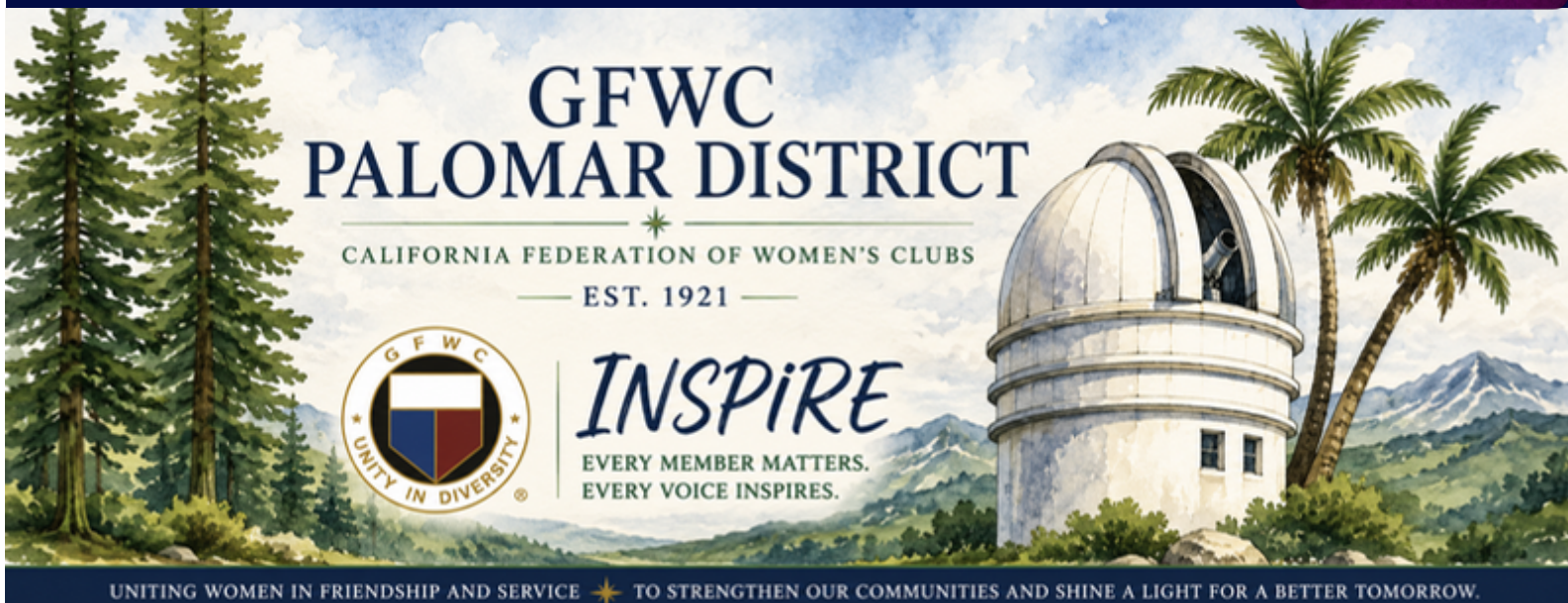


GFWC Palomar District

August Telescope



A Message from GFWC Palomar District President, Sonja Hults

Summer of INSPIRE

*This summer has been one of preparation, purpose, and possibility. Since being installed as President of the GFWC Palomar District, I have spent countless hours learning, listening, planning, and dreaming about what the next two years can become. Every conversation, every meeting, every workshop, and every idea has centered on one question: **How can we help***

every member feel valued and every club become stronger?

The INSPIRE theme is no longer just a word—it is becoming our roadmap. Along the way, I have also enjoyed celebrating summer, spending time with family and friends, photographing the beauty around us, and sharing adventures that remind me why community matters. Those moments of joy fuel the work ahead.

