



Palomar District Federation, CFWC

The Telescope

MAY 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 ...

2022: YEAR IN REVIEW

share with ALL our members.

It is a privilege to work with our dedicated and talented Board and clubs! You ARE amazing ladies and wonderful friends in Federation! I cherish the connections and progress that we have made in this last year - what a team! And ... Yes, we're STILL GROWING and GRINNING with GFWC!

Thank you to our Club Presidents for GROWing their memberships - from 328 members to 370 (by the end of December). We hope that number grows even more with the new dues submissions.

Thank you to our members for your hours of dedication to Federation - organizing events, supporting your communities with so many hours of volunteer time, and awarding scholarships!

This year's statistics for projects, hours, donations, and in-kind donations for our clubs and District are AMAZING! That really makes me GRIN!

My year was full of meetings, emails and phone calls, a 50-year pin recognition ceremony, and visits to your club fundraisers - craft sales, holiday teas, and a mystery play.

The meetings included CFWC Board meetings in July, September, and February, traveling to Northern California and Orange County to represent Palomar District.

Our monthly District meetings and committee meetings on Zoom kept things moving forward.

We hosted the CFWC Area D Conference in October with all hands on deck. The program was informative and the raffles were amazing - and the event was a successful fundraiser for CFWC. Yay Team Palomar!

For my President's project Affiliates for Children, we made pinwheels for Prevent Child Abuse America in September up in Julian (and made more for today). We marched and collected almost \$800 for March of Dimes in January and learned about this program that has been around for 85 years.

At Convention, we heard about Shot@Life and donated \$399 to help protect children for life with vaccinations.

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*Growing and Grinning
with GFWC!*

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>

And then there was the opportunity to cover the Dean's position when our Dean resigned due to health issues. We collected 75 narratives, 12 Statistical Reports, and 6 Affiliate Data Forms in January. Right on time, we dropped them into DropBox with CFWC - and hope for some awards at the upcoming state Convention. Then, we distributed the narratives to you all for judging, and you returned your results on time at the end of February. Our fun awards for narratives were printed up thanks to Linda Lovett, and the list of winners is in this edition of The Telescope newsletter.

Now, we are grateful to Bev York for stepping up to serve as District Dean for the remainder of this term - and she will handle all the narratives process next year!

A BIG THANK YOU to our Convention Committee under our Chairman Rosalia Zamora, with Bev York, Sherry Lutes, Pam Hermansader, Joye Davisson, Jan Imonti, and Judy Pantazo pulling our wonderful Convention together for April 25th. Each of these ladies took on duties that melded into an amazing event! THANK YOU, TEAM PALOMAR!

As I shared with you last year ---

****** The object of this Palomar District Federation:**

Unite - we are united with a common purpose - service!

Promote leadership and Offer training

Recognize accomplishments of clubs - today and every day!

Promote CFWC and GFWC programs and charitable, education, and service programs

Promote and support attendance and training at all levels of Federation

Thank you for attending this year's Convention, and keep up the GREAT WORK!

So, I encourage you again as I did last year ...

Wear a smile, ladies, or even a GRIN! and keep on volunteering and making a difference!



2022 PALOMAR CLUBS AND DISTRICT				
	Projects	Hours	Don	In-Kind
CSP'S	183	13,063	\$80,784	\$101,865
Advancement, Fund-raising, WHRC	400	35,329	\$204,099	\$315
ESO	14 hours	26 books		
	Donated to Affiliates			
Canine Companions	\$900			
Heifer	\$410			
March of Dimes	\$20			
St Jude	\$20			
UNICEF	\$20			
	\$1,370			

PALOMAR DISTRICT FEDERATION, CFWC
Awards for 2022 Narratives



**GFWC SIGNATURE PROGRAM:
 DOMESTIC & SEXUAL VIOLENCE
 AWARENESS & PREVENTION**

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

GFWC SPEC PROG: ADVOCATES FOR CHILDREN

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

CSP: ARTS & CULTURE

Small Poway Woman's Club
Medium Woman's Club of Oceanside
Intermediate Bonsall Woman's Club

CSP: CIVIC ENGAGEMENT & OUTREACH

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Fallbrook Woman's Club

CSP: EDUCATION & LIBRARIES

Small Poway Woman's Club
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

CSP: ENVIRONMENT

Small Poway Woman's Club
Medium Woman's Club of Oceanside
Intermediate Bonsall Woman's Club

CSP: HEALTH & WELLNESS

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

Compiled March 1, 2023

ADV: COMMUNICATIONS & PUBLIC RELATIONS

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Bonsall Woman's Club

ADV: LEADERSHIP

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

ADV: MEMBERSHIP

Small Woman's Club of Vista
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

ADV: FUNDRAISING & DEVELOPMENT

Small Poway Woman's Club
Medium Woman's Club of Oceanside
Intermediate Woman's Club of Carlsbad

WOMEN'S HISTORY & RESEARCH CENTER

Small NONE
Medium Woman's Club of Oceanside
Intermediate NONE

NO LARGE clubs in the District this year
NO entries for Legislation/Public Policy.

Rationale:

This year, Palomar District narratives were judged by District clubs of non-competing club sizes, one of the alternatives listed in our District Bylaws.

Palomar Narratives Chair Nancy B Jones collected all 67 narratives by email, sorted them out to be judged by non-competing club sizes, and emailed them to the Judging Coordinators for the clubs.

Club Judging Coordinators shared narratives, instructions, and scorecards with judges who are members of their clubs.

The Coordinators collected and forwarded results from the judges to Narratives Chair Nancy B Jones.

This is the list of winners which will be announced at our District Convention in April.

Dear Members of the CFWC Palomar District Women’s Club,

It is with great pleasure that I write to you today as a recipient of the Hazel Erickson Teaching Scholarship.

To tell you all a little about me, I am 18 years old, and currently continuing my education at Palomar College. As a young girl, I was always fascinated by the idea of teaching. I loved nothing more than sharing my knowledge with others and helping them to understand complex concepts. However, as I grew older, I began to doubt whether I was truly capable of achieving my dream. I faced many obstacles along the way, but through it all, I never lost sight of my passion for teaching. I pushed through the challenges, knowing that my love of education and desire to make a positive impact in the world would carry me through. And today, I stand before you as a proud recipient of this scholarship, proof that hard work and determination truly do pay off.



Claudia Farrell

This scholarship is more than just financial assistance to me. It represents the recognition of my hard work and the validation of my dreams. It has given me the confidence to continue pursuing my goals and has shown me that there are people out there who believe in me and support me on my journey.

I am deeply grateful to the Palomar District Women’s club for selecting me as a recipient and I pledge to use this scholarship to its fullest potential, to learn as much as I can, and to give back to my community through teaching.

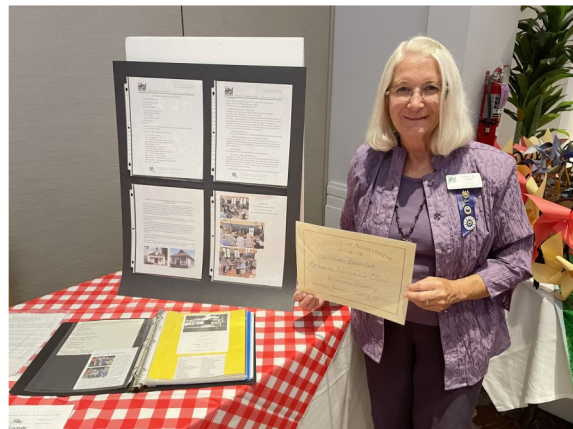
Once again, thank you for this incredible honor. I am proud to be a part of this community and to share my passion with others.

In appreciation,
Claudia Farrell



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

CONGRATULATIONS
To the BONSALL WOMAN’S CLUB
Winner of the District Club History Contest!



Bonsall Woman’s Club received the Women’s History & Resource Center Award, accepted by President Mary Jo Pfaff.

65th Annual District Convention April 25, 2023

Club Presidents were asked to submit any photos they would like included in The Telescope. Thank you to Mary Jane Poulter, Linda Lovett, Liz Franciscus, and Rosalia Zamora for the photos!



Opportunity Prizes -
Thank you to all the clubs!

The Art Show



Entertainment:
Elle O'Connell



Program:
Shot@Life
Jenesca William



Members of the Fallbrook Woman's Club Attending the Convention



More Opportunity Prizes

Thank you to The Art Show Participants:

- Bev York
- Debby Weiner
- Diane Jansen
- Linda Lovett
- Liz Franciscus
- Nancy B Jones
- Roxann Clouse
- Sharon Drucker
- Sherry Lutes

Thank you to the Vendors:

- Bernadette Carvalho, Cards & Crafts
- Claire Hoffmann, The House of Claire
- Leslee Mosley, Touchstone Crystal Jewelry
- Nancy Okun, Mosaics by Nancy
- Pam Hermansader, Palomar District Fundraising
- Pauline Goldstein, Pegboard Highway
- Sharon Drucker & Kate Kemp,
Stampin' Up & Cards Plus & Kate's Creations
- Susan Prior, Beaded Designs



Members of the Bonsall Woman's Club (from left)
 Bev York, Mary Jo Pfaff, Sydne Gilbert and Mary Jane Poulter



Bonsall Woman's Club received the Communications and Public Relations Award, accepted by Web Administrator Marleen DuBona and Communications and Public Relations Chairman Patty Merriam.

