

Newsletter

Member: GFWC/CFWC



Volume 44, Number 2

February 2024

President's Message Bev Webb "Endeavor"



"Trust your own instincts, go inside, follow your heart. Right from the start. go ahead and stand up for what you believe in. As I've learned, that's the path to happiness."

- Lesley Ann Warren

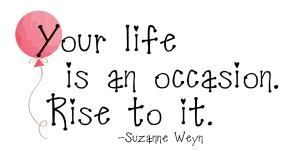
February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health. Please wear red to the meeting.

This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) is encouraging women to listen to their hearts and speak up for their health. At this month's meeting, Health and Wellness has a message for all of us.

TVWC is off to a great start. The committees are meeting and establishing their goals and projects for the year.
Welcome to our second meeting.
Today we have a special guest, Harold Hill.

Who is Harold Hill? He is the Music Man . Patti from the Temecula Valley Players will introduce him us. The Temecula Valley Players are my President's Project for this year. Please strike the band and play the seventy-six trombones.





*

Please note General meeting location and time



General Meeting

Thursday, February 22, 2024
Assistance League
28720 Via Montezuma
Check in: 9:30 AM
Meeting Starts: 10:00AM
Light Refreshments
Meeting Fee = \$10
Cash, Check, or Credit Card

RSVP by Tuesday, February 20th

RSVP by responding to the eBlast or by calling the club phone (951)-302-1370





Meeting ID and Passcode will be sent in an eblast.

General Information

Motion Deadline

The Monday prior to the board meeting.

Mail or email to

Kim O'Brien

P.O. Box 1056,

Temecula, CA 92593 or

obrienkim@gmail.com

Executive Board Meetings

Second Thursday of the month, 9:30 AM.

Newsletter Deadline

The second Friday of the month.

Email your article to:

plhcastillo@gmail.com

General Meetings

Fourth Thursday of the month.

Meeting Minutes & Newsletters

Available on the TVWC website under the "Members" tab.

Report Hours

Report hours at your committee meetings. The Chair or Project leader will collect your hours and in-kind amounts. If you cannot attend a meeting, report your hours when you decline the invitation to attend the

The RED HEART indicates in-kind and/ or volunteer and social opportunities listed in the Newsletter.



First Vice President/ Dean of Chairs Pat Nelson

"There are two kinds of light - the glow that illumines, and the glare that obscures."

- James Thurber

Be the light that glows -radiate and reflect! Share your talents, your knowledge, your wisdom. You can make a difference, no matter how small. Many small differences add up to big differences which can change the world. Be an active part in your committee as well as the Club.

I have met with all the Federated Committee Chairs - what a productive time! We talked about posting to the Calendar. Our kudos and thanks to Melody Frazier, who, after our President approves, posts these meetings and events. DON'T FORGET to reference the calendar which is found on our TVWC website in case of meeting date and/or time and/or location changes. And always look for those special events.

We also discussed:

- Google Docs/Sheets which can be a very useful tools
 if done correctly. We are hoping to begin "small
 group" training soon for accessing these documents
 once our Google Master, Susan Nielsen, has recovered
 from knee surgery.
- We all like to take photos of our committees doings and accomplishments and see them posted on our website, FaceBook or Instagram. But a great suggestion was made by our newly appointed PR/ Communications Chair, Sandie Foreman -"why not do short clip videos?" Wouldn't you rather see action as oppose to a still of a dinner plate?! But remember, if you have a photo or video to post, please send to the President, with cc to Judy Ewert, Sandie Foreman, and Kim O'Brien.



- Zoom was requested to continue.
- As yet we do not have the home tour distribution of funds to the committees, so as this he writing of this funds available are as follows:

Advocates for Children Fund Balance \$844.46
Pat Nelson/Claudia Thunnell
Arts & Culture Fund Balance \$1,356.10
Debi Stoffel/Denise Miller
Environment Fund Balance \$548.69
Barb Purdy
Education Fund Balance \$1,955.84
Katie Burnham/Susan Nielsen
Health & Wellness Fund Balance \$1,726.16
Kim O'Brien

- Rethinking projects the committee does. Your committee chairs should not be assigning the
- project leads, you should volunteer. If a Lead drops out, the project will most likely be dropped as well. Leads should indicate what their expectations are for a project. HAVE FUN.
- When you receive an invitation for a meeting or event, please RSVP to that notice.
- A member may invite a non-member (who was not a previous member of TVWC) to one, and only one committee meeting. This is to encourage increasing our membership. The Chair of that committee will give that same non-member a membership application, extending an invitation To join the Woman's Club.