*The excitement is contagious because this is only the beginning. **Our goal isn't simply to lead meetings—it is to build leaders, strengthen friendships, embrace innovation, and leave our district stronger than we found it.** Together, we will Invite, Nurture, Serve, Partner, Include, Recognize, and Elevate every member. The future of the Palomar District is bright, and I can't wait to see what we accomplish together.*

Sincerely, Sonja



INSIDE THIS EDITION

**Palomar
Executive
Committee**

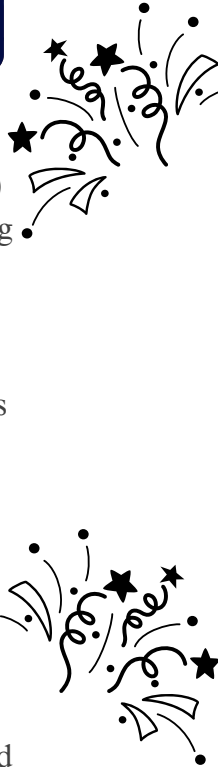
**Palomar Year
Calendar**

**Palomar
Workshop Flier**



Nancy B. Jones Wins!

During this term, the California Federation of Women's Clubs (CFWC) Environment Chair has been promoting "Sunflowers and Sustainability." When members shared their sustainability habits for recycling, reusing, and repurposing, they received little packets of six sunflower seeds - 100 packets in all! We all loved growing the 12' tall sunflowers in our gardens. The CFWC Chair created and brought more packets of sunflowers seeds harvested from this year's sunflowers to District and State meetings; the rest of the seed heads were left out in the garden to feed the birds.



Carlsbad WC Wins Award! 100 Year Party Creativity

The Woman's Club of Carlsbad celebrated its 100th Anniversary in unforgettable style with a Roaring Twenties-themed birthday party that transported members back to 1925. More than 90 members dressed in period attire and enjoyed an evening filled with Art Deco décor, a speakeasy, vintage entertainment, blackjack tables, music, and fellowship. Months of planning and member-led craft days brought the vision to life, creating beautiful handmade centerpieces and lasting friendships. Beyond the celebration, the event honored a century of service, recognized the accomplishments of the club's founding members, and inspired continued cooperation, leadership, and community service as the club proudly looks toward its next 100 years.

Sonja Hults Is Recognized

Shot at Life Chairman Advocacy

Receiving recognition from the General Federation of Women's Clubs for my advocacy with Shot@Life is an honor I share with every club and member who chose to make a difference. Together, we have raised awareness that every child deserves a healthy start and access to lifesaving vaccines, regardless of where they are born. Through education, service, and advocacy, we have shown that the compassion of GFWC women reaches far beyond our own communities. This award reminds me that one voice can inspire many, and together, our collective efforts truly have the power to save lives and create lasting global impact. *Sonja*



*Thank
You*



The Month of October

Breast Cancer Awareness Month – October 2026
 October is Breast Cancer Awareness Month, a time to educate, encourage early detection, and support those affected by breast cancer. GFWC clubs can make a meaningful impact by promoting mammogram awareness, honoring survivors, supporting patients and families, and partnering with local organizations to bring hope, education, and compassionate service to their communities.



The Month of November

Each year, Veterans Day is an opportunity to express our gratitude to the military through meaningful acts of service, remembrance, and support. That could mean hosting a recognition ceremony, assembling care packages, writing thank-you cards, volunteering at a veterans home, or partnering with local veterans' organizations. As GFWC members, we proudly continue our tradition of serving those who have served us, strengthening our patriotic service.



November and December

Leadership Education and Development Seminar

Are you ready to grow as a leader? The GFWC Leadership Education and Development Seminar (LEADS) helps identify and prepare outstanding club members for future leadership at the district, state, and GFWC levels. Applications and information are available through your District Leadership Chairman and on the CFWC Forms page.

**Application Due
 December 1st, 2026**

Handouts for Your Clubs to Learn Program Information



Fallbrook Woman's Club Hosts September Meeting

Founding era

In 1907, the "Saturday Afternoon Club" was established by 15 women to provide a resting spot for farmers and families, especially wives, on their weekend trips to town. The club changed its name to "Fallbrook Woman's Club" in 1946, with their mission now being community improvement through volunteer service.

