



Palomar District Federation, CFWC

The Telescope

JANUARY 2023

ROSALIA ZAMORA
EDITOR

District President's Message—Nancy B Jones



To our Wonderful Federation Sisters:

Best Wishes for a Happy New Year 2023! We are grateful for your dedication and kindness, your energy and enthusiasm.

Notes from Nancy B

Welcome to 2023! We are back at work and busy in our communities! It's time to report about all the projects and events that your clubs accomplished in 2022. We are saddened to receive the resignation of our Dean Rose Teding and wish her a return to health.

So ... **all narrative reports and statistics are due to Palomar President Nancy B Jones** by January 24, 2023 (see Dean's article). We look forward to reading your exciting narrative reports including all your hours and donations. All clubs are required to submit their Statistical Report form to maintain your 501 (c)(3) non-profit status. All narratives and statistics will be turned in to the District, not to CFWC. That's my job!

Our Palomar District **Board of Directors** meeting on January 24 will be hosted by our Federation sisters at Fallbrook Woman's Club. Be sure your club's delegates attend - lunch reservations are due January 15th. Bring your donations for our March of Dimes program (see Programs article). Thank you for covering your Club Assignments for the January 24 meeting:

- * Morning Goodies: Oceanside and Poway (working with host club)
- * Raffle baskets (for our fundraiser): Bonsall, Carlsbad, Julian, Valley Center, and Vista.

Besides our 1st Vice-President Dean position, we still have Palomar District Chair **positions open**: Advocates for Children, Civic Engagement & Outreach, Amenities & Protocol - please say YES!



Thank you to Elizabeth Franciscus from the Vista Club who is stepping up to be Palomar's **LEADS** workshop participant for 2023. She will attend the CFWC Board meeting in Milpitas at the end of February and be available to share her experiences with our District clubs.

All members are welcome to attend the **CFWC Convention** May 17-20 "Child at Heart" in Santa Ana. Convention this year promises to be fun and it's here in Southern California! You can come for a day or stay for two days. I'll never forget my first state Convention - we work with so many amazing, creative, and energetic ladies and their clubs! Come and catch our Federation spirit!



I really enjoy supporting your club fundraisers and events! I am available to attend your club meetings if invited.

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>



1st VP Dean of Chairmen – Rose Teding

It's been a busy, exciting 2022 "Growing and Grinning" with President Nancy B. Jones and all District Members. After several years of isolation due to covid, on-site meetings have been established and for the most part, everyone seems to be comfortable and back in the routine of things. So, let's get 2023 started because there's a lot going on!

Mark your calendars for the Board of Directors Meeting coming up on Tuesday, January 24, 2023. The meeting starts at 10 a.m. at the Fallbrook Woman's Clubhouse located at 238 W Mission Rd. in Fallbrook. Please make your reservation through your club by Wednesday, January 15, 2023. Cost is \$15 per person, pay at the door. No shows will be charged to the club.

I am sorry to say that due to medical issues, I am resigning as 1st VP Dean of Chairmen so this will be my last article in the newsletter as Dean of Chairmen.

Narrative writing is under way! The process of telling your club stories is a wonderful way to record and share to members and future members about who you are and what you do as a club. Have fun with it! If you are unsure "Where to Report" your project, an extensive list can be found here: https://www.cfwc.org/wp-content/uploads/Where_To_Report.pdf

Statistical Forms, Narratives and Affiliate Data Forms deadline must be emailed to **President Nancy B Jones** by January 24, 2023. All District Officers and Program Area/Advancement Chairs need to submit their District narratives (include hours and donations) to Nancy asap (by January 17, 2023). This will allow her to organize and add the headings before the January 24, 2023 deadline.

If you have not already sent Nancy the name of your judging coordinator for your club, please do so. She will be forwarding narratives to District clubs Judging Coordinators by Tuesday, January 31, 2023 along with scoring forms and judging criteria. On Tuesday, February 28, 2023, judging results are due back to her.

