



The Telescope

SUMMER 2022

ROSALIA ZAMORA
EDITOR

District President's Message—Nancy B Jones



Welcome to our new year! And thank you to all of our Club Presidents who will lead us in an amazing year of service and fun! I just attended the CFWC Summer Board meeting in San Ramon (love the redwoods!) and shared this District President's report:

My District President's theme for the year is "**Growing and Grinning with GFWC.**" Everyone - please give me a smile. And now - give me a grin. What an amazing difference!! - I can't help but

chuckle! We support our Federation and enjoy our projects and volunteering in our communities. Our smiles and grins reflect that enjoyment.

Our Palomar District Focus: In January while I was sorting through our Clubs' narrative reports to prepare for judging, I noted that very few had reported volunteer hours and donations for Affiliates. This prompted me to take a close look at the list of Affiliates - and I noted that most of the Affiliates on that statistical sheet are **projects for children.**

So I decided to focus on **Advocates for Children** for my term as District President. Our District and clubs can learn about and support the Affiliates. When our CFWC Madame President Barbara Briley Beard shared that her focus will be **Advocates for Children** - I knew we were on the right track.

The first project was **Prevent Child Abuse America.** In March, our WC Vista ladies made blue pinwheels while I shared about this group's work supporting kids and strengthening families - BEFORE abuse happens. Our ladies were proud of their pinwheels! We'll be making pinwheels at our District Federation meeting in September.

(continued on page 2)

SAVE THE DATE
Board of Directors
Meeting

Sept 27, 2022
10:00 AM

Hosted by the
JULIAN WOMAN'S
CLUB

Make reservations
through your club.

Lunch: \$15

Details to follow!

ALL MEMBERS
ARE WELCOME!

Share the Good News with Club Members!

If any of your current or new members wish to sign up for District news, please forward this link to sign up:

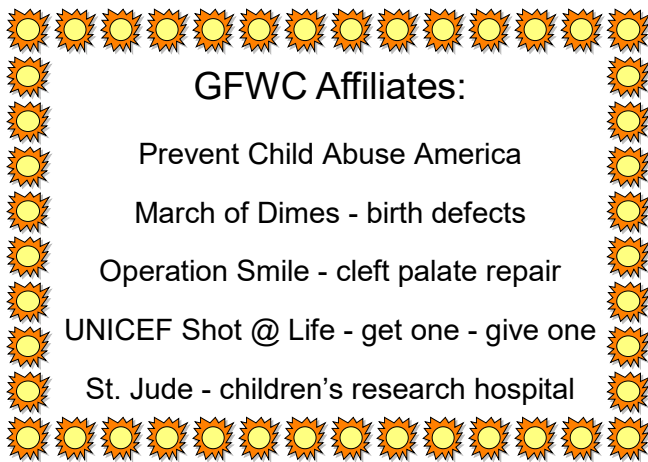
<https://gfwcpalomardistrict.us18.list-manage.com/subscribe?u=0cc0b202fdf6d86e5399f7f3e&id=176d4856a7>

I shared about Affiliates with our District Program VPs Bev York and Joye Davisson and they will be the focus for our programs for this term!

Next on the list of Affiliates was **March of Dimes**. Haven't you heard about that your whole life? When I asked around, I loved the stories of dime collections to support polio vaccinations. So I did the research, and noted how -- over the years since 1938 -- the organization has moved beyond polio to prevention of birth defects and infant mortality, research and support of rubella vaccinations, and today - supporting families with babies in NICU - neonatal intensive care units. So save your dimes and we will have an actual **March of Dimes** at our January District meeting and share about this great program.

And there are more Affiliates to come. That's why I chose "**Affiliates for Children**" as my focus for Palomar District Federation for this term.

More to learn. More to share. More understanding of our Federation projects. AND more grins as we volunteer and make a difference in our communities.



