Palomar District Federation, CFWC

The Telescope

JANUARY 2025

ROSALIA ZAMORA
EDITOR

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

Board of Directors Meeting

ALL MEMBERS ARE WELCOME!

Tuesday
JANUARY 28, 2025
10:00 AM
Fallbrook Woman's Clubhouse
238 W. Mission Road, Fallbrook

$15 for morning goodies and lunch. Please make reservations through your club.

Morning Goodies provided by Bonsall and Valley Center.

Opportunity baskets provided by CWONC, Vista and Oceanside.

PRESIDENT'S MESSAGE

Happy New Year, Palomar Ladies!

As we start a new year, I have a few thoughts to share with you.

"Goal setting is essentially beginning with the end in mind. And planning is devising a way to get to that end. A key to happiness lies in understanding what destinations truly matter - and then spending our time, effort, and attention on the things that constitute a sure way to arrive there." M. Russell Ballard

"A goal without a plan is just a wish." Antoine de Saint-Exupéry

"A goal properly set is halfway reached" "You should set goals beyond your reach so you always have something to live for" "Success is the progressive realization of a worthy goal or ideal" and "A goal is a dream with a deadline." Al's compilation

While this past year has presented challenges, I regret not being as present and responsive as you deserved. Looking ahead, I'm committed to strengthening our connection through club visits, Zoom meetings, and regular newsletters. I want to hear from you - please don't hesitate to reach out, and I promise to be more prompt in my responses.

I invite you all to join us for our Board of Directors Meeting on Tuesday, January 28, at 10:00 a.m. at the Fallbrook Woman's Clubhouse. You'll find the detailed agenda on pages 2 and 3.

Best Thoughts,

Sherry Lutes
Sharing, Caring, Giving,
Laughing, Working

Board of Directors Meeting
Agenda
January 28, 2025
10:00 a.m.
Fallbrook Woman's Club

Call to Order: Sherry Lutes, District President

Pledge of Allegiance: Carol Blair

Patriotic Moment: Ysela Sharp

Quorum: 20 eligible voters

OFFICER REPORTS

President's Message: Sherry Lutes
Pass out candy!
GFWC Contemporary Women of North County - Dissolution of Club
President's Message

Minutes: Joye Davisson, Recording Secretary
Approval of Minutes of September 24, 2024
President appoints members to review today's minutes (within 2 weeks)

Treasurer's Report: Carole May, Treasurer
Financial Report
Ratify payment of bills

Parliamentarian: Judy Pantazo

1st VP – Dean of Chairmen: Sonja Hults
Dates/Projects/Reports

2nd VP – Membership (pro tem): Sydne Gilbert
Current District Membership numbers
Congratulations to First Timers
Pin Drawing

3rd VP – Programs: Pam Hermansader/Vicky Okelly
Announce February Boards - LEADS
Announce the Palomar Convention in April
Announce CFWC Convention
Announce GFWC Convention
Announce WSR Convention Long Beach

4th VP – Fundraising: Liz Franciscus/Donna DiMambro

Convention Fundraising
Hand out Assignments
Present Numbers from past fundraisers

Break Outs: 20 Minutes:

Presidents - Sherry Lutes VP
Deans - Sonja Hults
Membership - Martha Prittard
Parliamentarian - Judy Pantazo

Program: CHAIRMEN - The Sprinkles on the Top of a Cupcake

3-minute reports: Handout. Projects in a day.
Advocates for Children - Nancy B Jones
Arts & Culture - Linda Lovett
Civic Engagement - Mary Jo Pfaff
Leadership - Sonja Hults
Fundraising - Liz Franciscus

Important Dates:

- April 22, 2025 – Palomar District Convention - Woman's Club of Carlsbad
- GFWC Western States Regional Conference – Sept.11-14, 2025 Long Beach Airport Marriott

Presidents or representatives, please check the President's folders for information to take back and share with your club.

Club Sharing & Announcements, Program & Project

Sherry's Drawing

Opportunity Drawings

Recite "A Collect for Clubwomen"

Adjournment

Lunch and Social

1st VP, Dean of Chairmen—Sonja Hults

Happy New Year Everyone!