For the first meeting in November 1907, space was rented in the Masonic Hall. In 1913, a building was purchased as a clubhouse and was later moved for the construction of the Santa Fe Railroad Spur.



The Woman's Club 1952 to present. A.J. Clark erected this building on this spot in 1887 as his home. It has always been at this location. After the Clarks, Frank & Ellie Fallis lived here for years. The Woman's Club became owners of the building and the surrounding lots in 1952. 2022 photo

Chairman Report: Fallbrook WC Chairman's Program

Each year, the Club President selects a local organization to champion as the President's Project, focusing members' time, talents, and generosity where they can make the greatest impact. This year, President Cindy Clarke has chosen the Fallbrook Food Pantry, inviting every member to help through volunteer service, food drives, and financial donations. Even one hour spent sorting, packing, or distributing food can make a meaningful difference for local families and seniors facing food insecurity. Together, our small acts of kindness create lasting change. As Cindy reminds us, the Butterfly Effect is real—every volunteer hour and every donation helps build a stronger, brighter community through service and sisterhood.



HELP FILL THE SHELVES
at the Fallbrook Food Pantry



CANNED PROTEINS
Peanut Butter,
Beans, Chili



MEAL ESSENTIALS
Soup, Rice,
Pasta & Sauce,
Mac & Cheese,
Mashed Potatoes



HEALTHY STAPLES
Shelf-Stable Milk,
Juice, Boost® or
Ensure®
(No SlimFast)



FRUIT
Canned Fruit
or Fruit Cups,
Fresh Fruits &
Vegetables



NO GLASS CONTAINERS



ITEMS UNDER 2 LBS (28 OZ MAX)



FWC President Cindy Clarke
Please bring items to our September meeting for the Pantry.

Membership: Unity Membership Challenge by Leslee Mosley

The GFWC Unity Membership Challenge is designed to strengthen our clubs by encouraging connection, creativity, and community impact — all while growing and retaining members. Each “STAR Point” represents a key area of club vitality: Shine, Tell, Activate, Recruit, and Spark. Together, these five challenges guide our clubs through a well-rounded approach to building membership, visibility, and unity. Each STAR Point represents a key area of growth and connection. Through the GFWC Unity Membership Challenge, clubs are encouraged to:

S – Shine: *Let your club’s light sparkle in the community by increasing visibility and sharing the GFWC spirit.*

T – Tell: *Tell your story — proudly share your projects, impact, and member experiences through local media, social posts, and conversations.*

A – Activate: *Build partnerships and engage your community by collaborating with other organizations and groups that share our values.*

R – Recruit: *Invite others to join you in service! Every project is a chance to welcome new faces and fresh ideas.*

S – Spark: *Keep that spark alive by nurturing connection, friendship, and belonging among all members — new and seasoned alike.*

Complete all five STAR Point challenges by February 1, 2028, and your club will be recognized for outstanding achievement in membership unity and growth. More importantly, you’ll feel the joy that comes from working together, celebrating diversity, and creating lasting bonds through service. Let’s light the way for others to follow. Be bold. Be bright. Be united. Be a STAR!

GFWC Palomar District President Project: Kids for Peace

SPEAKER: Kids for Peace. Kindness Matters

In 2006, Jill McManigal, a mother of two young children, and Danielle Gram, a high school honors student, met at a neighborhood party. Inspired by a “Peace” button Jill was wearing, the two engaged in a conversation about their wishes and hopes for our world. They quickly realized they shared a vision of bringing children together to lead the way for a brighter tomorrow for all. Within weeks after meeting, Jill and Danielle gathered a small group of children in Jill’s backyard, and Kids for Peace was born. With a deep conviction that youth are innately wise, the children were asked these questions: “What does peace mean to you?” “What do you want our world to look like?” “What can you do to create the world you wish to see?” “What do you want to pledge yourself to?” Listening to their wisdom, our Peace Pledge was created and our mission was solidified.

