



Palomar District Federation, CFWC

The Telescope

SUMMER 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 ...

KINDNESS AND ENCOURAGEMENT



*Growing and Grinning
with GFWC!*

In this sunny summer, my thoughts move toward Kindness - thinking of others and using polite words. "Please" and "thank you" go a long way to improving everyone's outlook on life! Take the time to help others and encourage them on their Federation journeys and in their daily lives. "Make us grow calm, serene, gentle" is my favorite part of the Collect!

We had a productive **Executive Board** meeting on June 27th with excellent attendance! Thank you for your time and attention moving forward for the 2023-2024 year! We approved dates and venues for District meetings and our District Convention on April 23, 2024. Those dates are included in this newsletter and will be in the District yearbook. Please make note of your club assignments to bring Morning Goodies (gotta have 'em!) or a Raffle Basket to each of the Board of Directors meetings. We are looking for a **Recording Secretary** - this is an important job that won't take a lot of your time: attend meetings and produce minutes. Please contact me if you can step up!

Our **September 26th Palomar District Board of Directors** meeting will be held at Templars Hall with Poway Woman's Club hosting. We will learn about GFWC Affiliate UNICEF; please collect funds at your September meetings to support their work around the world. Lunch will be included for \$15; details to follow.

Please consider joining us at **Area D Conference on October 21st** in San Bernardino. We're putting together a carpool, so be sure to contact me if you're interested. Details to follow: location, topics, and lunch orders.

October 24th will be our Executive Board and District Narrative Training at La Sala in Bonsall, led by our Dean Bev York. A printed copy of the Narrative Training folder will be handed out at this in-person meeting. A suggestion was made to accommodate our working members by offering an evening training session on Zoom. Please let me know if you would be interested in an evening session.

CFWC Yearbook orders are due to President Nancy B Jones by August 1st. All Club Presidents receive a free copy on a USB drive; Dean Bev York and President Nancy B Jones also receive a free USB drive. You can order a USB drive for \$5 or a printed copy for \$20. You will pay and take delivery on your order at the September 26th meeting.

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>
or contact Rosalia to add you to the list at cfwcpalomardist@att.net!



Palomar District Federation, CFWC
President's Project: Affiliates for Children
GFWC Affiliate UNICEF for September 2023



Hello, Palomar Members!

Here's a new approach: YOU all get to provide the program information this time!

Please research UNICEF - a fun job for members! - and share that information with your club members at your September meeting.

Please collect donations for UNICEF at your meeting and prepare a club check for those donations (made out to Palomar District).

Bring your responses and donations to the Board of Directors meeting in Poway on September 26.

ALL members are welcome to attend this meeting!
We'll be asking each club to share what they have learned.

1. What do the letters UNICEF stand for? What is the current name of the organization?
2. When was UNICEF started?
3. What is the focus of UNICEF's work?
4. Who does UNICEF help?
5. In how many countries is UNICEF active?
6. How do kids help collect donations? How much has been collected?
7. Why should we support UNICEF?
8. What else do we need to know about UNICEF?
9. Choose one country where UNICEF is helping and explain the work that UNICEF is doing there.

Thank you for making a difference!



1st VP, Dean of Chairmen and Domestic Violence Awareness and Prevention Chair— Bev York

PALOMAR DEAN

“Coming together is the beginning. Keeping together is progress. Working together is success.” Henry Ford. We’ve done the first two – please share with us the projects you’re working on together this summer, or planning for National Day of Service. We want to hear!

Program Chairs: We hope to fill 3 program chair vacancies this month. None are difficult but are eminently worthy of your time and talents: “Advocates for Children”, “Civic Engagement”, and “Leadership”. For the first two, You’ll choose your own projects and enlist your member-helpers, and keep us posted about your progress in the Telescope and in a narrative summarizing your experience at the end of the year – your chance to boast about your successes (and maybe not-quite-successes, if any). You’ll find suggestions and more info about these on the CFWC.org website home page; click on “Programs.”

Advocates for Children: This program advocates for children in 2 areas: 1) Art and outdoor school programs for all students including the disabled, providing therapy and enrichment for children with emotional, mental, and physical challenges; 2) Educating parents and caregivers how to help children in emergency and other health situations. There are many potentials, including art therapy projects for hospitalized children, making “worry rocks” for little ones just starting school, collecting art supplies for children’s groups and after-school programs... GFWC has many ideas! Affiliate and resource groups include Operation Smile, St. Jude, Prevent Child Abuse, HOBY, Boys & Girls Clubs, 4-H, Girl Scouts.

Civic Engagement and Outreach: This is a natural for any of us in a woman’s club – a reminder that we’re all part of society and it’s up to us “to create a better quality of life and foster a sense of community at home and around the world.” The 4 major focus areas: **Citizenship; Military men, women, and veterans; Crime prevention, safety and disaster preparedness; Needy, hungry and homeless in North County.** Easy projects include a “sock drive” for homeless shelters, a day of service at your local pantry donating food items and helping stock the shelves, and support programs for our military, active and veterans. There are many more suggestions waiting for you at CFWC.org!

Leadership: You’ll promote and encourage LEADS candidates from our clubs; write up the narrative for the District, gather reports from district officers and chairs and remind them to turn in their hours; promote a Leadership training session for new club presidents and officers, and encourage each officer to maintain a procedure book for her position. President Nancy and I will help you.

Please step up and volunteer to make a difference in Palomar District!

