



# GFWC Contemporary Women Of North County

February 2010

## *Executive Committee*

### President

Linda Bridges

### 1<sup>st</sup> VP - Dean

Ann Lygas

### 2<sup>nd</sup> VP -Federation

Penny Hagler & Jenna Jahn

### 3<sup>rd</sup> VP -Ways & Means

Laura McPhee & Lisa Pratte

### Secretary/Newsletter

Laura McPhee

### Treasurer

Laura Collins

## *Executive Chairs*

### Membership

Kathleen King & Lisa Pratte

### Publicity

Kaye Martin

### Sunshine

Donna Jenkins

### Website

Kathy Michaels

## *Inside this issue:*

1. *January Meeting Minutes*
2. *2010 Executive Committee*
3. *Membership*
4. *Many Ways You Can Help*
5. *Ongoing Projects*
6. *Annual Projects*
7. *Treasurer, BDays, Pics*
8. *Standing Rule Changes*
9. *Year in Review-2009*
10. *February Meeting Agenda*

## *"CWONC Honors Our Military"*



### FROM THE PREZ'

Dear Sister CWONC'ers

February first is the start of a new year for CWONC and I hope you are as anxious as I am to roll up my sleeves and see what I can do to help not only our community, but help those around the world. Those who are not asking for a "hand out", but a "hand up".

The members of the Executive Committee (President, Dean, Federation, Secretary and Treasurer) have been "chatting" by email, reviewing our CWONC Calendar of Events 2010-11. We'd like to continue to support our old favorites (service projects and fundraisers) and we hope you'll approve the Young Musician's Scholarship and Women For Women, International projects that are included on the Proposed Budget 2010-11. Other ideas include forming a team for Escondido Humane Society's "Paws in the Park" (March 28) and working with the San Marcos Historical Society. The Society has moved to Heritage Park (Walnut Grove Park) and are planning a fundraiser for November 13th (Victorian Holidays Home Tour).

Kathleen and Lisa have made great strides to improve our Membership endeavors and they have plans to incorporate a mentoring program starting in February. If you are interested in taking part in this new program, please contact Gina. Thanks Gina for volunteering to co-ordinate this new program!

In order to start the New Year on the right foot, I'd like to ask you to add a couple of items on your "to do list"...

1. Double check your personal information in our membership book and contact Laura M if you need to make changes.
2. We're adding a "portrait" of each member to our bios (in the membership booklet). Make sure you have Kathleen take your picture (or email your favorite picture to Laura M) by Feb 15<sup>th</sup>.
3. We're looking for a few more chairmen (or co-chairs) for the following projects- CWONC Scholarship, Young Musician's Scholarship and Recycling. Please contact Ann (incoming Dean), if you are interested.
4. Review the Proposed Budget 2010-11 and the Proposed Amendments to the Standing Rules. We'll be voting on both at the February meeting.

Thanks bunches and see you in February at the Wood House.  
Linda

## MARK YOUR CALENDAR AND JOIN US ON THESE DATES

- January 30<sup>th</sup> - Just Us Girlz
- February 8<sup>th</sup> - Regular Meeting
- February 23<sup>rd</sup> - Palomar Art Festival
- February 27<sup>th</sup> - Miss San Marcos
- March 7<sup>th</sup> - Carnival of Cultures
- March 8<sup>th</sup> - Regular Meeting

## CLUB BUSINESS

### 1. January Meeting Minutes

President, Linda Bridges called our January 11<sup>th</sup> meeting to order at 6:50pm at the Wood House. Members present were: Linda Bridges, Kathleen King, Lisa Pratte, Laura Collins, Kathy Michaels, Jenna Jahn, Judy BOhlig, Betty Walden, Donna Jenkins, Kathy Packard, Maryann Donovan, Pam Irwin, Sandra Teters, Diane Modjeski, Beryl Price, Gina Ensalaco, Vivian Doering, Marianne Furtado, Ann Lygas, Barb Littleton, Kaye Martin, Susan Duey, Gale Martin, and Laura McPhee. Meeting guests were Laural Ryan and Helga, a friend of Donna Jenkin's. Prior to the meeting start (6:30pm) Laura Collins conducted a Guest Orientation. After the meeting was called to order Vivian Doering led members in the Pledge of Allegiance and Lisa Pratte introduced guests to the meeting. Sparkling cider was given to each member and Linda Bridges made a toast to the New Year.