Should you have any questions, I'm only a phone call away (858-395-6171)— albeit I may be away from the phone, I will return calls. Thank you ladies for stepping up. Those who have not signed up for a committee per our bylaws/standing rules, are being contacted to join in committee fun! If you are still looking for a committee to be a part of, please contact a committee chair for information. We're looking forward to everyone's name being on at least one list!



2nd Vice President/Membership Marva Murray

"The Beat Goes On"!!

Well, it is Heart Month, and we talk about beats of the heart, so it just seemed like a perfect line to quote Sonny and Cher. Like a heart beats within each of us, our club has a heart that continues to beat. We work together to keep the love of service alive and each of us grows in spirit as we serve our communities and the world. It is easy to talk about our club, because what we do is astounding! Don't feel shy to bring up what you are involved in, and how it touches your *heart* as you give to others. Ladies can feel your devotion and want to hear more. So, keep that beat going.....we've got a lot to do!!

We are so excited to welcome five new members to our club ~ Laine Gonzales, Cindy Nolan, Carole Lindskog, Tammy Rickman, and Marianne Williams. There are some more gals that are interested in coming to our February meeting too. We will be having a new and prospective member orientation meeting at my

home on March 11th. The new membership committee, consisting of Haydee Schaeffer, Jan Emde, Claudia Thunnell, and Pat Nelson will also be attending, along with our dear Bev Webb.

Since Bingo was such a hit last October, we are going to have a spring Bingo party/membership drive at our April meeting. It will be the *Hippity Hop to the Bingo Bop* with a '50s theme. So, get out those poodle skirts and boyfriend jeans, letterman jackets, or just come as you are. We will have the same schedule, beginning at 9:30 and having the meeting begin at 10:30. More info to come.

We will be planning Happy Hours for Wednesdays this year. It is NOT HARD to plan one. Maybe you have a place where "everybody knows your name" that we can go to this year. We will announce our March Happy Hour at the Feb. meeting.

I forgot to include our birthday gals last month, so here are the gals. Congratulations to <u>January</u> friends ~



Katie Burnham, Jane Mc Mackin, Ingrid Householder, Sue Barrett. <u>February</u> friends ~ Gail Fitzpatrick, Brenda Gahanbani, Marie Mahon, Mary Lou Rothacher, LuAnn Barnes, Marianne Williams, Carole Lindskog.



Last of all, at our meeting we will be filling out another Who Dunnit sheet for the year. We had so much fun with it, so we are giving it a go again. Remember, the wilder the better! I had a chance to get a few done already, so here are your three to ponder.

- 1) I went to college right out of high school, met a senior, was engaged to him a month later, married at 18!!!!
- 2) I was unlawfully detained by Law Enforcement when trying to unlawfully enter Sylvester Stallone's property!!
 3) I met Richard Simmons and helped him lead exercises at a convention!

As always, my best to you all. Marva



Health & Wellness

Kim O'Brien

The Health & Wellness committee had our first monthly meeting on January 30th. We welcomed new committee members and they brought with them new project ideas.



Are you crafty? Well Crafting is not only a delightful pastime but also a beneficial practice for our well-being. Let's explore how it contributes to our mental and

physical health:

Psychological Benefits:

- Sense of Accomplishment, connection to tradition
- Increased Happiness, reduced anxiety
 Improved Cognitive Abilities (memory,
 concentration, problem-solving) Crafters often
 report lower stress levels and a boost in
 happiness.

Physical Benefits:

Crafting improves both **gross and fine motor movements**.

It enhances **mental agility** and helps prevent cognitive decline.

The act of creating something with your hands can be <u>distracting</u> and soothing.