Narratives: 2023 Narratives will be here before you know it! But if you’re writing up your fundraisers, your projects and special events as you do them – and keeping track of the hours you’ve spent on them -- you’ll do fine. *We’ll hold a Narratives Workshop Tuesday, October 24 in the La Sala Room, in River Village, Bonsall, from 9:30-12 noon to bring you up to speed.* If you have a question or something about narratives puzzles you, please let me know so we can answer it! Email me at york.bev@gmail.com with your questions. The only dumb questions are the ones that aren’t asked.

Dean’s Request: If your club publishes a newsletter, please add me to your emailing list. I’d love to read about what you’re doing and all the ways you’re helping your community! york.bev@gmail.com

Continued on page 4...

PALOMAR CHAIR: DOMESTIC VIOLENCE AWARENESS AND PREVENTION:

The **Alabaster Jar Project (AJP)** asks us to save the date for their Summer Fiesta fundraiser, to be held in Del Mar on August 19, 5-8P, at the Del Mar Train Station, 1565 Coast Blvd., Del Mar 92014. Tickets are \$35 and include free parking, a Taco Bar and Mexican Buffet, margaritas and beer, lawn games and music. Sounds like a lot of fun, right by the Pacific in mid-August!

We still collect personal care items, purses and tote bags, feminine hygiene products, gift cards, and clothing for human trafficking survivors who are rebuilding their lives with the help of AJP. Please bring your donations to any District meeting and I'll be happy to receive them. If you donate on behalf of your club, please include a note so I'll know who to thank for your generous donations.

I'm researching a Domestic Violence project known as the **"Purple Leash/Red Rover Project,"** sponsored by Purina, working to keep abuse victims and their pets together. The statistics I've found so far are appalling, if you love animals: 1 in 3 women and 1 in 4 men suffer domestic abuse at some point and 48% of them delay leaving for their own safety because they can't take their pet with them. Even more appalling: 70% or more of victims in shelters report their abuser threatened, injured or killed a pet as a means of control over the victim. Only 17% of domestic violence shelters accept pets (Women's Resource Center in Oceanside has an off-site pet facility but not in the residence itself). This is an area of domestic abuse that is rarely mentioned

but should be. I've Chaired the Palomar Domestic Violence program for 5 years but only heard about the Purple Leash Project at the May 2023 CFWC Convention. You'll learn more as I learn more about this project. Maybe together we can do something!



2nd VP Membership - Sherry Lutes

Membership Matters

We are off on a new year.

Welcome to the new membership chairs!

Here are some ideas that I hope will help you this year.

RECRUITING MEMBERS

Recruiting and welcoming new members is an ongoing process that requires the focus and commitment of everyone. The most important aspect of recruitment is the determination to succeed. Without dedication and follow through, no recruitment campaign will be as successful as it could be. The process must have the full support of every club member and be viewed as a shared responsibility.

GET AN EARLY START ON RETAINING MEMBERS

The process of retaining club members can never start too early. The addition of new members signals the start of the most critical part of any membership plan—new member retention. The first year is the most crucial in a GFWC clubwoman's membership. New members must immediately feel they can make a meaningful contribution to the club and community. By inviting and encouraging new members to be involved, you will build loyalty and commitment to the club's service projects and GFWC's mission. At the end of a new member's first year, let them know how much you appreciate their work and enthusiasm. Then, continue to build a solid foundation by asking for their feedback. Did the club meet their expectations? What did they enjoy most about their membership? How would they like to participate in the coming year?

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Continued from page 4

RECOGNIZE YEARS OF MEMBERSHIP

You can never say thank you enough! Let members know how grateful you are by celebrating their GFWC service with a GFWC membership recognition pin:

GFWC Gold Pins are awarded by GFWC to 50-year members. The member's club president must request the Gold Pin, which is free of charge, by filling out a request form available at www.GFWC.org. If State Federation and District leaders also want to recognize long-term members at their meetings, they may request information about recent Gold Pin recipients in their area from GFWC Membership Services at GFWC@GFWC.org.

GFWC Silver Pins, which recognize 25-year members, may be purchased through the GFWC Marketplace.

Other pins available for purchase from the GFWC Marketplace include five-year, 10-year, 15-year, 20-year, 30-year, 35-year, 40-year, 45-year, 55-year, 60-year, 65-year, and 70-year pins.



CFWC MEMBERSHIP PINS

All members should receive a CFWC Membership Pin when they join your club. If your club has not presented these to every member, pins can be ordered at

<https://www.cfwc.org/marketplace/page/2/>.

Many clubs have the image added to their name tags.

GRANTS

GFWC grants are available to clubs to assist with recruitment efforts and to Districts to assist with club-building efforts. Designated for each GFWC fiscal year, which begins July 1 and ends June 30, GFWC offers \$50 to clubs for member recruitment programs and \$100 to Districts for club-building programs.

To apply for a membership grant, contact GFWC@GFWC.org or call 202-347-3168 to receive an application. Return the form to GFWC at least 45 days prior to the event. GFWC will award no more than one grant per club or District per GFWC fiscal year.

We are off and running!

Be sure to contact me if you have any questions. Sherrylutes.palomardistrict@gmail.com.



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 9)

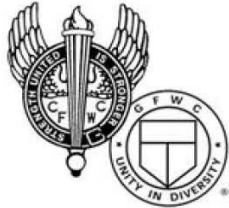
Contact GFWC@GFWC.org for questions.



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](https://www.cfwc.org/publications/quickbytes/#signup)



Growing and Grinning
with GFWC!



