

Newsletter

Member: GFWC/CFWC



Volume 44, Number 5

May 2024

President's Message

Bev Webb
"Endeavor"



"As full of spirit as the month of May, and as gorgeous as the sun in Midsummer."

— William Shakespeare

May is my favorite monthly meeting. Our scholars from the Murrieta and Temecula High Schools are invited to attend the meeting. They are given the opportunity to tell us what their plans are for their future and what they have accomplished. It is always exciting to see who has received our scholarships. We read the scholarship applications where the students are identified only by a number. May meeting time has changed to allow the student scholarship recipients to join us. The meeting will start at 2 PM and the students will join us at 3:30. [The meeting will be held at Temecula Community](#)



[Center - 28816 Pujol Street, Temecula CA 92590](#)



You will be asked at the meeting what you would like to do for TVWC next year. Please think about what talent and skills you could bring to a leadership position.



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

General Meeting

Thursday, May 23, 2024

**Temecula Community Center
28816 Pujol Street,**

Check in: 1:30 PM

Meeting Starts: 2:00PM

Scholarships 3:30 PM

Light Refreshments

Meeting Fee = \$10

Cash, Check, or Credit Card

RSVP by Tuesday, May 21st

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



Meeting ID: 874 2407 2594

Passcode: 740726

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





First Vice President/ Dean of Chairs

Pat Nelson

*The pessimist sees difficulty in every opportunity.
The optimist see the opportunity in every difficulty.*
- Winston Churchill

You can learn more from failure than success. In failure you're forced to find out what part did work. But in success you can believe everything you did was great, when in fact some parts may not have worked at all. - Fred Brooks

Don't let yesterday take up too much of today!
- Will Rogers



We're about halfway throughout TVWC year, but still have much to do. All the committees are immersed in their volunteerism, so please make sure you keep reading about what all the women of our club have accomplished and what is planned. It's time to consider what position you may be able to fill, whether it be on the 2025 Board or Chair/Co-Chair a Federated or Standing committee.

Have you ever heard the story of the two stonemasons?

You walk up to the first stonemason and ask, "Do you like your job? He looks up at you and replies, "I've been building this wall for as long as I can remember. The work is monotonous. I work in the scorching hot sun all day. The stones are heavy and lifting them day after day can be backbreaking. I'm not even sure if this project will be completed in my lifetime. But it's a job. It pays the bills. You thank him for his time and walk on.

About thirty feet away, you walk up to a second stonemason. You ask him the same question, "Do you like your job?" He looks up and replies, "I love my job. I'm building a cathedral. Sure, I've been working on this wall of as long as I can remember, and yes, the work is sometimes monotonous. I work in the scorching hot sun all day. The stones are heavy and lifting them day after day can be backbreaking. I'm not even sure if this project will be completed in my lifetime. But I'm building a cathedral."

These stonemasons are doing the exact same job, but the difference between them is that one has a sense of PURPOSE. He comes to work to be a part of something bigger than the job he's doing.



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Hourly or live-in services at your home include companionship, nutrition care, personal care, medication reminders, ambulation/transfers, incontinent care, dressing, toileting, organizing, transportation, errands, light housekeeping, laundry, and other non-medical assisting needs following a holistic care plan customized within your budget.

Call or text "CARE@HOME" TO 951-724-9388 for more information.

CertifiedCaregivers, Inc.
Because We Are Different



2nd Vice President/Membership Marva Murray



Hello, Lovely Ladies ~

This month the phrase, *Stick Your Neck Out*, has come to me often while thinking about our beloved club. I looked up the origin of it, and one of the references was to turtles. When a turtle sticks its neck (and head) out, it becomes more vulnerable to predators. But a turtle MUST take the risk to leave the safe haven of its shell to eat and survive. The next quote really made sense to me ~ *"Behold the turtle. He only makes progress when he sticks his neck out."*

Well, as a club we ask our members to continually assist in making our club progress and grow in its service commitment. Sometimes we are asked to lead a project, join in a project, become a chair, or even take a position on the board. Please think about what it is that you can do to continue your unselfish devotion to our community and its needs. We are a loving team, and if taking more responsibility is new to you, we are all here to support each other and uplift our "sisters in service". You are an important part of what makes us succeed, so don't be afraid, go ahead and take a little risk ~ *Stick Your Neck Out!* A million thanks.