—Save the Dates—

August 2023

8/24-8/27 GFWC Western States Region Conference @ Eagle Crest Resort, Redmond, Oregon

September 2023

9/15 – 9/16 CFWC Fall Board Meeting @ TBD (South)

October 2023 *Note: Members can attend any or all Area conferences.*

- 10/7 Area B Conference @ TBD
- 10/14 Area C Conference @ TBD
- 10/21 Area D Conference @ TBD**
- 10/28 Area A Conference @ TBD

February 2024

- 2/15 2023 Club/District Reports due to CFWC
- 2/23- 2/24 CFWC Winter Board Meeting + LEADS Seminar @ TBD (North)

April 2024

- 4/23 **Palomar District 66th Annual Convention (details to follow)**
- 4/24 GFWC Federation Day

May 2024

5/16 – 5/18 CFWC Annual Convention @ TBD (North)

June 2024

6/29-7/2 GFWC Annual Convention @ Chicago Hilton, Chicago, Illinois



California Federation of Women's Clubs

2023 Convention

May 18-20

Santa Ana, California

GFWC California Federation of Women's Clubs
A member of the General Federation of Women's Clubs International

Award Certificate

Name: Palomar District
Award: Advocates for Children
District: Small District

Barbara Briley Beard
Barbara Briley-Beard
CFWC President

Kelly Davis
Kelly Davis
Chair

GFWC California Federation of Women's Clubs
A member of the General Federation of Women's Clubs International

Award Certificate

Name: Palomar District
Award: Environment
District: Small District

Barbara Briley Beard
Barbara Briley-Beard
CFWC President

Patsy Wilson
Patsy Wilson
Chair

GFWC California Federation of Women's Clubs
A member of the General Federation of Women's Clubs International

Award Certificate

Name: The Woman's Club of Vista
Award: Domestic Violence & Assault Awareness & Prevention
Club Size: Small Club

Barbara Briley Beard
Barbara Briley-Beard
CFWC President

Marcia Willett
Marcia Willett
Chair

GFWC California Federation of Women's Clubs
A member of the General Federation of Women's Clubs International

Award Certificate

Name: Woman's Club of Oceanside, Inc
Award: Health and Wellness
Club Size: Medium Club

Barbara Briley Beard
Barbara Briley-Beard
CFWC President

Lois Fitzhugh
Lois Fitzhugh
Chair

GFWC California Federation of Women's Clubs
A member of the General Federation of Women's Clubs International

Award Certificate

Name: The Woman's Club of Vista
Award: Women's History and Resource Center
Club Size: Small Club

Barbara Briley Beard
Barbara Briley-Beard
CFWC President

Priscilla Bolinder
Priscilla Bolinder
Chair

2022 SMALL DISTRICT AWARD - PALOMAR DISTRICT Advocates for Children (District Narrative, condensed)

Palomar District Federation serves ten CFWC-GFWC Women's Clubs in North San Diego County, from Julian in the east to Oceanside on the west, and from the Riverside County line on the north to Poway in the south. Our ten clubs and one affiliate comprise 328 members, with an Executive Board and District Chairs who encourage projects for their GFWC program areas. We hold three Executive Meetings (on Zoom) and two Board of Directors meetings (in person) each year, fundraisers online, an in-person Report-Writing Workshop, and our annual District Convention with Art Festival was in person! A guest speaker or program is featured at meetings and at the Convention to expand our interests and promote development of district leaders. Our District President's theme for the year is "Growing and Grinning with GFWC!"

PREVENT CHILD ABUSE AMERICA Hours 18 Donated \$32 In Kind \$ 0

Prevent Child Abuse America was a GFWC Affiliate for 2020-2022. So our club members requested making a pinwheel garden to honor and recognize this Affiliate. We all learned about the ways this organization encourages building strong families to help children have a safe and happy childhood and prevent child abuse - with education, in-home support, and by promoting legislation.

Physical, mental, emotional and sexual abuse of children ages 0-17 occurs everywhere in our country and in the world, and in every economic and social class. In the 19th century, no laws protected American children, and until the 1960s it was unthinkable that anyone in the home would hurt a child. Today, we know that 80% of abuse is at the hands of caregivers, family members or friends. All fifty states now have mandatory reporting laws for child abuse. We've come a long way, but not far enough; responding to abuse and neglect of our youngest citizens is not a choice but a responsibility.

Prevent Child Abuse America has effectively raised public awareness of both problems in America: since its founding in 1972, the public's view of child abuse as a serious issue has risen from 10% to 90%. The organization's most identifiable icon is the pinwheel, which they've found people relate to in a positive way; it reminds them of the happy, carefree childhood we wish for all children. "Pinwheels for Prevention" also remind us that we all play a role in the life of every child we encounter; experiences in childhood, both good and bad, stay with the child its entire life.

Saluting both CFWC President Barbara Briley Beard's President's Special Project "Advocates for Children," and our District President Nancy B Jones' President's Project "Affiliates for Children," we chose GFWC Affiliate Prevent Child Abuse America as the focus of our first Board of Directors meeting in September 2022.

During the meeting, we all learned how to make a pinwheel! You can make one, too: Take a square piece of construction paper, use a ruler and pencil to draw lines from one corner to the opposite corner both directions, poke a tiny hole where the lines intersect, cut along the lines almost to the center to create 4 "vaness," poke a tiny hole in the upper left corner of each vane, push a push pin through the hole in the center, bend each vane over and push the pinpoint through the tiny hole in the left corner. When all vanes are secured on the pin, push the pinpoint into the eraser of a sharpened pencil and there you are -- you've just made a pinwheel!

Members in all ten clubs made pinwheels that will be featured in a Pinwheel Garden at the District Convention in April to show CFWC, GFWC and our friends and neighbors in San Diego County that Palomar District supports the work of Prevent Child Abuse America in preventing child abuse and neglect in America, ensuring that all children grow up safe and happy. As we are reminded, "Together, we can prevent child abuse, America Because childhood lasts a lifetime."

GFWC AFFILIATE: MARCH OF DIMES Hours 23 Donated \$0 In Kind \$0

Many of us recall, as schoolchildren, taking our dimes to school for the annual March of Dimes, doing our part to help find a cure for polio. When March of Dimes was founded by President Franklin D. Roosevelt in January 1938, in the worst year of the Depression, polio primarily attacked babies and young children. It was fitting that children be involved in the fight to find a cure, and the name derived from the belief that even schoolchildren could afford to donate a dime. The March of Dimes' support of Dr. Salk's vaccine in the 1950s led to the eradication of polio in America, and their focus shifted to efforts to prevent premature births. Today, as the March of Dimes Foundation is about to celebrate their 85th year, their work and research are dedicated to "Healthy Moms, Strong Babies." We are proud to learn about and support this GFWC Affiliate and help our clubs branch out into this area of Federation that most clubs don't know about.

We have learned from our research into the Foundation as a potential District project, that although it is assumed American pregnant women and newborns live in the safest possible country, it isn't so. The United States is among the most dangerous developed nations in the world for both moms-to-be and babies. Every 12 hours a woman dies from pregnancy-related causes; 1 in 10 babies is born prematurely; 1 in 33 babies is born with a birth defect. The March of Dimes funds research in several areas to reduce these statistics and ensure that all new moms will have safe pregnancies and give their babies a strong, healthy start in life.

We encouraged all our clubs to hold their own "March of Dimes" at their meetings and pool their donations with the other ten clubs in Palomar District to support this vital work and make a difference in the lives of both moms and their babies. We have shared with the clubs the importance of their donations: for every \$500 we raise, we can help five families with a tiny infant in the Neonatal Intensive Care Unit struggling to live, and for \$1000 raised we can help provide four moms with supportive care throughout their pregnancy or help ten families with a tiny one in the NICU during and after their hospital stay. This is a most worthy project for clubs in Palomar District, whose members are women -- most are also mothers and grandmothers -- who share the goals and support the work of the March of Dimes Foundation.

We are looking forward to our District meeting in January which will include sharing our research on the March of Dimes history and focus over the years, and an active march to '30's music to deposit our dimes and club donations for our District support of this long-standing GFWC Affiliate.