### Executive Committee

**Membership:** Membership co-chairs, Kathleen King and Lisa Pratte conducted a New Member Initiation for our newest members Susan Duey and Gale Martin. Debby Weiner was not at the meeting and will be initiated at a later date.

## WELCOME SUSAN, GALE, & DEBBY!!!

Kathleen then presented the Rookie and Woman of the Year Awards. Our Rookie of the Year was not present at this meeting so it will be presented at the next meeting. Laura McPhee was presented the Woman of the Year Award for her involvement during the year. Kathleen then shared that she is taking pictures of every member to be placed with the bios in our Membership Binder. Kathleen said that if a member had a favorite picture they wanted to use they should get it to Laura McPhee. The membership Committee is also working on a new idea for mentoring our new members.

They have found that many new members could use some additional assistance understanding how things work in CWONC and understanding all of the different projects we support. Gina Ensalaco has volunteered to mentor our new members.

**Secretary:** Laura McPhee asked if there were any changes to the minutes as outlined in the January newsletter, none were noted. Laura told members that a new 2010 Membership Binder will be distributed at the March meeting. Any bio updates should be provided to Laura by February 15. Laura also shared that information for any upcoming newsletter should be provided to her by the 20<sup>th</sup> of the prior month, meaning that an article for the February Newsletter should be submitted by January 20.

**President:** Linda Bridges had Gina Ensalaco present the proposed slate of Officers for 2010. Gina presented the slate and asked if there were any additions or changes, none were noted. Gina stated that since there were no changes she asked members if they would agree to a verbal vote, all members agreed. Gina presented the proposed slate of Officers again and asked if all members were in favor of nominating the proposed slate. All members were in favor and the proposed slate was unanimously accepted.

PRESIDENT	Linda Bridges
1 <sup>st</sup> VP-DEAN	Ann Lygas
2 <sup>nd</sup> VP-FEDERATION	Penny Hagler & Jenna Jahn
3 <sup>rd</sup> VP-WAYS & MEANS	Laura McPhee & Lisa Pratte
SECRETARY	Laura McPhee
TREASURER	Laura Collins

Linda asked members to think about participating with the Palomar District Art Festival. There will be an art contest, craft contest, short story/poetry contest, photography contest, newsletter contest, publicity contest, young musician's music competition, and "a year in pictures" calendar competition. Vivian Doering let members know that she was checking into the legal rights of anyone submitting something to the Art Festival.

Linda told members that some of CWONC's standing rules will be updated. The revisions will be listed in the newsletter and then members will vote at the February meeting. From the Membership meeting that took place Linda received input on changes that might be helpful. One item was to put together a Project Quick Reference, and also to place the proposed agenda in the newsletter.

Linda asked if anyone would like to attend the January 19 District meeting contact Laura Collins.

**Dean:** Laura McPhee is compiling the year's statistics for our reports indicating how many ours we have volunteered and any money donated.

**Treasurer:** A proposed budget was distributed by Laura Collins, which will be voted on at our February meeting. Laura reminded members to prepare a reimbursement warrant when they want to be reimbursed for approved expenses.

Membership dues of \$45 will be collected in February. Members can pay Laura at the February meeting or mail your check to her. Laura stated she also has a web hosting payment that will be paying.

**Procurement:** Lisa Pratte and Laura McPhee, procurement co-chairs, asked members if they had any baskets they no longer wanted that could be used for auction items. Lisa shared that we have a meeting planned on January 26<sup>th</sup> to discuss procurement needs for the year. If members have any new items they don't know what to do with, we could probably use them for our auction. Share those items you think you might re-gift. We can use all kinds of things so check with Lisa and Laura. Donation forms will be made available shortly for members that would like to help to collect donations. Laura asked in any members would be interests in putting together a basket for Casa's Meet the Chefs of Del Mar valued at \$100. Pam Irwin and Sandra Teters volunteered to put together a "Death by Chocolate" basket.