Bingo was so much fun. We Bingo Bopped at the Hop and if you weren't there, you were missed

We had a few new ladies visit, and unfortunately some potential guests could not make it. Looking forward to our Halloween Bingo Bash.



A very Happy Birthday to our May gals ~ Gloria Bockrath, Mary Dackerman, Merlene Sutolo, Judy Young, and Cindy Nolan.

I have to apologize for not revealing the *Who Dunnits* from April. There was a lot going on and I just forgot. We will take care of that at our May meeting with these gals.

MAY WHO DUNNIT?



1) I played a First Class Stewardess on the Titanic.

2) I pooped on my hair at my aunt's House! She cut it off.

3) I had a good interview with an executive at Revlon for a secretarial job. When I stood up, my slip slid to the floor!!! (I didn't get the job)

Hope you are all enjoying life and this beautiful spring weather.

XO Marva



Health & Wellness

Kim O'Brien

Health & Wellness Committee

The next meeting of the Health and Wellness Committee will be May 28th at 2 PM at Kim O'Brien's home. We will be discussing all of our projects, including our application for the Educational Grant.



Walk and Brunch. Haydee will be planning our next walk in May. Contact Haydee if you are interested.
haydeeschaefer@gmail.com

Stitchers for Love. The group is knitting or crocheting 30x30 in blankets for still born babies, to donate to the local hospitals. If you have any baby yarn to donate or would like to help, please contact Marianne Williams.



Wildomar Senior Lunches. Our Cinco de Mayo lunch was a huge hit – enchilada casserole, rice and beans, salad and OF COURSE everyone's favorite JELLO.

Want to Live Longer? Take the Stairs

People who want to improve their heart health — and maybe even live longer — should make a habit of taking the stairs, rather than the elevator or escalator.

Regular stair-climbing is associated with a lower risk of heart attack, stroke and heart failure. Studies that suggested stair-climbing is also associated with [lower cholesterol](#) and a lower risk of type 2 diabetes.

Research also suggests that short bursts of moderate exercise, such as climbing stairs forces both the heart and muscles to work harder, help build muscle mass, reduce fat mass, lower the risk of osteoporosis and improve balance. Continuous stair-climbing is considered moderate to strenuous exercise and burns up to 10 times as many calories as sitting. Movement, all kinds of movement, at all times of the day, is good for heart health. Stairs challenge us physically, so just by using them more often, we increase our stamina and strength for other focused exercise.

Even a little stair-climbing is better than nothing. Those who can't climb all the stairs in a building could try taking the elevator part of the way, then climbing the rest.

Another easy way to get the benefits of stair-climbing is to incorporate a low, stable bench, such as those used in step aerobics classes, into your workout routine. Stepping on and off a low bench provides a greater workout than walking on a flat surface.

Recommended Exercise

The American Heart Association recommends at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. Only about 1 in 5 adults get this much exercise. Even fewer perimenopausal or [menopausal women](#) work out this much, even though exercise is one of the best remedies for hot flashes and other menopausal symptoms.



Federation Chair—Claudia Thunell

I hope that you are all enjoying some of our warmer weather finally. I thought since this month is Military Appreciation that I would share some of the ways our General Federation of Woman’s Clubs helped in support of our troops during the World War I and continues today.

The variety and quality of wartime projects were impressive. World War activities of GFWC included developing its own overseas unit composed of young women who would work under the direction of the YMCA. The unit was sent to recreational areas where American troops were stationed. It was their privilege to furnish mothering that would help restore to strength and sanity the over-strained body, mind and soul of the man who for weeks at a time had been under fire.

The work could not fully be appreciated in numbers until by 1918 some contributions had been totaled. \$4,880,000.00 was raised in Liberty Bonds; \$5,128.00 expended in thrift stamps; \$90,000.00 to the Red Cross plus surgical dressings, books, magazines, etc. for the YMCA and so much more. When the commission directors from all states met at the 1918 convention, they established a two-million-dollar financial goal to establish furlough houses behind fighting lines in France, where American soldiers could spend rest periods. Women have been and continue today to play a vital part of war efforts officially and unofficially in the military. Continue to **Honor our active duty and veterans.**

To learn more and get up to date information about GFWC please: Register now at memberportal.gfwc.org

Your current account information will be transferred to the new platform. *All users will need to complete a one-time registration using their existing email on the new portal.*

Please read this [SUPPORT GUIDE](#) for assistance in creating your profile, downloading files from the Digital Library, and updating your profile information.