Palomar District Federation, California Federation of Women's Clubs

"Bakeless Bake Sale" Fundraiser



SALE BEGINS ON 8/1/23

**IT'S EASIER THAN YOU MIGHT
THINK**



On these busy, hot days, who could bake,
Pie, cookies or even a cake?
You'd be surprised if you counted the cost
Of the materials, heat or the time you've lost.
Cooking for a sale is extra work,
Yet nobody really wishes to shirk.
So we thought of a plan that is really grand,
And we feel that you will understand.
In an envelope, please put the price,
Of a pie, cake or something nice.
Without fuss or bother, you have done your part,
We are sure you will give with a willing heart.
This is the end of our tale.
Wish us success in our **BAKELESS BAKE SALE.**
Hope you will help!



Note: Please make checks payable to Palomar District and indicate "Bakeless Bake Sale" in memo

Mail to: Pam Hermansader
1658 Crown Court
Fallbrook, CA 92028

OR



BRING YOUR DONATION TO THE SEPTEMBER 26TH DISTRICT BOARD MEETING

Four excellent reasons to donate:

- 1) save on your sanity
- 2) no calories consumed and going directly to your hips
- 3) no burning of baked goods
- 4) its too hot to bake!

Palomar District Executive Board is conducting a "Bakeless Bake Sale" Fundraiser! We wanted to have a fundraiser that would be creative and let the members donate to our district if they so desire. There is no need to turn on the oven, go to the store and buy ingredients, or read the fine print on favorite family-saved recipes. Just simply pick the goodies you wish you had but don't want the calories going straight to your hips.

Thank you in advance for your contribution

Pam Hermansader
District 4th VP Fundraising
Av8rpam@gmail.com
(760) 451-9234





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

January * February * March * April * May * and June - The first six months of 2023 are over.

What wonderful activities have your members made possible for the Women's Club? It is time to record the Names, Dates, Places, Activities, Rewards, and all the information for our reports. Then, we will be better prepared for the rest of the year in July, August, September, October, November, and December.

Please remember to include each member's fine efforts that make our activities possible!

The GFWC website has a wealth of information about writing, recording and preserving your club history. Click on the buttons after this page to download a copy of the two guides.

Did you know that **our Palomar District** is in the WHRC section of the GFWC website? Click here to view: <https://www.librarycat.org/lib/GFWC/item/227427430>

History of the GFWC California Palomar District 24, 1958-1988.

Unbound paper, 1988

Status	AVAILABLE
Call number	SH CA 007
	<input type="button" value="Place Hold"/> <input type="button" value="Ask About This Item"/>

Tags: [California, \(CA\) Palomar District 24, State-level histories, QC-needed-fielded-import](#)

Collection: [Club Histories](#)

Publication: Publisher Unknown

What is a District?

ARTICLE X.

Section 10.2. Districts.

A. Purpose. The GFWC California Federation of Women's Clubs shall be divided into Districts whose object is to work closely with the CFWC Officers and Chairmen and to:

1. promote leadership;
2. offer training;
3. recognize the accomplishments of the Clubs in the District;
4. promote GFWC and CFWC programs and other charitable, educational, and service programs; and
5. promote and support attendance and training at GFWC, CFWC, GFWC Western States Regional Conference, Area Seminars, and District Conventions.

CFWC Standing Rule 56. A Club's stationery shall include, with the Club's name: "Member of GFWC, CFWC, and _____ District."

Communications and Public Relations—Sonja Hults



- ⇒ Do you edit a newsletter?
- ⇒ Do you create PR splashes for your local newspaper?
- ⇒ Do you take the photography for events?
- ⇒ Do you write posts for social media?

Come and join us! We will all learn together.
Bring one tip. One tool. We will go from there.



Editor's Note: Sonja is also the CFWC Communications Committee Chairman!

COMMUNICATIONS ZOOM ROUNDTABLE

Let's share tips and tricks with each other it will make our jobs easier!

JOIN US!

4th Monday of the month on
Zoom. Email
cfwccommunications@gmail.com
for the codes.

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



LEADS - a Wonderful Opportunity to GROW in Federation!

Nancy B Jones has been a member of The Woman's Club of Vista since 2009 and served as Club President for four years. She has served as Palomar District President since June 2022. Nancy was selected to represent the Palomar District to train with CFWC LEADS in February 2019. This is adapted from her presentation to Bonsall Woman's Club in March 2019.

LEADS is the Leadership training seminar that GFWC offers every year.

Leadership Education And Development Seminar

Each CFWC District is encouraged to send one member for LEADS training. We met during CFWC State Board in Mission Valley on February 8 - 9. The 2019 LEADS class at CFWC had 11 ladies attending - full of enthusiasm and eager to share about what they have been doing in their clubs.

After 8 hours of training in **Leadership, Protocol and Amenities, Social Media, Motivation, Respecting all Members, and Public Speaking**, we were tasked with giving a speech to the assembled CFWC Board. We had two hours to prepare our speeches on a topic picked from an envelope.

The topic for my speech was: "You are the newly-elected President of your District. What are your goals?" Hmm ... foretelling my future. These are the points I made in the 1½ minutes allotted:

***How about communication?** - We will share about levels of Federation - District, state, and General Federations. We will encourage participation at all levels - is there anything more fun than Conventions? Our Clubs are proud of our projects and programs and we win awards!