How to Get Involved

- Create packets for schools to use
- Bring the ask of \$200 per club to support this nonprofit
- Sign up as a family or as an individual to volunteer





2026-2028 GFWC PALOMAR BOARD



President: Sonja Hults



1st VP/Dean: Club Presidents



2nd VP Membership: Leslee Mosley



3rd VP Programs: Terri, Tiffany, and Rebekah Brannan



4th VP Fundraising: Pam Hermansader



Recording Secretary: Nancy B Jones



Treasurer: Carol May



Financial Asst: Rosalia Zamora



Parliamentarian: Judy Pantazo

Every Member Matters  **Every Voice Matters**

All Calendar items may change. ALWAYS check the Palomar Website

August:

8/14 at 10 am - Zoom Club Presidents

8/14 at 11 am - Zoom Palomar Executive Committee

8/20 at 10 am - Zoom Workshop: Understanding GFWC

September:

9/11 at 10 am - Zoom Club President

9/11 at 11 am - Zoom Palomar Executive Board Meeting

9/18 at 10 am - In Person District Meeting: Fallbrook Hosts

9/24 at 10 am - Zoom Workshop: Community Service Programs

October:

10/9 at 10 am - Zoom Club Presidents

10/9 at 11 am - Zoom Palomar Executive Committee

10/15 at 10 am - Zoom Workshop: Becoming a GREAT Delegate

10/24 at 10 am - AREA D Conference: Carlsbad : Palomar Dist HOSTS

November:

11/13 at 10 am - Zoom Club Presidents

11/13 at 11 am - Zoom Palomar Executive Committee

11/21 at 10 am - Report Writing Workshop in Person: Oceanside WC

11/19 at 10 am - Zoom Workshop: Writing an Award Winning Report

December:

Dark - Go and Support your Clubs!