2022 SMALL DISTRICT AWARD - PALOMAR DISTRICT Environment (District Narrative, condensed)

Palomar District Federation serves ten CFWC-GFWC Women's Clubs in North San Diego County, from Julian in the east to Oceanside on the west, and from the Riverside County line on the north to Poway in the south. Our ten clubs and one affiliate comprise 328 members, with an Executive Board and District Chairs who encourage projects for their GFWC program areas. We hold three Executive Meetings (on Zoom) and two Board of Directors meetings (in person) each year, fundraisers online, an in-person Report-Writing Workshop, and our annual District Convention with Art Festival was in person! A guest speaker or program is featured at meetings and at the Convention to expand our interests and promote development of district leaders. Our District President's theme for the year is "Growing and Grinning with GFWC!"

A MESSAGE ABOUT MAKEUP - RECYCLE IT! Hours 2 Donated \$0 In Kind \$0

Our Palomar District Environment Chair included a fascinating article on "How to Recycle Makeup" in our January 2022 Newsletter with new ideas and information from cleansd.org. Our members commented that they'd never even thought about doing anything with leftover makeup except throwing it in the trash.

Our Chairwoman shared some suggestions: Rinse out containers and take off the labels before recycling! Reuse brushes in arts and crafts, or use them for dusting small furniture or plants! Old makeup can be crushed into fine powder and added to clear nail polish to create a custom color. This is a fun and creative way to be more sustainable!

REDUCE, REUSE, RECYCLE - COMPOSTING OUR FOOD SCRAPS Hours 2 Donated \$0 In Kind \$0

Our Environment Chairwoman shared in our March District newsletter about mandatory recycling of food scraps. The mantra "Reduce, Reuse, Recycle" now includes kitchen scraps by California law. Produce scraps should not be put in kitchen trash (except meat). This will reduce methane produced in the landfills. Composting is recommended and companies will be providing bins for scraps that will be separate from regular household trash. In rural areas it is easier to put scraps on the land, but that also means animals can eat them or drag them about. In the city, folks should be using a scraps bin or a composter for the garden. The garden will benefit the most. Happy composting!

And the poster with the article reminded us: "RECYCLE cause there is no PLANET B."

WATER FOR PEOPLE Hours 2 Donated \$0 In Kind \$0

The May issue of our District newsletter featured information about Water For People, an international nonprofit founded in 1991 and based in Denver, Colorado. Three men built a program that would bring lasting solutions to the world's water crisis. Having water is a basic necessity that many of us take for granted. Their Vision is a world where every person has access to reliable and safe water and sanitation services. Their Mission is to promote the development of high-quality drinking water and sanitation services, accessible to all, and sustained by strong communities, businesses, and governments. To date, they have helped over 3.6 million people with access to clean water and sanitation services, forever.

WHAT WE CAN DO FOR THE ENVIRONMENT Hours 12 Donated \$ 0 In Kind \$ 0

The Palomar District Newsletter is published four times a year. After sending out the newsletter by email and a few printed copies, the newsletters are posted on the District website for future research and reference. That resource sure makes writing narratives easier!

The Environment Chairwoman in the new term has written three articles for our newsletter. The articles looked at 'our environment' from our personal life outwards: our home, our personal recycling, our junk mail, moving out towards the environment on the local level that our clubs participate in, and outward into the rest of the world. The chairwoman encouraged clubs to share about their environmental projects. She will refer to and share this year's clubs narratives to encourage responsible living and caring for our planet.

In the September 2022 newsletter, her article focused on "How to Declutter Your Home," based on information from The Spruce. First, we need to use sorting baskets as we move through our homes: Put away, Fix/mend, Recycling, Trash, and Donations. Then we can move through every room and space in the house to discard, put most-used items in top drawers, make beds (!), sort through clothing, clear side tables, organize hall closets, clear kitchen counters, organize and use storage spaces. Look closely at everything - put it away or put it in a basket to be handled according to the basket's purpose. This is de-cluttering at the most basic level and can be accomplished quickly, or on a set repeat basis, or over time.

Our members received lots of inspiration from this full article - organizing their personal spaces is good for the environment!

PENNIES FOR PINES Hours 2 Donated \$ 68 In Kind \$ 0

After collecting at our District meetings and Convention in the spring, when we were finally able to meet in person again, on July 26th the Palomar District donated \$68.00 towards Pennies for Pines, which will support the planting of one plantation of trees in a National Forest. We donate to Cleveland National Forest. The donation is dedicated to our District's immediate Past President who served and kept us going through two tough years of the pandemic.

2022 AWARD FOR MEDIUM CLUB
Health and Wellness
Woman's Club of Oceanside (Club Narrative, condensed)

The Woman's Club of Oceanside is located off the I-5 at the Oceanside Blvd. turn off leading to Vine St. up to the top of the hill at 1606 Missouri Avenue on sunny Oceanside. Our club was organized in 1918. Our club members have continued their dedicated work serving the Oceanside community, Palomar District, Area D, CFWC and GFWC. Enhancing the lives of others by volunteering their generous time and donations. We celebrated our 105 years of service this month.

We work closely with community organizations such as the Oceanside Unified School District, Oceanside Public Libraries, Brother Benno's Foundation Woman's Resource Center, Camp Pendleton, Fisher House, Police and Fire Departments, Operation Hope as well as preparing Gifts for Seniors and Baby Baskets for Christmas. Many handmade gifts are knitted, crocheted, or sewn for babies and the elderly. Our club meetings are on the first Thursdays of the month starting at 9:30 a.m. Coffee and treats are served for social mingling and at 10 a.m. the meeting is brought to order. Lunch is provided after our program.

Project Title FINGERLESS GLOVES FOR THE HOMELESS Hours 8 Donated \$ In Kind \$1690.

Woman's Club of Oceanside has organized this on-going project for three years. A neighbor of a WCO member makes the fingerless gloves. She spends 3 hours per set and sells them for \$10.00 a pair. She has the Woman's Club of Oceanside chose the Homeless Programs and delivers the all the extra gloves to the various programs. These gloves are usually distributed between October and February of each year. This year 50 pairs of gloves were given to Bread of Life, a nonprofit helping the homeless in Oceanside.

There were 45 pairs of gloves delivered to the Interfaith Community Homeless Outreach on N. River Road in Oceanside. There were 70 pairs of gloves delivered to the Alpha project in San Diego for their homeless Outreach Program. Two members carried gloves in their cars and handed them out to homeless on the streets in Oceanside.

It was so rewarding to see how they loved these gloves. They were new and beautifully made. All the women's gloves are made with a soft yarn ruffle around the wrists. It is heartwarming and finger warming to pass out new and lovingly made gloves to people who are ignored and rarely get something new. Two members drove to the various locations to deliver the gloves to each non-profit. Miles driven by members 108 miles in kind value \$59.40.

Project Title : STRETCH YOUR STRESS AWAY Hours 180 Donated \$ In Kind \$ _____

Several members of the club participate in Body and Brain Yoga which meets every week with members of the Oceanside community as well as the Woman's Club of Oceanside. We feel it is important to encourage members to stay healthy and up to date on what techniques for healthy living. The goal of the healthy club members is to reach out to the members and community to become more knowledgeable and more health conscious.

Body and Brain is a Korean wellness yoga Practice founded by Ilchi Lee 40 years ago. It has helped millions of people improve their physical health, emotional wellbeing, and spiritual satisfaction. Classes combine a healthy mix of stretching, breath work, martial arts, meditation, and Tai Chi. It focuses on building a mind/body connection through energy and breath. Different stretch poses focus on opening the body's meridian channels and acupuncture points for helping to improve physical health and releasing stored emotions that may be affecting emotional or mental health. Also, at Body and Brain, we like to engage in vibrational dancing which helps release stress and is a lot of fun.

Club members and the public in the community are invited and meet every Wednesday throughout the year. Club members are encouraged to attend to improve their health and flexibility at no cost on a weekly basis. The success is measured by their improved mental and physical health. At the end of each class, participants sit in a circle and share their weekly progress as they sip tea.

Project Title SANTA'S SLEIGH STOPS AT HERITAGE HILLS Hours 210 Donated \$ 150 In Kind \$750

Heritage Hills is a memory care facility that takes the medical/Medicare patients. The Activities Director explained that after just two- or three-months' families don't return to visit their family members who are having memory issues. The old adage out of sight out of mind rings true for these seniors. No one comes to visit. These patients do not have funds to buy personal care items. There is such a need. Woman's Club of Oceanside has prepared, and gifted bags filled to the brim with personal care items for the last three years. This is an annual project although we have gifted senior bags now to a different facility each year. We seek to aid the poorest of the poor memory care patients.

This project gets its fresh breath each October where nursing homes are contacted, needs are listed and printed in our meeting flyers and in the Wave bi-monthly publication and personal emails sent to members to rally the support for this project. Members shop for the items and bring them to the October, November and December meetings. Three members knit and crochet making hats, scarves and fingerless gloves. These are beautiful and all brand new. The chairman and her three main helpers collect the items and store them. In November a listing of everything is prepared and since the gift bags are for 20 women and 10 men each bag must have similar items although colors of socks and slippers and types of after shave and cologne may differ. The chairman goes out and shops for the needed items to complete the bags. The men's bags contain fingerless gloves, 2 pairs of socks, knit hats, knit scarf, after shave, body wash, shampoo, 2 hand soaps, relax or slumber lotion, shampoo, deodorant, shaving cream, lip balm, candies, books, and personal Christmas decoration, and a card. The women receive Scarves, fingerless gloves, homemade Christmas brooches, cologne, two pairs of socks, slippers, Christmas decoration, lip balm, scented

Continued on next page

hand lotion, 2 scented hand soap, body wash, shampoo, conditioner, colognes hand creams and body lotions, candies, nail polish, books, and a personal card.