### **Project Status by Chairs:**

**Jewelry Fundraiser** – Kathleen King said that members can still purchase Park Lane jewelry up to February 4<sup>th</sup> and CWONC will receive a percent of the purchases. Contact Kathleen with any questions.

**Just Us Girlz** – Laura Collins provided a signup sheet for members that would like to help with Just Us Girlz, a mentoring program for young girls put on by the City of San Marcos on January 30<sup>th</sup>. Four to five CWONC members will serve lunch to the participants that is provided by the City.

**Miss San Marcos Tea** – On February 27<sup>th</sup> CWONC helps the City of San Marcos with their Miss San Marcos Pageant by decorating, purchasing needed supplies, preparing and serving lunch to the participants. Laura provided a signup sheet for members that would like to help.

**Carnival of Cultures** – On March 7<sup>th</sup> CWONC helps with the Carnival of Cultures chaired by Laura Collins and Gina Ensalaco. We have the America booth where our members serve hotdogs, popcorn and soda. Laura said they will come up with a schedule for members to help out for 2 hour intervals.

**Motions Made:** No motions made at the January meeting.

Linda Bridges closed the meeting at 8:15pm.

## **2. New 2010 Executive Committee**

Members unanimously voted for our new slate of Officers at our January meeting. They are:

### **New Officers (Executive Committee):**

PRESIDENT	Linda Bridges
1 <sup>st</sup> VP-DEAN	Ann Lygas
2 <sup>nd</sup> VP-FEDERATION	Penny Hagler & Jenna Jahn
3 <sup>rd</sup> VP-WAYS & MEANS	Laura McPhee & Lisa Pratte
SECRETARY	Laura McPhee
TREASURER	Laura Collins

## **Palomar District Arts Festival**



**Chaired by Linda Bridges**  
**February 22<sup>nd</sup> & 23<sup>rd</sup>**

Delivery of art to the Escondido Woman's Club-  
Monday, Feb 22 -Art Festival (lunch) Tuesday, Feb 23  
Newsletter Article Feb 2010

### **Palomar District Art Contests**

Chairman, Linda ([lin1326@aol.com](mailto:lin1326@aol.com))

**Why is art important?** Art is so important in society, it is an example of our creative nature; which in itself is responsible for most things we see and use today. Without it, culture, society, and history would be very different. Art is interesting! It gives people a common ground for conversation. It can create debates and express new ideas and opinions.

If you like to participate, contact Linda prior to Feb 15, 2010 (Pre-registration Deadline) Entries are delivered to Escondido Woman's Club, Feb 22, 2010 (Contact Laura C.) Evening Showing- Monday, Feb 22  
Daytime Showing and Luncheon- Tuesday, Feb 23  
So far we have:

#### **Photography:**

Marianne Furtado  
Kaye Martin

#### **Crafts:**

Donna Jenkins  
Betty Walden  
Marianne Furtado

#### **Fine Arts:**

Anyone interested?

### 3. Membership

#### Chaired by Kathleen King & Lisa Pratte

Our first Membership Gathering Event took place on January 9<sup>th</sup>. It's purpose was to teach new members what the Officers and Appointed Positions jobs are. We had great participation and questions from the new members.

Everyone participated in painting our Logo on a Tote Bag, which each person kept. They were able to get as creative as they wanted with 14 varieties of colors to choose from.

While the paint dried we enjoyed salads, Jell-O and brownies, and a good time was had by all. We look forward to our next Membership Gathering in September 2010.

Greetings all Members, we will be including a beautiful mug shot of each member next to there personal profile in our membership binder. Kathleen King took pictures of all at the January Meeting and sent them on to Laura. If you did not attend you have 2 options for your pictures to be included.

1. Send your beautiful mug shot to Laura McPhee [seanair@roadrunner.com](mailto:seanair@roadrunner.com)

Send to Laura by February 15th.

