



Palomar District Federation, CFWC

The Telescope

MAY 2024

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EDITOR

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



Nancy's Notes



*Growing and Grinning
with GFWC!*

Smiles and Hugs!

Thank you all for the privilege
of representing you and your
clubs during this 2022-2024

Term as Palomar District President. I have had a wonderful time visiting and attending events and traveling to state Board meetings, Conferences, and Conventions.

I am beyond grateful for the support and time that our Board members have given us these two years. Board meetings on Zoom, program and Convention planning, fundraisers, publicity and newsletters - we did it all and connected with our clubs and members. Training for narratives, then writing and judging those narratives for our District awards was a fun project - it's all about being organized and we got it done with style and on time! We are hoping to receive awards for our District and club narrative reports at the CFWC Convention May 16-18. Sherry, Bev and I are proud to represent our Palomar Federation!

I know Sherry Lutes and her Board will continue to grow our District and succeed in projects and fundraising in the next two years. We appreciate your time and energy!

I will help where I can as I will serve as Palomar District's Advocates for Children Chair, and I will also be serving as CFWC Environment Community Service Program Chair for the next two years. I see travel in my future as I

share my passion for the outdoors,
gardening, and nature!

Your clubs are very busy and you are making such a big difference in your communities! Fundraisers, craft shows, Bunco, Bingo, Teas, Fashion Shows - you do it all! After you raise those funds, you award scholarships and donations that are received with smiles and thanks. And finally, the personal connections of our volunteer hours in shelters, schools, and litter clean-ups - along with so many other projects - warm our hearts and show kindness that is the basis of our work.

Affiliates for Children has been my President's Project. Thank you all for your generous donations for Prevent Child Abuse America, March of Dimes, Shot@Life, UNICEF, Operation Smile and St Jude Children's Research Hospital. Over these two years, we have collected and donated \$4,956 from clubs and members to improve the health and lives of children around the world. We appreciate your support and kindness!

My best wishes for continued success - we do have fun in Federation, don't we? And we do make a difference!

We are still Growing and Grinning!

Nancy B Jones

***** Continued on next page ...

Notes from February 2024 CFWC Board - from CFWC Area A Vice-President Toni Lima

Take at least one idea and run with it - to liven up your club and District meetings!

Tips from Toni - Ideas for your Clubs

- * Make sure you always have a printed agenda
 - * Start on time
 - * Bring in speakers
 - * Have a picnic
- * Take trips and outings
 - * Give door prizes
- * Add a FREE LUNCH to your raffle
 - * Have fun!

Ideas for your District

- * Make it more than a club meeting
- * Remember to take District news back to your clubs
 - * Engage and entertain with lively speakers
 - * Contests are fun!
Cookie or brownie contest - bring 3 dozen, taste samples, auction off dozens for fundraiser
 - * Gift cards in raffle
- * Bling contest - wear it and flaunt it!
- * Themed costume contest - use your imagination!
- * Share narratives in newsletters or read aloud at meetings
 - * Recognize and praise first-timers
- * Invite the fire chief and firefighters - especially women
 - * Invite sheriffs or police - especially women

* Fundraiser shared by District Presidents: this sounds like fun!

"In for a Pound" or "Pig in a Poke" A *pig in a poke* is a thing that is bought without first being inspected, and thus of unknown authenticity or quality.

Everyone brings a well-decorated box filled with ONE POUND of something/s
People bid on the boxes (set a minimum) hoping to get a good deal for their money



Conventional Notes from President Nancy B ...

CFWC Convention May 16 to 18, 2024



*Growing and Grinning
with GFWC!*

What a wonderful Convention we had! So much information and encouragement, laughter and learning, so much to share, and yet so much more needs to be absorbed for further examination.

Your delegates from Palomar District Federation were President Nancy B Jones, 1st VP-Dean Bev York, 2nd VP-Membership-incoming President Sherry Lutes, Social Media Chair Sonja Hults, and District Past President/Poway member Barbara Lerma. Thank you for helping cover the expenses of your three officers for hotel rooms, flights to and from San Jose, registration, and meals. We were proud to represent you all!