Social Connection:

- Crafting with friends fosters a sense of community and aids in **mind and brain wellness**.
- It encourages patience, perseverance, and active creativity.

Plus, it's a great way to bond with others while making something beautiful.

If you are interested in helping us start up this project, please sign up at the General Meeting or contact Kim O'Brien obrienkim@gmail.com or 757-535-0964. This is a new project and any and all ideas are welcome.



Let's Get Physical, Physical – be honest, you sang that, and pictured yourself in a leotard, tights and leg warmers (maybe even a headband)! Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic

diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity.

Health & Wellness is starting a walking group – so join us on Tuesday, February 27th at 10:30 at the Duck Pond for our first Walk and Brunch activity.

We will do three (3) circuits at the Duck Pond and then decide as a group where to go for lunch. If you want to join us, there will be a signup sheet at the General meeting. You don't need to be on the Health & Wellness committee – you just need to put on your sneakers and go for a walk with us!



We are continuing to provide lunch to our fellow seniors at the Wildomar Senior Leisure Community. March is Sloppy Joe's!

For In-Kind for February 2024



For Mastectomy Care Kits

Poly-Fil for mastectomy pillows Journals Non-skid socks

Chapstick

For the Senior Center

\$10 gift cards from Target, Stater Bros or Albertson

New or Gently used cardigans for the hospice patients

Federation Claudia Thunnell



Yes, it's that time of the month. Our January meeting was extra special and the energy in the room was filled with such excitement. We were delighted to **Welcome** five (5) new members to our club, a great kicking off into 2024. We hope to continue this high energy all the way to our Holiday Home Tour.

One of my many hats this year, is being your Federation Representative. Part of my responsibility is to keep you, our members informed on all Federation events. This includes all conferences and conventions. I will also be keeping you up to date on opportunities to join our sister clubs. By supporting their events we become part of an even larger service-oriented community.

In January I attended a conference in Calexico. They had a delightful little club house where we enjoyed our meeting plus a spectacular motivational speaker and a wonderful luncheon. I was adopted by two of our sister clubs. I road down to Calexico with friends from Hemet Woman's Club on Sunday and did a little exploring. At the conference the Riverside Club ladies ask me to join them. This is the way we get to visit, share ideas and the comradeship with both old and new friends.

Also. in January nine (9) of our members enjoyed the Lake Elsinore Club ladies in their annual Fashion Show Runway and a lovely luncheon.

Our next event will be our De Anza District Conference in Riverside. It will be an informative event. There may be some fun involved as we once again get to reconnect with friends and maybe meet some new ones. Anyone interested in joining us Please contact me to RSVP. I will have registration information and sign-up sheets at our general meeting. The conference will be being held at Riversides Historic clubhouse, March 18th with registration beginning at 9 am and call to order at 10 am. I will be setting up carpooling for those that want to join us. My information is below. Our next big event will be our De Anza District Convention (April 6th). At this convention we will be installing our new district officers. You won't want to miss out so Remember to put these dates on your calendar.

"Show up in every single moment like you're meant to be there."

Looking forward to seeing you at our

general meeting.

Claudia Thunnell

thunnell@verizon.net



Education and Libraries Katie Burnham & Susan Nielson



Susan Nielsen and I are excited about cochairing the Education & Libraries committee. We held our first meeting at 10:30 on February 1 at Judy Ewert's home. We had a lively discussion of the book The Eye of the Elephant lead by Barb Purdy who also recommended the book. Shelby has detailed information on this in her article. There was a lively discussion around adopting an elephant through the Sheldrick Wildlife Trust. Linda Matthews has worked with for over 10 years. There was a lot of enthusiasm about this idea and Linda will do further research and report back.

The Education committee meeting followed B4L at 11:30. Katie and Susan shared the list of volunteers for the 3 libraries the committee works with. They reviewed how to track volunteer hours, scholarship leads, and TADs. They discussed the requirements for selecting projects and described previous projects the committee had done with committee funds and the Education Fund Grant.

The members also discussed In-kind possibilities for the May General Membership Meeting. One project would be collecting children's books to be delivered to the Western Eagle Foundation. This is a food bank in Temecula where people can buy food and other supplies at a low cost and they can get a free bag of groceries. May is also our month for decorating the tables.