***How about training?** - We will provide opportunities to work together and learn from each other.

***How about LEADS?** We appreciate our dynamic leaders at CFWC who inspired us to be strong leaders.

LEADS is all about

L: Listen and Learn

E: Energy and Enthusiasm

A: Adaptable and Articulate

D: Discuss and Develop

S: Smiles, Sharing, and Satisfaction for a job well done. We will share JOY in Federation JOY in Friendships JOY in volunteering and JOY in improving the communities that we serve.

If you have a chance, you will find that participating in the LEADS seminar is both enlightening and encouraging. And fun too! Our group of 2019 LEADS ladies are connected on a Facebook group page and have continued to exchange program, fundraiser, and newsletter ideas.

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Continued from page 10

One share that was posted on our Facebook page included a club's collected reasons WHY WE LOVE FEDERATION. I know I do - I love the opportunity to volunteer and lead and make a difference in our communities.

The best take-aways I have from the LEADS seminar are:

- *no member will be singled out by name for criticism
- *comments will be addressed to the meeting chair, not to others
- *email and parking lot meetings are counter-productive - business needs to be conducted during organized, orderly meetings
- *meeting minutes do not need to include the name of the person who seconded a motion.

I'm so glad we have so many dedicated ladies eager to support the District! Other Palomar District members who have trained with LEADS are Jan Imonti (selected LEADS for CFWC!), Judy Pantazo, Myrna Binford, and Liz Franciscus. Please ask them about their experiences.



Jan Imonti



Judy Pantazo



Myrna Binford



Liz Franciscus

I hope you take the opportunity to train with CFWC LEADS. The application deadline to the District President is **December 1, 2023**.

GFWC LEADS <https://www.gfwc.org/membership/leads-ilts/>

CFWC LEADS <https://www.cfwc.org/wp-content/uploads/LEADS-Instruc.2023.pdf>

Submitted by Nancy B Jones
2022-2024 Palomar District President

Guess what? There is a Resource page on the CFWC website! Click here to learn more:
<https://www.cfwc.org/resources/> and
<https://www.cfwc.org/resources/glossary-of-federation-terms/>

Did you know that a GFWC member special discounts are available to you?
<https://www.gfwc.org/membership/membership-discounts/>

GFWC Civic Engagement and Outreach



GFWC NATIONAL DAY OF SERVICE - Saturday, September 30 2023

The GFWC National Day of Service (NDS) was highlighted at the GFWC Annual Convention as a national service project that GFWC clubs, districts, regions, and state federations have pledged to participate in on September 30, 2023.

Many attendees were happy to have, not only a national project to support, but a vehicle for attracting new members to GFWC clubs. To date, **506** clubs, districts, and federations have registered for the NDS, just shy of GFWC's 520 registrant goal. **106** of those have registered just since the start of convention on June 10. Thank you to all who have already registered!

It's not too late to register. Please join us in the fight against food insecurity in our communities.

To participate in the inaugural NDS, please email Melanie Gisler, Director of Membership Services, at mgisler@gfwc.org and cc Deb Strahanoski, GFWC International President, dstrahanoski@gfwc.org

The NDS Toolkit is now available in the GFWC Member Portal in the Digital Library. After you log in, click on the profile icon. Click "My Digital Library" in the drop down menu and follow this path:
My Digital Library > Resources > N > NDS Toolkit

ATTENTION, CLUBS! You are invited!

GFWC NATIONAL DAY OF SERVICE September 30, 2023

The Fallbrook Woman's Club is excited to participate in the upcoming GFWC National Day of Service on **Saturday, September 30, 2023, 10:00 a.m. - 2:00 p.m.** We will be meeting at the Fallbrook Woman's Club, located at 238 West Mission Road, Fallbrook. Lunch will be provided.

If your club has not chosen a project, you are more than welcome to join us! Or, if you would like to donate some items listed, anything can help. Simply bring your donations to the next Palomar Board of Directors Meeting on September 26. (Please see next two pages)

Thank you in advance for your participation!

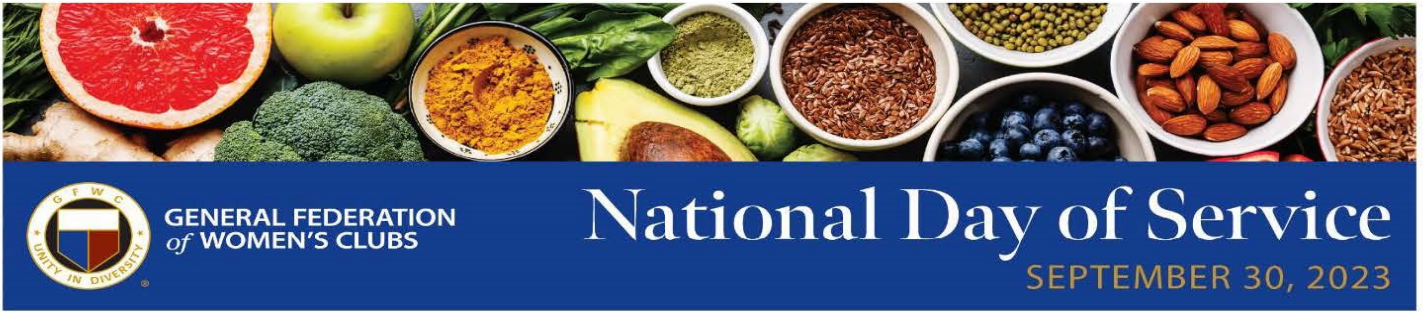
Linda Lovett - President
Fallbrook Woman's Club

Palomar District website link/address

<https://gfwcpalomardistrict.org>



Clubs: Be sure to register with GFWC if you work with the Fallbrook club or have your own project.