GFWC Affiliates:

- Prevent Child Abuse America
- March of Dimes - birth defects
- Operation Smile - cleft palate repair
- UNICEF Shot @ Life - get one - give one
- St. Jude - children's research hospital



*Growing and Grinning
with GFWC!*

→→ **Courtesy Announcement** →→

Dear Honor Flight San Diego Friends & Supporters:

Thank you so very much for your continued support for our Honor Flight San Diego Veterans! Each and every Mail Call card and birthday card is so appreciated by our Veterans!!

Our next flight is scheduled for **September 30, 2022**, and we will again need HUNDREDS of Mail Call cards and letters for our deserving Veterans. Honor Flight San Diego will be taking our first flight of Vietnam Veterans, the Navy HAL-3 Seawolves, to Washington, D.C. Honor Flight has selected this extraordinary and unique group to be our first flight of Vietnam Veterans. The Seawolves are the most decorated Navy Squadron in the Vietnam War, and in all of Naval Aviation History. They were commissioned in Vietnam and decommissioned in Vietnam. They were formed in support of Naval Special Warfare operations and the Mobile Riverine Forces during the Vietnam War. No squadron flew more day and night missions, more combat missions, or earned more awards or recognition. They flew over 78,000 missions, accumulated over 131,000 flight hours and flew out 1,530 medical evacuations. **If you know of any Seawolves** – please get them to sign up for the flight on our website – www.honorflightsandiego.org. If you have any questions, contact me any time!

Donna Hester
Honor Flight San Diego Mail Call
(619) 985-9729 donna@thehesters.com



1st VP Dean of Chairmen—Rose Teding

It's Never Too Early for Narrative Writing

I can't believe it's already August and I have narrative writing on my mind!

place? Was it successful? What worked and what didn't work? Details are important!

Why is it important to write narratives for our clubs? The purpose of writing narratives is to document activities and to receive credit for all the work we do.

When we write narratives, we document the history of our club activities and contributions. Club members can use narratives as references for future projects and fundraisers that contribute to worthy causes. It is recommended that narratives are written as soon as possible while they are still fresh in our minds so as not to leave out any details.

When writing narratives, we ask questions such as: What was the project about? Why did the club choose the project? Who did it benefit? Who and how many participated? When and where did it take



SAVE THE DATE

We will be having narrative training on Tuesday, November 15, 2022 at the Woman's Club of Oceanside, located at 1606 Missouri Avenue in Oceanside.

Narrative training will follow shortly after the Executive Board meeting, which starts at 10:00 a.m. We are offering lunch at \$15 per person. The menu is TBD. Please contact me for lunch reservations or for more information about the narrative training.

Happy narrative writing and see you in November.



2nd VP Membership—Sherry Lutes



Hello Fellow Members,

Summer is a great time for recruitment and orientations.

Does your community have a newspaper? Let everyone know what the women's club is about. What activities do you do, where does the money go that you raise? Share the history of your club. Be sure to share on social media also.

Now that you have new members, be sure to offer training. Orientation can involve all members because we all forget some of our bylaws and club rules. Make it a fun time.

I will be sharing ideas for recruitment, retention, and orientations throughout the year.

Any questions or suggestions, be sure to give me a call at (619) 504-3508 or send me an email at sherrylutes.palomardistrict@gmail.com.



Environment—Leslee Tipping, Chairman

“The Environment”

Woman’s Club members are the most committed ladies and active members of our communities. Each individual woman and each individual club have varied interests with regard to our “environment” – the need is great and the options to participate are many. In this first of four articles about “the environment” I thought we’d take start at the lowest common denominator, our own personal relationship with the environment in our homes, our daily life and then move into our communities, our state, our country, and our world. What are we each doing on a very individual basis to improve our environment in each of these areas?

Today, lets review areas that we can all use help with. There are now the “Five R’s” – reduce, reuse, repair, recycle and rot.” We have become a ‘throw-away’ society. We throw away most things before we even think to fix it or repair it – from household items, to clothes, shoes and everything in between. The five “R’s” are important. This is the first in a series of articles that I will share with you. **Be watching for my next article in the September issue of *The Telescope* on “How to Declutter Your HOME!”**

Also for our next article, I’d like to submit a list of all the activities that our clubs are participating in with regard to the Environment. Let’s share the tremendous knowledge that our various clubs have and move up to tackling the environment on the “community level”. Please submit your ideas and lists. ftipping@gmail.com

THE FIVE R'S: REDUCE, REUSE, REPAIR, RECYCLE – AND ‘ROT’ ([Disposal & Recycling Service, Monterey CA](#))



Reduce - Don’t create waste if you don’t have to.

