

Newsletter

Member: GFWC/CFWC



Volume 44, Number 1

January 2024

President's Message

Bev Webb
"Endeavor"



"No matter what this year holds, remember to stay grounded in the present. Have faith in yourself and your ability to make the best decisions. Focus on things on the things that you can control and don't worry about the rest. Don't be afraid to ask for help when you need it and don't be afraid to take a risk. Believe in yourself and the power of your dreams. The future is yours to create, so make it a bright one." -Higher Perspective

Welcome to 2024! We will make it a great year!

Our first general meeting will offer you the opportunity to sign up for committees. Each of the committee chairs will charm you and highlight the goals and achievements of that committee. Get involved! Try out a new committee! One can always change their mind if it turns out not to be you cup of tea. The committees meet once a month to plan their projects and events. There will also be sign-up sheet for the hospitality committee headed by Carrie Jo; help set up for meetings, and plan events. Help Marva with membership and sign up for her committee. There will be a sign-up sheet for Advocates for Children's first project, Operation Smile. We will be creating blankets, for children around the world, after their cleft palate surgery.

Hope to see you all on January 25, 2024!



*** Please note General meeting location and time ***

General Meeting

Thursday, January 25, 2024

Assistance League
28720 Via Montezuma

Check in: 9:30 AM

Meeting Starts: 10:00AM

Light Refreshments

Meeting Fee = \$11

Cash, Check, or Credit Card

RSVP by Tuesday, January 23rd

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

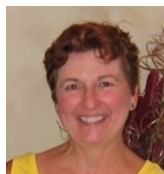
Available on the TVWC website under the "Members" tab.

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 meeting.

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





First Vice President/ Dean of Chairs

Pat Nelson



As "The Year of the Rabbit" comes to a close, we are just beginning our New Year. The symbol of the Rabbit imposes mercy, elegance and beauty.

Enter now "The Year of the Dragon!" Representing good luck, it also epitomizes strength and health - which is what each of us desires for each of you.



Let us be a strong membership; let us grow; and let us be volunteers in whatever capacity that we can.

Beverly Webb and I have received 11 entry forms at the writing of the article. The 12th, and last, will have been completed and all reports sent to the De Anza District by January 20th for Leadership, Advocates for Children, Public Relations/Communications, ESO, Education & Libraries, Environment, Domestic Violence. Women's History & Resource, Arts & Culture, Membership, Health & Wellness, and Fundraising. Great job, ladies and to all Project Leads for their part in reporting.

Although some of our committees have met, it was not for business. Health and Wellness met to provide lunch at Wildomar Senior Center, and Education met for Books for Lunch - discussing "The Nature of Fragile Things."

Federated Committee Chairs are:

Advocates for Children - Pat Nelson and Claudia Thunnell

Arts and Culture - Denise Miller and Debi Stoffel

Education and Libraries - Katie Burnham and Susan Nielsen

Environment - Barb Purdy (still looking for a co-chair)

Health and Wellness - Kim O'Brien

Thank you ladies for stepping up. Sign-up sheets for these committees will be made available at the January general meeting. We're looking forward to everyone's name being on at least one list!





2nd Vice President/Membership Marva Murray

Here we are, starting on our “2024 Service Journey”. We have many opportunities to assist our communities and enhance our friendships. So glad that you have, once again, decided to get on board and join us!

As always, we are looking for new members to share in our wonderful gifts of love, laughter, and friendship. At the Home



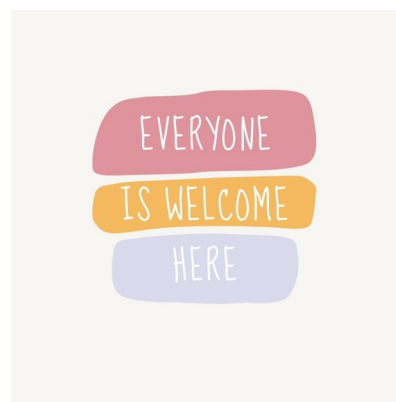
Tour we had many ladies show interest in learning about our club, and possibly joining. I sent over 25 emails this January inviting these ladies and others to join us. We actually have **8 guests** coming to our January meeting!!!! When they attend, I give them a folder that explains some of our important points and, of course, there is an application. We are a good portal for women to get involved and utilize their talents for honorable deeds.