The UPDATED DISTRICT YEARBOOK is posted on the website: gfwcpalomardistrict.org.
Please pay particular attention to pages 14 and 15 of the yearbook.

A Note of Cheer for the NEW YEAR! Our CFWC Area D Vice-President Lynne Youngstrom gifted us these beautiful flowers to thank ALL of our Palomar ladies for making our Conference on October 22, 2022, a rousing success!



GFWC's weekly e-newsletter keeps clubwomen and friends up-to-date on all the latest GFWC programs, projects, and issues. To receive News & Notes, sign up through the Member Portal. (see page 8)

Contact GFWC@GFWC.org for questions.





Co-3rd VP Programs— Bev York and Joye Davisson



PROGRAM FOR JANUARY BOARD OF DIRECTORS MEETING

1938: What do Teflon, ballpoint pens, nylon, Superman Comics, “God Bless America”, seeing eye dogs, discovery of oil in Saudi Arabia, the minimum wage law and the March of Dimes all have in common? They all came to national attention in 1938. All are still relevant today as they were 85 years ago, but working with you at our meeting January 24, we’ll focus on just one: the March of Dimes.

We ask that each of our 10 clubs decorate a shoebox with an opening in the top to hold the dimes, dollars (and checks) that your members will bring to your January club meeting and bring this box to the Board of Directors meeting, to donate to the March of Dimes on behalf of new mothers and their babies. We’ll march around the room together and donate our members’ dimes and dollars to this great cause, just as Americans have done for the past 8 decades. We’ll also ask a member from each club to be part of a presentation on the history and achievements of the March of Dimes since 1938.

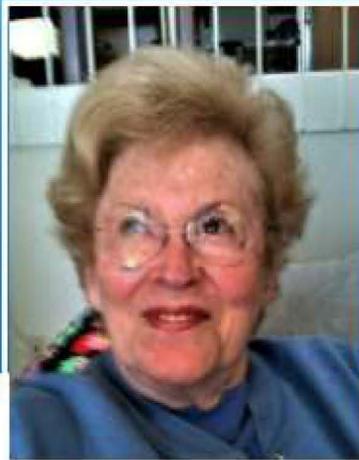
The March of Dimes was established January 3, 1938, by President Franklin D. Roosevelt to fight polio, then believed the cause of the President’s paralysis. It was felt that even children could afford to give a dime apiece at school to find a cure. The name “March of Dimes” was coined by entertainer Eddie Cantor, “The March of Dimes will enable all persons, even the children, to show our President that they are with him in this battle against this disease. Nearly everyone can send in a dime or several dimes. However, it only takes 10 dimes to make a dollar, and if a million people send only 1 dime, the total will be \$100,000.00.” In 1938, raising \$100,000 for any cause was unheard of.

Donors received a lapel pin, and by the end of January \$268,000 had been collected, in the worst year of the Depression. We hope to raise \$1000 from our clubs. That’s a lot of dimes. And no lapel pin. Let’s see how close we can come to that goal!

After the Salk vaccine was perfected in the mid-1950’s and essentially eradicated polio, the March of Dimes expanded its focus and is now the March of Dimes Foundation, a non-profit with the slogan “Healthy Moms, Strong Babies”. Every 12 hours, a woman dies from pregnancy-related causes, and 1 in 10 babies is born prematurely. For every \$500 we raise, we’ll help 5 families with a tiny infant in a Neonatal Intensive Care Unit nursery struggling to live; for \$1000 raised, we can provide 4 moms-to-be health care through their pregnancy or help 10 families with an infant in NICU.

We hope every member in each of our 10 clubs will join our fight for healthy moms and to end infant mortality by supporting the March of Dimes in our January drive. As women, as mothers, and as grandmothers, it’s a fight close to our hearts, and one we can win.