Fallbrook Woman’s Club will be participating in the General Federation of Women’s Club National Day of Service. While there are many ways to participate, FWC has chosen two programs on which to focus.

One is in support of **Michele’s Place**, a cancer support network established in Temecula with a satellite site in Fallbrook Regional Health Center. One of the many items provided, free of charge, to cancer survivors is a “Chemotherapy Bag”. This bag contains many items needed to help with comfort while undergoing chemotherapy. Michele’s Place has provided a list of **very specific** items needed to include in these bags. As you are shopping over the next few months, please consider adding a few of these items to your list. We will gather on September 30th at the FWC to assemble the bags to be ready to present to Michele’s Place in October, Breast Cancer Awareness month.

Again, it is **very specific brands** and items as these have been found to offer the best support for client’s needs.

- | | |
|---|--|
| <ul style="list-style-type: none"> Aveno moisture lotion-
unscented Biotene Mouthwash Biotene Toothpaste Burt’s Bees lip balms Burt’s Bees Cuticle Cream Dove Sensitive Skin soap-
unscented Coloring or Activity Book for
use during treatments | <ul style="list-style-type: none"> Colored pencils Journal-any variety Gel Pens-for your journalling Peppermint Tea Slipper socks Life Saver-hard candies Lemonheads or lemon drops Tote Bag |
|---|--|

Our second project is **Support Local Schools and Unhoused Students from Fallbrook Union High School.**

Although school will have already started by September 30th that does not mean the need is no longer there. School supplies are used very fast and items that are not supplied by the students or allowances from the school must be purchased by the teachers or donations from other sources.

Unhoused students are always in need of supplies.

Again, this is not a total list but some suggestions for items you may add to your shopping over the summer or in the fall when many school items are on sale.

Many items can be purchased from discount stores or club stores. Anything will be appreciated and distributed to those who have been identified as needing assistance via the school.

School Supplies

Pencils-all kinds

Pens- inexpensive "Bic" type,
blue or black

Colored pencils

White Board markers- black and
colors (**these are used a lot**)

Permanent Markers for projects

Loose leaf paper for upper grades

Composition Type Pads (such as
those that have a marbled cover)

Spiral one subject notebooks for
younger students

Glue or glue sticks

Crayons

Tissues-any kind

Folders for assignments or
homework (with pockets)

Pencil Sharpeners

Erasers-not pencil toppers

3 x 5 Note Cards

Binders

For Unhoused Students (this will
be an ongoing project). Students
are male and female, nearly
equal numbers. Smaller sizes are
easier to pack for the students.

Toiletries

Sanitary items

Deodorant

Dry Shampoo

Combs or Brushes

Small makeup type bags to keep
supplies

Drawstring Type Bags for Easy
Packing/storing

Toothbrushes

Small tubes toothpaste

Waterless Wipes (such as
Cottonelle or Dude Wipes)

Small packets of tissues

Travel size lotions and creams

Mouthwash

Hair ties or clips



Education and Libraries—Diane Trappen, Chairman

EPSILON SIGMA

OMICRON

A Message from the CFWC ESO Chairman



Hello, Federation Ladies!

I am trying to reach out to more ESO readers and other club members who may want to be readers. We are having a contest this summer! It is called the “Summer Reading Challenge.”

Most of us have a stack of books that we save for summer reading! So, I am sending a Summer Reading Challenge to you to send on to your District and club members to see if they can accomplish these 12 goals. Hopefully it will be fun!

Mark the circle beside the book when you have completed the task, and write the name of the book you read. You may use the same book for a couple of tasks, such as reading a book about a pet (animal) on the beach—two of the goals have been accomplished. Time frame—books read from June 21, 2023, to State Board in September. See page 16 for entry form. Winner need not be present to win. When you have finished, send me your form by e-mail if you can to Lmattox2@mac.com. Or send by regular mail to: 2867 Banyan Tree Lane, Hemet, CA 92545. Or bring it to CFWC State Board in September. I will have a drawing of the winner at the State Board meeting (Sept 15-16)!



If there is another person who should be receiving this, would you please let me know. I would love to extend my mailing list and make it more accurate.

Happy Reading!

Reggie Mattox
ESO Chairman, CFWC
<https://www.cfwc.org/eso/>

Parliamentarian - by Priscilla Bolinder

For a little fun I have taken the letters of Parliamentary and assigned words or phrases pertaining to parliamentary procedure. I hope you enjoy it. If this piques your interest in any way, look for a parliamentary study club near you or start one of your own.

- P – Preside, chairing the meeting
- A – Assembly, a group meeting to discuss issues
- R – Respect opinions, especially those different from yours
- L – Learn parliamentary terms. Then it won't seem like a foreign language.
- I – Insure the rights of all
- A – Amend, to modify a pending motion before it is voted on.
- M – Make a motion before discussion, not the other way around
- E – Entertain a motion, a request from the presiding officer for a formal motion.
- N – New Business, a heading on the agenda for items that are new
- T – Tellers, people elected or appointed to count votes
- A – Adjourn (I think you all know what this means)
- R – Robert's Rules of Order, the most used parliamentary authority
- Y – Yield the floor; give some of your speaking time to another

Summer

READING CHALLENGE

- Read at the beach** Beach _____
- Read to a child** Child _____
- Read a book about the USA** USA _____
- Complete a ESO Level** ESO _____
- Read a Mystery** Mystery _____
- Read a book by an International Author** Author _____
- Read a book about a pet** Pet _____
- Read at breakfast** Breakfast _____
- Read a book in a funny accent** Accent _____
- Read on Vacation** Vacation _____
- Read a book with a color in the title** Color _____



Fun _____

Name: _____

Palomar District - Club Name: _____

Done-In-A-Day Projects

By: Dale Fisher, GFWC Health & Wellness Chairman

GFWC members are the helping hands for Health and Wellness. You are crafting “smile bags” and gowns for Operation Smile, assembling comfort kits for parents of NICU patients for March of Dimes, and sewing pillows for cancer and heart surgery patients. GFWC club members have found ways to creatively fulfill the objectives in the areas of disease prevention, nutrition, and physical and emotional well-being.