GFWC 2nd Vice President Jolie Frankfurth spoke in two workshops and as our keynote speaker; her calm and friendly speaking style and her poignant pointers were such an inspiration! She encouraged clubs to have a strategic plan - create a vision together of where you would like your club to go in your community work. "We have power to make things happen!" Leaders need to talk, but also to "walk the walk" along with members to accomplish goals. Adopt an attitude of excitement. Help members cross the line into leadership. Links to transcripts of Jolie's presentations will be available in QuickBytes.

CFWC Area Vice-Presidents: If you remember the discussion at our Palomar Convention in April about the possible elimination of the CFWC Area Vice-Presidents ... Our District did not reach a resolution or make a recommendation for how to vote. At the CFWC Convention, after discussion and sharing of the benefits of the Area VP's, we were very relieved when the amendment was not approved. We are happy to report that those offices will continue beyond the 2024-2026 administration. We will continue to have the insights from these seasoned members to help keep our very large state with 10,000 plus members and 18 Districts connected and working together.

Chairmen's Fair: CFWC Chairmen staffed tables to provide inspiration and information about their program and advancement areas. Bev York collected their information. I was happy to pick up information about "Why Send out Press Releases?" from Communications/Branding Chair Chris Herzog.

Narratives Awards: The afternoon session was electric with excitement - and hearing "Palomar District" four times was such a treat! Our small District (under 400 members for 2023) won awards for Arts & Culture, Civic Engagement & Outreach, and Leadership - and to top off the excitement, Palomar District won the chimes for Area D for the largest percentage of membership growth.

Your clubs' efforts paid off with 16% membership growth, including the delayed membership dues from July. So our dismay in July from those delayed dues turned into a great advantage for membership growth through December 31st. Congratulations, Palomar District Federation, for "Growing and Grinning!" with your sister clubs! Hearty Congratulations to Bonsall Woman's Club - they received awards for Club Creativity for Arts & Culture, and for Communications & Public Relations!

Your President's Two-Minute Speech: This was my last chance to impress and make an impact as District President so I shared how successful our clubs' fundraisers and events were during this year. Then, I shared the success of our Affiliates for Children project. Over these two years, we used different modes of presentation and received lots of support from our clubs and members! We collected \$4,956 for six GFWC Affiliates over two years - we learned and donated, and we thank you all very much!

*Thank
you*



CFWC Awards - District



Receiving awards for Bonsall and the District are (left) Bev York, President Nancy, Sonja Hults. Palomar District: Arts & Culture, Civic Engagement, Leadership. Bonsall: Arts & Culture Club Creativity, Communications & Public Relations.



CFWC Civic Engagement and Outreach Awards. CFWC President Barbara Briley Beard (center) and President Nancy.



Bev York, Sherry Lutes (center) and President Nancy are excited that Palomar won the CFWC-Area D Chimes for the largest percentage of membership growth!





CFWC Awards - Club



Congratulations to the Bonsall Woman's Club!



CONGRATULATIONS to the 2024-2026 District Officers



- President..... Sherry Lutes (Julian)
- 1st Vice President-Dean of Chairmen Sonja Hults (Vista)
- 2nd Vice President-Membership Bev York (Bonsall)
- 3rd Vice President-Programs & Itineraries..... Pam Hermansader and Vicky Okelly (Fallbrook)
- 4th Vice President-Fundraising Liz Franciscus and Donna DiMambro (Vista)
- Recording Secretary Joye Davisson (Poway)
- Treasurer Carole May (Oceanside)
- Assistant Treasurer..... Rosalia Zamora (Inland Valley)



2nd VP Membership - Sherry Lutes

As I close my run as 2nd VP over membership I have a few parting words.

Congratulations to each of the clubs for the tremendous effort you have done to recruit, retain, and train the members of your club.

All members should sign up for the QuickBytes, which 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

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.

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!

Continue to keep up the great work you each do.

Club size numbers as of May 3, 2024

Bonsall 62	Julian 46
Carlsbad 90	Oceanside 24
CWONC 39	Poway 10
Fallbrook 56	Valley Center 3
Inland Valley 12	Vista 27

IMPORTANT NOTICE

Reporting additional members: https://gfwcpalomardistrict.org/?page_id=8113

This is the correct current form that is on the Palomar District website. It was revised by Sherry Lutes as per the CFWC Financial Secretary and CFWC 2nd VP-Membership. And, it's fillable. The names of the clubs are located on a drop-down menu.