Sylvia Hirschberg

December 21, 1924 - October 05, 2022

Sylvia Hirschberg, was our amazing and beloved mentor, and guide for the Junior Woman's Club for many years, continuing as we became members of the Woman's Club of Carlsbad.

Sylvia was born in Ashtabula, Ohio on December 21, 1924. She moved to California in 1942 and has resided in Carlsbad since 1969. Preceding her death was her husband Walter J. Hirschberg and her daughter Marianne Hirschberg. She is survived by her son Jim, granddaughter Beverly, daughter-in-law Jodi and grandsons Bryce and Barret.

Sylvia served 11 years as a Girl Scout leader. She was President of the PTA at both Kittridge Elementary school and Madison Junior High School and received the honorary Life Membership Service Award.

She served as President of the following: Carlsbad-Oceanside Art league, Woman's Club of Carlsbad, CFWC Palomar District 2000-2002, California Federation of Women's Clubs State Itinerary Chairman, member of the Emeritus Club, Stars of Palomar, serving 27 years as General Junior Coordinator for the Carlsbad Junior Woman's Club. She was a member of the Spot Liters performing group since 1974, Carlsbad Friends of the Library, Country Friends, Inc. She was named 1990 Woman of the Year by the Carlsbad Woman's Club.

Sylvia received the "Dove" award from the ARC in San Diego County, and 1996 Junior-General Coordinator of the year from the California State Junior membership. She served as President of the North County Concert Association Auxiliary and was the music Scholarship Chairman.

Sylvia is remembered with love and gratitude.

Communications and Public Relations/Social Media—Sonja Hults

Sonja has served as the CFWC Facebook Chairman for six years and now is serving as the CFWC Communications Chairman. She is currently in the role of Palomar District Social Media Chairman.

Unfortunately, she recently had to go back to work and cannot attend the Palomar District Meetings. She would like to offer Palomar District members a series of workshops on Saturdays through May of 2023. There is so much to learn, and she would like to share what she has learned with you. Come and jump in as we all get a chance to get our clubs up and running in the world of social media.

(Topics may change with what the district needs to learn.)

Non Profit Social Media Workshops in 2023.

Please join us as we discuss:

Social Media: What should we use as a Non Profit

Canva: What a time saver

Using a Social Media Calendar

Linkedin; Let's Dive In and Make it work!

Sonja Hults

CFWC Communications Chairman



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

Zoom Workshops on Non Profit Social Media

A SERIES OF FOUR ONE HOUR WORKSHOPS

February 11 at 1 pm

March 4 at 1 pm

April 1 at 1 pm

May 6 at 1 pm

Zoom Codes:

ID:846 2849 8435

PW: 2023



Sonja Hults

cfwcsonjahults@gmail.com



Palomar District Art Show



Essay

Sewing

Fine Art

Paintings in any medium, sculpture -- anything enjoyed for its aesthetic values.

Photography

Crafts

Anything else - anything, practical or not! It can be woven or stitched, carved; jewelry, blown glass, painted bottles, "trash to treasure", pottery, baskets. If you invented a genre, bring it! We want a wide range of art -- and it's art if you made it!

You don't have to paint like Da Vinci!!!

This will be a show.

There will be no awards.

New entries please.

Entry form is required.

April 25, 2023
California Center
for the Arts, Escondido

Palomar District Art Show
Palomar District Convention
California Center for the Arts, Escondido
April 25, 2023

This will be a non awards show.

Entries should not have been shown before at any Palomar District meeting.

Entries can have been formed in any time period.

Use this form for each entry.

Form must be returned by April 1, 2023.

Please print

Name _____ Club _____

Email address _____ Phone _____

Description of entry; size, medium, etc. _____

Form must be returned by April 1, 2023.