When you think of the new year, there are words that are used. New, Beginning, Diet..... Hahahaha, I digressed. However, this year I have my word picked out; do you? Do you create a vision board? As women that are working hard to give back, I feel it is important to make one every year and then touch base through the year as I learn and grow. What is a vision board? A vision board is a collection of images, words, and quotes that represent your goals and dreams and are used to inspire and motivate you to achieve them. The idea is to create a visual representation of your goals so you can see them every day and prioritize your actions accordingly.

Let's do this. Take the time this week in your journal, the back of a receipt or on a canvas to create a vision of what you would like to accomplish this year. Here is mine. My goals have many different factions, such as:

- Music - Singing out loud for all to hear.
- Laughter - There have been too many years where I didn't laugh.
- Create - Photography is my love; I need to get back out doing it for me.
- Travel - Traveling with my mom and my son.
- Growth - Learn to grow more, I have a list of mentors I am meeting with to push me out of my comfort zone.
- Friendship - Making time for friends, being present and quiet in that friendship.
- Prayer - Where it all begins and ends every day.
- Being Brave.

I hope this has inspired you to try. If you would like to have a get-together over Vision Boards, call me at (760) 716-5315. We can support each other through this year as we learn to laugh, create, pray, and grow. Here we go everyone! I look forward to seeing you at the January meeting. We have so much fun planned. It is going to be an incredible year.

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February is Heart Month. Let's look at ideas for what clubs can do in the month of February:

- This is your opportunity to bring in a heart specialist to talk to your club.
- You can go to www.Charitymiles.org and begin to walk for your favorite charity.
- Bring in a CPR teacher and make sure you are certified in this life saving procedure.
- Have a cooking class that shows healthy eating, and then have a cooking class once a month for the next year, inviting everyone in your community to attend.

Wear Red. Get Healthy, Make a Difference! Visit https://www.goredforwomen.org/en/ for more information.

Communications and Public Relations–
Rosalia Zamora, Chairman

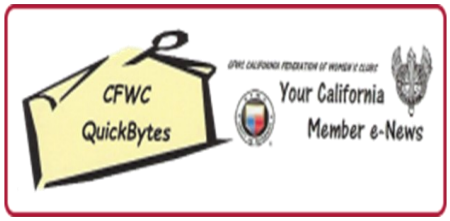
Club newsletters are one of the most efficient methods of informing GFWC members about projects, programs, events, partnerships, and issues.

- Appoint a newsletter chairman for your club and/or State Federation.
- Identify a layout and format that works best for your membership and budget. Remember to ask your members what THEY want!
- Include information distributed from all levels of GFWC leadership.
- Always provide club contact information.

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. Signup now to get the latest legislative information from GFWC.

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.

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 e-mail. .cfwc.org/publications/quickbytes/#signup

Domestic and Sexual Violence Awareness and Prevention—Bev York, Chairman

You may ask , "What is the Alabaster Jar Project, anyway, and why should they get our help?" It was founded in 2013 in Rancho Bernardo to "restore, rehabilitate and empower" survivors of human trafficking and sexual exploitation. It became a 501(c)(3) non-profit in 2014 and has evolved in 10 short years to an awesome success, offering three principal programs today: **Grace House**, a two-year free residence for up to 5 survivors fighting their way to normal lives; it is the only long-term housing specifically for trafficking survivors in North San Diego County at this time. The **Resource Center** provides tangible support by offering our donated items free of charge to the women in the program; **Survivor-Led Peer Support groups** – approximately 70 women on the staff now are graduates of AJP's programs, the ideal role models to help survivors turn their lives around.

