



Palomar District Federation, CFWC

The Telescope

MARCH 2023

ROSALIA ZAMORA
EDITOR

Members of the California Federation of Women's Clubs and
The General Federation of Women's Clubs



Notes from President Nancy B ...

We are MARCHing forward!

I was proud to represent Palomar at the CFWC Board meeting at the end of February. Here are my (edited) remarks:

In other news - our Palomar District worked with Area D Vice President Lynne Youngstrom and hosted a very successful and fun Area D Conference in October. We even forwarded a profit of \$1,361 for CFWC!

Our District membership is up 12% since last July 31 - so we're GROWING and GRINNING!

We celebrated GFWC Affiliate March of Dimes in January - it was so fun! Yes, we marched - to 30's music! - and we raised almost \$800!

We're eager to learn more about GFWC Affiliate Shot@Life at Convention - please collect donations at your club meetings in April. **A donation of \$25 to Shot@Life will provide childhood vaccinations to protect a child for life!** Please collect donations and bring a check from your club - then you'll know your total to report on the Affiliate Data Form in December.

We are GROWING and GRINNING!

Now we need to find a worthy member to volunteer to take on the District Dean position - we're looking! And we're still GRINNING!



*Growing and Grinning
with GFWC!*

(Please see next page)

Greetings to Madame CFWC President and Board,

The deadline for narratives is looming so what do you do? You GRIN! And you get to work! Congratulations to our Palomar clubs for finishing your narratives and statistics and filing them electronically again this year. Our District officers also wrote narratives and turned in their hours.

At our Dropbox appointment five days later, we proudly posted our 67 narratives, 11 statistics, and 5 affiliate data forms. We're so proud of our clubs and the fantastic, ambitious - let me repeat that - fantastic, ambitious, and meaningful projects you reported this year!

Two days after Dropbox, we sent out the judging of the narratives. Our members pitched in and conveyed the scores back to the District by the deadline at the end of February. Now we eagerly await our 65th District Convention on April 25 and the announcement of winners in program categories and club sizes.

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=0cc0b202fd6d86e5399f7f3e&id=176d4856a7>

Shot@Life aims to ensure that children around the world have access to lifesaving vaccines.

shot@life



Shot@Life **OUR WORK**

Shot@Life is a grassroots advocacy campaign of the United Nations Foundation that champions global childhood immunization.

We rally members of the public, members of Congress, businesses, and civil society partners — through public education, grassroots advocacy, and fundraising — to support and invest in the global childhood immunization programs of UNICEF, World Health Organization, and Gavi, the Vaccine Alliance.

Shot@Life has CHAMPIONS - over 3,600 core grassroots advocates and thousands of supporters in all 50 states who strive to decrease vaccine-preventable childhood deaths.

They strive to give every child a shot at life no matter where they live.



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



PROGRAMS

March of Dimes Success!

Thanks to you, our March of Dimes campaign in January was very successful! We just forwarded to Jes Wade, March of Dimes Manager for the San Diego market, and a check for \$778.73, representing the total donations by our District clubs in support of March of Dimes' work on behalf of healthier babies, pregnant women and new moms. Thank you for helping make this happen – everybody wins when we all work together!



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Continued from page 3
January Board of Directors Meeting



Pinwheel Garden at the Convention

April is Prevent Child Abuse Month, and with your help we'll "plant" a Pinwheel Garden at the District Convention April 25 to recognize Alomar's support of Prevent Child Abuse America and their "Pinwheels for Prevention" campaign. Pinwheels are a universal symbol of the childhood innocence we wish for all children, and we're asking you to help make enough pinwheels to fill our garden, which PCA America calls "Growing a Better Tomorrow for All Children, Together."

Photos of the garden will be shared with CFWC, GFWC and the Prevent Child Abuse America organization so lots of colorful pinwheels will be very welcome! We made pinwheels at the September Board of Directors meeting in Julian and learned how fast and easy it is (5 minutes, tops). No engineering skills are needed, just willing hands and a few "ingredients" – 8.5"x8.5" construction paper squares push pins, scissors, and sharpened pencils with erasers. Your grandchildren can help you make pinwheels!

If your club wants to make all the pinwheels in one color as a club "signature," that's great – please let Joye or me know so that other clubs will choose a different color. If you want to make multi-colored ones, please do. You can add your club's name on each one if you wish. *Also, if your club would like to contribute to Prevent Child Abuse America, please make a check payable to Palomar District and we'll write one check to forward to PCA America. We made a small donation to them after the September meeting, but another donation would be helpful and very welcome. Thank you!*

HOW TO MAKE A PINWHEEL: (Or Google "How to make a pinwheel" for illustrated steps.)

