “Vial of Life” project. I know that some of the other clubs are/have been working on projects in this area. Please let me know what Home Life projects you are working on. I am starting to line up judges for the Narratives and would like to tell them about how many to expect. I am also open for questions about other projects in the Home Life area. Thanks for all you do.

## **CFWC Palomar District Annual Reports (AKA "Narratives")**

Bev York, 1st Vice-President/Dean [york.bev@gmail.com](mailto:york.bev@gmail.com)

If your club was not represented at either the Area D meeting in Escondido October 13 or the District Report Writing Workshop on October 23 in Oceanside, please let me know. The reports were discussed at length in both meetings and are due on or before the Board of Directors meeting in Carlsbad on January 22, 2019. The information and all the forms you will need are available on the CFWC website, [www.cfwc.org](http://www.cfwc.org) under "1<sup>st</sup> Vice-President" or under "Forms/Logos." I urge you to check out the webpage for CFWC 1<sup>st</sup> Vice-President, Pam Ament -- it's a goldmine of information and the forms are in .pdf, Word, and interactive formats.

The Statistical forms are mandatory; the narratives are not. However, the narratives are your club's history for the year and justify your status as a 501(c)3 organization. Best of all, it's your chance to brag about your club's activities and achievements over the past year and let us know what a terrific club you have! These narratives are also the basis for deciding district, state and international awards – If you don't turn in reports, you can't win.

The absolute deadline to turn in your completed reports is Tuesday, January 22, 2019. No exceptions. Please turn in **7 copies of each report and the statistics page**, and don't forget to make a copy for your club records. **NOTE: DON'T MAIL IN ANY NARRATIVES; just turn everything in to BEV YORK on January 22nd.** Palomar District awards will be presented at the District Convention on April 24.

## **4<sup>th</sup> Vice President - Fundraising**

Judy Pantazo [jatwell222@sbcglobal.net](mailto:jatwell222@sbcglobal.net)

The past November Fundraiser was a BUST! Only one person sent in the form and a check to register! Although I did have some other people who verbally told me they were coming, by the deadline, that is all I had. I didn't realize Trivia made you all so nervous! It is only what is already in your head! No studying, to training, no nothing... but that's O.K., we're moving on!

This January, at the Board meeting in Carlsbad on January 22nd, Club Presidents will be given a "Stay at Home, Non-Event, Event" Form to distribute to every member in their Club. The Theme is still a secret! Shhh....

But, I will let you know that if EVERY MEMBER would just give \$5.00 toward this event, and I seriously mean ONLY \$5.00, (hopefully some will give more) I may not have to bug you for the rest of the year!

Wouldn't that be nice?

## **GFWC Signature Project: Domestic Violence Awareness and Prevention**

Bev York, Chair [york.bev@gmail.com](mailto:york.bev@gmail.com)

### ***The Purse Project***

I'm honored to serve as District Chairman for Domestic Violence Awareness and Prevention for 2018-2020. For our first project I've chosen GFWC's Signature Program, "The Purse Project," whose mission is to help victims of domestic violence get through the first difficult days after they've escaped by providing them with purses or tote bags filled with personal or travel-size items. These can include soaps, shampoo, toothbrush and toothpaste, hair care items, first-aid supplies, sanitary pads, lotion, perfume samples, jewelry, a scarf, small book, notepad and pen -- the list is endless. If you've ever evacuated due to wildfire or other emergency, you know how easily the daily necessities are overlooked when packing in a hurry. Women in domestic violence shelters have escaped (often with their children) in a hurry, too, in fear for their lives. Since more than half bring children with them, you might want to include things for children, including small toys.

It's a simple project: If you have a new or gently used purse or tote bag you'd like to donate, bring it to your club meetings and invite other members to help you fill it. If you don't have a purse to donate, you can bring small useful items (remember those hotel amenities you brought back from your trip and dumped in a drawer?) to fill someone else's. Some members choose to fill a purse themselves and that is very much appreciated. But this is a group project so bringing things to donate is equally important. **Bring your filled purses to a District meeting.** Sonja will photograph you with your donation(s) before they're donated to North County shelters. I'm working on a list of shelters and will have it for you by the January 22 meeting. This is an ongoing project so if you don't have a purse to bring in January, we have District meetings every month through April and in the fall, and CFWC has asked us to bring a couple of our purses to serve as table centerpieces at the May convention in Sacramento.

I hope you will join us in making the Purse Project a success! It's a small but vital way we can make a difference in the lives of women who deserve and need our help to live violence-free, and to show them we care that they succeed.

## GFWC SIGNATURE PROGRAM PROJECT:

The GFWC Signature Program Committee is challenging our State Federations to raise awareness and benefit domestic violence shelters in their states by having a "purse contest" at their annual state conventions. Encourage clubs to enter their purses filled with items to be donated to their local shelters. The purses are also to be used as centerpieces for district and state conventions. Clubs need to contact their local shelters to determine the current needs of the shelter.