The in-kind value is understated as the members bring and make and do and don't keep up with their expense in the yarn, or purchases. This value was figured by stating each item valued at a \$1.00. The gloves alone are sold for over \$10.00 a pair; the scarves are sold at the craft fairs for \$12 to \$15. The club budgeted \$100.00 out of general funds for this project and \$50.00 was given to the club for this project.

The bags were so filled; they were packed in 7 banana boxes with notes not to carry the bags by the handle.

This is a worthy project our members enjoy doing as we are all going to be elderly one day and pray others will remember us with a visit or treat.

Our members are so generous and caring. They gave a bag full of nail polish, nail files, hand care products, to the staff to paint the ladies' nails and a huge bag of over 40 picture books and coloring books along with crayons God knows the genericity of these members and these poor elderly patients were blessed with items they need. And colored pencils for the patients to color and look at the books.



2022 AWARD FOR SMALL CLUB Women's History and Research Center The Woman's Club of Vista (Club Narrative, condensed)

Vista is a medium-size suburban city with about 100,000 people located in North County San Diego. The Woman's Club of Vista is a small Club this year, now celebrating 106 years of service. Our Club has been in our GFWC Federation for 97 years. In 2022 our 20 members lived in various North County San Diego cities. Our members are dedicated and determined to work for the betterment of our community. In 2022, Club members reported 4,600 hours working with our community non-profit organizations to which we have donated and focused on personal wellness. The composition of our Club has benefited from recruiting in 2022 – adding nine new members – with a strong, active dynamic. We encourage personal donations and provide speakers, programs, and projects at our meetings which inspire and challenge our members. Our mission is: ***Enriching lives through philanthropy and volunteer service.*** New Club members have stepped up with great enthusiasm and energy to join the Board and committees and are volunteering significant hours to support projects.

WOMAN'S CLUB OF VISTA DAY IN VISTA CA APRIL 13, 2022

Volunteer Hours 3 Dollars Donated \$ 0 In-Kind Donations \$ 0

The Woman's Club of Vista was founded in 1916, and this year we have been celebrating 106 years of service in the community. Our Woman's Club of Vista's birthday month is April, which is also GFWC's Federation Day on April 24, so we have much cause to reminisce every year.

So at our April meeting, we invited Vista's Mayor - who is a member of our club - to celebrate with us. She has served on the City Council for 24 years and has been our Mayor for 12 years; she will be retiring this year. Since her schedule was not open for our meeting, our Deputy Mayor was glad to step up and read our Club history - which we always provide - including starting the first library in town, paying for the first polio shots, carrying out the first curbside recycling, and sponsoring projects at the local Botanical Garden that are enjoyed by our whole City every day! Since our Club sold our clubhouse in 2005, we have donated \$720,000 to 72 non-profit organizations in North County San Diego. Additionally, since 2005, we have awarded more than \$184,000 in scholarships to community college students and high school graduating seniors.

At the end of the history reading, the Deputy Mayor then pulled out a blue Proclamation folder from the City and announced that April 13, 2022 was "The Woman's Club of Vista Day" here in Vista. The Club's history was printed on the proclamation sheet and the certificate for the proclamation was signed by all the members of the City Council, including the Mayor. We cheered, clapped, and accepted the honor. What a significant recognition of our stature in the community expressing appreciation for all of our efforts in Enriching lives through philanthropy and volunteer service.

OUR PAST PRESIDENT LOOKS BACK 2013-2017 - CATCHING THE SPIRIT!

Volunteer Hours 15 Dollars Donated \$ 0 In-Kind Donations \$ 0

After hearing a review of Club's history celebrating 106 years of service in the community, our members have much cause to reminisce. Learning about our Club's history from Past Presidents will inspire new leaders - they share their experiences, both the fun and the challenges, to keep our Club moving forward!

In April this year, we invited our Club's Past Presidents to share highlights of their years leading the Club. And of course they were happy to comply because many of the members present at the meeting were not in the Club in those years: 2013-2017 and 2017-2019. The Past Presidents' speeches were a great way to orient our members about our Club history. A friendly audience, to be sure!

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The Past President from 2013-2017 chose to call her presentation: Reflections on Leadership. This member joined our Vista Club in 2009. She stepped up in 2010 to chair the Club's 95th Birthday with a dedicated committee creating Helping Hands centerpieces, a printed program with our history, a photo display of our past presidents, and a review of our 95 years of service. She has served as Corresponding Secretary and Treasurer, 1st VP-Dean and 2nd VP-Membership for the Club. She helped set annual budgets, organized Donation Days, and celebrated scholarships. She created and maintained the membership roster and saved financial records for our club history. We shared monthly Lunch Bunches and Friendraisers social lunches.

In 2013, this member was elected President of the Club. She attended her first CFWC Convention in Los Angeles as our Club's President-elect - and had such a great time ... she caught the spirit! She realized how important narrative reports are! They are the HISTORY of our CLUB! She chose Growing, Grinning and Giving with GFWC for her theme. She attended her first GFWC Convention in Chandler Arizona, and our Club received an Honorable Mention Award for Club Creativity for Conservation ... with a photo op with the GFWC President!

Taking on a second year as President, this member's theme for the year was Energy, Enthusiasm, Excitement and Effectiveness, and we got to work! Our members ramped up publicity and developed meaningful projects. When the Club President reviewed nine years of financial records and noted that rates on our CD's were below 1%, the Club formed our Finance Committee, heard from 3 Foundations, and chose one for a substantial Club fund based on the stock market.

With the upcoming celebration of the Club's Centennial, this member was re-elected as President and the Club grew with new members. Our Club was Visible, Viable and Vital at 99! The Club opened CD's at credit unions and banks using the rest of the funds from the sale of their clubhouse. Narratives that year reported 11,000 volunteer hours. After working for months, our Committee celebrated our Club's Centennial in April 2016. Our CFWC President, community members, and ladies from our sister clubs loved attending this fun event and celebrating with us. The event was actually a money-maker for scholarships!

When this member took on a fourth year as President, our Club members celebrated that we were Still Strong at 100! Proud to be WCV (The Woman's Club of Vista)! Our members celebrated winning two Club Creativity awards at GFWC Convention for our Conservation and Advocates for Children narratives! Our Club statistics showed that our members worked 12,000 volunteer hours. We ended the year at 38 members strong and we elected a new Club President!

ANOTHER PAST PRESIDENT LOOKS BACK 2017-2019 - FEDERATION IS FUN AND REWARDING!

Volunteer Hours 5 Dollars Donated \$ 0 In-Kind Donations \$ 0

In 2017, our Club elected a member to serve as President who has been in The Woman's Club of Vista Club since 2012. During those years, our Club was strong with lots of dedicated members. She found that this position was fun and rewarding. She is a "people person" and a connector to grow the club and inspire new members to become leaders.

At the Palm Desert GFWC Convention in 2017, our newly-elected Club President was awarded the Heifer HOPE Award in recognition of her love for Heifer, her ingenious cow banks that MOO in the middle of meetings (when fed), and her entertaining narrative. She cherishes that award and the photo taken with the GFWC, CFWC, and GFWC Juniors Presidents and the Heifer International representative.

The following year, our Club celebrated winning CFWC Club Creativity Award for our 2017 narratives for Leadership (Financial Restructuring) and International Outreach (Heifer and work with Girl Scouts).

One of this President's goals was to bring younger people into the club, and we succeeded. With a request from five members, the Night Owls section was started, meeting at night at a local restaurant once a month, after the General meeting. At least ten members, many of whom worked during the day, became Night Owls and initiated projects to benefit the community. Club officers kept the Night Owls connected with the General Club by sharing projects that all members could participate in. One of the Night Owls was a Family Readiness Officer for a Helicopter Marine Light Attack Squadron onboard Camp Pendleton, and the group collected change, donated gifts for families at Christmas, and held a Dream Dinners fundraiser for the squadron's benefit. Our members brought food and helped serve at a Beach Bash for the squadron in the summer of 2017 - a great time was had by all!

To honor women in our community, the Club started their Women of Achievement event in 2019, honoring our distinguished Mayor as Woman of the Year and two other amazing community members. The event was well-attended, including local legislators, and was the start of an annual tradition (until the pandemic stopped it in its tracks in after the 2021 event).

This Past President was happy to share that funds invested in a local community foundation have earned the club a lot of money. And when she handed over the Club's gavel in 2019, she was proud to announce that the Club had 46 members.