Return to sherrylutes.palomardistrict@gmail.com

or

PO Box 482, Julian 92036

Federation News

QuickBytes is CFWC's weekly e-newsletter, published regularly on Mondays. All members are encouraged to sign up to receive *QuickBytes* directly via email. <https://www.cfwc.org/publications/quickbytes/#signup>



GFWC Women's History Resource Center— Carolyné “Doc” Hensel, Chairman

I have a very exciting project that clubs in Palomar District can participate! It's all about each club's history and maintaining important historical records. Some clubs have clubhouses, some do not, but ALL clubs are important. Let me work with you in sharing how you can accomplish this goal. Stand by—You'll hear from me soon!

What's In a Name? By the 2022-2024 GFWC Bylaws Committee

Over the next several months, the GFWC Bylaws Committee will be sharing information about the nine basic bylaws articles as found in *Robert's Rules of Order Newly Revised, 12th edition* (RONR). We emphasize that we are not attorneys and state statutes may differ and do have precedence.

Most often, the first article is the name of the organization. If a club or Federation has a constitution separate from the bylaws or has a corporate charter, this article can be omitted as the official name will be listed in those. However, since most members refer to the bylaws more often, most put the official name in both documents. The official name is that which is found in the superior document (charter or articles of incorporation or constitution).

The full, exact, and properly punctuated name should be given in the article. If the organization is also known by an abbreviation of the name, that should be included, as well. For example, “The name of this Society shall be the GFWC Always of Service to the Community Club, hereafter referred to as the GFWC Service Club.” If the group is incorporated, the term “doing business as” may be substituted for “hereafter referred to” or “also known as.”

Be sure the name is spelled correctly. Is it “Woman” or “Women”? Is there an apostrophe, slash, or hyphen? “GFWC” or “General Federation of Women's Clubs” should be in the name (GFWC Bylaw Article IV. Constituent Divisions. Section 4.1. Names “The constituent divisions of GFWC should include General Federation of Women's Clubs or GFWC in their name to show their relationship to the international organization”). It is realized there are some entities within GFWC that are chartered or incorporated without “GFWC” in the name and do not wish to attempt legal name changes. The bylaws can be amended to include an “also known as” or “doing business as” clause without affecting the legal name of the entity.

How do I sign up to use the GFWC Member Portal?

You must be a dues-paying member of GFWC.

If you have not already signed up, go to this website: <https://gfwc.users.membersuite.com/auth/portal-login>

At the bottom of the page, click on “Sign Up.” (Need an account? Sign Up)

GFWC: Have you signed up for the Legislative Action Center (LAC) yet? The LAC platform has been changed to “VOTER VOICE.” Please go to <https://www.votervoicenet/GFWC/home> and enter your contact information. Signup now to get the latest legislative information from GFWC.

Stars of Palomar Woman's Club

Stars will meet on Tuesday, February 21, at 11AM at The Broken Yolk Cafe in San Marcos.

Order from the menu; each pays own.

For membership information or to RSVP:

Myrna Binford (760) 728-6393.

All current club presidents and past presidents are invited!



(left-right) Myrna Binford, Pat Harvey, Sylvia Buesch, Carolyné "Doc" Hensel, Judie Erickson, Rosalia Zamora, Joye Davisson, Barbara Lerma, Rose Teding (not shown, Judy Pantazo-President)



Education and Libraries—Diane Trappen, Chairman

PROJECT IDEAS:

- Organize a Read Across America event in **March** during National Reading Month. Consult their website for suggested books, event ideas, and promotional materials: <https://www.nea.org/professional-excellence/student-engagement/read-across-america>

- Create nooks for reading at welfare offices, health departments, doctor clinics, shelters, children's hospitals, laundromats, and other places children might visit, and stock them with a variety of books. Add a club sticker with the message, "If you read a story while you wait, the less time it will take."

- Provide books for a VA hospital or Veteran's home, a local nursing home, a Habitat for Humanity home, or other places where books would be a special treat.

- Celebrate Children's Book Day/Día de los Niños on **April 30**. Donate books in English and Spanish to local Head Start programs.