**P - Purses**  
**U - Uniting**  
**R - Resources to**  
**S - Successfully**  
**E - End violence**  
**against women!!**

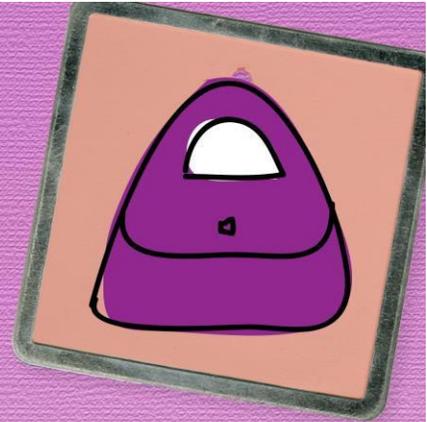
The items to put in the purses can be as simple as the obvious:

Tooth Brush & Tooth Paste  
 Shampoo & Conditioner  
 Brush & Comb  
 Soap and/or Body Wash  
 Lotion  
 Deodorant/Antiperspirant  
 Personal Care Items  
 (Tampons and/or Sanitary Napkins)  
 Cleansing Wipes & Tissues  
 Hand Sanitizers  
 Simple First Aid Supplies

### Very Important!

A notepad with a pen and pencil as they may need to take notes when they talk to an attorney or law enforcement entity

Also options such as:  
 Lipstick, Make Up  
 Perfume or Cologne Samples



GFWC/CFWC members will speak with one voice:

- to develop and influence Federal & state legislation that positively affects the lives of domestic violence victims and their families.
- to empower individuals and organizations working to end violence against women and children around the world.
- to support GFWC Signature Program: Domestic Violence Awareness And Prevention partners



## Parliamentary Patter

Pat Harvey, Palomar District Parliamentarian 760-630-7686 [PJAspray@aol.com](mailto:PJAspray@aol.com)

We have all been there, when a meeting gets messy during the voting of contentious issues. What can be done to keep this from happening? Here are some motions that can be made to prevent endless discussion and haggling.

**Call for the question** – It must have a 2<sup>nd</sup>, and no further debate is allowed and a 2/3rds vote to close the debate. Member says: "I move the previous question", or simply "I call for the vote". Motions that take away member privileges require a 2/3rds vote.

**Commit or refer to a committee** sends the main motion to a smaller group for further examination and refinement before the body votes on it. Member says: "I move to refer to the \_\_\_committee - - - -" Motion requires a 2<sup>nd</sup>, followed by Discussion, and vote requires a majority to pass.

**Amend** This motion is used to modify the pending motion before it is voted on. Member says: "I move to amend by Inserting \_\_\_\_\_ or adding \_\_\_\_\_" OR "I move to amend by striking out \_\_\_\_\_" OR "I move to amend by striking \_\_\_\_\_ and Inserting \_\_\_\_\_" followed by discussion and vote. NOTE: There can only be the prime motion, primary amendment and secondary amendment on the primary amendment. Each needs a 2<sup>nd</sup>, is debatable, and needs a majority vote. Finally - If there is no more discussion the motion is again stated as it has been revised and the vote is taken, the presiding officer determines the outcome and states that the motion has either passed or failed.

If you have questions you would like to see answered in the next newsletter, or at any time, feel free to contact me. Leave a message and I'll get back to you.



### ***Squirrels Ruining the Beach Bluffs in Carlsbad***

The condition of Carlsbad's beach front has been a controversy between Carlsbad and the State Parks department for quite some time. They both blame each other, suggesting the problems belong to the City or the State. San Diego County is far more impacted with squirrels on its coastlines than other counties throughout the State. Squirrels not only have become a nuisance, they are destroying bluffs throughout the county and State.

The main reason for overpopulation of squirrels is people feeding them and leaving trash and debris that also becomes food for them. There is less need for squirrels to find natural food sources. Another reason is squirrels breed a few times a year, having as many as 7-8 babies in each litter. Their average lifespan is six years. Squirrels can carry diseases from fleas, such as the plague. They are losing their fear of humans and have been known to bite people and become aggressive to get food.

Squirrels live in colonies. They burrow and create tunnels which are destroying the bluffs by adding to the erosion of the soil. These burrows are four inches wide and can be as long as 30 feet. The burrows cause damage to bluffs, dams, riverbanks, patios and homes. They weaken levees and ditches near agricultural areas, posing a hazard to farm laborers. They chew irrigation drip lines and create millions of dollars in repairs, as well as damage to crops and livestock. Squirrels eat much of the vegetation, such as ice plant on the bluffs, further weakening and adding to the soil erosion.

Poisonous, anticoagulant bait has been put in tubes in their tunnels, but most don't work because the "leader of the pack" guards the bait station and not all squirrels get to the bait. It takes four or five feedings for the poison to work. Also, there is a concern that the poisoned squirrels will sometimes be eaten by dogs, hawks and bobcats, killing them. There is negative reaction by people to using poisons which does not help the issue. Traps and fumigation are difficult to conduct because of the tunnels and burrows. Trapping isn't working either because squirrels breed so quickly and there are issues where to release them in the each county.