2. I will take your Picture at the February Meeting

### 4. THE MANY WAYS YOU CAN HELP

**Here's a new summary of the projects we support, what interests you?**

#### CWONC Projects- Quick Reference

**Adopt a Soldier (Soldiers' Angels):** Members write letters and CWONC sends a "care package" once a month to our adopted soldier.

**Africa Project (Soldiers' Angels):** The Africa Project supports our military and their humanitarian efforts to secure peace and stability in Africa. Members send baby/children's clothes, blankets etc. to support African orphanages.

**AniMeals (Meals on Wheels):** Boxes are prepared with food for the pets of these seniors. Members collect pet food and then package for the program.

**Angel's Depot:** Angel's Depot provides boxes of nutritionally balance food for seniors below the poverty level in San Diego. Members donate food and help with the food boxing (in Vista).

**Breakfast with Santa- City of San Marcos (CWONC fundraiser):** Pictures with Santa and Continental Breakfasts are sold as a fundraiser. A kid's craft project, a visit with Santa and entertainment are offered to the community as a service project.

**Carnival of Cultures- City San Marcos (CWONC fundraiser):** The festival is an opportunity to celebrate the unique multi-ethnic diversity of San Marcos and neighboring communities. CWONC sets up an America booth where we sell food and ask people to sign a banner thanking our troops for their efforts supporting our country.

**CASA de Amparo (Mission San Luis Rey):** Casa de Amparo provides a safe emergency shelter and state-of-the-art treatment and intervention services for abused and neglected children throughout San Diego County. CWONC organizes an annual Christmas party, a cooking class for the teen residents and members assist at the annual CASA charity events. (Chefs of Del Mar & Crystal Ball)

**Diana's Angels:** Layettees and small blankets are donated to area hospitals and are given to families who have lost a child (stillborns and premature births). Members donate small crochet blankets.

**Just Us Girlz-City of San Marcos:** An annual day of personal enrichment event for girls ages 11 to 16. CWONC serves lunch and donates funds to support individual scholarships (for this event).

**Humane Society-Escondido & North County Shelter:** CWONC helps with Tails at Twilight fundraiser and collects used medicine bottles, food, towels, blankets etc.

**I Love a Clean San Diego:** Members participate in the annual San Diego beaches clean up.

**Miss San Marcos Tea:** CWONC helps the City of San Marcos by hosting a luncheon for the contestants.

**Mother's Day Tea (CWONC fundraiser):** An important fundraiser for CWONC. Tea is served at the Historic Wood House in San Marcos. Volunteers are needed to help with raffle baskets and silent auction donations, set-up and decorate the Wood House, help cook and prepare food (served by our student helpers) and help clean up and store the supplies.

**MS Walk-Legoland (MS Society):** The mission of the MS Society is to enrich the quality of life for everyone affected by multiple sclerosis. CWONC forms a team and participates in the one mile walk.

**Music Scholarship- Young Musician's (California Federation of Women's Clubs):** CWONC offers a music scholarship for musicians under the age of 22 years old.

**Night of Spirits (CWONC fundraiser):** Wine Tasting event-usually held twice a year. The event is held at a local winery or wine store. Members supply food that is served to complement the wine tasted; obtain donations for raffle baskets and door prizes and work the registration table.

**Operation Top Knot (Soldiers' Angels):** A way for citizens to show their support of our troops by holding "virtual" baby showers for the wives of deployed servicemen. CWONC sends gifts of baby clothes, blankets, etc.

**Painted Turtle Camp (Lake Hughes area):** Medical specialty camp for children with chronic and life-threatening illnesses. Members donate afghans, small quilts and turtle pillows. CWONC donates funds to support a camp counselor.

**Palomar Art Festival (Members and Students)-** Goals: Encourage members & students to develop creative writing skills; enhance creative opportunities of member photographers and crafters who engage in artistic expression; recognize member and student achievements. The Art Festival is a competition and member/students enter projects in the following arts-creative writing; crafts and photography.

**Pull Tabs (Ronald McDonald House):** Members collect pull tabs from soda cans. A fund raiser for Ronald McDonald House- a home-away-from-home for families of infants and children who are receiving medical treatment for serious illnesses at all the area medical facilities.