- Promote DEAR (Drop Everything and Read) Day by posting photos on social media of community leaders, such as the Mayor, police chief, and your club president with their nose in a book. DEAR Day, celebrated on **April 12**, reminds families to make reading a priority in their lives by setting aside at least 30 minutes that day to enjoy books together.



2nd VP Membership—Sherry Lutes

Happy New Year!

Where did the year go!!! Don't we say this every year? Well, according to sources, "Our perception of time is inherently linked to how much time we have already lived; i.e., the older you get the more memories and experiences you have to draw on." So I guess my memories and experiences must be plentiful!!!

As we start this new year and make resolutions, I plan on doing a better job with my membership responsibilities. I plan to have more personal contact with each membership chair. I hope each of you have made a resolution to help your club.

May this be the best year,
Sherry Lutes
sherrylutes.palomardistrict@gmail.com

Itinerary—Joye and Bev

A reminder to all program chairmen. The Palomar District and the CFWC officers and chairmen are willing to come to your club and give a program. You can touch base with the desired speaker to determine availability. Then, you must request itinerary for state officers and chairmen so they can be reimbursed. Contact Joye at joyead@cox.net to get the itinerary process going.



Inspiration—Joye Davisson

WAYS TO START THE NEW YEAR ON A POSITIVE NOTE

- ☑ *Make a Commitment to Improving Your Life and Your Relationships*
- ☑ *Assess Your Overall Satisfaction with Life*
- ☑ *Strive to Achieve the Proper Work (volunteer)- Life Balance*
- ☑ *Vow to Improve Your Relationships with Friends and Loved Ones*
- ☑ *Start the New Year with a Fresh Outlook on Life*

(Excerpted from Mary Shull, Licensed Therapist)





Environment—Leslee Tipping

Environmental News – Projects, Ideas, Concepts – New and Repeats

So many of our clubs are champions, filled with committed women who do service in ALL areas. In our first two articles we discussed our “Personal Environment” – are you taking care of your own personal environment? Do you take time to relax, do you pray or meditate every day, are you ultra-concerned about your own health and that of your family? Next, we moved on to our personal physical environment - declutter our homes, pass along items you don't need, donate and give away; are we recycling, are our homes peaceful or cluttered?

Now, let's move on to our communities. Our community and planetary environment are more than a background: it's our home. We are committed to caring for it. It would be silly to think that I could offer our clubs any ideas that they have not thought of, or are not actually doing – our woman's clubs are incredible. However, I tried to find a few new ideas that could inspire us to look in additional directions to see how we can help our environment as a club.

EPA – United States Environmental Protections Agency

This government site is fantastic, lots and lots of great ideas. The following three areas I feel support our club activities.

Healthy Watersheds Projects in Your State and Region

<https://www.epa.gov/hwp/healthy-watersheds-projects-your-state-and-region>

Community Service Environmental Project Ideas for Students and Educators

<https://www.epa.gov/students/community-service-environmental-project-ideas-students-and-educators>

Volunteer for Change: A Guide to Environmental Community Service

<https://nepis.epa.gov/Exe/ZyNET.exe/10000M63.txt?ZyActionD=ZyDocument&Client=EPA&Index=2000%20Thru%202005&Docs=&Query=&Time=&EndTime=&SearchMethod=1&TocRestrict=n&Toc=&TocEn-try=&QField=&QFieldYear=&QFieldMonth=&QFieldDay=&UseQField=&IntQFieldOp=0&ExtQFieldOp=0&XmlQuery=&File=D%3A%5CZYFILES%5CINDEX%20DATA%5C00THRU05%5CTXT%5C00000003%5C10000M63.txt&User=ANONYMOUS&Password=anonymous&SortMethod=h%7C&MaximumDocuments=1&FuzzyDegree=0&ImageQuality=r75g8/r75g8/x150y150g16/i425&Display=hpfr&DefSeek-Page=x&SearchBack=ZyActionL&Back=ZyActionS&BackDesc=Results%20page&MaximumPages=1&ZyEntry=1>

Here are some other environmental service project ideas that you and your club can do to help sustainably protect and restore our environment and improve the well-being of all communities.