I want to remind you that you are always welcome to bring new project suggestions to the committees, and that includes membership and fundraising. Sometimes it is a great idea to use as a springboard for growth and interest. We are always out and about and may hear of another new way to support our world.

We are going to continue with **WHO DUNNIT?** this year, as it was a big hit. We are also talking about having a Spring Bingo Membership drive along with our Boo Bingo Blast. We do want to continue with the “Happy Hours” (previously called Save Our Restaurants ~SOR) every other month and I will have a sign up sheet for gals at the meeting. Kudos to Lorri Cerwin who kept them going in ‘23.

We will have door prizes again this year and if you need a **new badge**, please email me or let me know at the meeting. marvamarie143@gmail.com

We are a great bunch of ladies ~ let’s CELEBRATE US!! Best to you, Marva





Health & Wellness

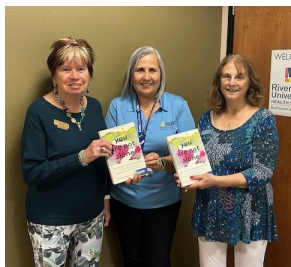
Kim O'Brien

The Health & Wellness is one of the California Federation of Woman's Club's community service programs. CFWC states that the human body, mind, and spirit comprise our health and wellness. To improve our wellbeing, we must address three key components: nutrition, disease prevention, and physical and emotional care. This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas.

Welcome to 2024 and wishing us all a Happy and HEALTHY new year!

We are continuing to provide lunch to our fellow seniors at the **Wildomar Senior Leisure Community**. In January, we served our famous TVWC Gobble Gobble Soup, with corn bread, salad and of course everyone's favorite JELLO! Everyone loves our soup and we had enough for seconds! After lunch, we sang Happy Birthday and presented gift bags to all the residents celebrating birthdays that month. And of course, there's cake and ice cream. Our next lunch is Wednesday, February 7th. Please contact Kim O'Brien if you would like to join us.

In November, Carol Stern, Gloria Bockrath and I were able to finally deliver the books we purchased for NAMI Temecula Valley (National Alliance on Mental Illness). Through the Educational Grant, we were able to donate 30 of the books, "You Are Not Alone", by Ken Duckworth, which NAMITV uses for their Family Support Group.



As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

Mental health includes emotional, psychological, and social well-being. Learn more about taking care of your mental health.

What are symptoms of mental disorders in older adults?

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Help is available: If you are unsure where to go for help, ask a health care provider or visit [NIMH's Help for Mental Illnesses](#) webpage. Communicating well with your health care provider can improve your care and help you come up with a treatment plan that works for you. Read about [tips to help prepare and get the most out of your visit](#). For additional resources, including questions to ask your health care provider, visit the [Agency for Healthcare Research and Quality](#)

NAMI Temecula Valley has provided us with pamphlets which will be available at the January General Meeting.

Federation Claudia Thunnell



With the New Year comes new changes. And I am thrilled have been asked to fill this club position again. When I first joined TVWC, I went to every De Anza District conference and convention. Through these events I enjoyed learning more about Federation while meeting new friends. I also attended California Federation of Woman’s Clubs (CFWC) conferences and conventions and that’s when I became hooked on meeting new people and sharing The “Club” experience. After getting my feet wet, I started attending our National/International organization (GFWC) events and the rest is history.

This Monday, Martin Luther King Day, I will begin my year greeting and

celebrating with some very special friends, in Calexico, at our quarterly De Anza district conference.

We rotate each quarter to meetings at different locations, so that all District club members have the opportunity to participate in these conferences without a possibility of a long drive. Our first fun outing is to the Lake Elsinore’s annual fashion show and fundraiser. It is fun to support other clubs and they in turn support other club’s fundraisers. One of my job titles includes letting everyone know about events in our District, State, and our General Federation of Woman’s Clubs. If you have any questions or would like to join us on our adventures please call or email me. I look forward to a new and fun year.



