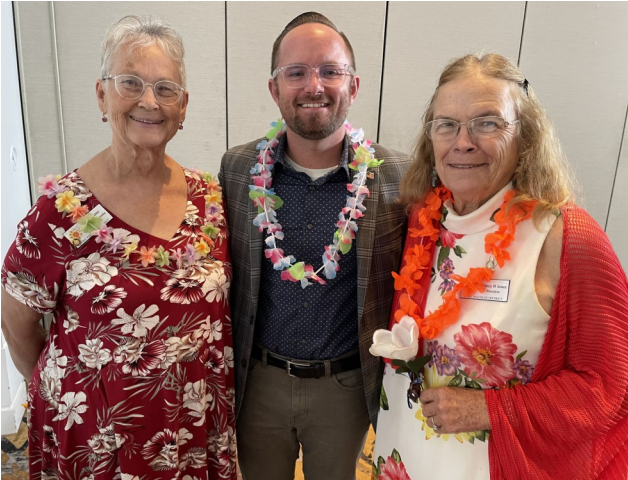




Palomar District Convention  
April 23, 2024



President-Elect Sherry Lutes with Dane White, Mayor of Escondido, and District President Nancy B Jones



(left-right) Bev York (Bonsall) Sherry Lutes (Julian) Joye Davisson (Poway) Pam Hermansader (Fallbrook) Carole May (Oceanside)



Lynn Youngstrom  
CFWC Area D Vice President



GFWC Inland Valley Members: (left-right) Rosalia Zamora, Brittany Moore, Jacquelyn Rabello, Alicia Del Toro, President Jan Imonti, Theresa Rios, Keiko Grant



Palomar District Convention  
April 23, 2024



Julian Woman's Club Members: Carla Romans, Cindy Norred, Karen Kincaid, Olive Kerr, Jerri Olivari, Mary Lou Jones



Myrna Binford (Fallbrook) Jan Imonti (Inland Valley/Valley Center) and Barbara Lerma (Poway)



Bonsall Woman's Club Members: Rosalia Zamora, Sydne Gilbert, Helen Poddoubnyi, Jacky Nutter, President Mary Jo Pfaff, Bev York, and Mary Jane Poulter



Woman's Club of Oceanside Members: Carol Boyer, Ysela Sharp, Carole May, Doc Hensel, Leslie Mosely and President Rose Teding



Poway Woman's Club Members:  
Rachelle Stenger  
President Joye Davisson  
Lily Green  
Barbara Lerma





# Aloha!

Palomar District Convention  
April 23, 2024



Vendor - Beaded Designs - Susan Prior



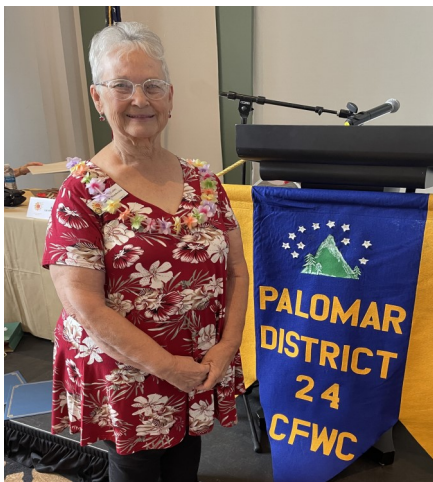
Vendor - Mosaics by Nancy - Nancy Okun



Vendor - Pegboard Highway - Pauline Goldstein



Sherry Lutes, 2024-26 District President  
Nancy B Jones, 2022-24 District President



President-Elect Sherry Lutes



Aloha! Until we meet again...



# Aloha!

Palomar District Convention  
April 23, 2024

Thank you to all the Volunteers!

Rosalía Zamora

Nancy B Jones

Jan Imontí

Bev York

Joye Davisson

Sherry Lutes

Pam Hermansader

Judy Pantazo

Alicía Del Toro

Carolyné "Doc" Hensel

Mary Lou Jones

Carole May

Donna DiMambro

Liz Franciscus

PatC Cannon

Jonna Waite

Diane Campbell

Brittany Moore

Myrna Binford

Sydne Gilbert

Mary Jane Poulter

Leslee Tipping

Jacquelyn Rabello

Edie Seger

Minnia Curtis

Rose Teding

Ysela Sharp

Carol Boyer

Cindy Norred

Sonja Hults

Cindy Clarke

Carole May

Azalea Sanchez





## 3rd VP Programs & Itineraries and Inspiration— Joye Davisson

Please remember that the CFWC Officers and Chairmen are willing to come to your club and share their expertise. Also, the Palomar District Officers and Chairmen are available.