Beginner Environmental Projects Ideas

- **Plant trees.** Consult your local environmental authorities to determine the type and number of trees needed, as well as the location for planting.
- Meet monthly and **clean up** beach, community space or roadside area as a club.
- Hold an environment-themed **photo contest** at a local school. Reward the winner with a tree planted in their honor or another green form of recognition.

Challenge your membership to **add at least one green habit** to their daily lives. Inspire others by sharing your actions on social media. Habits might include:

Using a reusable water bottle or coffee mug rather than disposable products.
Changing to energy-saving light bulbs.
Setting a time limit for your shower to reduce water consumption.

- Develop a **green Living Tip Sheet** and share it electronically with members of your club, community, or network.
- **Recognize a local organization** or community leader for their efforts in environmental conservation.
- Volunteer with your local park service to **maintain trails**. You will help more people access and enjoy nature.
- **Collect used cellphones** and donate them to individuals in need or organizations that help those that need our unused cell phones.

Intermediate Environmental Projects Ideas

- Lead an after-school **nature walk** for young students. Encourage them to make observations and ask questions, then have them draw a picture of their experience afterwards.
- Host a virtual watch party of an **environmental film** or documentary.
- Work with city officials to paint **“no dumping” signs** near road drainage areas.
- Identify where to **recycle toxic items** and share/advertise its schedule of collection campaigns.
- Organize an **environmental mural competition**. Paint the winner’s artwork in an appropriate area to beautify your community and promote environmental awareness.
- Host a community **recycling drive** where people donate gently used items or trash to support local charity organizations.

Advanced Environmental Projects Ideas

- Develop a demonstration garden or landscaping plot using **native plant species** to encourage restoration of the local natural habitat and water conservation.
- Sponsor a training program for small farmers on how to make and use **organic fertilizers and pesticides**.
- Produce **monthly nature program** on the local public radio station. Feature environmental topics of interest, interview environmental activists in your community and promote Lions environmental projects.
- Host **public debate** on controversial environmental issues in your community. Share the results with government officials.
- Partner with a local carpenter (or DIY tutorial) to build a **rain barrel**. Then, hold training with community members to promote using barrels for watering and irrigation.
- Organize an **alternative transportation** incentive program in your community to encourage walking, biking, public transportation, and carpooling.
- Work with local schools to develop **school gardens** and composting programs to improve the quality of school meals and reduce waste.

60 Ways to Better Your Community

<https://www.signupgenius.com/nonprofit/community-service-project-ideas.cfm>

Ideas for Community Service Projects: How Can I Help?

Whether it’s reconstructing a playground, visiting an elderly home, or clearing trash from a nearby creek, a community service project is an excellent way to bring about change on a small, intimate level. But before grabbing the work gloves, make sure that your project has a specific focus. Here are some ideas to help get the project started.

Neighborhood Enhancement

1. Help people paint and repair their homes.
2. Volunteer to clean up trash around the neighborhood.
3. Create a mural that depicts the values of your community.
4. Set up an environmental art exhibit at a local business, sell the creations, and use the money to fund a cause in your community.
5. Collect supplies for persons who have been victims of a fire or other disaster.
6. Plant a community garden.
7. Organize a campaign to raise money for new playground equipment or reconstruct the playground yourself.
8. Share your skills! Volunteer to teach a class at a community center.
9. When fall comes around, distribute leaf bags, and offer to assist neighbors with raking their yards.
10. Campaign for additional lighting along poorly lit streets.