Treasurer Lorri Cerwin

Financial Report January, 2024	
Checking Account as of 12/29/2023	
Income	\$20,571.63
Expenditures	\$9,434.17
Account Balance	\$102,948.02
GOF Balance	\$6,277.87

This report will be filed for Audit



Education and Libraries Katie Burnham & Susan Nielson



The Education and Libraries committee had a busy 2023. The committee volunteered 1,652 hours, donated \$1,152 of committee funds and provided \$961 of In-Kind donations to four local nonprofit organizations. The committee gave Dr. Seuss and Chicka Boom books to the Head Start children in Murrieta, and they provided 332 gently used books to the Western Eagle Foundation.

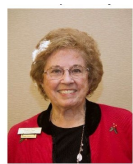
Members volunteered at the Temecula and Murrieta Libraries and helped fund both libraries' Pre-K Projects. They spend many hours reading scholarship applications from the Murrieta and Temecula high schools. They also read scholarship applications for Mount San Jacinto College and Career Pathways. Finally, they worked closely with Hugh O'Brian Youth Leadership (HOBY) to send three high school sophomores to HOBY's Leadership Training.

This year again members of Education and Libraries will decide projects nominated by its members to support. Some may be the same as 2023, but there is always room for new projects and new nonprofit organization to work with. We invite members of the club who are interested in these and other possible projects to join our committee.

Finally, Books for Lunch kicked off 2024 with a well-liked book that you can read about in Shelby's article as well as a list of future reading for the year.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go," — Dr. Seuss





Books for Lunch
By Shelby Price

Desperate to leave a deplorable situation in New York City, **Sophie Whalen, a young Irish immigrant**, agrees to become a mail-order bride. Sophie marries the handsome, but aloof, widower named Martin Hocking and becomes attached to his five-year-old daughter. Martin is away from home frequently. During one absence, a mysterious visitor knocks on Sophie’s door, and from that moment on, their lives are intertwined. [The great San Francisco earthquake of 1906](#) is just one of the traumatic events they will face together. Sophie is compassionate, caring, loyal, brave, and determined. At this time in history, women didn’t have a great deal of resources when they found themselves victims of an earthquake or mistreated or betrayed by a man. Even when it was reported, the police often sided with the men. The book *The Nature of Fragile Things* by Susan Meissner, explores the bonds of friendship and unconditional support between three women. The historical facts about the San Francisco earthquake are well researched. Meissner’s story will also affect you on **both** a personal and practical level. Questions you might ask yourself like where would you go when your house is falling down? How will you care for those in your care? Would you have the courage to live in a tent city? Where will you get water? Blankets? This is a complex story and has some thoughtful and powerful themes including friendship, working together, trust, community, survival and second chances. **Think about this** : in chapter 12, Deputy Logan states “I believe in justice, too, but I know that sometimes it is not delivered in the way it should be. Sometimes it is not delivered at all and the evil man walks free... but justice is best administered by those commissioned by the rest of humanity to give it. “ **Author, Susan Meissner** attended Point Loma Nazarene University in San Diego and her expertise as a storyteller and thoroughly researched topics makes her a favorite author of book clubs everywhere.

She also enjoys teaching workshops on writing and dream-following. The book was well liked by the majority of members and brought out some interesting facts about the history of 1906. **Irish Stew** was served at the home of Pat Nelson in honor of our courageous character, Sophie. Dessert was Cheesecake and the biggest Chocolate Cake ever.

Feb. 1st The Eye of the Elephant
Delia and Mark Owens 306

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

Sept. 5th The Last Thing He told Me.
Laura Dave 320

Octo. 3rd A Long Petal of the Sea
Isabelle Allende 384

Nov. 7th Her Hidden Genius
Marie Benedict 284

Dec. 5th Evicted: Poverty & Profit in the American City
Matthew Desmond 434



Advocates for Children

Co-chairs Claudia Thunnell & Pat Nelson



HAPPY NEW YEAR!



Whew! We made it through 2023. We've been very busy ladies on our committee, but we had fun doing all our projects. As you can see by the above photos, we will be the 2024 Chairs. We do hope we see your name on our sign-up sheet which will be available to all at the general meeting of January 25th. If for some reason, you cannot make the meeting, please let us know if you would like to help in changing a child's life.