It can take 2-3 business days for GFWC staff to approve your profile. We thank you for your patience, as we are experiencing a high volume of requests as we make this transition.

Why Volunteer?

- ⊙ Personal growth and skill development
- ⊙ Networking and building relationships
- ⊙ Improving one's mental and physical health



Education and Libraries Katie Burnham & Susan Nielson

The April 2 meeting was held at Debi Stoffel's home. We had an excellent and informative discussion of the book: *Lady Tan's Circle of Women* by Lisa See lead by Shelby Price. The Education committee meeting followed B4L at 11:30. Katie shared the list of volunteers for the 3 libraries the committee works with. Gloria announced that there are a few more Club volunteers at the Town Square Used Bookstore. Not all of them are in B4L.

Scholarship Project Leads reported to the committee as follows:

HOBY - Jan Emde - At present, we have 2 HOBY applicants. Jan is continuing to have difficulty in getting the HOBY people to respond. Patti suggested she contact ASB for names. They are in a better position at the schools to identify likely candidates.

Scholarships (Dollars for Scholars) - Patti Castillo said that the Murrieta scholarships have all been read and ranked. After the meeting those who could stay read and selected applications from the Temecula High Schools.

MSJC - Debi Stoffel reported she, Mary Lou, and Gloria read 24 applications for MSJC. Our club awards scholarships from Murrieta, Temecula, Wildomar, and Winchester. Our one applicant was selected

Career Pathways - Debi Stoffel shared that she has been attempting to reach last year's recipient to see if he would like to apply for continuation of this non-traditional scholarship. So far she has been unsuccessful. Applicants for this

non-traditional path are difficult to locate because they are not always high school seniors. Gloria Bockrath shared that the ESO Committee now has 15 members. They will report their completed books monthly to Gloria. The next ESO meeting is May 15 at 4:00 pm at Gloria's house.



The committee's In Kind month is June and we are requesting **gently used Children's book donations for the Western Eagle Foundation from members**. The Used Bookstores are a good place to get gently used books. That is a win-win for both. Focus on Children's books, chapter books, and Spanish books. committee is excited to hear from her.

Spring:
"It is the sun shining on the rain and the rain falling on the sunshine..."
-from [The Secret Garden](#) by Frances Hodgson

Mt. San Jacinto College Scholarship

TVWC was thrilled to award Samantha Arreguin, Murrieta High School, the \$1,000 Mt. San Jacinto College scholarship for 2024-2025. This scholarship helps to make it possible for deserving students to achieve their educational goals. Samantha is working towards a major in bioscience. Her goal is to become a physician assistant (PA). Samantha hopes to attend SDSU in the future. A PA, under the supervision of a physician, helps address the gap in primary health care. Congratulations Samantha!! Go out and make the world a better place.

Lead: Debi Stoffel



Books for Lunch
By Shelby Price

DISCOVERY: the act or process of seeing, finding, or gaining knowledge of something or someone previously unknown, or in this instance, Trevor Noah. His true story of his upbringing as half white and half black in South Africa is a testimony to persistence. Trevor Noah's memoir in **Born a Crime** interweaves vignettes from his childhood and adolescence with reflections on the history and culture of South Africa. The various episodes are not always presented in a strict chronological order, and they include information about his life and the life of his mother, Patricia.