1. Lay a construction paper square flat on the table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the 2 lines cross and punch a small hole through it with the pencil point.
3. Cut along each line, stopping about 1" from the hole in the center.
4. Use the pin to punch a hole in the top left corner of each of the 4 vanes. No 2 holes should be next to each other.
5. Pick up a vane at a punched corner and carefully curve it over to the center hole; secure it with the pin.
6. Repeat with the other 3 vanes.
7. When all 4 vanes are secured by the pin, carefully lift the pinwheel without letting a vane unfurl.
8. Lay the pencil flat on the table and carefully push the point of the pin into the side of the eraser.
9. The pinwheel is complete and ready to go! Pick it up near the pencil point and let it catch the wind!



Dear GFWC Member,

The [Spring 2023](#) issue of the *GFWC Clubwoman Magazine* is now available for download. It can be downloaded through the Digital Resource Library in the [GFWC Member Portal](#) under "C" in the "Clubwoman" folder.

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





Education and Libraries—Diane Trappen, Chairman

PROJECT IDEAS:

- 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.
- Plan a pajama and book drive for Pajama Program, an organization that promotes and supports a comforting bedtime routine for all children to help them thrive. Visit the Pajama Program website for information on contributing pajamas and/or books, fundraising, and volunteering.
- Support local English as a Second Language (ESL) programs by tutoring students and/or funding their classes or materials.
- Plan or sponsor a "Books Alive" program for your community by bringing a favorite children's book to life as a play or puppet show.

Robert's Rules of Order Newly Revised (RONR) and Meetings

By Diane Addante, RP, GFWC Parliamentarian

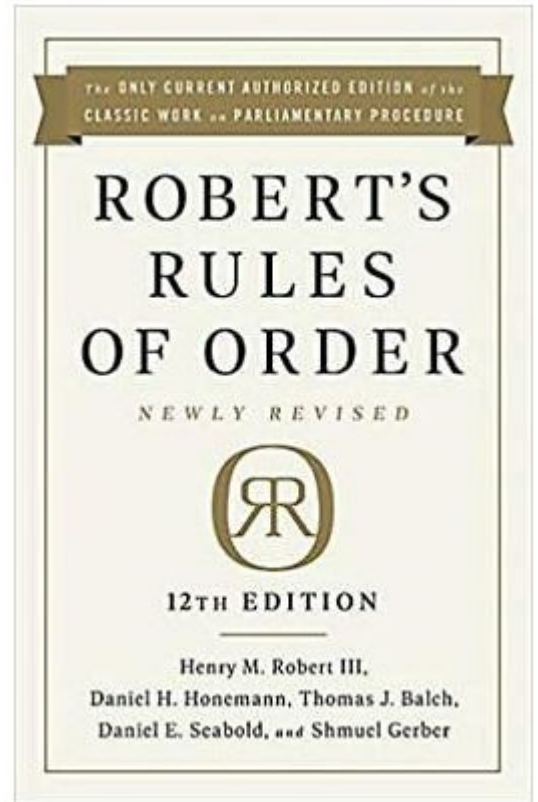
We are all familiar with meetings! If you meet on a regular schedule, that should be in your Bylaws; for example, “*First Wednesday of the month, September through June.*” A Standing Rule should fix the place and time of your meetings.

Business not completed at the end of a meeting may be carried over to the next regular meeting as “*Unfinished Business.*” If planning to consider that business beyond the next regular meeting, RONR suggests referring the topic back to the committee for a future report. Saving anything beyond the next meeting is discouraged.

Special Meeting: A special meeting is called when something arises between regular meetings requiring action, or if a session is needed for particular matters. Special meetings can only be called if authorized by the bylaws or the assembly. This authorization should state by whom the meeting may be called and how much notice must be given beforehand. Generally, the only business at a special meeting should be that for which it was called. RONR specifies how to determine notice: Unless otherwise stated in bylaws, the number of days is computed by counting all calendar days, excluding the day of the meeting, but including the day the notice was sent.

Adjourned Meeting: This is a continuation of the previous regular or special meeting. It is scheduled for a particular time and place by the assembly’s “*adjourning until*” that time and place. This allows a club to complete its work at a convenient time before the next regular meeting. This is accomplished by moving to “*fix the time to which to adjourn*” or to “*adjourn until the specified time.*” The adjourned meeting resumes at the point where the order of business was interrupted, except that the minutes of the preceding meeting are read first.