January

Jan 8 at 10 am - Zoom Club Presidents

Jan 8 at 11 am - Zoom Executive Committee

Jan 15 at 10 am - Zoom Executive Board

Jan 21 at 10 am - Zoom Workshop: How to use GFWC Toolkits

Jan 23 at 10 am - In Person - Palomar District Meeting: Carlsbad

February

Feb 18 at 10 am - Zoom Workshop: Communications: The Power of Ten

Feb 19 at 10 am - Zoom Club Presidents

Feb 19 at 11 am - Zoom Executive Committee

March

Mar 12 at 10 am - Zoom Club Presidents

Mar 12 at 11 am - Zoom Executive Committee

Mar 18 at 10 am - Zoom Workshop: Fundraising for TODAY

April

Apr 15 at 10 am - Zoom Workshop: Parliamentary Procedure: Nominating

Apr 16 at 10 am - Zoom Club Presidents

Apr 16 at 11 am - Zoom Executive Committee

Apr (TBA) at 10 am - Palomar Convention: Vista Hosts

MAY

May 20 at 10 am - Zoom Workshop: Running a Club

JUNE

Jun 18 at 10 am - Palomar Leadership Training

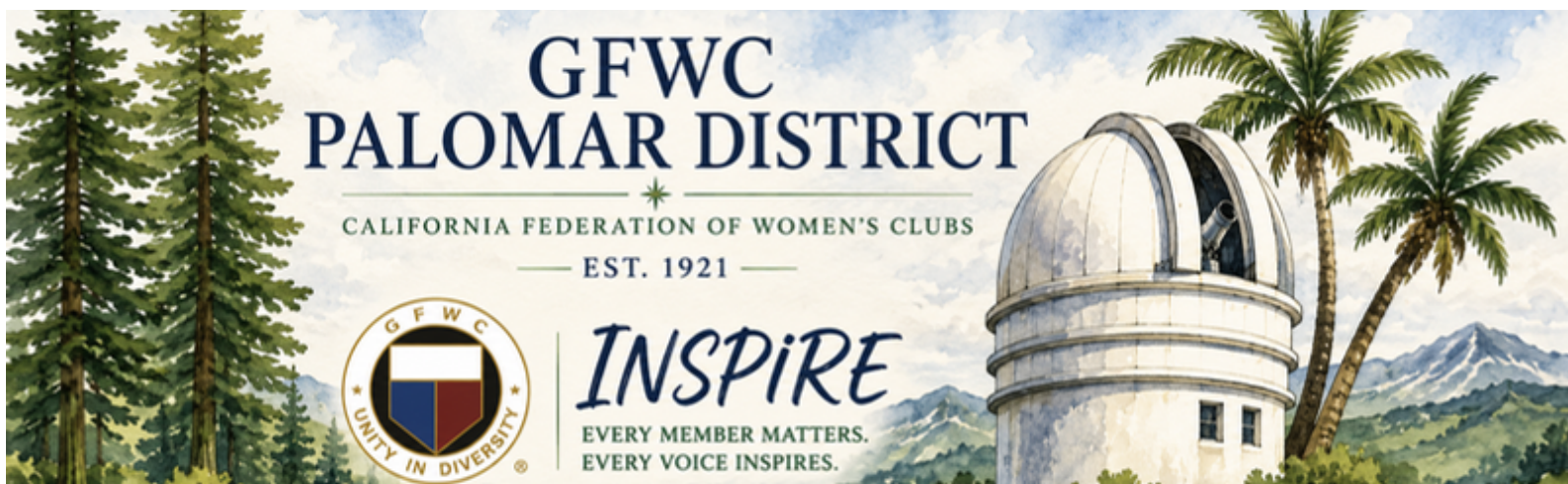


2026-2027 GFWC Palomar Calendar



GFWC
est. 1890
GENERAL FEDERATION
OF WOMEN'S CLUBS

CFWC Palomar District
President



2026 GFWC Palomar District September 18, 2026 CALL : First Draft

Together, We INSPIRE

As I begin my two years as President of GFWC Palomar District, I want INSPIRE to be more than our theme. I want it to guide how we lead, serve, and grow together.

August 18, 2026 will be a new and different kind of meeting. We are introducing GFWC Ideas, CFWC ideas and Palomar District Ideas. We have been visiting all Non Profit Clubs locally learning how to make our meeting a place to learn and have fun at the same time.

Fallbrook Woman's Club is our Host for the day, thank you FWC. Cindy Clarke, President, will be the GFWC Palomar Dean for the Day. Her project is the *Fallbrook Food Bank*. Please bring items to support this worthy cause. Dry goods or canned goods are always welcome. She will also be presenting the 3 Quarterly Project Ideas and Activity Sheets that all work together for your clubs to use.

Leslee Mosley as the 2nd VP will be introducing the *GFWC 5 point STAR idea*. What fun this new UNITY plan is. This is the MOST doable membership tool I have seen to date.

Our speaker is *Kids for Peace*. They are a Non Profit out of Julian. and they go into local schools and teach PEACE Pledges and Kindness Curriculum. We are going to be helping to pack up the curriculum into packets for each one of the clubs to take to the school we support in our district. We will see if there is anything we can do as volunteers or clubs to help teach this VERY timely, and important topic.

The program is our very own talent, Rebekah and Tiffany Brennan doing an adapted show about the *GOLDEN WEST*.

It will be a busy day, but a GREAT DAY. We want you to walk away having fun and learning ideas and tools to help you do your jobs.

We are all part of GFWC. We are ALL important in our clubs and our communities. Think of us and the FRAMEWORK that holds your community together. We do so much that makes a difference. **Time to grow. Time to step out and make us known in North County. Here we go!**

Every Member Matters. Every Voice Inspires.

Sonja



Palomar District Meeting
Agenda: First Draft
September 18, 2026



Call to Order: 10 am Sonja Hults

Pledge of Allegiance: Fallbrook

Inspiration: Fallbrook

Minutes: District Secretary

Credentials/Quorum: Carol May/Rosalia Zamora

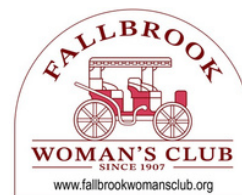
10:10 am Fallbrook President's Message: Cindy Clarke

Welcome/Introductions

Club History/Founders Story

Presidents Theme: Fallbrook Food Pantry/Civic Engagement

Bring Canned or dry goods for the Fallbrook Pantry



Come join us. Be a part of history.