One suggestion for decreasing the squirrel population is habitat modification - filling and closing off old burrows and removal of trash, brush and other debris. In California, it is illegal to feed squirrels. The first fine is \$250 and repeat offenders can be fined \$1,000 for the second or further offense. Unfortunately, the law is seldom enforced, so it has no effect on people feeding the squirrels or decreasing the population. Using repellants has not been proven to be effective, either, nor has biological control. Thus, the dilemma continues.

The Torrey Pines State Natural Reserve is a great example of people not feeding the squirrels. Since the 1980's food and trash are not allowed inside the preserve, so there are very few squirrels left. However, this would be very hard to control on our public walkways and beaches.

Erosion is a huge problem. Geologists say the ocean and wind contributes to fifty percent of beach erosion. Other experts say that squirrels contribute the other half of the erosion of our beaches and coastal bluffs. Some causes and effects of beach erosion: Beaches erode because the supply of sand to the beach cannot keep up with the loss of sand to the sea. People and cities build seawalls, jetties and revetments, thinking this is helpful. According to the experts, these seawalls have a negative effect on the beaches. The force of the waves crashing bounces off the walls with such force, it causes more beach loss. Jetties actually bring more sand loss because the beach currents take the sand downstream. Adding squirrels to the mix, eroding our bluffs, only compounds the situation, making it a much more serious problem.

Who would have thought that these cute little rodents were capable of so much damage? No one solution will solve this ongoing problem of squirrels invading our coastal bluffs. Integrated programs within each city are needed to combat the situation and keep the squirrel population down. Perhaps speaking with city officials and showing greater public interest at city council meetings is one way citizens can help solve the problem of coastal erosion and squirrels.

*Sources: Dr. Ken Rubin, Dept of Geology and Geophysics University of Hawaii, Honolulu, HI \* Associated Press, Kelly Stewart \* Regents of the University of California Agriculture and Natural Resources\*Los Angeles Times, Phil Diehl*



## **STARS of Palomar** – CFWC Palomar District Affiliate Club

Myrna Binford, Stars President 760-728-6393 [mbin9@hotmail.com](mailto:mubin9@hotmail.com)

Come Join Us!!!

This fun club's membership is open to past and current Presidents of Federated General and Juniors whose clubs were federated at the time the members were Presidents. We meet four times a year (October December, February and May) on the third Escondido. Like the other clubs, we have a business meeting, speaker or other activity, and then lunch. Dues are minimal -\$15.

Our first meeting was October 16. We did a Project-in-a-Day, "Girls Love Mail." It was very successful and we have already received a thank you email for our participation in this worthwhile project. We also heard Dolores Juditz, Past District President (1976-1978) and on the Board of the San Diego Burn Unit, speak about the new techniques used to treat burn victims. We had our opportunity drawing and closed the meeting with cake celebrating our 50<sup>th</sup> Anniversary. Rosalia presented STARS with a congratulatory certificate from CFWC.

In December, we planned a short business meeting followed by gift exchange, Christmas carols, and sharing of the members' best holiday stories (I didn't realize that a Telescope newsletter wouldn't go out before January so I have given the info we had planned for the December meeting).

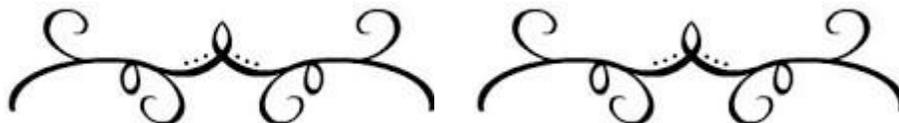
Our next meeting will be February 19, 2019, at 11:00 a.m., Marie Callender's Escondido. Our speaker will be Jacqueline Marazzi, Parliamentarian "extraordinaire." There is always something new to learn, so please plan on attending and asking questions. Further information on the meeting will follow.

Call for more information: Sylvia 760-670-6144 or Myrna 760-728-6393.

We would love to see you there.

## **NEWS FROM OUR CLUBS:** **The Woman's Club of Vista Views**

One of GFWC President Brock's Grand Initiatives is the **GFWC Million Dollar Club**: the Goal is for 1,000 clubwomen to donate \$1,000 to the Capital Campaign during the 2018-2020 Administration. Individual members can contribute. CFWC President Dori has contributed and CFWC has the contribution in the budget this year. Vista's Night Owls are collecting change and a tour event is being planned. Any amount will be accepted toward this initiative. Can we gather and donate from Palomar District Clubs?



**From the Editor:** I thank you for the privilege of representing and informing our Palomar District Clubs to improve our community service! Thank you for sending

\* articles about your club activities and flyers for events and fundraisers.

\* articles from your newsletters – *or I can extract articles if you put me on your newsletter emailing list!*



*Palomar District Federation is a proud member of  
California Federation of Women's Clubs and General Federation of Women's Clubs.*



**CFWC Celebrates**  
119 years of Federation  
in 2019  
[cfwc1@hotmail.com](mailto:cfwc1@hotmail.com)  
"CFWC Keeping Up With The Times"

**GFWC celebrates**  
129 years of Federation  
in 2019  
[GFWC@GFWC.org](mailto:GFWC@GFWC.org)



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