Here are some projects to help your club get involved:

Magic Yarn Project – Members cut and bundle “yarn hair” and/or crochet magical wigs and character beanies for children undergoing treatment for cancer. For more information, instructions, and patterns, visit <https://themagicyarnproject.com/start-here>.

Coping Kits – Fill bags or baskets with items to deal with stress and anxiety, such as journals, sensory fidget toys, stress balls, stickers, books related to mindfulness, pens, and pencils. Include a suicide prevention help-line silicone bracelet. Distribute the Coping Kits to schools, counseling organizations, or doctors’ offices. <https://www.supportstore.com/wristbands-suicide-prevention-awareness-purple-turquoise.html>.

Goodie bags for Meals on Wheels Clients – These bags may contain a seasonal non-edible favor and literature on nutritious food choices, safe food handling, and chair exercises. Include a “brain teaser” or puzzle for mental stimulation.

Safe Trick-or-Treating – Participate in your local Trunk-or-Treat. Prepare Halloween bags with non-food items for safe trick-or-treating for children with food allergies. Members dress in costumes and decorate their trunks with club-identifying decorations.

These are just a few Done-In-A-Day Project ideas that will offer fun club fellowship while positively affecting those in need. Have Fun!

<https://www.gfwc.org/news-publications/2020-gfwc-top-projects/health-and-wellness-community-service-program/>

Raffle Registration Update: From the California Attorney General

As of **April 1, 2023**, the new Raffle Registration year will be the calendar year (January 1 – December 31).

All Organizations with a current expiration date of August 31, 2023 will have expiration date extended to December 31, 2023. Four extra months for raffle fundraising.

The Raffle Report (CT-NRP-2) form is due by February 1, 2024

New [CT-NRP-1](#) and [CT-NRP-2 forms](#) will be available April 1, 2023.

2024 Raffle Applications will be accepted starting on October 1, 2023

Check your charity account status using the [verification search tool](#). Charity accounts with a delinquent, suspended, or revoked status will be denied a Raffle Registration.



Environment—Leslee Tipping, Chairman

Environment -

It's not always the BIG picture we need to look at when we discuss our environment. We can help the planet, just by taking our backyard with grass & shrubs and turn it into a sustainable food producer that helps the natural wildlife in our neighborhoods, provides us and even our neighbors with food, reduces the strain on our pocketbook and is absolutely the most rewarding experience ever.

Permaculture -

Permaculture is an approach to land management and settlement design that adopts arrangements observed in flourishing natural ecosystems. It includes a set of design principles derived using whole-systems thinking.

What is backyard permaculture design?

<https://www.familyfoodgarden.com/>

A simple explanation of permaculture is to build up your garden, soil and backyard homestead so that it is self-sustaining with little to no energy input from external resources but that's low maintenance too. This of course takes time, but the goal is to create a backyard that works together using patterns often seen in nature and replicating them to the backyard.

What is an EcoSystem?

<https://northeasthorticultural.com/licensed-arborists/>

An ecosystem is all the living and nonliving things in an environment.

Your Yard is An EcoSystem!

Keep it healthy by following these tips...

Our world is made up of a network of tiny, interlocked ecosystems. If you want to change the world in a positive way, you don't have to think globally, you can make a larger impact just by keeping your personal ecosystem as healthy as can be. Each person making sure their own ecosystem is healthy will cause positive changes on a larger scale!

1. **Plant Native Plants:** Most flowers, shrubs, and trees commonly used in many yards offer little to no benefit to native birds and butterflies — and that's one of the reasons why our bird and butterfly populations are dwindling. Plants native to this area also use less water than many widely popular imported plants. Native plants provide food sources, reproductive areas and shelter for birds, bees, insects and small mammals.
2. **Create Micro Habitats:** A micro habitat is an ecologically vital and visually interesting substitute for the traditional flowerbed. Instead of traditional non-native plants — zinnias, petunias, roses and such — it uses native plants, such as aster, rudbeckia, milkweed, clethra and mountain laurel. Our native butterflies depend on these plants, which they have used to evolve in sync.
3. A monarch butterfly might gain some nourishment from non-native plants, but its dietary needs would be better suited by wild bergamot. And caterpillars depend on milkweed. *Remember: Without caterpillars, we'll have no butterflies.*
4. **Plant and Maintain a Landscape that Mimics a Forest EcoSystem with Many Layers:** Plant tall trees, medium and small shrubs, a flower and herb layer and a groundcover layer. Multi-layered landscapes will invite a plethora of beneficial inhabitants to your ecosystem. This will also prevent a monoculture that can be devastated by one bad insect or disease infestation.