Linda Matthews and Debi Stoffel are taking the lead on that.

Margaret Meyncke presented a motion for a new project. It is to buy and build a Little Free Library and place it at the Cultivating Inclusion farm/garden. The committee would stock it with science and gardening books. There were many questions from members so because of time and all the questions members had, Katie brought the discussion to a close. She told the group that if anyone who was interested in this project to get together with Margaret and research the questions. The motion was tabled until the next meeting.

Happy Valentine's Day!



Crawdads Sing...



Books for Lunch By Shelby Price

Rain, rain, did not dampen the enthusiasm of the members of the B4L group as we all donned our rain gear to meet at the home of Judy Ewert. Barb Purdy led the discussion about *The Eye of the Elephant* by Delia and Mark Owens. Barb has been to Africa and shared some of her experiences and photos which added to the discussion of this true story. The majority of group really liked the book as it got more into the complexities of the commitment of these two people.

The Owens moved to North Luangwa Valley of Zambia to continue their lives of wildlife research. Besides studying elephants, Delia and Mark established a program that offered jobs, loans, and other assistance to local villagers so they would not have to poach wildlife for a living. Mark flew his plane and Delia drove their ancient land rover many miles over remote areas often with the minimum of direction yet filled with plenty of adventure. The Owens' struggle was to cultivate support around the globe for wildlife protection.

Over time the elephants felt safe in the Owens' camp, and they would stroll between the cottages feeding on marula fruits. (Barb provided an "sample" of the delicious fruit favored by elephants). In all, Delia conducted research on endangered species in Africa for 23 yrs. Her research influenced her fictional writing. Where the

Mar. 7th	When Breath Becomes Air	Paul Kalanithi	256	
April 4th	Lady Tan's Circle of Women	Lisa See	368	
May 2nd	Born a Crime	Trevor Noah	304	
June 6th	Lessons in Chemistry	Bonnie Garmus	400	
DARK IN JULY AND AUGUST				

Treasurer's Report-Lorri Cerwin



This month we will be voting on the TVWC General Operating Fund Budget for 2024. This should be attached to this newsletter. Please look it over prior to the meeting on February 22. You can bring any questions you have to the general meeting or contact me anytime by email at lorricerwin@gmail.com, or phone at 951-303-7026.

Financial Report February, 2024

Checking Account as of 1/31/2024

Income	\$4,391.20
Expenditures	\$4,134.73
Account Balance	\$101,823.79
GOF Balance	\$9,198.12

This report will be filed for Audit



Advocates for Children Co-shiars Claudia Thunnell & Pat Nelson



Child advocacy refers to a range of individuals, professionals and advocacy organizations who speak out on the best interests of children. An individual or organization engaging in advocacy typically seeks to protect children's rights which may be abridged or abused in a number of areas.

Wikipedia states: "One thing that all child advocates have in common is healthy <u>respect</u> for young children. There is also recognition that in most countries, children are not seen as having full citizenship status which confers certain rights and responsibilities as adults. Child advocates provide assistance to children both in the foster care setting and children who are going through any court system. They provide the necessary counseling to the adults in child/ children's lives to ensure a high quality of life for the child. The most important person to the advocate is the child. The philosophy of a child advocate is to guarantee that the caretakers of any child are receiving the proper tools that are necessary for raising that child, guaranteeing a satisfactory life."

We currently have 12 committee members (always looking for more), and most of our projects are open to TVWC members. On



Monday, February 26th we will be holding our first meeting of the year. It will be a busy time as we have invited members to join

us in creating knotted blankets for Operation Smile - children receiving donated clef palate surgeries throughout the world. So join the "Blanket Bee" so you can hear the latest "Buzz." As we will be having our first meeting during the same time as making blankets, we would like to have committee members come prepared with projects they would like to undertake this year - giving assistance to those in the past for Oak Grove Center, Project Touch, Koinonia, Safe Family Justice, Operation Smile, Calicinto Ranch, Michelle's Place, and BACA? Remove or add projects, visiting different directions? Consider hands on with your volunteerism. You are the leaders of the committee, your chairs just act and preside over the committee's decisions.