To support the Alabaster Jar Project, we again ask for your generous donations of gently used clothing (large and extra-large sizes are especially welcome); shoes; gift cards, personal care items ranging from toothbrushes to soaps to hair spray to razors to deodorants, and everything in between; feminine hygiene products; new underwear; everything personal that you use, these ladies do, too. They also need simple things --notepads and pens, calendars, tote bags and purses, gift cards, pocket calculators – the list is endless. By special arrangement, we'll deliver your donations to the AJP Resource Center in Escondido, and I can guarantee: everything you donate will be used — and appreciated! **Here are a few bits of information from Susan Johnson, Executive Director and Co-Founder:**

On Tuesday, January 28th - Churches Against Trafficking Prayer Meeting will be held from 6:30 p.m. to 8 p.m. Attend and represent Alabaster Jar Project at this prayer gathering hosted at Coastline Church in Carlsbad. Pray over the anti-trafficking movement in San Diego, survivors and service providers. RSVP here: https://docs.google.com/forms/d/e/1FAIpQLSfcVoisrSf-RQAIXzf9L1YtTFb9xvRI2dlhrd5EUnCwJUzU6Q/viewform?pli=1&pli=1

Support Group Meals - We have openings on our volunteer calendar for meals for our support group. This is a great way to engage a small group of friends or family to impact the lives of survivors by providing a meal. Here is the link to select a date and sign up: https://alabasterjarproject.galaxydigital.com/need/detail/?need_id=759742

What?! You are super busy and can't sign up to attend any of those opportunities?? Well, you're in luck! We have other ways you can support and engage in Human Trafficking Awareness!! Here are some ideas:

Share & promote on social media! Share our social media pages on Facebook and/or Instagram. https://www.facebook.com/AlabasterJarProject/ or https://www.instagram.com/alabasterjarproject/

Wear and show off your Alabaster Jar Project merchandise - Purchase and wear and show off Alabaster Jar Project merchandise! Click here to view our merchandise store: https://www.bonfire.com/store/alabaster-jar-project-store/

Fundraise for Alabaster Jar Project - You can start a fundraising campaign for us on Facebook and Instagram.

Sell Alabaster Jar Project merchandise - You can also sell our merchandise to fundraise for us! Check it out on Bonfire. https://www.bonfire.com/org/alabaster-jar-project-463504411/

Whew!! That was a LOT of information!! We are so grateful for your support!

I look forward to hopefully seeing you at some of the events this month. Thank you for all you are doing to empower and impact the lives of survivors. Together we make an amazing difference in their lives!

Advocates for Children—Nancy B Jones, Chairman

President Sherry's *Magic Yarn* Project

Have you heard about the Magic Yarn Project? At her installation and at summer Board meetings, our District President shared the projects for her term. All clubs were invited to participate and support three projects: the Magic Yarn Project, Wreaths Across America, and paperbacks for Veterans.

At our September Board meeting, our President introduced the project that was new to all of us! The Magic Yarn Project is a non-profit that provides "Homespun wigs for little cancer fighters." The District's Programs chair gave a brief history of how the project started and showed a video of a TV interview with the founder. This project entails the creation of "whimsical, giggle-inducing character wigs and beanies that invite children into the world of imagination and play during difficult times." Wigs and beanies are crocheted by willing volunteers.

A dozen members and friends from various District clubs met at the end of October to contribute to the yarn-wrapping portion of the project. The yarn is provided from donations, in the particular hair colors for Elsa, Ariel, Moana, Rapunzel, Wonder Woman, and even Captain Jack Sparrow, which is a favorite choice. And all we had to do was unwind the skein of yarn into a particular length on a yarn wrapping board with dowels - just the right length to make an Elsa braid or a wig for another character! Then the wraps are tied, cut, and saved, ready to use.

In May, the next session for the project will be an opportunity to crochet these lengths and tie them into pre-made beanies to make soft, comfortable, and fun wigs for kids with medical hair loss. A wonderful feature of this project is that the completed wig/beanies are always free for the families - and they have been sent out to kids all over the world upon request. The Magic Yarn Project gifts over 500 wigs every month to children with cancer and other medical hair loss all over the world. They rely completely on small donors to fund their shipping and materials. The organization accepts donations of money, beanies, and yarn (with restrictions), and relies on volunteers to construct the wigs as ordered. We look forward to helping complete these fun wigs for the kids - and bring smiles to these young faces in their difficult times.