Special Needs

11. Volunteer at a Special Olympics event.
12. Work with kids who have special needs on an art project.
13. Set up a buddy system with the special needs program at your school.
14. Raise money to purchase Braille books, large print books or other needed materials for the special needs program at a local school or community center.
15. Make gifts with friends for kids in the hospital. Distribute Valentines, Halloween candy, or Christmas treats/toys.
16. Build a ramp for a person in a wheelchair to make their house more accessible.
17. Volunteer to read books or newspapers to those who are visually impaired.
18. Visit a local care center to learn more about those with special needs and ask how you can help.
19. Recruit some friends or a class to help set up a library at a children's hospital.
20. Create a pamphlet that includes helpful tips concerning the respect of and interaction with people who have special needs.

Senior Citizens

21. Adopt a "grand-friend". Write them letters, call them, and visit often.
22. Gather friends and create a "shop squad" to pick up groceries and medicine for the elderly.
23. Deliver meals to homebound individuals.
24. Gather family and friends and organize a summer songfest or play to perform at a nursing home.
25. For the holidays, go caroling, bring (easy-to-eat) treats, or just go and visit senior citizens.
26. Offer to read to people.
27. Provide your local nursing home or library with more large-print books.
28. Teach a senior how to use a computer or the Internet.
29. Call up elderly people who live alone to check if they need anything.
30. Volunteer to do general home maintenance for a senior citizen.

Homeless and/or Hungry

31. Help cook/serve meals at a homeless shelter.
32. Throw a birthday party for children who are homeless at a local shelter.
33. Organize a free, public nutrition awareness campaign.
34. Gather combs, toothbrushes, shampoo, razors, etc. to make "I Care" kits for people who are homeless.
35. Take children who are homeless on outings to a movie, zoo, or other fun location.
36. Hold a book drive and donate the proceeds to the shelter, and then hold a read-a-thon or give a class on basic reading skills.
37. Donate art supplies to the local shelter.
38. Offer to repair or alter clothes for people who are homeless.
39. Campaign to create a nursery in your local shelter or help maintain an existing one.
40. Always keep a few granola bars on hand to hand out when needed.

Animals

41. Volunteer at your local animal shelter.
42. Gather newspapers and give them to a local animal shelter.
43. Learn about raising and training a pet to give to a disabled person and consider whether it is an option for you and your family.
44. Visit and volunteer at a local aviary, zoo, or wild animal rehabilitation center.
45. Organize community dog wash and donate the proceeds to organizations that aid animals.
46. Locate homes and shelters for abandoned pets.
47. Start a Chow Drive for the community to donate food and toys to a local shelter.
48. Offer dog-walking services to those who can't (or won't) give their pets the proper amount of exercise.
49. Take pictures or videos of pets that are in the pound and use them when organizing a supplies drive.
50. Adopt a pet! Or, if this is not an option, volunteer to become a temporary foster parent for a pet in the pound.

Environment

51. Clean up trash from a local outdoor space.
52. Organize a hike or nature walk with friends and bring bags to collect trash along the trails.
53. Have fun creating homemade paper out of used paper with friends (It's easy, fun, and green!)
54. Grow your own vegetables, fruits, and herbs in an organic garden, and encourage others to do the same.
55. Instead of using the car, choose the healthy route and bike to your next location. Burn energy, not gasoline!
56. Choose a family "energy watchdog" to shut off lights, television, and dripping sinks when not in use.
57. Switch your current Internet home page to an energy-saving one, such as Google's "Blackle", and turn down the computer screen brightness level as well. (It's unhealthy for both the environment and your eyes.)
58. Create a children's nature garden. Create a path, label plants and trees, and schedule guided tours.
59. Purchase recycled products as opposed to generic ones.
60. When buying food or drinks of any kind, it is better to stick to a large jug or tub as opposed to a collection of individually packaged goods.