April will soon be upon us, and the committee will need to decide on the what to take on in the Federation Grant. If we continue with the backpacks, the application will need to be done by April 1.

The TVWC calendar has been set for our first meeting - so mark yours as well. Our first meeting of the year will be on Monday, February 26th, 10am at the Temecula Valley Museum, 28314 Mercedes St, Temecula. Our thanks to each member of the Advocates for Children committee, as well as all our members who support our goals!



Environment

Chair Barb Purdy



Grand Opening of Animal Friends of the Valleys' Spay / Neuter Clinic

On January 25th Animal Friends of the Valleys held a Grand Opening of their new Spay / Neuter Clinic. Mo Middleton, AFV's



Executive Director, saw the need in our community for a low-cost clinic that could help stop pet over-population and animal cruelty. She spearheaded this project and with the assistance of many people and the financial help from donors, the building is now ready.

This clinic, when fully operational will be able to do up to 120 surgeries per day along with vaccinations and will be a low-cost clinic. Now that the clinic is built, they are in the process of obtaining the licensing they need to open to the public.

Some of the Environment Committee members volunteered at the event and others attended. It was a night of celebrating a huge accomplishment and a win / win for our communities and the animals who live here. In 2023 TVWC donated \$9,000.00 through the 2022 President's Project. AFV still needs to paoff loans that made this project possible.









The Environment Committee's Projects have also included the following:







Santa Rosa Plateau Nature Education Foundation



Santa Rosa Plateau Nature Education Foundation



Santa Rosa Plateau Family Wilderness Day

If you are interested in joining the Environment Committee:

Meeting Dates: 2nd Wednesday of Every

Month

Time: 10:00 a.m.

Location: Varies, check the club

calendar

To RSVP or for Information: call Barb Purdy at (951) 526-5599



Parliamentarian Evelyn Dial

This is my first month as Parliamentarian and jumping right in with two motions to consider so here goes.

24-2-1 I Move that the Temecula Valley Woman's Club approve the proposed 2024 General

Operating Fund(GOF) budget.

COST: No cost to TVWC

SUBMITTED BY: Lorri Cerwin, Treasurer

DATE: February 3, 2024

REASON FOR MOTION: For the TVWC membership to be aware of and approve the projected general fund income and expenses for 2024 as required by the Standing Rules, Article X.

24-2-2 I move that the Temecula Valley Woman's Club approve the club project,

The Temecula Valley Players for 2024

COST: To be determined by the revenue from Home Tour 2024

SUBMITTED BY: President Beverly Webb

DATE: February 3, 2024

REASON FOR MOTION: The Temecula Valley Players is a dedicated, hard working group of volunteers who bring the best in theatrical entertainment to the Temecula Valley. They are the resident theater company of the Old Town Temecula Community Theater.

Historian Claudia Thunnell



Hello ladies, while trying to figure out what/ who to write about this month, I was asked to join a group of ladies to play cards, and there she was. Terry Blanton was one of many of the clubs wonderful Past Presidents. She served as president in both 1999 and 2000. That was my aha moment.



Terry was still a member when I first joined, I got to know her a little. There was a story written in the *Country Review* that I found in her president's book. I read the article about her and our club. **The Gals**

with 'Grit' the author wrote. They wrote about how dedicated and passionate Terry and our club ladies were.

Terry moved to the valley in 1989 and joined the club in 1993. Terry was almost immediately thrust into a leadership role by becoming a Chairperson of the Ways and Means Committee (Third VP Fundraising) for the Home Tour and Boutique in 1994. Our organization, with Terry as the lead started a charitable venue with "Aspiring Angels" their mission was to help raise funds for local people suffering with AIDS.

That same year she was confronted with the devastating fact that her son was diagnosed with AIDS. From that time forward she spent much of her time and energy dedicated to the "Aspiring Angels".

Our Rancho Temecula Area Woman's Club (RTAWC) was one of the primary fundraising groups that supported the "Angels" and their work. The Angels organization was founded originally within the RTAWC and provided many of day to day needs of those living with this terrible disease.