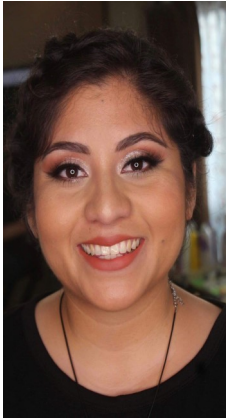
There are no more "Late Paying" members - Everyone is considered a new member if they paid after the April Convention rosters were turned in. Clubs may submit additional members to Carole May, District Treasurer, but she must receive the form completely filled out and the dues payment no later than June 10. (No more attempts to distinguish between those who are NEW and those who have been a member previously.) See District Standing Rule 2(f)



2024 Hazel Erickson Scholarship Recipient
ALEXA ORODIO
MiraCosta College



Jan Imonti
Scholarship Chairman



I am honored and humbled to receive this award. After serving 7 years in the Navy as a medic, I began my academic journey as a civilian majoring in chemistry. Through life's turns, I had to put a pause on my studies and follow my husband, who still serves, to Japan. While living overseas, I had hoped to start a family, but once again, life had other plans.

After one year of trying for a baby, I began working as a bus attendant with elementary age school children to help support our fertility treatments. As a split shift worker, I would pick up the children from home at the beginning of the day and drop them off in the afternoon.

They would share everything with me. Even things that I'm sure would embarrass their parents. During my breaks, I would go to my fertility appointments, I never missed a shift except for the morning of my embryo transfer and the morning of my subsequent miscarriage.

Even on the hardest days, the children were a beam of light that reminded me of hope. Honestly, what surprised me the most was how much I would enjoy working with kids. I absolutely fell in love with being a positive and safe adult in their daily routine. Asking what they ate for lunch and talking to them about anything and everything was a tremendous blessing that I will always cherish. This was my first glimpse at learning through play and has continued to be the motto I live by. The times I shined the brightest were when they would ask homework questions, especially science and math related problems. I vividly remember the days they asked about the water cycle or how lightning interacted with vehicles. This is how I discovered my true purpose, which is cultivating the best environments for children to grow to their full potential. My efforts towards working in education began there, and I have been working ever since to make it a reality.

After the surprise conception of my now one year old son and the move back to the United States, it has been transition after transition, but I am grateful to be back in school. It has not been easy, but I know it is worth it.

Beginning Fall 2025, I will be transferring from MiraCosta College to a bachelor's program through Arizona State University. My goal is to begin teaching in the kindergarten class but continue to pursue higher education for a master's and on to a doctorate. Later on in my career, I would love to teach high school chemistry to inspire others, just like my science teachers inspired me.

I am immensely grateful to the Palomar District Federation, California Federation of Women's Clubs for selecting me for the Hazel Erickson Teaching Scholarship. Thank you so very much for this opportunity.

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!



1st VP, Dean of Chairmen – Bev York

Another successful District Convention has come and gone! All the smiling faces, everyone dressed in bright Hawaiian floral colors, tables filled with unique artwork by our members, a tasty lunch with a custom Hawaiian salsa topping the chicken, awards for the best narratives as determined by judges from all 10 clubs, a variety of vendors offering irresistible wares, and to top off the day, the top three officers of CFWC, President Barbara Briley Beard; 1st VP Dean and President-Elect Sonya Matthies; 2nd VP Membership Wendy Curran, and our Area D VP Lynn Youngstrom sharing the hours with us. It was an unforgettable day, and I was sorry when adjournment came.

To those of you who wrote and turned in narratives for judging, thank you! Every year I'm amazed at the scope of the projects our clubs adopt, the dedication with which they're carried out, and the care taken to report them – the successful ones and the not-so-successful ones. (We learn as much from the ones that don't fly as we do from the successful ones.) If you turned in narratives but didn't win an award this year, don't give up! Next year's narratives will be here before you know it, and another chance to win. This year you may have missed by only a few percentage points that your narrative next year will receive, but if you don't turn in a narrative, you know you won't win.

I don't expect to be involved with narratives next year, but I'd like to suggest three under-reported program areas for your club to consider: Domestic and Sexual Violence Awareness and Prevention, Women's History and Research Center, and Legislation/Public Policy. All three are worthy of your time and effort – look them up online: Domestic Violence is covered on the CFWC website homepage under Programs (cfwc.org) and Women's History and Legislation are discussed on the GFWC website homepage under "What We Do."