Past projects have been done to assist Oak Grove Center, Project Touch, Koinonia, Safe Family Justice, Operation Smile, Calicinto Ranch, Michelle's Place, and BACA. **Come** to the January general meeting and you'll hear all about these inspiring organizations.

Our first meeting of the year will be on Monday, February 26th, 10am at the Temecula Valley Museum - so mark your calendars. We will be working on making blankets for Operation Smile (no experience needed). All members are invited to join in this project.



About 30 minutes will be used to discuss plans for the year and obtain Project Leads. By the way, we don't have to repeat projects if others are found to have more need in our community. Thanks for each member of the committee, as well as all our members who support our goals - LEADING A WAY TO THEIR FUTURE.



Environment

Chair Barb Purdy



Environment is a committee that promotes the preservation of our natural environment through education, conservation and promoting the protection of animals. Last year’s projects give you an idea of how we achieve these goals. We do this by collaborating with and assisting various non-profits that have the same objectives. Please consider joining our committee. **I would love to have someone co-chair with me, no experience needed.**

Our Projects

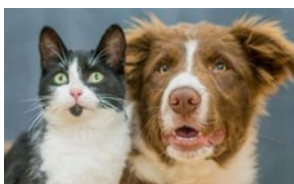
Families in the Garden



This is an educational hands-on program which takes place 4 times a year at Rose Haven Heritage

Garden. We educate children and their parents about our natural world and ways to protect it through the plants, animals, birds, insects and trees that reside in the garden. We also have an active compost project that gives the attendees an opportunity to learn about turning food scraps into soil and how that nutrient rich soil helps keep the garden healthy. This is a collaborative project with the Temecula Rose Society.

Animal Friends of the Valleys



AFV is our local animal shelter. We have a strong relationship with them and assist them in many ways.

We participate in their Animal Control Officer Appreciation week, and we volunteer at their fundraisers such as “Fore the Animals Golf Tournament”. We donate to the Animal Shelter Food Pantry and we decorate the Shelter for the Holidays.

This year we will be attending and volunteering at the Grand Opening of the new Spay / Neuter Clinic. This was also my “President’s Project” in 2022, which contributed club funds to help them build the clinic. Every year our shelter is inundated with homeless and abandoned animals. Our committee helps AFV to help these animals.

Santa Rosa Plateau Nature Education Foundation



The Santa Rosa Plateau is located in Murrieta. The Nature Education Foundation educates children and youth in

our communities; helping them to become environmental stewards. Their environmental programs are designed to inspire, educate and empower students to appreciate, preserve and protect nature. We helped last year by volunteering at their Summer Art and Concert series fundraisers and their Family Wildlife Day. I would like to expand our project this year, if there is interest, by assisting with their outdoor education field trips program.



HELP NEEDED

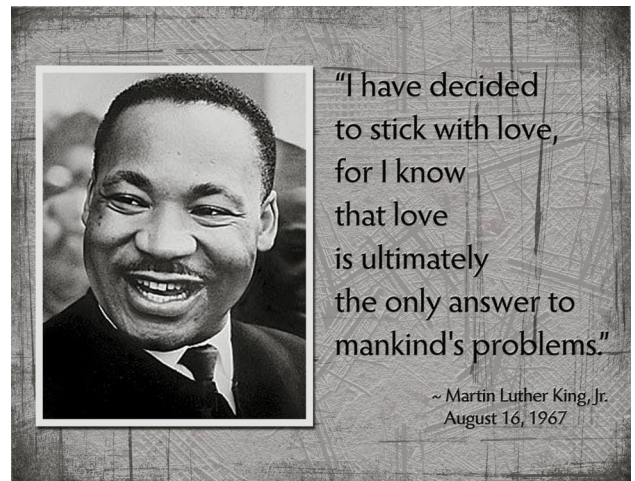
Are you looking for ways to be creative and like to learn new skills?

We are seeking resourceful, organized volunteer(s) to handle Public Relations/Communications.

Join a small group of dedicated women! Experience helpful, but no experience required, we will train you and offer a mentoring

Apply to Bev Webb for an application

JOIN THE TEAM!