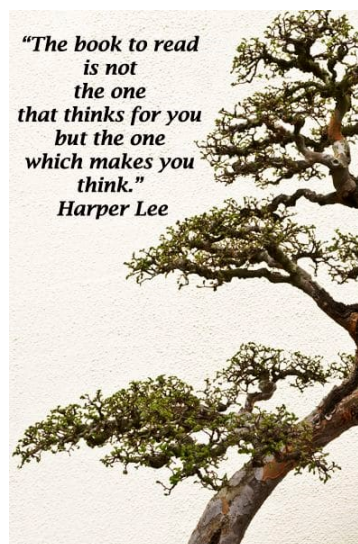
Patricia encourages Trevor to be a curious and independent thinker who reflects critically, asks lots of questions, and thinks for himself. She plants the seeds of ambition in him, encouraging him to believe in himself and aspire. She also gives him a good educational foundation by getting him enrolled in a private Catholic school, although Trevor often gets in trouble there for challenging rules and questioning authority.

He doesn't have the money to attend university, and the only work he can find is expanding his CD business and hosting DJ parties. This line of work leads him to spending more and more time in Alexandra, an impoverished neighborhood dominated by petty crime. Trevor says that the reason he was stuck was because **he was not investing in himself and working towards his goals**. He states, "We were hustling, but we weren't investing. You can learn more about his life

A taco buffet lunch was provided by Barb Purdy & her co-hosts, and everyone enjoyed the opportunity to eat outside by the pool if they wished. It was a beautiful day.

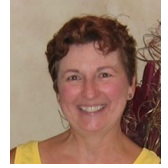
June 6th **Lessons in Chemistry**
Bonnie Garmus 400 pgs

DARK IN JULY AND AUGUST





Advocates for Children Co-shiars Claudia Thunnell & Pat Nelson



Our April meeting was short, but productive. We even tried to have ZOOM going (yes, we got connected upstairs at the museum) - however, sometimes we had video and sometimes we had voice. But thank you to Sally Cole, Katie Burnham, and Jane McMackin for joining us.

After taking care of business: Operation Smile (37 blankets received); backpacks and buying all the goodies to go inside, seizing Pat Farmer's suggestion in helping hands-on with Oak Grove projects (Bev suggesting bear ornaments for them to make), we adjourned early and headed over to Penfold's for a delightful lunch to continue our conversations.



We are now in the process of collecting information from the various organizations for which our committee prepares student backpacks. This month we will be setting up our in-kind donation table. We hope our members can help offset the costs of the supplies needed to fill each backpack. For those of you that can and would like to contribute, the committee is requesting the following:



- 12-pack colored pencil (standard size)
- Regular #2 pencils
- Glue Sticks

Yellow and Pink highlighters (regular size)

On June 24th, anyone who wishes to join our

committee in assembling the backpacks can meet up with us at Claudia Thunnell's - 25260 Via Pera, Murrieta . The backpacks will be assembled and delivered the same day. This will be the last meeting before we start again in the fall. Last year, assembly took less than one hour!

Last month, our members were given the opportunity to support SAFE (a place of refuge for all who need it - and a program that our Temecula Valley Woman's Club began many years ago, and now is County sponsored) by donating items to their annual event - Purses for a Purpose! Many thanks to all of you who cleaned out your drawers and closets. However, due to many of us having other commitments, Claudia was our "representative of the day."



Our thanks go out to Cindy Nolan (newbie) who assisted in purchasing and delivering much need diapers and wipes to Koinonia and Project Touch. We had many comments while shopping for these, especially at our age - but we told them that they were a donation from the Temecula Valley Woman's Club, they all



Environment

Chair Barb Purdy



Thank you Environment Committee

The month of April was a busy one for the Environment Committee. We worked on 6 projects and planned 2 more for May.



April's Projects were: Animal Control Officer Appreciation, Vernal Pools Walk, Composting with Jill, In-kind table decorations for General Meeting, donation to TVRS for pollinator garden, Education Grant for T.V.H.S. Upcoming in May: Santa Rosa Plateau Garden Party and Temecula Valley High School Greenhouse and Regenerative Agriculture Student-Guided Tour.



Animal Control Officer Appreciation At Animal Friends of the Valleys



What we learned at the Vernal Pools:

These seasonal wetland pools were once widespread in California. Now only 5 to 10% of them remain.

Among the wildlife attracted by the pools are 2 species of fairy shrimp, one of which is found nowhere else in the world.

The fairy shrimp will lay eggs, which turn into embryos that can lay dormant for centuries. Only a small percent of them develop each year.