Thank you for all the help you've given me this year; it is very much appreciated! You're the best, and it has been an honor to serve as your District Dean.

Palomar District Convention

April 23, 2024

Special thank you to Mary Jane Poulter, photographer



District President Nancy B Jones and CFWC President Barbara Briley Beard



A very welcoming staff at the Registration table (right-left) Diane Campbell, credentials chairman Minnie Curtis and Leslee Tipping.



Palomar District Convention
April 23, 2024



50+ years in the Federation!
Carolyné "Doc" Hensel (Oceanside)
Barbara Lerma (Poway) and Rachelle Stenger (Poway).



Palomar District Past Presidents: (left-right)
Barbara Lerma (1994-96) Rosalia Zamora (2002-04 & 2018-20)
Jan Imonti (2012-14) Myrna Binford (2016-18) and
Judy Pantazo (2020-22).



District Convention Committee (left-right) President Nancy B Jones, Bev York, Joye Davisson, Pam Hermansader,
Chairman Rosalia Zamora, Sherry Lutes, Judy Pantazo and Jan Imonti.



Palomar District Convention
April 23, 2024



Welcome to our First Timers!



Arlene Cope, CWONC
Becky Tanamachi, Fallbrook
Brittany Moore, Inland Valley
Carla Roman, Julian
Cindy Clarke, Fallbrook
Cindy Norred, Julian
Donna Weber, Vista
Jacquelyn Rabello, Inland Valley

Jerri Olivari, Julian
Karen Gaither, Julian
Karen Kincaid, Julian
Kat Spilman, Julian
Leslie Mosley, Oceanside
Melana Brandt, Julian
Minnia Curtis, Carlsbad
Valerie Long, Fallbrook

Not listed in picture order



Aloha!

Palomar District Convention April 23, 2024 Women's History and Art Show



Carolyn "Doc" Hensel proudly displays Women's History.



Grandma Rosalia Zamora and Doc Hensel show the beautiful multimedia artwork of 6 year old Azalea Sanchez.



Oceanside President Rose Teding.



The creativity of these children is amazing!



Art Show display of the lovely handiwork of our Club members.



**Palomar District Convention
April 23, 2024**

Awards for 2023 Club Narratives

**GFWC SIGNATURE PROGRAM:
Domestic & Sexual Violence Awareness
& Prevention**

Small	Inland Valley
Medium	-- None --
Intermediate	-- None --
Large	Carlsbad

GFWC SPEC PROG: Advocates for Children

Small	Oceanside
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

CSP: Arts & Culture

Small	Oceanside
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

CSP: Civic Engagement & Outreach

Small	Oceanside
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

CSP: Education and Libraries

Small	Oceanside
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

CSP: Environment

Small	Poway
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

CSP: Health & Wellness

Small	Valley Center
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

ADV: Communications and Public Relations

Small	Oceanside
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

ADV: Leadership

Small	Oceanside
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

ADV: Membership

Small	Poway
Medium	Vista
Intermediate	Bonsall
Large	Carlsbad

ADV: Fundraising & Development

Small	Oceanside
Medium	Vista
Intermediate	Fallbrook
Large	Carlsbad

Women's History & Resource Center

Small	Oceanside
Medium	-- None --
Intermediate	-- None --
Large	-- None --

District Newsletter Contest - Carlsbad

Prepared by Bev York
Palomar District 1st VP-Dean of Chairmen



Palomar District Convention
April 23, 2024



(left-right) Sydne Gilbert (Bonsall) Rachelle Stenger (Poway)
Alicia Del Toro (Inland Valley) Becky Tanamachi (Fallbrook)
Cindy Clarke (Fallbrook) and Sherry Lutes (Julian)



Palomar District's Fundraiser Table was staffed by
Cindy Clarke and Myrna Binford



(left-right) Nancy B Jones (Vista) Rose Teding (Oceanside)
Mary Jo Pfaff (Bonsall) Jan Imonti (Valley Center)
Diane Campbell (Carlsbad) and Sherry Lutes (Julian)



Bev York and Judy Pantazo,
District Parliamentarian



Southern District President
Martha Pritchard (left) and
Karen Reed