Historian Claudia Thunnell



Welcome to 2024. This is a time to celebrate the old and welcome in new ideas and plans for our future.

Last year we lost two (2) Past Presidents and one (1) of our last two (2) Founding members. This is the time to celebrate their legacy.

The first of our dear friends and Club Woman extraordinaire was Joy Sullivan, the lady of many stories and a “Joy” to spend time with. Joy was president in 1985, directing our first successful Holiday Home Tour. The proceeds went to bleachers and seats for Temecula Valley High School. From this brave, bold undertaking, that the city of Temecula didn’t think we could accomplish, we have continued turning heads with our support in the Temecula Valley. This was one of many stories Joy loved to tell.

In December we lost one of our two (2) remaining foundering members, Joann Lamb. She dedicated herself to many club projects, not for the recognition but out of love and dedication to TVWC. Joann loved working at and with the Temecula Museum. She was the buyer of their gift shop and always kept it classy (like herself) and well stocked. Joann was on the bakery committee where she baked, set-up and cashiered for our Holiday Home Tours. She will be greatly missed by those of us that knew her.

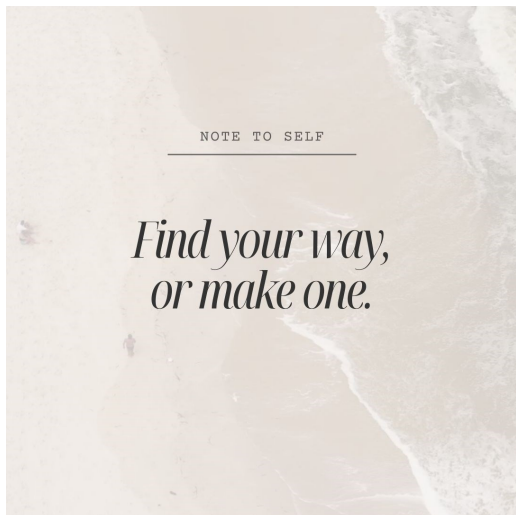
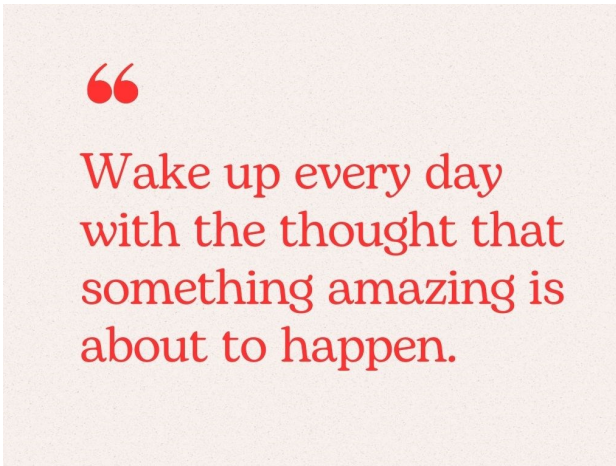
Most of our newer members did not have the opportunity to meet the wonderfully talented Peggy Nash, Past President in 2005. Peggy was a driving force behind our **Special Circumstance Scholarships**. She was a staunch supporter of our scholarship program. She also realized that not all of our graduating seniors were headed towards a conventional academic college.

Kyle Toth, already a talented woodcrafter was the first to receive this scholarship in 2008. After graduating his trade school back East, Kyle came back to the Valley and wanted to give back to the community, that supported him..

For Peggy, as a gifted artist herself, this was a dream fulfilling moment. Peggy loved to create beautiful things including holiday trimmings that were showcased in some of our homes and sold at our Annual Holiday Home Tours.

So, in honor of their legacy, we celebrate these beautiful, talented and dedicated women. As we travel into the New Year, 2024 we continue striving to create our own Temecula Valley Woman’s Club legacy.

WINTER VIBES





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	VACANT

Mark Your Calendar	
1/23/2024	RSVP Deadline for GM
1/25/2024	General Meeting
2/7/2024	Lunch for Seniors
2/1/2024	B4L/Education

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



**GENERAL FEDERATION
of WOMEN'S CLUBS**