RONR (12th ed.) 9:1-19



The **UPDATED DISTRICT YEARBOOK** is posted on the website: gfwcpalomardistrict.org.

Please pay particular attention to pages 14 and 15 of the yearbook.



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.



QuickBytes is CFWC’s weekly e-newsletter, published regularly on Mondays. All members are encouraged to sign up to receive *QuickBytes* directly via email.

.cfwc.org/publications/quickbytes/#signup



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

The Women’s History Contest for the Palomar District-Area D-CFWC-GFWC

Our motto is Unity and Diversity. Women who make a difference started as the Sorosis Club. The group met with 61 in attendance. At this meeting, members drafted a constitution and bylaws which were ratified the next year with an approved constitution. Mrs. Phoebe A Hurst (California) was elected to serve as the first Treasurer of the General Federation, March 3, 1901.

There are special historical happenings in our district. Now we have the opportunity to record the outstanding work of our members. What are the club activities and who are the members that make them a success for our clubs and our communities? Which other community groups do your members work with? Who are the women that make the difference in your club? We want to celebrate your club and your members.

Please record your club’s history, enter the contest, and preserve your history for all time!

GFWC Learning Gateway Webinar Series: March 22, April 18, and April 25 Mark Your Calendar

By Jolie Frankfurth, GFWC Second Vice President

When Jane Cunningham Croly was denied entrance to hear Charles Dickens speak in New York City, she formed the first women’s club, Sorosis — meaning a “*centre of unity*” that had neither a charitable nor socio-economic purpose but sought what she termed the “*collective elevation and advancement of women.*” As women’s clubs began forming across the country, they became a center of educational encouragement and a sort of college for women who wanted to learn.

To celebrate Women’s History Month, GFWC invites you to participate in the **GFWC Learning Gateway** webinar series to learn directly from the 2022-2024 GFWC Honorary Chairmen. The first three offerings include Signature Program Honorary Chairman Monika Johnson Hostler, President of the National Alliance to End Sexual Violence; Juniors’ Special Program Chairman Stephenie Foster, Speaker, Author, Women’s Advocate, and Co-Founder of Smash Strategies; Health and Wellness Chairman Nagi Kumar, Ph.D. Director of Cancer Chemoprevention at Moffitt Cancer Center.

Visit the [GFWC Member Portal](#) to register today.

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.org/GFWC/home> and enter your contact information. Signup now to get the latest legislative information from GFWC.



*Growing and Grinning
with GFWC!*

PALOMAR DISTRICT FEDERATION, CFWC

SAVE THE DATE FOR THE 65TH ANNUAL DISTRICT CONVENTION

MEMBERS AND GUESTS ARE WELCOME!

Tuesday, April 25, 2023

Registration Opens 9:00 a.m.

Processional 9:50 a.m. Call to Order 10:00 a.m.

California Center for the Arts, Escondido (Salon 1)

Make reservations through your club.

Deadline: April 15

\$43 includes registration, morning social, lunch, goodie bag and door prizes

Menu: Parmesan Chicken or Grilled Vegetable Stack

Choice of dessert: Chocolate Mousse or Fruit Cup

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



Stars of Palomar Woman's Club

Stars will meet on **Tuesday, MAY 16, at 11AM at The Hamburger Factory** in Poway.

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!

THE FALLBROOK WOMAN'S CLUB PRESENTS
The Carriage Players
In

MURDER ON THE MENU

By Bill Hand

Two Performances:

Friday, April 28, 2023	Dinner Show	6:00 pm
Saturday, April 29, 2023	Luncheon	11:30 am

Ticket Price \$35

CHRIST THE KING LUTHERAN CHURCH FELLOWSHIP HALL
1620 S Stage Coach Ln, Fallbrook

Reservations: Linda Lovett
lalovett111@icloud.com or 310 569-1905
All proceeds support philanthropic and scholarship programs

 *Woman's Club of Carlsbad*

FIRST ANNUAL

B I N G O

FUNDRAISER

EVERYONE IS INVITED TO JOIN - BRING A FRIEND

Admission \$25 to play.
Includes Food, Wine & FUN!
Pre-Purchase recommended

Wednesday, March 22
Doors open at 6:15 pm
First Bingo called at 7:00 pm

3320 Monroe Street, Carlsbad 

For more information, contact Genevieve Black
at pamperedchefgen@gmail.com

Help our Club raise funds for much-needed repairs for our clubhouse and parking lot



CLUB & MEETING INFORMATION

(save for future reference) Rev. 01/19/2023

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: Civic Center, San Marcos

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