10:20 am Palomar District President's Message: Sonja Hults

Introductions

Arts and Culture Program

Octopus Activity: GFWC Unity Program

10:40 am Treasurer's Report: Carol May and Rosalia Zamora

Finance Report; Ratify Bills

Handout/Approval of 2026 District Budget

Audit Announcement: Carol Boyer

10:50 am 2nd VP - Membership: Leslee Mosley

Introduction of Kindness Membership

Hand out the packets/questions



11:05 am SPEAKER: Kids for Peace: Jill McManigal

kidsforpeaceglobal.org

Activity: Kindness Matters Packets for Schools

11:30 am - 1st VP Dean: President Cindy Clarke

Quarterly Programs and Suggestions

12:00 Noon - LUNCH: Served by Fallbrook WC Jersey Mikes Box Lunches

1 PM - The PROGRAM: "California - The Golden West" by Cinballera

California Culture Thru Song and Dance, Presented by District 3rd VPs



1:30 pm - 4th VP Fundraising: Pam Hermansader

Area D Fundraising: Vendors and Sponsors

3 Minutes: Club Presidents

1:40 pm Your President's theme and what it means to you.

One Brag: One thing your club did that makes you proud (just one please)

- Bonsall
- Carlsbad
- Fallbrook was earlier
- Inland
- Julian
- Oceanside
- Poway
- Valley Center
- Vista
- Stars of Palomar



Important Dates:

Area D: October 24 - PALOMAR is the HOST: EVERYONE IS HELPING

Our district is smaller than most. We need help to shine brightly and show what we can do. Step up. Step in.

Items needed: Each Club will have to help. Pick what you can do.

Vendors

AREA D Conference: October 24th

15 Sets of Flowers and Vases for the tables

4 Greeters: Club Membership/Hospitality

Registration: Club Treasurers, be ready to help Nancy B. Jones

Volunteers: Two per club

Friday: Two per club - Set up

Saturday: Two per club - Take down

IMPORTANT Information:

PRESIDENTS MEETINGS: Monthly on Zoom 2nd Friday 10 am

DEANS Meetings: Monthly on zoom 2nd Friday 11 am

Parliamentary Meetings:



WEBSITE has all information: gfwcpalomardistrict.org

QUESTIONS? email cfwcsonjahults@gmail.com

The Agenda May Change due to Unforeseen Circumstances or Family Emergencies.

Family ALWAYS comes first.

GFWC PALOMAR DISTRICT

CALIFORNIA FEDERATION OF WOMEN'S CLUBS

EST. 1921



INSPIRE

EVERY MEMBER MATTERS.
EVERY VOICE INSPIRES.



September GFWC Palomar District Meeting Registration

Name	Position	Email Address	Delegate: Yes or No	Food Option

PRICE: \$ 15.00 a person

Jersey Box Lunches: Turkey - Roast Beef - Cheese (for allergies all toppings on the Side)

All side will be on the tables that day.

Drinks and Dessert will also be included.

NAME OF CLUB:

DELEGATE #:

NAME OF CONTACT:

CONTACT #:

Send ALL Registration Worksheets by September 5th, 2026 to

Rosalia Zamora 145 Brett Place, Escondido, California 92027 - 5334



INSPIRE



GFWC Palomar District Workshops

10:00 am Thursday once a month

Sign up by emailing cfwcsonjahults@gmail.com

UNDERSTANDING GFWC

Club, District, Area, State, Region
Create a digital folder. GFWC Website.
Download Resources.

**15
AUG**

COMMUNITY SERVICE PROGRAMS

What are all of the programs. Find Resources.
Member Portal. Use AI to brainstorm project
ideas and project in a day.