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5. **Don't Use Synthetic Chemicals on Your Yard:** Chemical fertilizers and pesticides are bad for your soil's ecosystem and contribute to the pollution of our streams, lakes, rivers, and the Long Island Sound. Synthetic pesticides and fertilizers kill all the living and beneficial microbes, fungal and bacterial colonies, and biotic agents that soil needs to be healthy and sustain plant life.
6. **Use Organic Gardening Methods:** Wait until seeds set to cut back your plants. In winter, before cutting your plants back, give their seeds a few weeks to dry and fall to the ground. Better yet, don't cut anything back until early spring. Birds and beneficial insects will eat the seeds, and you'll notice more birds in your yard during winter months.

Leave the leaves. When your trees drop their leaves, leave a layer — anywhere from half an inch to three inches thick in parts of your yard. If you're uncomfortable with the look of those leaves, put them in areas where they won't be visible, such as under or behind a row of shrubs.

Those leaves will do several great things. As they compost, they'll create the most ideal soil condition possible for growing healthy plants. The leaf cover will create a micro-habitat for beneficial insects, which in turn, attract birds. Many beneficial insects overwinter in leaf debris as well. Third, the leaf cover will protect plant roots and cool the ground, dramatically reducing the amount of watering you need to do.

If you can't compost or save all your leaves, consider using your mower to mulch some of the leaf material right into your lawn. Leaves are nothing more than natural nutrients dropped by the trees, mulching them up and letting them fertilize your lawn is one of the best things you can do for your lawn and your soil.

7. **Mow Less and Have Less Lawn!** Most people cut their grass too short and too often. When grass is overcut, it doesn't have time to establish adequate root structure. Those shallow, unprotected roots mean that the grass needs more water and suffers more from heat stress. Raise the blade on your mower so that the grass left standing is at least four inches tall. If you don't like the look of taller grass, you may need to mow more often, but we recommend you broaden your aesthetic and learn to appreciate its beauty. Plant more trees, meadows, prairies, and have no-mow zones in favor of lawn if you don't need it.
8. **Leave Some Standing and Fallen Dead Trees in the Wooded Corners of Your Yard:** The standing dead trees create habitats for birds, squirrels, opossums and racoons. These mammals are integral in your yard ecosystem and remember, if they have a place to go, they will stay out of your space. The fallen logs invite the decomposers that are necessary to complete the life cycle in a ecosystem. A rotting log contains millions of organisms pivotal to a healthy landscape.
9. **Install Rain Barrels:** Conserving and reusing the rainwater to water your gardens and plants is great for the ecosystem and it's cheaper than running up your water bill.
10. **Make Your Own Compost:** Creating compost takes time, but what could be easier than letting a pile of leaves, grass clippings and kitchen scraps decompose? Compost is the richest, most beneficial type of fertilizer you can find and you can create it basically for free. Reusing plant material also keeps it out of landfills, which in turn helps keep habitat on the outskirts of town from being destroyed to create more landfills.
11. **Install Bird, Bat, Owl, and Insect Houses:** When you don't have natural habitat spots for these aerial members of your ecosystem, give them a home. Bats eat mosquitoes, owls and birds of prey eat rodents and solitary and individual pollinators need places to live too! By inviting these animals into your landscape, you will achieve balance in the populations and balance in your ecosystem.
12. **Create a Pond or Water Source!** Create a small, shallow pond for butterflies and birds to drink from. A pond as small as 2' x 2' will help. In and around the pond, install water-loving native plants such as swamp milkweed, spider lily, and cardinal flower. It'll be a beautiful, lively addition to your yard. Besides offering birds nourishment, a pond gives them a place to bathe, keeping their feathers in tip-top shape so that they can escape predators, as well as stay warm in winter and cool in summer.

Ponds also support frogs and toads — both of which are food for the native hawks and owls that reside in our neighborhoods. Plus, toads eat mosquitoes. *And that's good for everyone.*

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13. **Plant Edible Plants or Fruit Bearing Trees and Shrubs:** Blueberries, apple trees, peaches, pears, and sour cherry are all beautiful landscape plants that add flower and interest to the landscape and provide sustenance for you and the wildlife.

Urban Harvest

<https://www.urbanharveststl.org/>

Some tips on bringing permaculture to your backyard/home garden:

1. **Grow your soil!** Instead of tilling, *feed* your garden beds—layer with cardboard or leaves/grass clippings from your yard. Through permaculture, we learn that every part of the life cycle is useful, and that soil is living, so we must nourish it instead of snuffing out its natural vitality.
2. **Grow *perennials!*** Unlike annual-only plants, perennials—especially when planted polyculturally so as to balance the garden ecosystem—won't zap the soil nutrients + don't need to start from seed over and over again. Think kale, garlic, rhubarb, chives, asparagus, artichokes!

Don't forget: "perennial" does not mean "no tending required"!

Since perennials grow differently than many crops favored by modern industrial agriculture, many of these plants have been lost to history or are rarely found in the grocery store. Don't be afraid to try veggies you have never tasted before!

3. **Mulch mulch mulch!** Mulch is the ultimate soil protector—from dryness + erosion, of essential microorganisms and insects, of soil moisture. Here's an easy guide to permaculture mulching in your garden.

Use organic materials from your own lawn: grass clippings, leaves, pine needles, fallen branches, twigs, bark, (sometimes) rocks...

...or find local byproducts (which are often free): grain husks, sawdust, woodchips c. Make a layer that's three inches thick, and do it again!

4. **Build a creative (i.e. *no-row*) space!** Gardening and farming through plowed rows resists the natural thriving of plants, even visually—planted rows mean empty rows between them. Instead, mix your tall + short plants, let vines grow upwards on corn stalks, and plant with curves so as to use your garden space wisely and ensure healthy microclimates for your plants.