Save up to thousands of bottles and cans per year - use refillable bottles instead of buying single use beverage containers

Copy documents on both sides of the paper instead of single-sided copying

Use cloth at stores and just say NO to paper AND plastic

Check out the new reusable ‘paper towels’; never buy paper towels again

Reuse - Reuse any material or product you can before you give it away or recycle it.

Binders, manila folders, and mailing envelopes

Share gently used clothing and toys your children have outgrown with friends and family

Clothing, toys, and gardening implements can be donated to thrift stores

Repair - Fix stuff before tossing it and buying new.

Think twice before throwing things away – look for repair shops that are popping up all over

Buy a knife sharpener and revive those tired knives

Buy furniture and products that last and fix or re-finish them to give them a new look

Sharpen gardening implements...a sharpened shovel or hoe makes life so much easier, we don’t need a new one; lets just fix up what we have

Recycle -If you absolutely cannot do something else with your stuff, find a way to recycle it.

Buy in bulk to eliminate excess packaging that needs to be recycled

Recycle your bottles and cans at a local buyback center and get your deposit of 5 and 10 cents returned on your single-use bottles and cans

Get off all the junk mail lists you are on – read below for some great suggestions

Rot- compost - Kitchen scraps and yard trimmings are too valuable to bury in landfills

Compost makes great soil. There are many great articles on the internet that can help you learn how to compost

(continued on page 5)

In each residential trash cart destined for the landfill, approximately 40% of it is food, and it is bulky and heavy— Households that compost can save money on monthly disposal fees by reducing the size of their trash container to a smaller size!

ELIMINATE JUNK MAIL (eco-cycle)

Choose the mail you want and stop the junk you don't

Your name, address, and buying habits are a commodity that are regularly sold and traded on the open market. These days, virtually all organizations you deal with sell your name unless you specifically ask them to stop. It is impossible to eliminate all the "Junk Mail," but you can substantially reduce the amount of junk mail you receive. Junk mail may seem as inevitable as death and taxes, but with a little patience there are effective ways to tackle the problem. About 20 minutes investment now will clear the junk for between two and five years.

General techniques: Preventing junk mail and unwanted phone calls

Whenever you donate money, order a product or service, or fill out a warranty card, write in large letters, **"Please do not sell my name or address."** Most organizations will properly mark your name in the computer.

Product warranty cards are often used to collect information on your habits and income, for the sole purpose of targeting direct mail. They are not required in most situations - avoid sending them.

On the telephone, ask **"Please mark my account so that my name is not traded or sold to other companies."**

Your credit card company probably sells your name the most often -- keep reading their mailers for the proper way to "opt out" of their information sharing programs.

"Contests" where you fill in a little entry blank are almost always fishing expeditions for names. If you fill one out at a football game, for example, expect to get a catalog of football merchandise within a few months. Avoid these if you don't want the mail.

When a retail clerk asks for your telephone number in order to complete your purchase, remember you have the right to politely say, **"I'm sorry, I do not give out my telephone number."** Don't worry, they will still take your money. If the clerk is having trouble completing the transaction, suggest they use the telephone number 000-000-0000. This usually helps them get past the mental roadblock of not being able to enter a number.

To stop specific types of unwanted paper mail

The amount of paper junk mail sent each year in the USA is staggering -- some 4 million tons, nearly half of which is never opened. **There is a lot you can do to reduce the cost to the environment and your own time:**

First class mail: Cross out the address and bar code, circle the first-class postage and write **"Refused: Return to Sender."** Drop in any mailbox; it will be returned to the sender.

Bulk mail: The post office throws away bulk mail it can't deliver, so returning it does no good. Bulk mail is the hardest to deal with because the USPS actively provides addresses, support, and encouragement to mailers. However, if "address correction requested" is written on the label: circle **"address correction requested"** and treat like first class mail.