Nancy B Jones "Farmer Jones"
CFWC Environment Chair

CFWC Environment: Sunflowers and Sustainability

As California Chairman for Environment, I am encouraging sharing about Sustainability - asking members from across the state to share about their Sustainability habits. Club members are sharing their actions that support the Earth. Members from across the state have shared their habits, and they are being published weekly in the California Federation's QuickBytes newsletter, sent out by email.

Do you receive QuickBytes on Mondays? I find that the messages from our Madam President and state Chairs are inspiring and give an extra boost to the start of the week. Sign-up information is at the end of this newsletter.

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When the members wrote out their habits and gave them to me at a meeting, they received a packet of sunflower seeds. Now, they will plant those seeds in the spring to brighten up their community.

What are your habits that help support our Earth? Do you recycle or bicycle instead of driving? Do you tend gardens and teach kids good habits to help nature? Do you carpool to meetings or volunteer to transport other club members? Do you take short showers and wash full loads of clothes? Every day we can pay attention to our habits that help conserve our natural resources.

We can all promote awareness and suggest ways we can live a more sustainable life here on Earth. Email your sustainability habits to farmerjonesavbg@gmail.com or hand them to me at the January 28th meeting in Fallbrook. I look forward to reading and sharing your contributions!

Thank you for remembering good Conservation Habits!

Hot off the presses! This is the GFWC Environment Chair Sharon Oliphant's January to March newsletter - look for information about seed balls, National Parks, and even a recipe from Jennie June!

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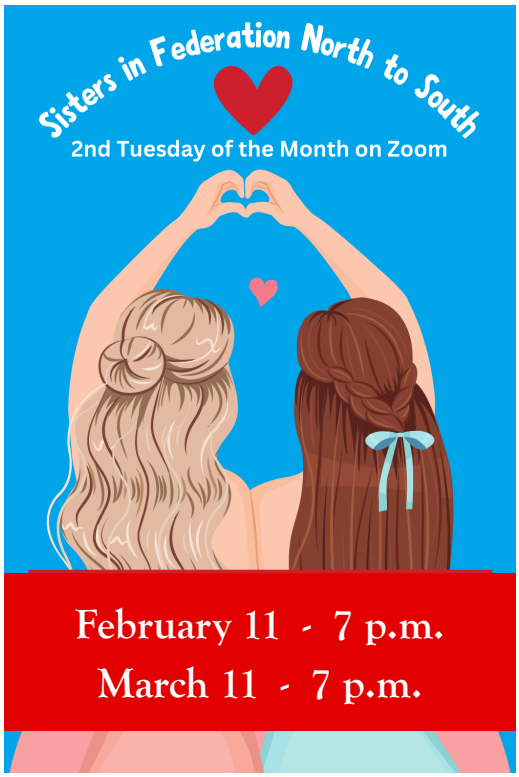

Join us for a special evening as San Joaquin District and Palomar District come together, "Bridging Friendship in Federation!"

We're hosting a fun-filled Zoom gathering featuring games, laughter, and an inspiring guest speaker. This is your chance to meet and connect with our Federation sisters from the North!

Help us make this event a success by spreading the word to all club members. Our goal is to have at least 20 participants sharing in this memorable evening.

Don't miss this opportunity to expand our Federation family and create new connections!

Join Zoom Meeting:
https://us02web.zoom.us/j/87516265433?pwd=dCq0BIJwOk4NbtZUmYVqlEldBxfWDa.1

Meeting ID: 875 1626 5433
Passcode: Palomar

ATTENTION ALL YOU ARTISTS AND CRAFTERS!

REMINDER - How are your art and craft projects progressing? The DISTRICT ART AND CRAFT SHOW at the Palomar District Convention on April 22, 2025 may seem a long way off. But time flies, whether you are having fun or not.

The Art and Craft Show is not a competition. Sorry, no prizes. It is an opportunity for you to showcase your talents in: painting, drawing, photography, writing, sewing, quilting and general crafting. If you made it, we'd love to see it. The show is open to all Palomar District club members and there is no fee to enter. We also have a section of the show dedicated to children's arts and crafts. Application forms and information on how to enter will follow. GET BUSY!