Welcome to Pam Hermansader and Vicky Okelly, who will be the Itinerary and Program Chairmen for the 2024-2026 administration!



## From the CFWC President Barbara Briley Beard

10,188 members strong in 18 districts, four areas (A,B,C,D) and 240 clubs. California can do it, team! California's one of the international population of GFWC.

In 2023 you did 3,417 projects, donated 131,330 hours. You contributed \$2,630,614 and in-kind \$137,038. Thank you for all your hard work in the past year.

Love and Aloha, Barbara

CFWC QuikBytes May 6, 2024

**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.votervoicenet.com/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](mailto: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](https://cfwc.org/publications/quickbytes/#signup)



## Environment—Leslee Tipping, Chairman

Courtesy of  
the City of Carlsbad  
and  
the San Diego County  
Water Authority

<b>10</b> more ways TO LIVE <b>WATERSMART!</b>		 Our Region's Trusted Water Leader <b>San Diego County Water Authority</b>	
<b>1</b> 	<b>Find a discount.</b> Take advantage of rebates on products that help reduce indoor and outdoor water use.	<b>6</b> 	<b>Monitor the moisture.</b> Use moisture meters to determine when and how much water plants need.
<b>2</b> 	<b>Shorten the shower.</b> Keep showers to 5 minutes or fewer and save 2.5 gallons per minute.	<b>7</b> 	<b>Embrace the broom.</b> Use a broom instead of a hose to clean driveways, sidewalks, and patios.
<b>3</b> 	<b>Go low.</b> Install aerators on faucets and low-flow showerheads to instantly save water every time you turn the tap.	<b>8</b> 	<b>Check your water footprint.</b> Use an online water-use calculator to assess how much water your home uses compared to a WaterSmart home. <a href="http://www.watercalculator.org">www.watercalculator.org</a>
<b>4</b> 	<b>Deploy the drip.</b> Irrigate gardens with drip systems that minimize water waste by delivering water right at the roots.	<b>9</b> 	<b>Turn to a pro.</b> When it's time to hire a landscaping professional, start with the list of Qualified Water-Efficient Landscapers who can make sure you are making the most of every drop. <a href="https://qwel.net/map">https://qwel.net/map</a>
<b>5</b> 	<b>Get smart.</b> Install weather-based irrigation controllers in your landscape to take advantage of the latest smart technology that maximizes water-use efficiency.	<b>10</b> 	<b>Plant with perfection.</b> Check out all the beautiful WaterSmart plant options that pair perfectly with San Diego County's Mediterranean climate. <a href="http://www.watersmartsdlandscaping.org">www.watersmartsdlandscaping.org</a>

**FOR MORE TIPS, RESOURCES AND REBATES, GO TO [WATERSMARTSD.ORG](http://WATERSMARTSD.ORG).**



## Education and Libraries—Diane Trappen, Chairman

### The NEA Endorses High-Impact Tutoring in Schools, Hope for Student Success

In mid-February, the National Education Association, the nation's largest union, endorsed in-school-day high-impact tutoring. Here's the heart of what they said:

"The research is clear: high-impact tutoring improves student learning. Over the past few years, finding a consensus around the most effective strategies and interventions to address post-COVID learning recovery has largely been elusive. However, there is widespread agreement that high-impact, or high-dosage, tutoring holds tremendous promise. Where it has been properly implemented, high-impact tutoring produces large learning gains for many students, particularly those who have fallen behind academically.

That's the conclusion of an increasing number of researchers, school leaders, and classroom teachers who have seen the practice in action. High-impact tutoring has been shown to be 20 times more effective than standard tutoring models for math and 15 times more effective for reading. Studies demonstrate that the practice increases students' learning by an additional three to 15 months across grade levels. High-impact tutoring has not been enacted in many districts, but it should be."



## CFWC Board Meeting 2024-2026

**FYI:** The information below is to help you plan your flights and hotel reservations. The hotels and dates are confirmed, but the meeting times are tentative and are not available until the CALLS are published.