“
Wherever life
plants you,
bloom with grace



Historian Claudia Thunnell



In Memoriam

Diana Vogel Johnson

October 7, 1951 - April 25, 2024

Diana Johnson was such a dedicated member of TVWC. She was a powerhouse, packed into that little body. During our Holiday Home tour she



did jobs that no one else wanted to do and did it with a smile. Standing for hours, parking cars and oftentimes, putting some of the men to shame, even during inclement weather. Do we ever really thank our members enough for their contributions to our club? She was in charge of rentals including porta-potties. Diana was so organized that nothing ever arrived late while she was in charge. She never really complained, because loved helping and she just did what needed to be done.

Charleen Proctor

November 25, 1941 - Jan 6, 2024



Charlene Proctor was a strong, independent woman. She had a quiet strength about her. Whenever we had a fund-raiser, or special event, she was the first to volunteer to make and create beautiful baskets for our "Silent Auctions". Charlene was talented, creative, and extremely artistic.

She loved helping in all aspects of our bakery and soup packaging, where you would often find her at the bow making table.

Charleen's daughter has been and still is one of our amazing Caterers. She was a loyal friend and like her sister Diana, really enjoyed being a member of TVWC.

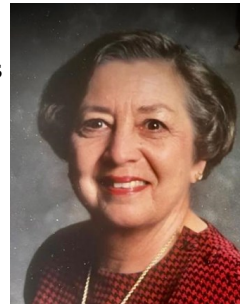
These sisters will be missed.

I just was informed of another club lady that just passed away. Some of our older members loving remember her.

Emily Ross Theurich

December 9, 1935 – April 22, 2024

Cooking and entertaining were Emily's love languages. She was well known for her lavish dinner parties and social gatherings, throughout her life, she took pleasure in planning elaborate parties, designing beautiful table-scapes,



preparing gourmet food, and serving her guests. Emily was actively involved in numerous philanthropic organizations including Assistance League, Temecula Valley Woman's Club and most recently, P.E.O. (Philanthropic Educational Organization). Emily found great meaning and purpose in advancing women's education through fundraising to provide scholarships.

I was asking several friends that knew her well and they told the same story about our Minestrone soups that we sell at our Holiday Home Tour. Several ladies were invited to Emily's home to sample three different soups and the winner was *. She planned the packaging process and our famous soup was born. The club ladies loving called her the "Soup Nazi"**

Do we ever really thank our members enough for their contributions to our club? Thank You!



PR & Communications Sandie Foreman

MAY 2024 MEMBER SPOTLIGHT GOES TO-
Patti Castillo is a dedicated TVWC member. She creates our newsletter each month with skill and creativity. She leads the selection of scholars for our scholarships. Scholarships are the backbone of TVWC. Each year TVWC awards students for their academic achievement, community service, personal essays, and school activities. This year she had all the applications ready to score most efficiently. Patti ran the six meetings with skill and proficiency. A huge thank you for all your efforts.



Please email me with a TVWC Member that you know of that has gone the extra mile in volunteering or even the longest member of TVWC that is till with the club.

SOCIAL MEDIA POSTS

Thanks everyone for sending in all the photos and articles of your events, it is greatly appreciated. Looks like everyone was busy and having fun!

Weekly social media posts continue Facebook and Instagram.

TVWC Talk is a private Facebook page just for TVWC members to view, not the public. If you would like to sign up, please contact me. Please continue to share/like/repost/tag our social media posts.



HOLIDAY HOME TOUR

The excitement is already buzzing for the upcoming 38th Annual Holiday Home Tour! Save the Date cards are now printed and



available. Sponsors have been contacted. Vendors will be contacted within the next couple of weeks.

TVWC BROCHURES

2024 TVWC Brochures will be going to print in the next couple of days and will be ready soon!

MEMORIAL DAY EVENT

If we have any Military Veterans in the club and you would like to volunteer at the "A Flag For Every Hero" at Riverside National Cemetery, the info is listed below.