As you put on those work gloves, keep in mind that we appreciate your efforts to change the world, one step at a time! The Federated Woman's Clubs are on the move and making a difference one city at a time, one county at a time, one district at a time, one state at a time – the whole country . . . – WE MAKE A DIFFERENCE. I am so very grateful to be a part of this organization; thank you to all you magnificent women.





Palomar District Federation, CFWC

65TH ANNUAL CONVENTION
TUESDAY, **APRIL 25**, 2023

California Center for the Arts,
Escondido

Details to follow

WANTED: District Chairman for (1) Crafts Contest, (2) Photography Contest, (3) Writing Contest, and (4) Young Musician's Contest!

In the meantime, here's a message from the CFWC Photography and Writing Contests Chair ...

Dear GFWC California District Presidents, Arts & Culture Chair, and Creative Writing and Photography Contest Chairwomen,

Creative Writing and Photography is always a great outlet for passion, anxiety, and stress-relief. It allows you to dig deep and document your thoughts and feelings, see things in a new way, and connect with others. We got through another year of the pandemic and we did it with enthusiasm, patience, flexibility, and grace. Last year, we received entries from 10 of our districts. We are looking forward to receiving entries from all 18 districts this year!

DEADLINES (Please note these are the deadlines for your District Chair to submit them to the State. Your district deadlines will be earlier. Please contact your district directly).

WRITING CONTEST DEADLINE TO CFWC: Wednesday, March 1, 2023

PHOTOGRAPHY CONTEST DEADLINE TO CFWC: Monday, April 17, 2023

The entire contest packet is attached, including all required forms.* The pdf forms are fillable, electronically. For convenience, I've also attached each individual form, separately, along with a photo label template in Word format. (*Visit cfwc.org for these forms)

NOTE: Presidents, please forward to your relevant chairwomen. If an Arts or Contest chairwoman was not listed in the yearbook, they will not receive this message directly.

Sincerely,

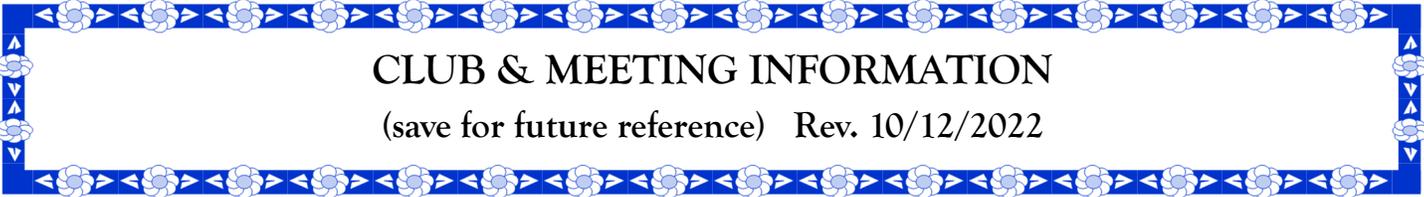
Olma M. O'Neill
Chair, CFWC Photography and Writing Contests
P.O. Box 681, Pescadero, CA 94060
olma.oneill@gmail.com | 650-580-7018



CFWC Convention Art Show

NOTE: There will be NO art show/competition at the 2023 CFWC convention.

**We WILL have an "Art Show" at the
Palomar District Convention on April 25th at the
California Center for the Arts, Escondido!
See pages 6 and 7**



CLUB & MEETING INFORMATION

(save for future reference) Rev. 10/12/2022

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

Organized 1958 Federated 1958 Members: 13

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

BONSALL WOMAN'S CLUB (intermediate club)

Organized 1980 Federated 1980 Members: 65

Meeting Day/Hour: 1st Friday, 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: 56

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

GFWC CONTEMPORARY WOMEN OF NORTH COUNTY (CWONC) (intermediate 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: 42

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: 23

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 or 6:30 PM; 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: 20

Meeting Day/Hour: 2nd Wednesday, 10:00 AM; Location: Alta Vista Gardens, Vista