### July 11 – 13, 2024

*Ontario Airport Hotel, 700 North Haven Avenue, Ontario, CA 91764*

*Closest Airport: Ontario; Hotel Room Rate*

*July 11<sup>th</sup> - Executive Committee Meetings (CFWC Officers) 1pm – 10pm*

*July 12<sup>th</sup> – 10:30am General Session; Luncheon Banquet; Area Meetings; Dinner Banquet*

*July 13<sup>th</sup> – 8am to 10am Meetings; followed by General Session; Luncheon Banquet; Adjournment*

### September 12 – 14, 2024

*Delta Marriott Hotel, 2151 Laurelwood Road, Santa Clara, CA 95054*

*Closest Airport: San Jose*

*September 12<sup>th</sup> – Executive Committee Meetings (CFWC Officers) 1pm – 10pm*

*September 13<sup>th</sup> – 10am begin - Committee Meetings throughout the day (Breakfast & Lunch on your own);  
6:30pm General Session/Dinner Banquet*

*September 14<sup>th</sup> – 9am begin – Committee Meetings; General Session/Luncheon Banquet; Area Meetings;  
General Session/Dinner Banquet; Adjournment*

*September 15<sup>th</sup> – Consider checking out on Sunday and not traveling home after the evening banquet.*

### February 6 – 8, 2025

*Hilton Los Angeles North/Glendale, 100 West Glenoaks Blvd., Glendale, CA 91202*

*Closest Airport: Burbank*

*February 6<sup>th</sup> – Executive Committee Meetings (CFWC Officers) 1pm – 10pm*

*February 7<sup>th</sup> – 8am Committee Meetings begin – 11:00am General Session; Luncheon Banquet;  
Area Meetings; Dinner Banquet*

*February 8<sup>th</sup> – 8am to 11am Meetings; followed by General Session; Luncheon Banquet; Adjournment*

### February 26 – 28, 2026

*Delta Marriott Hotel, 2151 Laurelwood Road, Santa Clara, CA 95054*

*Closest Airport: San Jose*

*February 26<sup>th</sup> – Executive Committee Meetings (CFWC Officers) 1pm – 10pm*

*February 27<sup>th</sup> – 8am to 11am Meetings; Committee Meetings;  
General Session at Noon - Luncheon Banquet; Area Meetings; Dinner Banquet*

*February 28<sup>th</sup> – 8am to 10am Meetings; followed by General Session; Luncheon Banquet; Adjournment*



## Succession and Shadowing

By: JoAnn Calnen, GFWC Leadership Committee Member

Is your club ready to move into the next administration with a succession plan? A succession plan could include a leadership “shadowing” opportunity for key appointed or elected positions.

Why develop a shadowing program?

- Members shadowing a position can make informed decisions about the role and its responsibilities.
- Members develop and hone skills while building confidence.
- The interaction that your shadow has with fellow members or committees builds trust and creates teamwork before stepping into a position.

How to begin?

- 1) Identify your members who are potential successors.
- 2) Sit down with those members to discuss and determine areas of focus.
- 3) Implement your shadowing plan. It can be as simple as asking each member to join you at key leadership meetings to view what and how things are done over a month or two. Or establish a process that includes them in the work for an extended time frame that allows participation in the responsibilities: create agendas, balance accounts, or compose drafts of minutes.
- 4) If you are a leader, make sure your shadow is nearby.

Whatever path is taken, ensure communication stays open. There should be no surprises about time commitments. Make sure that information and support is always available.

With the opportunity to shadow, as your program progresses, you will find members are more comfortable stepping into leadership roles.

## Save the Date!







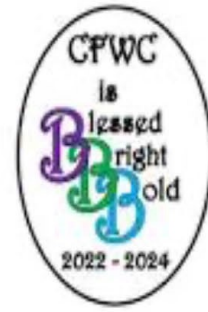
GENERAL FEDERATION  
of WOMEN'S CLUBS



# ESO

Epsilon Sigma Omicron  
Upsilon Chapter

May 2024



*Enjoy the spring! Read outdoors on your patio!*

- May Calendar**
- May 2 to 8—Children's Book Week
  - May 6—Free Comic Book Day
  - May 9—Peter Pan Day
  - May 12—Mother's Day
  - May 16-18 CFWC Convention & ESO Breakfast
  - May 19 – Lorraine Hansberry, *A Raisin in the Sun*
  - May 20—Eliza Doolittle Day
  - May 22—Sherlock Holmes Day
  - May 25 – Ralph Waldo Emerson, many poems, and essays
  - May 31 – Walt Whitman, poetry, and essays

### GFWC MEMBERSHIP INCREASE CONTEST

GFWC Epsilon Sigma Omicron (ESO) is again holding the Membership Increase Contest. I am so proud of the 24 of you that have sent in their Membership Level reports since last June 1. De Anza District had 10 new members, San Bernardino had 6 new members and Loma Prieta and Orange each had 2 new members. Sutter, TAD, San Joaquin Valley, and Sierra Cahuenga each added one new Member! Great job! Strive to double that number next year! Thanks for all the hard work. Since it is a percent of increase it will be hard to tell how we score on the GF level.