Remove your name from mailing lists at <http://www.dmachoice.org>. It can take up to 90 days for the flow to stop since many mailings are already in print or production. Please note: there is now a small fee of \$2 to unsubscribe through DMA Choice.

Credit Offers: The major credit agencies all sell aggregate credit information to any bidder. Direct mail and credit companies generate mail based on demographics including zip code, income band and credit payment patterns. Stopping this is easy. You just need your address, former address within two years, and social security number. One call does it all for agencies like Equifax, Trans Union, Experian and Innovis. Dial 1-888-5 OPTOUT (or 1-888-567-8688) 24 hours a day.

Catalogs: Call the company's toll-free number and have the label handy. Write your instructions on the mailing label and fax it to the company. Mark "ATTN: customer service." Tear off the label, write your instructions on it, and enclose in the postage-paid ordering envelope. Mark envelope "ATTN: customer service." This method is the least effective. *(continued on page 6)*

Publisher's Clearinghouse Sweepstakes: You can get the Clearinghouse to stop clogging your mailbox by contacting customer service at 1-800-645-9242 (8:30 am to 8:30 EST), sending a fax to 1-800-453-0272, mailing to *101 Channel Drive, Port Washington, NY 11050*, or you can send an email to topch@ant.net. PCH will remove any number of names from a specific address, but you have to list each name exactly and insist nicely.

American Family Sweepstakes: Ed McMahon and Dick Clark will stop telling you, "You have definitely won 11 million dollars (maybe)" if you call them at 1-800-237-2400. AFP is a division of Time-Warner.

Local business & supermarket fliers: All mailings must be identified, by postal regulations. Each loose-leaf bundle of fliers, by postal regulations, must be delivered at the same time as an address card. Locate this address card; the cards usually have an advertisement and a photograph of a missing child. You may need to call directory assistance to get the phone number of the sender. Specific senders are:

ADVO (Mail comes with pictures of missing children). Call 1-860-285-6100 to get off the list. You may have to send a postcard to "ADVO Consumer Assistance, POBox 249, Windsor CT 06095-4176"; Val-Pak Coupons: click the link and copy your mailing label. Call 1-800-67-TARGET to get off the list.

Most senders are professional companies which will handle your request politely. "ADVO Mailbox Values" and "Harte Hanks Potpourri" are the most common of these mailers. Your local supermarket's monthly coupon books may be handled by these companies, so be sure to specify if you want to continue to receive those. Your letter carrier is accustomed to giving each house a bundle, so you may also need to inform him or her of your action separately. The post office is prohibited by law from delivering undressed mail, so you should have little trouble convincing the carrier.

Too much junk to deal with individually: Start by sending a postcard or letter to Mail Preference Service, Direct Marketing Association, PO Box 643, Carmel, NY 15012-0643. Include your complete name, address, zip code and a request to "activate the preference service." For up to five years, this will stop mail from all member organizations that you have not specifically ordered products from.

The Direct Marketing Association estimates that listing with their mail preference service will stop 75% of all national mailings. They process 50,000 requests a month and requests are kept active for five years. If you fill out the post office change of address form, the DMA will track the new address (you'll get a few months of mailings to the new address before they catch up to you). It can take up to six months for your request to be fully processed. You can also opt-out online, but they charge \$5. The best way is to fill out their online form, then mail them a printout.

Valpak- Valpak Ave. N., St. Petersburg, FL 33716 1-727-399-3000
<https://www.valpak.com/coupons/show/maillinglistsuppression>