Questions, contact:
Mary Lou Jones
Arts & Crafts Show Chairman
marylou4494@yahoo.com

GFWC Women's History Resource Center–
Carolyné "Doc" Hensel, Chairman

Founded in 1984, the GFWC Women's History and Resource Center (WHRC) collects, preserves, interprets, and promotes the history of GFWC. The WHRC documents the social and political contributions of GFWC clubwomen from 1890 to the present through the GFWC archives and related special collections. Our holdings are available for research by clubwomen, academics, and the general public.

We will have a WHRC Contest again at the Palomar District Convention. The form is on the next page! Don't be shy. Tell us your story with pictures and anything else you'd like to include.

GFWC VOLUNTEERS IN ACTION

We would love to hear about your club's work, written in your own words. Click below to send us a paragraph or two about how you are Living the Volunteer Spirit! Volunteers in Action stories are typically posted within one month of submission if selected.

Please include your club name and State Federation. https://memberportal.gfwc.org/news

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 send an e-mail to rosalia1947@att.net to sign up! To open links in this newsletter, hold Ctrl+click.

NOTE: Always check your spam and trash folders!

PALOMAR DISTRICT FEDERATION, CFWC

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WOMEN'S CLUBS HISTORY CONTEST

Awards will be given at the District Convention!

Deadline to Carolyné "Doc" Hensel: **April 10**

Mail to 2801 Mesa Drive – Oceanside 92056

Questions: +1-909-463-8277

1) CLUB IDENTIFICATION
   - Name:
   - Address:
   - Website:
   - Club E-mail:
   - Contact person:
   - Telephone:
   - E-mail:
   - Other Communications:

2) Organized:
   - Incorporated:
   - Federated:

3) Club Theme:
   - Colors:
   - Flower:

4) BOARD OF DIRECTORS
   - List of officers
   - List of Chairmen

5) MEETINGS
   - General:
   - Board:
   - Committees:

6) PROJECTS FOR THE YEAR

7) DRAWINGS / PHOTOGRAPHS

This Women's History Contest is for the clubs of Palomar District (Area D/CFWC/GFWC). Our motto is Unity in Diversity with women who made a difference starting as the Sorosis Club. The group met with 61 in attendance. At this meeting, members drafted a constitution and bylaws, which were ratified the next year with an approved constitution. Mrs. Phoebe A Hurst (California) was elected to serve as the first Treasurer of the General Federation, March 3, 1901. There are special historical happenings in our District. Now, we have the opportunity to record the outstanding work of our members. What are the club activities and who are the members that make them a success for our clubs and our communities? Which other community groups do your members work with? Who are the women that make the difference in your club? We want to celebrate your club and your members!

Stars of Palomar Woman's Club

✶

All current and past club presidents are invited! Come and check us out!

Stars will meet on Tuesday, FEBRUARY 18, at 11AM

Program: ARE YOUR FINANCIAL AFFAIRS IN ORDER?

Location: Fasia Buffet in Escondido

Buffet style; each pays own meal.

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.

Dues are only $15 a year.

2025

09/11/25 - 09/14/25

WESTERN STATES
REGIONAL CONFERENCE

SAVE THE DATE

Long Beach Airport Marriott
4700 Airport Plaza Drive
Long Beach, CA 90815
562-232-4360

All day tour on Thursday, half day tour and California State Night Banquet on Friday with WSR meetings on Saturday and Sunday

Hosted by GFWC California Federation of Women's Clubs

Wreaths Across America
Dec 14th, 2024

Ruth S. Sharp
SFC, US Army
WW II, Korea, Vietnam

Members from the Vista and Fallbrook Womans' Clubs represented the Palomar District at the Wreath laying ceremony at the Fallbrook Masonic Cemetery

Pam Hermansader and Diane Jensen

Becke Shulman

liz Franciscus and Pam Hermansader

~~WANTED~~ NEEDED $20,000

Don't you just love our old-timey clubhouse (circa 1876) building at 238 W. Mission Ave., Fallbrook? We do, too! At over **140 years old**, it needs lots of costly repairs. The Fallbrook Woman's Club NEEDS YOUR HELP to raise $20,000!!!