Learning our Club's history from Past Presidents will inspire new leaders - they share the fun and the challenges to keep our Club moving forward!



2022 AWARD FOR SMALL CLUB
Domestic and Sexual Violence Awareness and Prevention
The Woman's Club of Vista (Club Narrative, condensed)

Vista is a medium-size suburban city with about 100,000 people located in North County San Diego. The Woman's Club of Vista is a small Club this year, now celebrating 106 years of service. Our Club has been in our GFWC Federation for 97 years. In 2022 our 20 members lived in various North County San Diego cities. Our members are dedicated and determined to work for the betterment of our community. In 2022, Club members reported 4,600 hours working with our community non-profit organizations to which we have donated and focused on personal wellness. The composition of our Club has benefited from recruiting in 2022 – adding nine new members – with a strong, active dynamic. We encourage personal donations and provide speakers, programs, and projects at our meetings which inspire and challenge our members. Our mission is: ***Enriching lives through philanthropy and volunteer service.*** We are a positive force within our community. New Club members have stepped up with great enthusiasm and energy to join the Board and committees and are volunteering significant hours to support projects.

Project Title: Supporting Survivors of Human Trafficking Hours: 82 Donated \$2075 In Kind: \$1393

Two of the members of The Woman's Club of Vista are passionate about the issue of human trafficking in our area. One of these members thought that human trafficking was something that happened in third world countries until about four years ago when she learned that it's prevalent in our own back yard. In addition, her family has been touched, quite sadly by an act of domestic violence. These members have learned about, shared, and gathered donations to support this on-going project in our club.

In order to gain knowledge about this issue, these members have been attending bi-monthly meetings of the North County Anti-Human Trafficking Collaborative. These meetings always include an update on the current Trafficking legislation.

In May, speakers from North County Lifeline's Project LIFE provided statistics and information about how Project Life helps their clients. In addition, Leap to Success (provides empowerment and leadership skills programs for domestic violence survivors and women transitioning from homelessness and other life challenges) awareness handouts and information were shared.

At the September meeting, the North County Community Partnership Prosecutor with San Diego County District Attorney's office presented a video and information on the new "One Safe Place" facility in North County San Diego where victims of abuse and their families can receive acute crisis-care, advocacy, counseling, legal services, connections to shelter and housing, long term mentoring, workforce readiness, and educational opportunities all under one roof.

Our two members attended a film screening of "STAT! Surviving Sex Trafficking" in October. The film examines the ongoing struggle of survivors. Due to a power outage the movie could not be shown, however, the filmmaker discussed the film and fielded questions. Additionally, local service providers shared information and they answered questions.

At the November meeting, a Rancho Santa Fe Rotarian shared his idea, that came via a dream, to help victims of trafficking and abduction. Attendees watched a 15-second version of his one-minute video that features the SOS Signal (a low hand-waggle at their side) to let bystanders subtly know a person is in distress and needs help.

After listening to the guest speakers and the representatives of the organizations in our area involved in ministering to victims of human trafficking, we determined that our club could provide assistance to these organizations by collecting donations of needed items from our members. Two organizations with particular need were Alabaster Jar Project and North County Life Line. Alabaster Jar Project, whose motto is "Empowering Survivors of Human Trafficking," operates a "safe house" in Escondido. North County Life Line has a special unit, "Project Life," dedicated to helping survivors of human trafficking heal from the trauma, and provides a support system to help with housing, employment, counseling, and other needs.

Members were first made aware of the need for donations in the September newsletter which introduced the club's proposal to support these two organizations by donating specific items as requested. The newsletter also advised members that the club program at the October general meeting would be a special guest speaker from the North County Anti-Human Trafficking Collaborative to educate the members on Human Trafficking. A follow-up email was sent to the members reminding them to bring their donations to the October meeting. A flyer was also posted to the clubs' social media accounts in advance of the meeting.

The members of our club responded generously by providing numerous travel sized toiletry and feminine hygiene items which were brought to the October meeting. We collected 80 items which filled ten gallon-sized zip lock bags, packaged as requested by North County Life Line and delivered directly to their business offices in San Marcos. The organization was very thankful for the donations. For Alabaster Jar Project, club members donated packages of new underwear, bras, a Target gift card, and a dog hair dryer for a resident who was learning to be a dog groomer. The 16 items were personally delivered to their business office in Escondido and were gratefully received.

At our General Meeting at a delightful tea house in Oceanside, 22 members and visitors followed along as our speaker shared details about who runs trafficking and who the victims are, what the warning signs of trafficking are, where to refer victims/survivors for assistance in our community, and organizations and community resources where members can learn more.

The project to collect supplies was a success - but also a success for membership. Two visitors who attended the October meeting, listened to our speaker, and observed the members' enthusiasm and participation in this project, have joined the club. For our club, one of the members who is passionate about this topic and on-going project has accepted the position of Chair of the Domestic and Sexual Violence Awareness and Prevention Program. She will continue to share new and updated infor-

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mation at meetings and newsletters about Human Trafficking. One of our members met with a member of a sister club and shared ideas about how her club could introduce the issue of anti-human trafficking to the club and initiate a chairmanship on this subject.

Reflecting on this project: In the future, our club might be able to maximize donations by choosing one organization at a time to support.

What's coming up next to continue our club's work on this project? January is Human Trafficking Awareness Month. An awareness walk is scheduled for January 28th. Members will be made aware of this event at the January general meeting and in our January 2023 newsletter. Members will be encouraged to participate as part of our commitment to support this issue in our community.

Members will also be made aware of the opportunity to tour "One Safe Place," the new North San Diego County Family Justice Center which is a no-cost inclusive center for survivors of all ages who have suffered domestic violence, sexual assault, child abuse, elder abuse, human trafficking and other types of victimization. We will make sure our members are notified of opportunities to volunteer and support this organization.

Our members who are passionate about Human Trafficking have helped our members understand more about and increased participation in this on-going project.

Project Title: "Just One" Decals with CFWC Hours: 20 Donation: \$40 In Kind \$0

The Woman's Club of Vista supports the CFWC's "Just One" Domestic and Sexual Violence Awareness Prevention Project. As posted on the CFWC website, this program is "an awareness campaign to help those who are experiencing domestic violence, sex trafficking or any form of physical or emotional abuse and do not know where to turn for help." At our October General meeting a member explained that the state Federation is selling "Just One" decals that provide the National Domestic Violence Hotline phone number in both English and Spanish. The decals are to be placed on the back side of restroom doors in hair salons, barber shops, restaurants, especially fast food and coffee shops, and any other businesses that are open to the public. The motto is "One Member Helps One Victim for One Dollar."

We shared this information in our Club's October newsletter with a photograph of the decal. Additionally, a club member shared this information at the Palomar District meeting in September, and passed around a copy of the decal for the members to see. All of our District clubs received a flyer to order the "Just One" decals.

The Vista Club has purchased and distributed 40 of the "Just One" decals around our community to support this CFWC project.



Web Manager—Linda Bridges

Hello from Texas!

Have you checked out the Palomar website lately? Information is always changing - especially at the beginning of each administration.

The Palomar District website isn't designed like most websites...we're not trying to sell you something...unless it's to remind you how great is the General Federation of Women's Clubs! Our website is a tool for our members. It's a "living" procedure book. You can find forms (dues, reporting, registration etc.), a calendar of events, fundraising, contest and event information. New information is posted frequently, but you don't have to search each page to see what's new. Look at the webpage header and you'll find "New Info Added to Website". I list what's been added each month.

Wishing y'all a very successful GFWC year!

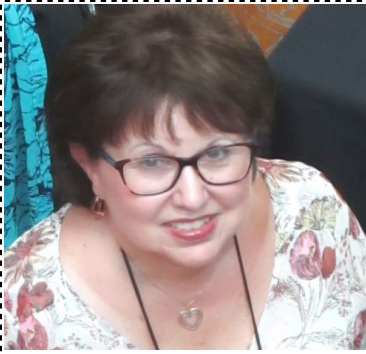
How do I sign up to use the **GFWC Member Portal**?

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.votervoice.net/GFWC/home> and enter your contact information. Sign up now to get the latest legislative information from GFWC.



As I was scrolling through several of my mundane emails, I came across one that mentioned we had responses from the district donations from **Cup of Joe for a Joe (COJ)**, a program of the Green Beans Coffee Co., which is located in San Rafael, California! You may remember... This was my project from 2020-2022 as District President. One club that took this really to heart was the Poway Woman's Club, which donated \$160 to this project. Thank you to everyone who donated!

Anyway, we heard back from the service members who had received "cups of coffee" that we had sent. Can I tell you how uplifting it was for my day? By the time I finished, I had read at least 76 comments.

Some were a simple thank you, but several were full paragraphs. Six service members would love to gain pen pals.

Here these service members were away from home in places like Qatar, Dubai, Afghanistan, and other places I can't even pronounce, and they are thanking US for OUR volunteer service! I hope that Rosalia can put several of these comments in the newsletter so that you can read them.