Unconvinced of the rad benefits of row-less gardening? Check out this deep dive into the advantages for small-scale gardeners!

Used on the Urban Harvest STL farms, raised rows are another low-maintenance, no-till means of building up your garden.

5. **Don't waste!** Permaculture thrives on a closed-loop system: all waste (output) is reintegrated as resources (input) so as to ensure the dynamism and energy efficiency of the growing system. This means harvesting seeds, using weeds to rebuild the soil, composting, and more.

These are just some beginner's tips! At the heart of permaculture and bioregionalism is **listening** and **paying attention to the land on which we live**, instead of forcing our own thoughts and desires onto the land or into our communities. This listening can be practiced anywhere and everywhere.

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



2023-2024 Bonsall Woman's Club Elected Board of Directors
(left-right) Marlene Rantanen, Bev York, Mary Jo Pfaff, Mary Jane Poulter, and Cindy Gibson Floyd.
(back row, l to r) Maura Button, Helen Poddoubnyi, Robin Kemper, Nancy Curtis,
Gini Brooks, and Connie Jordan.



President – Mary Jo Pfaff

1st VP, Co-Dean of Chairs – Bev York, Mary Jane Poulter

2nd VP, Co-Membership – Cindy Gibson Floyd, Connie Jordan

3rd VP, Co-Programs – Maura Button, Marlene Rantanen

4th VP, Co-Ways & Means – Nancy Curtis, Gini Brooks

Recording Secretary – Robin Kemper

Treasurer – Helen Poddoubnyi



**Julian Woman's Club
Installation of Officers for 2023-2024**

Our theme is "Wonder Women" and each of our Board Members are assigned a Woman Super Hero, and together we will use our strengths and powers to continue great community service in helping others and strengthening ourselves to be strong! (from far left):

- PatC Canon**, Parliamentarian (aka **Storm**)
- Pat Landis**, Treasurer (aka **Captain Marvel**)
- Alisha Sirois**, Auditor (aka **Black Widow**)
- Jerri Olivari**, Corresponding Secretary (hidden in back) (aka **Cat Woman**)
- Cindy Norred**, Secretary (aka **Elektra**)
- Kat Spilman**, 2nd VP/Programs (aka **Batgirl**)
- Karen Kincaid**, 1st VP/Chair (aka **Supergirl**)
- Carol Galley** (front) President (aka **Wonder Woman**)



Stars of Palomar Woman's Club



All current and past club presidents are invited! Dues are \$15.

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.



*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





WEDNESDAY, SEPTEMBER 20, 2023 | 6:00 - 9:30 PM
WOMAN'S CLUB CLUBHOUSE
3320 MONROE STREET, CARLSBAD 92008

Game play begins at 7:00 PM

\$30/PERSON. PURCHASE TICKETS ONLINE AT
WWW.WOMANSCLUBOFCARLSBAD.ORG SHOP OR
CLICK HERE OR SCAN QR CODE HERE →
PREPURCHASE REQUIRED.



Win valuable prizes. Lots of opportunity baskets.
Delicious appetizers, desserts & wine included.

QUESTIONS? EMAIL [WCCARLSBAD@GMAIL.COM](mailto:wccarlsbad@gmail.com) OR
VISIT [WWW.WOMANSCLUBOFCARLSBAD.ORG](http://www.womansclubofcarlsbad.org)

Click the link below to get your ticket now before we sell out. See you on September 20th!

[Bunco Fundraiser, Sept. 20, 2023, 6:00 - 9:30 PM \(womansclubofcarlsbad.org\)](http://www.womansclubofcarlsbad.org)



The **JULIAN WOMAN'S CLUB** was honored this year as the Grand Marshals of our 4th of July parade. The theme was "A Century of Commitment" as we are celebrating 97 years this year. We received the highest awards for our entry, The Golden Nugget Award and Best in Theme Award. We also showed the community how much fun we are!



Our float was built, painted, and decorated by our members.



We honored a century and more of great American women on our float. The ladies dressed as Betsy Ross, Annie Oakley, Amelia Earhart, Eleanor Roosevelt, Louisa May Alcott, Sally Ride, Juliette Gordon Low, Rosie the Riveter, and our club president as Lady Liberty.





The **WOMAN'S CLUB OF CARLSBAD** volunteering at Carlsbad 5000 Race, their Bingo fundraiser, Comfort Pillow Sewing, Grand Tea Social outing, and First Responder Treats.



CLUB & MEETING INFORMATION

(save for future reference) Rev. Aug 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: 64 Club president: Mary Jo Pfaff
Meeting Day/Hour: 1st Thursday, 10:00 AM; Meeting Location: Bonsall Community Center

CARLSBAD, WOMAN'S CLUB OF (large club)

Organized 1925 Federated 1925 Members: 87 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: 69 Club president: 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: 11 Club president: Jan Imonti
Meeting Day/Hour: 2nd Tuesday, 1:30 PM (Sept, Nov, Jan, Mar, June) Location: J&M's Restaurant, Escondido

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 (medium club)

Organized 1918 Federated 1920 Members: 26 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 (Jan, Feb, Apr, May, Oct, Nov)
and 6:30 PM (Mar, June, Sept, Dec); 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: 26 Club co-presidents: Judy Pantazo & Sonja Hults
Meeting Day/Hour: 2nd Wednesday, 10:00 AM; Location: Shadowridge Golf Club, Vista