**17
SEP**

BECOMING A GREAT DELEGATE

What is a delegate, voting responsibilities,
reporting back to club, representing your
members. Use Google Docs to take notes.

**15
OCT**

WRITING A WINNING GFWC REPORT

what judges look for. Common Mistakes.
Impact is everything. Organize supporting
files in Google Drive. Convert to PDF.

**19
NOV**

Lead with Heart. Grow with Technology
GFWCPALOMARDISTRICT.ORG



PALOMAR DISTRICT MEETING SEPTEMBER 18, 2026

"California: The Golden West"

FEATURING THE PERFORMERS OF
CINBALLERA ENTERTAINMENT
IN

A vignette from the original Spaghetti Western opera
The Girl of the Golden West, followed by an excerpt
of the same story told through dance!



COMING UP FROM CINBALLERA :
THIS IS A NON PROFIT CREATED TO SHARE MUSIC AND DANCE



WHEN:
SEPTEMBER 4TH AT 7 PM, 5TH AT 8 PM, AND 6TH AT 3 PM

WHERE:
OLD TOWN THEATRE (4040 TWIGGS STREET, SAN DIEGO)

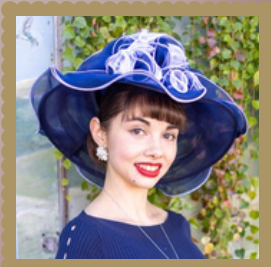


WHEN:
MONDAY, SEPTEMBER 21 AT 7 PM

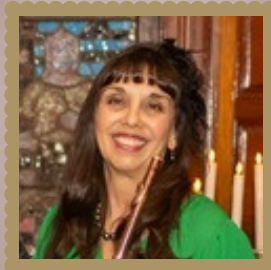
WHERE:
THE VILLA MONTEZUMA (1925 K STREET, SAN DIEGO)

We're a sister-founded and family-run non-profit arts company that's passionate about sharing our creativity with the community. We would love to visit all of the Palomar District clubs with a program, a workshop, entertainment for a special event, or a full performance for a fundraiser. To find out more about having us come to your Club or to get a discounted group rate to one of our shows, email admin@cinballera.org.

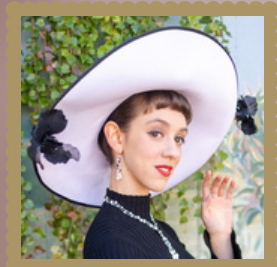
CO-CHAIRS OF PROGRAMS FOR 2026/2027



Tiffany Brannan



Terri Brannan



Rebekah Brannan

Founders of



A Non-Profit Performing Arts Company dedicated to presenting combined opera and ballet performances with Classic Hollywood style, traditional values, and quality all audiences can enjoy!



www.cinballera.org



facebook.com/cinballera



instagram.com/cinballera



youtube.com/@Cinballera



CINBALLERA ENTERTAINMENT IS A
REGISTERED 501(C)(3) ORGANIZATION. TAX
EXEMPT ID: 99-1022103



STARS OF PALOMAR

An Affiliate Club of the GFWC California Federation of Women's Clubs

Have you served as President of a Federated Woman's Club — past or present?

We'd be honored to welcome you into the Stars of Palomar! This is a wonderful group of women whose leadership keeps shining long after their term ends, and we'd be so happy to have you join us.



★ **MEMBERSHIP & MEETINGS**

Annual dues: \$15

We gather at 11:30 a.m. on the third Tuesday of:

- February
- May
- October
- December

(Locations vary by meeting)

★ **WHAT WE SUPPORT**

While we don't take on individual projects ourselves, we're proud supporters of the Hazel Erickson Scholarship Fund and other worthy causes.

Every meeting is designed to be both meaningful and fun — a chance to connect with women who share your passion for service.



We'd love for you to join us at our next gathering — Come enjoy the fellowship and camaraderie that make the Stars of Palomar so special!

In Federation,

Rosalia Zamora

President

rosalia1947@att.net

cell/text (760) 532-8181