Terry didn't stop there she went on to become President of RTAWC for two terms. Our organization is recognized as a group of dedicated women who Know that we do make a tremendous difference in the valley and neighboring communities.

RTAWC's newest charity was SAFE "Safe Alternatives for Everyone". This charity was also originally founded within our club. With our support SAFE was allowed to grow and continue their important work. While Terry was President, Elba J. Salisbury, in her memorial, donated her home to help fund and build a shelter for abused women and their children. This was and still is a project that is so needed here in Southwest Riverside County. The money from the sale of her home was donated to SAFE.

Even today, at age 88, she is still a lady with "True Grit"

PR & Communications Sandie Foreman

The PR/Communications Committee is off to a great start. This month we discussed:

- New and exciting ways to enhance our social media exposure to promote the Temecula Valley Woman's Club.
- How to raise awareness of each Committee with Live Facebook streams during committee fundraisers/events.
- Community platforms to raise awareness of all the many volunteer opportunities available at TVWC in Temecula and Murrieta.
- Begin "Committee Spotlights" Live Interview to be added to our social media platforms.
- Interact with Temecula and Murrieta Chamber of Commerce to promote TVWC.

New TVWC QR Code that is linked to TVWC Facebook page







January Meeting Highlights







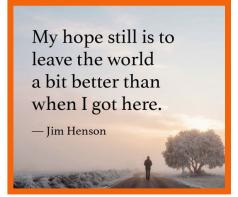












"Show up in every single moment like you're meant to be there."

YOUR
GREATNESS
IS NOT WHAT
YOU HAVE
IT'S WHAT
YOU GIVE.



Tell me and I'll forget. Teach me and I'll remember. Involve me and I'll learn.

Benjamin Franklin





Arts & Culture Co-Chairs Debi Stoffel & Denise Miller



The Arts & Culture Committee will hold its first meeting on Thursday, February 15th at 10:00 AM at the Temecula Assistance League. The committee is looking forward to greeting our new members! But if have not signed up yet please feel free to join us. We will be discussing future projects, volunteer opportunities, and some possible movies, plays, art shows, and comedy nights. Looking forward to some exciting and fun events!

Future Events:

<u>Temecula Valley Symphony</u>, February 17, 2024 @ 4:00 PM, St Thomas of Canterbury Episcopal Church and School, 44651 Avenida De Missiones, Temecula



Southern California Choral Artists, March 4, 2024 @ 4:00 PM Grace Presbyterian Church, 31143 Nicolas Rd. Temecula

Temecula Valley Museum celebrates Temecula Culture Days-Vietnam on February 10, 2024



Volunteers: Carol Stern & Judy Long











Your 2024 Executive Board			
President	Bev Webb		
1st V.P./Dean	Pat Nelson		
2nd V.P./Membership	Marva Murray		
3rd V.P./Fundraising	Judith Collins		
Secretary	Kim O'Brien		
Treasurer	Lorri Cerwin		
Financial Secretary	Jayne Schneider		
Parliamentarian	Evelyn Dial		
Communications & PR	Sandie Foreman		



2024 Standing Committee Chairs				
Auditor	Jayne Schneider			
Bylaws	Pat Nelson			
Community Education Fund	Katie Burnham			
Email	Melody Frazier			
Federation	Claudia Thunnell			
Historian	Claudia Thunnell			
Hospitality	Carrie Jo Cadieux			
Newsletter	Patti Castillo			
Photography	Judy Ewert, Bonnie Derleth			
Programs	Katie Burnham			
Properties	Kim O'Brien, Bev Webb			
Registrar	Gloria Bockrath			
Telephone	Sally Cole			
Yearbook	Kim O'Brien & Marva Murray			

Mark Your Calendar				
2/20/2024 RSVP Deadline for GM				
2/22/2024	General Meeting			
2/26/2024	Advocates for Children			
2/27/2024	Health & Wellness Committee			
3/6/2024	Lunch for Seniors			
3/7/2024	Books 4 Lunch/Education			
3/13/2024	Environment Committee			
3/14/2024	Board Meeting			
3/21/2024	Arts & Culture			
3/25/2024	Advocates for Children			