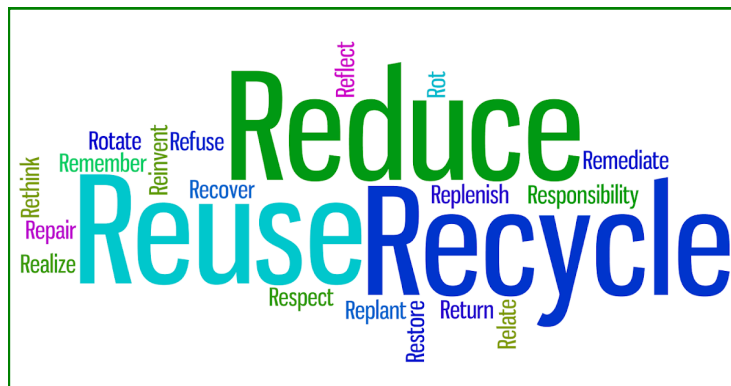
Have the Valpak mailing label handy and fill in your information exactly as it is printed. If you like coupons but don't want to receive all that mail, go to www.valpak.com to choose and print coupons by geo-location.

Valassis Direct Mail, Inc, Consumer Assistance, PO Box 249, Windsor , CT 06095800-437-0479, 8:30-5:00 EST

Unsubscribe from RetailMeNot publication: <https://www.retailmenot.com/everyday/unsubscribe>

Epsilon Data Services - Abacus Cooperative Databases: abacusoptout@epsilon.com

Send an email with "remove" in the subject line and your full name, including middle initial, and address in the message. If you changed your address over the past six months, include your previous address as well.



CFWC AREA D



SAVE THE DATE

Area D Conference

Vroom on your Broom

Saturday, October 22, 2022

Shadowridge Golf Club

1980 Gateway Drive ♦ Vista, CA 92081

All Areas and Members Welcome

Club and Meeting Information

STARS OF PALOMAR (Affiliate Club for past and current club/district presidents)

Organized 1958 Federated 1958

Meeting Day/Hour: 3rd Tuesday, 11:00 AM (Oct, Dec, Feb, May); Location: Zoom

BONSALL WOMAN'S CLUB (intermediate club)

Organized 1980 Federated 1980 Members: 65

Meeting Day/Hour: 1st Thursday, 10:00 AM; Meeting Location: Bonsall Community Center

CARLSBAD, WOMAN'S CLUB OF (Intermediate club)

Organized 1925 Federated 1925 Members: 69

Meeting Day/Hour: 2nd Wednesday, 6:45 PM; Clubhouse: 3320 Monroe St, Carlsbad 92008

FALLBROOK WOMAN'S CLUB (intermediate club)

Organized 1907 Federated 1910 Members: 51

Meeting Day/Hour: 2nd Tuesday, 10:00 AM; Clubhouse: 238 W. Mission Road, Fallbrook

GFWC CONTEMPORARY WOMEN OF NORTH COUNTY (CWONC) (medium club)

Organized 1985 Federated 1985 Members: 33

Meeting Day/Hour: 2nd Monday, 6:30 PM; Location: Zoom (www.CWONC.org)

GFWC INLAND VALLEY FEDERATED WOMEN'S CLUB (small club)

Organized 2000 Federated 2001 Members: 6

Meeting Day/Hour: day, time and location varies (Sept, Nov, Jan, Mar, June)

JULIAN WOMAN'S CLUB (intermediate club)

Organized 1926 Federated 1928 Members: 41

Meeting Day/Hour: 1st Wednesday, 1:00 PM; Clubhouse: 2607 C Street, Julian

OCEANSIDE, WOMAN'S CLUB OF (medium club)

Organized 1918 Federated 1920 Members: 25

Meeting Day/Hour: 1st Thursday, 10:00 AM; Clubhouse: 1606 Missouri Avenue, Oceanside

POWAY WOMAN'S CLUB (small club)

Organized 1960 Federated 1960 Members: 11

Meeting Day/Hour: 2nd Tuesday, 10:00 AM; Location: Porter House Great Room, Old Poway Park

VALLEY CENTER WOMEN'S CLUB (small club)

Organized 1987 Federated 1988 Members: 3

Meeting Day/Hour: 1st Thursday, 10:00 AM; Location: Check with club president

WOMAN'S CLUB OF VISTA GFWC (small club)

Organized 1916 Federated 1925 Members: 16

Meeting Day/Hour: 2nd Wednesday, 11:45 AM; Location: Shadowridge Golf Club