I still believe this is an extremely worthwhile project for any club, and I hope you all will pick it up for yours.



Dear California Federation of Women's Clubs - Palomar District, I am writing to express my sincerest gratitude for your generous donation of a cup of Joe. As a member of the Air Force deployed to Al Udeid Air Base, receiving support from individuals and organizations such as yours means the world to me. Your kind gesture serves as a reminder that we are not alone in our mission and that our service is appreciated and valued by our fellow citizens. Your thoughtfulness has undoubtedly lifted my spirits and those of my fellow service members. - Patrick serving in Qatar has asked to be a COJ pen pal with you! My e-mail address is: contactbypat@gmail.com

Good morning!! Thank you so much for this gift! I am extremely grateful for your on going support! Have an amazing day! - Service Member serving in Qatar

Thank you for your support and for this gift today! I hope you have a great day and please thank the entire club as well! - Service Member serving in Qatar

CFWC, Thank you so much for supporting our soldiers with your generosity! It is truly appreciated!!
- Service Member serving in Kuwait

Thank you and I truly appreciate the coffee and your support! Have a great day!
- Service Member serving in United Arab Emirates

thank you so much as a California resident this means a lot to receive this cup from you guys-Sgt Jimenez (from Moreno valley) - Adan serving in Djibouti has asked to be a COJ pen pal with you!
Please use the email address: Adanj1496@gmail.com

I appreciate your support, and I will enjoy my coffee today thanks to you gals!
- Service Member serving in Kuwait

Thank you so much! It's a simple gesture, but a meaningful one. Thanks again.
- Service Member serving in Qatar

Thank you for the gift! -ssgt mann - Service Member serving in United Arab Emirates

thank you so much for your generosity and kindness, you are very much appreciated. - jonathan serving in Djibout has asked to be a COJ pen pal with you! My e-mail address: jonathan.e.harris33.mil@mail.mil

Thank you so much for buying the coffee, every little bit goes a long way when you're here. I appreciate everything that you do to make our day better. - Service Member serving in Kuwait

Every morning I wake up super early and head to get some coffee and call my wife back in the States. It's the best part of my day. Thanks for making it better! - Service Member serving in Kuwait

Thank you so much for your support and for this cup of coffee. It is much needed and appreciated. - Taylynn serving in Qatar has asked to be a COJ pen pal with you! E-mail address: taylynn.cross@yahoo.com

Oh heck yea!!!! #GirlPower Thank you so much!!!! This brightens my day and means so much! Sending love and appreciation from Kuwait! - Service Member serving in Kuwait

Thank you, California Federation of Women's Clubs Palomar District for the green bean coffee!
Chaplain Simpson - Service Member serving in Kuwait

Thank you very much! - Jesse serving in Qatar has asked to be a COJ pen pal with you! Please use the email address: maynard6263@yahoo.com

You guys are amazing, thank you so much. Coffee is the one thing that gets me through my days!!!! Madison!
- Service Member serving in United Arab Emirates

Ladies, thank you ever so much. Thank you for all YOU do! - It is incredibly important that we [humans] all continue to grow, develop and enrich one's lives. For you all to volunteer your time and provide such opportunities to others, not for profit, I commend you and your philanthropic pursuits.
- Flt Lt Denholm, Chinook Engineering Officer - Service Member serving in Iraq

Thank you all so much! ❤️ May God bless you tenfold. - Service Member serving in United Arab Emirates

Thank you so much for remembering those of us deployed. It is greatly appreciated!! I loved my coffee!
- Service Member serving in Kuwait

Thank you for your generosity. It was a much needed cup of joe. - Service Member serving in Kuwait

Thank you for the coffee!! Hope you have a blessed day ❤️ - Service Member serving in Qatar

Thank you soo much - Nicole serving in Kuwait. Nicole has asked to be a COJ pen pal with you!
Email address: demoret5674@gmail.com

Thank you so much!! - A female solider - Service Member serving in Djibouti

THANK YOU FOR YOUR SUPPORT. MUCH APPRECIATED. - Service Member serving in Djibouti



1st VP, Dean of Chairmen—Bev York

In January, the District Board was notified that 1st VP/Dean of Chairmen Rose Teding had been advised by her doctors to resign her position due to health issues. I was honored to be asked to complete the remaining year of her term and will do my best to meet the standards Rose set for the position. We miss you at our Board meetings, Rose!

It was wonderful to see so many of you at the 2023 District Convention and showing such enthusiasm! The Convention is now history, but what a fun and enlightening day it was, with informative speakers and an extremely gifted young singer to entertain us. There was also a lot of grinning as awards were handed out to clubs for the outstanding programs and projects they completed in 2022. Those awards are proof positive that Palomar District has grown over the past year in both membership and project goals, and we look forward to watching all 10 clubs continue to grow and grin in the coming year. I have a strong feeling that the narratives written for 2023 will be the best yet.

By the way -- a couple of tips to make those narratives less of a trauma to complete: 1) Enter the hours you spend on district matters in a purse calendar as soon as the meeting adjourns. If the calendar is in your purse, it's always handy and easy to jot down the hours you just spent. 2) Within a day or two of completing a project or fundraiser, write a narrative or at least a broad outline of the points you want to cover. You think you'll remember them in December, but it's not as easy as it sounds. Having detailed notes make the actual writing almost a piece of cake.

Although the **Pinwheel Garden** (pictured right) was not one of my Dean projects, I want to thank all of you who took the time to make pinwheels and bring them to fill our "Garden" at the Convention. If your club brought pinwheels, please let me know. If you had a use for them after the Convention and took them home, please let me know how they were used and where. The rest I brought home and will donate to at least one appropriate child abuse shelter when President Nancy donates the teddy bears. *One Safe Place* in San Marcos is our first choice. This is a refuge for victims of all forms of abuse, including family violence, child abuse, elder abuse, human trafficking, and many others.



Several of us will travel to the CFWC state convention in Santa Ana in May and attend as many meetings and workshops as possible. The workshops are always a trove of information to bring back to share with you at upcoming District meetings. When our 2023-24 calendar of meetings and events is published in *The Telescope* newsletter and shared via email in a few weeks, please note the dates on your calendar and plan to join us for each one – it's the only sure way to find out what's happening now and what's going to happen at the District, CFWC and GFWC levels!

Please remember that we're here to work for you. If you have questions or suggestions – or just comments – we want to hear them! If you want to reach me, please email me at york.bev@gmail.com. I check email more often than I do either my cell phone or landline, although I do check them both at least once a day. Thanks.

Share this virtual pinwheel garden
if you support great childhoods



 Prevent Child Abuse
California

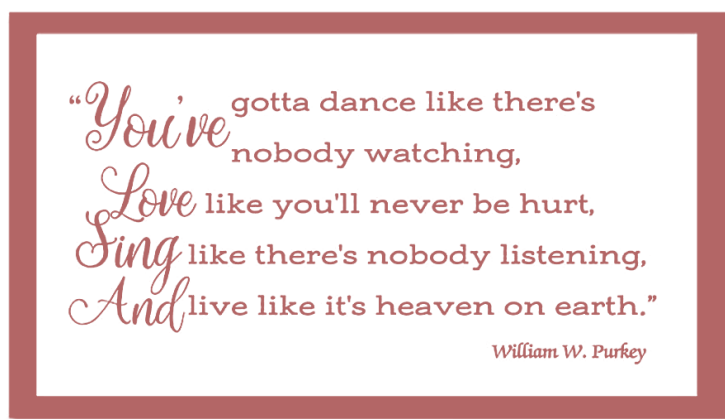


3rd VP Programs & Itineraries/ Inspiration— Joye Davisson

Itinerary:

Just a reminder. As you begin to plan your programs and speakers for the next club year, remember that your CFWC and District officers and chairmen are available. Request itinerary for CFWC chairs and officers at joyead@cox.net.

Inspiration:



2nd VP Membership - Sherry Lutes

Here is what you missed at the Palomar District Convention!

- Fallbrook Woman's Club** – Intermediate Club with highest percentage gain
 - Contemporary Women of North County** – Medium Club with highest percentage gain
 - Vista Woman's Club** – Small Club with highest percentage gain
- These percentages are from July 31 to Dec 31, 2022.

Club Woman of the Year

- Fallbrook – BJ Maus
- Oceanside – Petrina Kressig

Volunteer of the Year

- Fallbrook – Lisa Johns
- Julian – Alisha Sirois
- Vista – Naomi Stein

Rookie of the Year

- Fallbrook – Joann Robinson
- Julian - Donna Garcia
- Vista – Donna DiMamabro



Who will we see on this list next year?



Health and Wellness—Alisha Sirois

“Normal”

I learned something this year... what was “normal” for me, was not actually normal. I’d like to talk about a subject that is generally not talked about in polite conversation. Let’s talk about Aunt Flo.