Treasurer's Report-
Lorri Cerwin

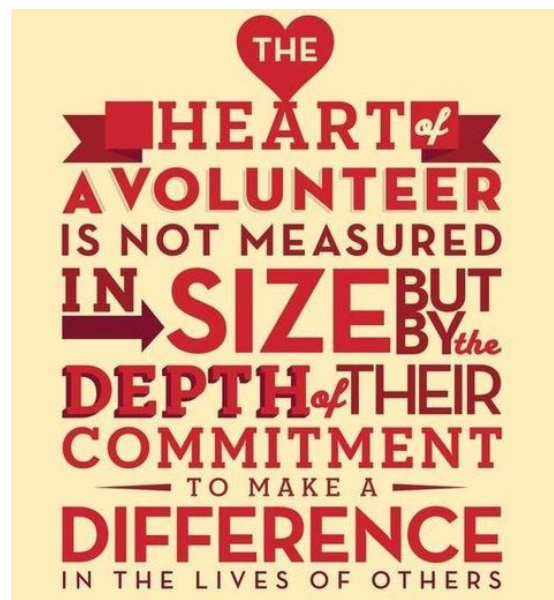


Financial Report
May, 2024

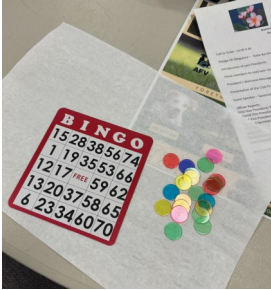
Checking Account as of
4/30/2024

Income	\$651.26
Expenditures	\$33,298.67
Account Balance	\$73,234.42
GOF Balance	\$15,677.65

This report will be filed for Audit



April BIG–Bop Bingo & General Meeting Highlights



April In-Kind
ANIMAL FRIENDS
OF THE VALLEYS



SHAKESPEARE IN THE VINES–
RECIPIENT OF THE 2023 TVWC
PRESIDENT'S PROJECT



Arts & Culture Co-Chairs Debi Stoffel & Denise Miller



The Arts & Culture Committee will hold their May meeting on May 20th at the Temecula Valley Museum. We will have a quick meeting and then a tour of the museum.

The Arts & Culture Committee donated committee funds for four guitars to the Murrieta Vista High School music department.

We attended the Music Man musical at the Temecula Community Theater on April 21st. We also attended on May 4th Bard Goes to Broadway at the Temecula Community Theater. There was a silent auction before the musical and some of our members participated and won.



On May 18th we are volunteering at the Temecula Museum celebrating Japan for cultural days.

Here are some save the dates:

May 19th at 2:00 p.m. JDS

Academy performing the Wizard of Oz.

June 2nd @ 2:00p.m. Oklahoma will be at the Temecula Community Theater. Some of our

members have already purchased their tickets, hopefully others will join us.



The Temecula Valley Museum celebrated Temecula Culture Days-Saudi Arabia, On April 13th. Volunteers were Marie Mahon & Judi Collins-Sammons.

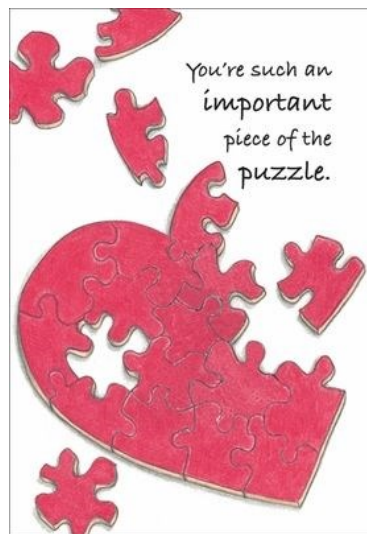


Your 2024 Executive Board	
President	Bev Webb
1st V.P./Dean	Pat Nelson
2nd V.P./Membership	Marva Murray
3rd V.P./Fundraising	Judith Collins
Secretary	Kim O'Brien
Treasurer	Lorri Cerwin
Financial Secretary	Jayne Schneider
Parliamentarian	Evelyn Dial
Communications & PR	Sandie Foreman

Mark Your Calendar

5/21/2024	RSVP Deadline for GM
5/23/2024	General Meeting
5/27/2024	Advocates for Children
5/28/2024	Health & Wellness
6/5/2024	Lunch for Seniors
6/6/2024	Books 4 Lunch/Education
6/12/2024	Environment Committee
6/13/2024	Board Meeting
6/20/2024	Arts & Culture

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**