Friends, won't you please help us raise money for much needed repairs on our beautiful clubhouse? Every tax deductible* donation counts, big or small. It is very easy to do, just click on either link or the QR code below and give.

[Help Rebuild The Fallbrook Woman's Club .Clubhouse supporting Fallbrook Woman's Club | BetterWorld](https://fallbrookwomansclub.betterworld.org/campaigns/help-rebuild-fallbrook-womans-cl)

https://fallbrookwomansclub.betterworld.org/campaigns/help-rebuild-fallbrook-womans-cl

Estimates for electrical, plumbing, structural, access, roofing, and more are significant. We have secured some grants, held small fundraisers, and donations from our own members.

As a non-profit, each year we support Fallbrook and the surrounding community. Today we are asking for the community to help. Please give and spread the word.

*Please check with your tax professional. fallbrookwomansclub.org

ANNUAL PANCAKE BREAKFAST

Saturday, January 25, 2025
9:00 AM - 12:00 PM

Woman's Club of Oceanside
1606 Missouri Ave
Oceanside, Ca 92054

Only $10.00
(includes juice or coffee)

For more information please contact:
Carol Boyer - 760-575-2880

Join the Celebration

100 Years of Fabulous

Woman's Club of Carlsbad

Tea & Fashion Show

Sunday, February 23, 2025
El Camino Country Club
3202 Vista Way, Oceanside

Doors open at 1:00 p.m.

$60 per person

For event details and tickets
click HERE.
Sign up early as we hope to sell out!
Reservations close February 9, 2025

Shop for the perfect items at
our onsite Boutique

https://www.womansclubofcarlsbad.org

WOMAN'S CLUB OF CARLSBAD

"History of Women's Clubs in America"

JOIN US IN CELEBRATING OUR WCC CENTENNIAL (1925-2025)

Speaker Melissa Jones, Women's Museum of California

When
Saturday, March 22, 2025
10:00 a.m. - 11:30 a.m.

Where
Woman's Club of Carlsbad
Clubhouse
3320 Monroe Street
Carlsbad, CA 92008

What
Complimentary light brunch will be served.

Donation $5– a portion of proceeds will go to the Women's Museum of California

Visit Our Website
womansclubofcarlsbad.org

RESERVE *your seat* **HERE**

CLUB & MEETING INFORMATION

(save for future reference) As of September 11, 2024

STARS OF PALOMAR (Affiliate Club for past and current club and district presidents)
Organized 1958 Federated 1958 Club President: Rosalia Zamora
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: 69 Club President: Patty Merriam
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: 100 Club President: Diane Campbell
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: 68 Club Co-Presidents: Linda Lovett & Sharon Drucker
Meeting Day/Hour: 2nd Tuesday, 10:00 AM; Clubhouse: 238 W. Mission Road, Fallbrook

GFWC CONTEMPORARY WOMEN OF NORTH COUNTY (CWONC) (medium club)
Organized 1985 Federated 1985 Members: 39 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: 12 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 (intermediate club)
Organized 1926 Federated 1928 Members: 46 Club co-Presidents: Melana Brandt, Karen Gaither, Jonna Waite
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: 24 Club President: Valerie Pemberton
Meeting Day/Hour: 1st Thursday, 10:00 AM; Clubhouse: 1606 Missouri Avenue, Oceanside

POWAY WOMAN'S CLUB (small club)
Organized 1960 Federated 1960 Members: 10 Club President: Joye Davisson
Meeting Day/Hour: 2nd Tuesday, 10:00 AM; 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

THE WOMAN'S CLUB OF VISTA GFWC (medium club)
Organized 1916 Federated 1925 Members: 34 Club co-Presidents: Judy Pantazo & Sonja Hults
Meeting Day/Hour: 2nd Wednesday, 10:00 AM; Location: Shadowridge Golf Club, Vista