### MOTHERS DAY

What Mother wouldn't enjoy a great book? Kristin Hannah's book entitled *The Women* is a #1 bestseller! It is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way.



### Epsilon Sigma Omicron

is the motto and means “enlighten your own Pathway. It was chosen by Mrs. Quincy A. Myers and translated into Greek at Indiana University. ESO are the initials for the Greek words, “Epilampe ten sautow hoden” which translates to “enlighten the pathway of yourself.”

### A Little History of ESO Upsilon Chapter

According to GFWC's ESO Handbook, Bertha J. Lacey, a well-known Indiana artist, designed the crest for ESO in the form of a shield, the ancient symbol of protection.

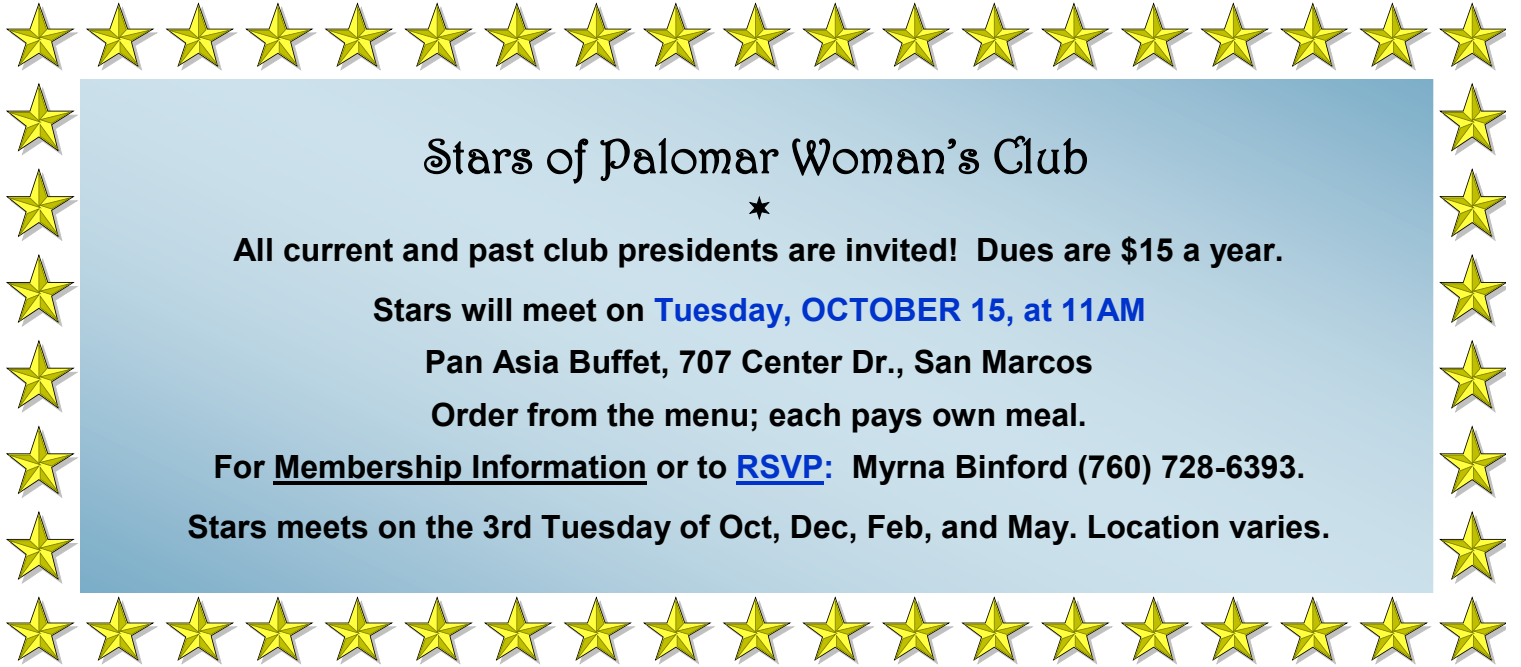
The shield is divided into (billets) or sections. The center section represents the American home, with a pathway leading into the world of achievement. In the top left section, the rising sun stands for enlightenment. The palm leaf in the upper central section of the shield is the symbol of victory through effort. The crescent moon at the upper right denotes enlightenment pursued in the night-time hours of study. The lower left section shows the lyre which is the symbol for fine arts. The wheat in the lower right symbolizes the idea that we reap what we sow. The lower central section shows an open book which represents all knowledge. Below the crest is the torsade bearing the name Epsilon Sigma Omicron. The torsade was originally a wreath of twisted ribbon presented to a crusader when he set out upon a quest. The dove of peace, which crowns the crest, symbolizes aspiration.