I tend to overbook myself. I love coming up with ideas and new things we can do... I completely run myself and my husband ragged. I carry more weight than I should.

For years I’ve been tired. Really tired. I didn’t think much of it, because of the schedule I keep, and my weight, but I learned that I was anemic. I learned this because I tried to donate blood and they wouldn’t take it... I tried more than once and kept being turned away.

After my googling I decided that I needed to take an iron supplement, eat a lot of spinach and vitamin C. Eat more red meat. Drink a lot of water and really focus on my diet. I was still tired.

Fast forward to late last year. I was visiting my dear friend who had been diagnosed with Uterine Cancer, and we started discussing the taboo subject of menstruation.

She had casually mentioned to her doctor during a regular checkup that she had some occasional spot-

ting, years after menopause. She didn’t think much of it. She didn’t know it wasn’t “normal.” Her doctor quickly put her on a path of cancer treatments, and we are all praying for her health and recovery.

That day, I shared with her the details of my menstruation and my fatigue. We decided that maybe what I was experiencing wasn’t normal either...I made an appointment and gave my doctor more details than just the first date of my last menstruation.

Shortly thereafter, I was scheduled for a hysterectomy. What I was experiencing wasn’t at all “normal.” And my anemia wasn’t caused by my diet or my weight; it was caused by abnormal menstruation.

How do we know what is normal if we don’t talk about it?

My message here is that maybe we should talk about this topic a little more often - With each other, with our parents, and with our children.

Maybe what is “normal” for you or them isn’t actually normal. Schedule regular appointments and give your doctor all the details of your menstruation. This may be key to preventing a serious medical condition from being overlooked.



Education and Libraries—Diane Trappen, Chairman

Establish a working relationship with librarians at your local libraries to plan beneficial services, programs, and activities. Libraries bring people together. Engage your members to participate with their ideas, talent, and time. Bring cohesion to the Education and Libraries by helping people learn and grow by offering training classes for all ages: computer skills, lunch and learn workshops, GED, ESL, literacy, current topics for seniors, and more.

Collaborate activities with your schools to enhance enthusiasm for students to use the library for reading and resources. Create programs for teens with an emphasis on issues they face daily using library resources. Is there a need for a book delivery service for shut-ins or books on tape for the visually impaired? Sponsor a contest to name a library mascot or to design a button or bookmark. Be creative and enthusiastic.

Source: *GFWC Club Manual*



Environment—Leslee Tipping, Chairman

Environment

1: the circumstances, objects, or conditions by which one is surrounded;

2:a: the complex of physical, chemical, and biotic factors that act upon an organism or an ecological community and ultimately determine its form and survival;

2:b: the aggregate of social and cultural conditions that influence the life of an individual or community.

As Club women we serve, volunteer, and have concern for our community. Most of us already save our Pennies for Pines, we are moving away from single use plastic, we participate in beach and city clean-up, and so much more. So, I thought I'd go back to the beginning and discuss the **“environment of our own health”** and how we can take care of ourselves and our loved ones.

I hope you all take your vitamins, go for a daily walk, practice some form of stretching . . . but... how about your medical tests? Do you request and review each and every medical test you have taken?

Your medical records, also known as health records, are an important part of your health care. Under federal law, you have the right to access the information contained in these records and to make updates or corrections when needed. Doing so gives you better control over medical decisions.

Under federal law, you are allowed access to and copies of your medical records. You can often access these through an online patient portal but may need to request medical records if one is not available.

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) law and the **HIPAA Privacy Rule** (the Privacy Rule) provides individuals with a legal, enforceable right to see and receive copies upon request of the information in their medical and other health records maintained by their health care providers and health plans.

Then on October 6, 2022 —another federal rule took effect stating that health care organizations must give patients unfettered access to their full health records in digital format. No more blocking regulations, no more long delays. No more fax machines. No more exorbitant charges for printed pages. Just the data, please — now.

Previously, health systems, data networks, and the companies that sell electronic medical records determined how much data patients can access, when, and under what circumstances. Meanwhile, private data brokers make huge profits by amassing hundreds of millions of de-identified medical records and selling insights to drug companies, device makers, and insurers without patients' knowledge or consent. No more! You have the right to ALL your personal medical information!

You might ask, why do I consider this important to share? Well, these laws came too late for my brother. Eleven years ago, my brother, at age 55, went in for his bi-annual physical. “All good, you are in excellent health.” “See you in two years”, his doctor told him.

Two years later he called to make an appointment for his bi-annual physical. After making his appointment, a nurse called back and asked if he'd go in for the urine and blood tests prior to the appointment so the doctor would have all the information available during his upcoming appointment. “Sure, no problem,” he said. Then the nurse asked, “Oh, by the way, who is your oncologist?” My brother was confused, “Why would I have an oncologist?”

It turns out that two years prior his PSA test for prostate cancer markers had come back slightly elevated. (PSA: Prostate-specific antigen, or PSA, is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in a man's blood. PSA is present in small quantities in the serum of men with healthy prostates but is often elevated in the presence of possible prostate cancer or other prostate disorders.)

No one from the doctor's office ever called him to tell him he needed additional tests and possible treatment. Had it been addressed at that time; it would have been easy treatment.

However, after two years of no tests or treatment, he was diagnosed with stage 4 cancer. The prostate cancer had metastasized to his bones and organs. He was given less than a year to live.

He immediately sought treatment, then found alternative treatment and he lived for 10 years defying all odds. He passed away a couple of months ago. I miss him every day.

Whose fault was this? The doctors, the doctor's staff, the healthcare system that kept patients in the

dark and uninformed so that the physician and medical entity had total control. "The medical record has traditionally been viewed by the medical establishment as something that they own," says Dr. Tom of Harvard Medical School. "They think: 'It's my private notes. This is my stuff.'" Now – patients must be at the center of their care more and more. That doesn't mean patients call the shots. But patients need to be a team member of their own health.

Why is it important to have access to your medical records? Complete and total access to your health records puts you in control of decisions regarding your health and well-being. You can monitor your health conditions better, understand and stay on track with treatment plans, and find and fix errors in your record. Keep in mind that no one is more concerned about your health than yourself and your family. If my brother had access to his medical test records, he would still be with us today.

Do the records cost anything? Most medical practices and hospitals now have easy ways to obtain your records through an online patient portal which is usually free. Some providers may charge if you want them delivered on paper or electronic media (such as a USB drive), but the price must be reasonable. A provider cannot charge an excessive fee to recoup money you have not paid them. If there is an unpaid bill, they must take that up separately, either by filing a lawsuit or hiring a debt collection agency. When you

request your health record, be sure to ask how much it will cost and if there are any less costly options.

Your health records are yours – always.

Providing individuals with easy access to their health information empowers them to be more in control of decisions regarding their health and well-being. Individuals with access to their health information are better able to monitor chronic conditions, adhere to treatment plans, find and fix errors in their health records, track progress in wellness or disease management programs, and directly contribute their information to research. Putting individuals "in the driver's seat" with respect to their health is a key component of health reform and the movement to a more patient-centered health care system.

Back to 'the environment' – please take the time to be an advocate for your basic environment – your own health, those of your loved ones. Review each test as it is done, compare the results to your previous results, ask family or friends for help if you don't understand something. Ask questions, seek answers. Your health is the MOST IMPORTANT aspect of living a happy and healthy life, which we then move forward as "club woman" doing service in our community.



Domestic and Sexual Violence Awareness—Bev York, Chairman

Yes, I still collect gift card donations, gently used purses and tote bags, personal use items and gently used clothing on behalf of Alabaster Jar Project for their human trafficking survivors, although at this time they still don't need clothing. That can change at any time so I will accept clothing. You may bring your donations to any District meeting and I'll be happy to accept them.

If you are aware of a non-profit in your area that serves victims of domestic violence, I'd appreciate it very much if you'd pass on the information to me. Domestic violence takes many different forms and shelters often focus on victims of one particular form of abuse so the more shelters we're aware of, the more effectively we can serve. The GFWC/CFWC 2022-24 Signature Program "Domestic & Sexual Violence Awareness and Prevention" defines eight focus areas: (1) Intimate Partner Violence, (2) Elder Abuse, (3) Child Abuse Prevention, (4) Human Trafficking, (5) Teen Dating Awareness, (6) Campus Sexual Assault, (7) Military Sexual Abuse, and (8) Violence Against Native American Women.

Thank you for all your donations in the past and your continued support during the covid lockdowns. It's good to get back to helping those who need our help to turn their lives in a more positive direction!

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



Julian Woman's Club Backcountry Quilt Show

June 25 until Tuesday, July 4th, Daily from 10am to 4pm

The Backcountry Quilt Show will occur on the top floor of Julian Town Hall, located at the corner of Highway 78/79 and Main Street. The quilt show is open to the public and free of charge.

Each year the Julian Woman's Club presents its Quilt Show to display the town's heritage of quilt making for the enjoyment of quilters and visitors from around the world. This has been one of the Club's signature events for over 30 years. A "Country Store" within the show offers quilts and boutique items for sale, all hand-made and donated by women in the club.