GFWC ESO BOOK CLUB on Facebook—Welcome to all. This group of more than 1,600 members belong to this online book club and features Education and Libraries project ideas and ESO. It is a private group, and you must ask to join. See GFWC ESO BOOK CLUB on Facebook.



Reggie Mattox  
ESO  
Chairman



## Stars of Palomar Woman's Club



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

Stars will meet on **Tuesday, OCTOBER 15, at 11AM**

Pan Asia Buffet, 707 Center Dr., San Marcos

Order from the menu; 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.

**SUNDAY  
JUNE 2**

**FALLBROOK  
WOMAN'S CLUB  
SINCE 1907**

**DOORS OPEN  
1PM  
SHOW STARTS  
2PM**

PRESENTS  
**THE FALLBROOK FOLLIES**  
@THE FALLBROOK MISSION THEATER  
231 N. Main Ave | Fallbrook

**MUSIC** ● **DANCE**  
● **VAUDEVILLE** ● **COMEDY**

**PRE-SALE VIP: \$80**  
*Includes preferred seating & \$15 concessions voucher*

ADULT (13+)  
\$40 | \$45 @DOOR ●

MILITARY  
\$30 | \$35 @DOOR ●

KIDS (6-12)  
\$20 | \$25 @DOOR

**PURCHASE TICKETS & INFORMATION**  
FALLBROOKMISSIONTHEATER@GMAIL.COM OR CALL: 760.253.8904





## **Backcountry Quilt Show – June 29 to July 4**

**Sunday, June 29th until Tuesday, July 4th,  
daily from 10:00 am to 4:00 pm.**

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

**Each year the Julian Woman’s Club presents its Quilt Show to display our town’s heritage of quilt making for the enjoyment of quilters and other visitors to Julian. This has been one of our club’s signature events for 30 years. Many visitors, young and old, female and male, local and from around the world, attend the show each year. A “Country Store” within the show offers quilts and boutique items for sale, all hand-made and donated by women in the club. Profits from the sale of these items go toward local scholarships.**

**Unlike “juried” quilt shows, our show is an opportunity for local quilters to exhibit their heirloom quilts. A “viewers’ choice” balloting is held and the winner receives a ribbon and bragging rights for the year. The Heritage Quilt Show continues to be a success for the club and an important event in our community.**

**The last day of the Heritage Quilt Show coincides with the town’s Independence Day celebration. At 3:00 pm we pick the winning ticket for an “Opportunity Quilt” made by club members and designed by Eleanor Burns. Raffle tickets are available online, at the Wildflower Show in May, and throughout the Quilt Show.**



**The raffle quilt is designed and sewn under the direction of Eleanor Burns, and is different each year.**

**Raffle tickets for the Quilt are two tickets for \$5 or one ticket for \$3.**

<http://www.julianwomansclub.org/event/2022-raffle-quilt-drawing-july-4th/>

## **CLUB & MEETING INFORMATION**

(save for future reference) *As of May 24, 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: 3<sup>rd</sup> Tuesday, 11:00 AM (Oct, Dec, Feb, May); Location: Varies

### **BONSALL WOMAN'S CLUB** (intermediate club)

Organized 1980 Federated 1980 Members: 62 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: 90 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: 56 Club president: Linda Lovett & Sharon Drucker  
Meeting Day/Hour: 2<sup>nd</sup> 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: 2<sup>nd</sup> 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: 1<sup>st</sup> Wednesday, 1:00 PM; Clubhouse: 2607 C Street, Julian

### **OCEANSIDE, WOMAN'S CLUB OF** (medium club)

Organized 1918 Federated 1920 Members: 24 Club president: Rosemary Teding  
Meeting Day/Hour: 1<sup>st</sup> 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: 2<sup>nd</sup> 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: 27 Club co-presidents: Judy Pantazo & Sonja Hults  
Meeting Day/Hour: 2nd Wednesday, 10:00 AM; Location: Shadowridge Golf Club, Vista