Eleanor Burns Quilt Show

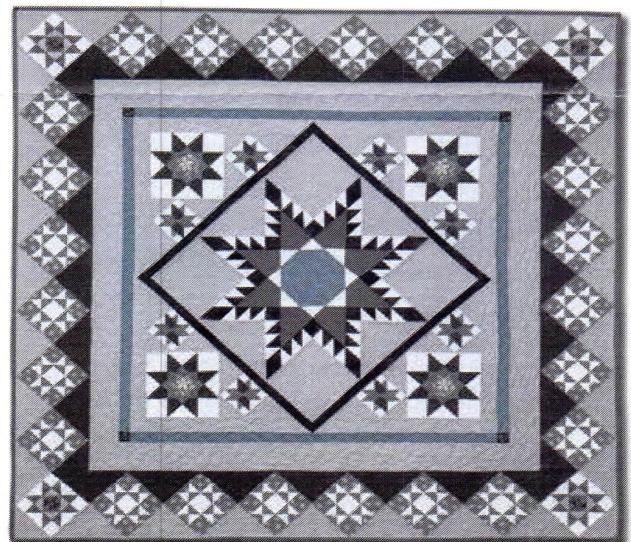
World famous quilter, Eleanor Burns, will present her annual quilt show on behalf of the Julian Woman's Club

Saturday, June 24th, 10:00 am, at the Julian Town Hall.

Price of admission is \$30.

Enjoy the "song and dance" of "Strip Queen" Eleanor Burns as she shares memories that inspired her favorite quilts and treats you to photos and stories of her years in the quilting industry. Eleanor is funny and entertaining while providing creative ideas and simplified methods for all quilters. Her books and many unique supplies will be available for purchase at reduced prices.

Seating is limited and we expect this show to sell out, so be sure to make reservations early. Contact: Karen Kincaid 858-775-6695 kincaidsk9@gmail.com



Farmhouse Modern Raffle Quilt

The 2023 raffle quilt is done in shades of gray with a touch of aqua. It features stars designed by numerous well-known quilters, including Eleanor Burns' rendition of a feathered star. The quilt is 60" x 60" and intended to be an exquisite wall-hanging or spectacular couch throw.

Tickets cost \$3 for one ticket, or \$5 for two tickets. The drawing will be held at 3:00 pm on July 4th. The winner does not have to be present. For Information and to purchase raffle tickets visit website: www.julianwomansclub.org



*The Fallbrook Woman's Club Members
invite you to attend our:*

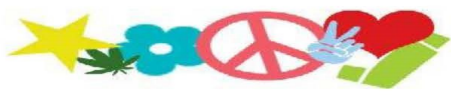
Carriage House Soda Shop
Wednesday, August 23, 2023
12:30-2:30 p.m.
238 W. Mission Road, Fallbrook

*Please R.S.V.P. by Monday, August 14, to Sharon Drucker
at (951) 850-3269 or scrapperssharon56@gmail.com.
There will be **no charge** to members or guests.*

*Come see how we Work Together to support
our Fallbrook Community, Make New Friends,
Learn New Skills, and Have Lots of Fun!!!*

Just for fun, wear your favorite 1960's fashion.
Gogo boots, headbands and fringe are optional!

For questions regarding the party, you may contact BJ Maus @ (760) 908-6913 or Becky Tanamachi @ (562) 305-2058



Stars of Palomar Woman's Club

★

All current and past club presidents are invited!

Stars will meet on **Tuesday, OCTOBER 17, at 11AM at The Cheesecake Factory, Escondido.**

Order from the menu; each pays own.

For membership information or to RSVP: Myrna Binford (760) 728-6393.

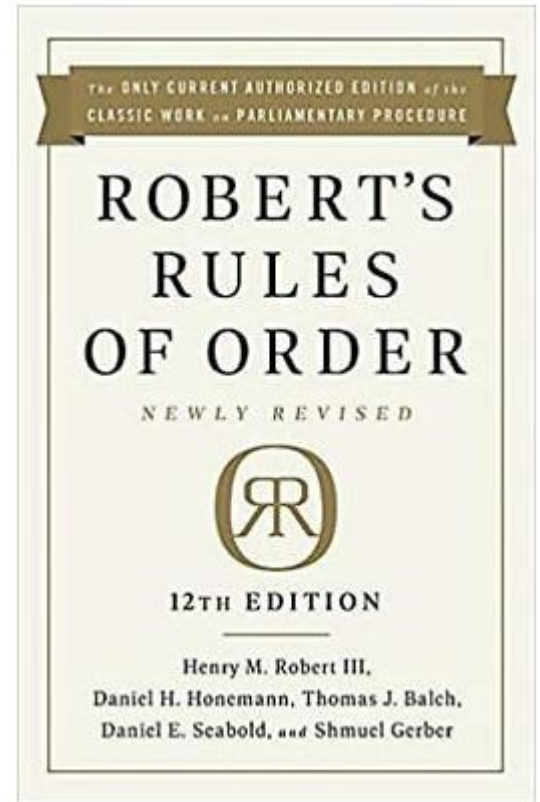
Stars meets on the 3rd Tuesday of Oct, Dec, Feb, and May. Location varies.

ROBERT'S RULES OF ORDER NEWLY REVISED (RONR)

Executive Boards/Committees - By GFWC Bylaws Committee

All but the smallest societies usually find it helpful to have a group entrusted with the administrative authority and responsibility to conduct the business between meetings. This group, called the Board of Directors, Administrative Council, Executive Board, etc., usually consists of the officers and chairmen. There should be a section within the bylaws that specify who the members are, the powers entrusted to them, any special rules, how the board meets, the quorum, and who serves as chairman and secretary. In the absence of a provision for the president and secretary, the president and secretary of the club serve in those capacities. In addition, there may be a smaller group within that board consisting of the elected officers called an Executive Committee. If so, its description, authority, and responsibilities would be in a separate bylaws article immediately following the one for the Board.

A board may never alter a decision of the assembly (club), and an Executive Committee cannot change a decision of the assembly or the board, even by a motion to rescind or amend something previously adopted or by the adoption of a proposal that has been rejected, unless such authorization has been granted in the bylaws. For example, the board or executive committee may be authorized to alter the budget to deal with contingencies that may develop. The bylaws or the motion to adopt the budget must specifically give the board this power. Should the club desire to leave the full administrative authority to the board between the club's meetings, it should be authorized in the bylaws. The bylaws should state any classes of business over which the club retains control.



The 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

CLUB & MEETING INFORMATION

(save for future reference) as of June 1, 2023

STARS OF PALOMAR (Affiliate Club for past and current club/district presidents)
Organized 1958 Federated 1958 Club president: Judy Pantazo
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: 51 Club president: Mary Jo Pfaff
Meeting Day/Hour: 1st Friday, 10:00 AM; Meeting Location: Bonsall Community Center

CARLSBAD, WOMAN'S CLUB OF (Large club)
Organized 1925 Federated 1925 Members: 84 Club co-presidents: Diane Campbell & Lisa Kaufman
Meeting Day/Hour: 2nd Wednesday, 6:30 PM; Clubhouse: 3320 Monroe St, Carlsbad 92008

FALLBROOK WOMAN'S CLUB (intermediate club)
Organized 1907 Federated 1910 Members: 65 Club co-presidents: Marianne Nolte & Linda Lovett
Meeting Day/Hour: 2nd Tuesday, 9:30 AM; Clubhouse: 238 W. Mission Road, Fallbrook

GFWC CONTEMPORARY WOMEN OF NORTH COUNTY (CWONC) (medium club)
Organized 1985 Federated 1985 Members: 38 Club president: Marianne Furtado
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: 9 Club president: Jan Imonti
Meeting Day/Hour: day, time and location varies (Sept, Nov, Jan, Mar, June)

JULIAN WOMAN'S CLUB (medium club)
Organized 1926 Federated 1928 Members: 39 Club president: Carol Galley
Meeting Day/Hour: 1st Wednesday, 1:00 PM; Clubhouse: 2607 C Street, Julian

OCEANSIDE, WOMAN'S CLUB OF (small club)
Organized 1918 Federated 1920 Members: 20 Club president: Rosemary Teding
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 Club president: Joye Davisson
Meeting Day/Hour: 2nd Tuesday, 10:00 AM (quarterly); Location: Porter House Great Room, Old Poway Park

VALLEY CENTER WOMEN'S CLUB (small club)
Organized 1987 Federated 1988 Members: 3 Club president: Bobbie Weiss
Meeting Day/Hour: Varies; Location: Check with club president

WOMAN'S CLUB OF VISTA GFWC (medium club)
Organized 1916 Federated 1925 Members: 24 Club co-presidents: Judy Pantazo & Sonya Hults
Meeting Day/Hour: 2nd Wednesday, 10:00 AM; Location: Alta Vista Gardens, Vista