**Relay for Life (American Cancer Society):** A 24 hour "team walk" that represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that one-day, cancer will be eliminated. In 2009, the event was held at a school. CWONC formed a team of walkers, set up a "rest" area and participated in the 24 hour relay.

**San Diego County Fair (CWONC fundraiser):** CWONC assists as Student Showcase Clerks helping the Judges compile scores for student submitted art. We also assist with Blue Ribbon Judging, helping to evaluate Fair employee's customer service abilities. CWONC is paid per volunteer and volunteers also receive free tickets into the Fair.

**SART (Sexual Assault Response Team)- San Marcos Office:** A community based coordinated response to victims of sexual assault. CWONC donates a raffle basket for their fundraising efforts.

**Scholarship-CWONC:** \$500 scholarship to a graduating high school senior who plans to attend either Palomar or Mira Costa College.

**Soldiers' Angels:** Supports tens of thousands of American military personnel stationed wherever we raise our nation's flag (see Adopt a Soldier, Operation Top Knot & Africa Project)

**Sunburst Camp:** Camp Sunburst, an acclaimed residential summer camp, HIV/AIDS children and their families enjoy the companionship of others without the social stigma and isolation associated with the AIDS epidemic. Members may donate new or almost new - bedding, towels, and stuffed animals, or crochet/knit small afghans.

**Tubfirm:** Members collect canceled stamps that are sold to raise funds to help handicapped children/youth in Norway.

**Women for Women International:** Supports women in war-torn regions with financial and emotional aid, job-skills training, rights education and small business assistance so they can rebuild their lives. CWONC donates \$354 a year and a \$30.00 one time fee. Members write letters of support.

## 5. CWONC's Ongoing Projects

### Park Lane Jewelry

Chaired by Kathleen King

We will be continuing our wonderful Sale of **Park Lane Jewelry**. [jewelsbyparklane.com](http://jewelsbyparklane.com)  
I will hand out more brochures at the January Meeting. The Jewelry is guaranteed for life. The company has been in business for over 50 years. I love the Pieces I bought.

1. All orders in by February 4<sup>th</sup> Place order with Kathleen 760 310-3722 or [kingmk@sbcglobal.net](mailto:kingmk@sbcglobal.net)
2. Checks made out to Brandy Yamamoto  
HAPPY SHOPPING  
Questions: call Kathleen 760 310-3722 cell  
Thank You!!!!

### Young Musicians Scholarship

Chaired by YOU?????

The CWONC Executive Board is recommending a new project... The Young Musician's Scholarship. The project is not the brainchild of CWONC, but is one of the benefits of our membership in CFWC (California Federation of Women's Clubs)...the opportunity for a young musician in North San Diego County to compete at the state level for the CFWC Scholarship. The CWONC Executive Board liked the idea of participating in the CFWC project, but suggested that we offer our own Scholarship (\$250- included in the proposed 2010-11 budget) . CWONC's winner would be entered for state competition.

#### Why is music important to the young mind?

*Music participation provides a unique opportunity for literacy preparation. Whether the children are singing, playing, or listening, teachers direct them to listen and hear in new ways which exercises their aural discrimination. Playing instruments and adding movement to the lessons teaches children about sequential learning which is essential in reading comprehension.*

#### Procedure:

1. \$250 Scholarship Awarded by CWONC (included in 2010 proposed budget)
2. Vocalist, Pianist or Instrumentalist
3. Deadline to CWONC- January 15, 2011
4. Winning entry will be submitted for CFWC Competition-Deadline March 15, 2011
5. Winning entry may be asked to perform at District Art Festival
6. Eligibility: San Diego residents- under 22 years old
7. Requirements: Each entry includes 2 selections- one classical and one of artist's choice. Entry submitted on CD. (CD's will not be returned); Application and short resume of artist.
8. How to Promote Project: Music Departments- Local High Schools, Community Colleges; CWONC website and in the local newspapers.

**CHAIRMAN NEEDED-** Contact Laura McPhee if you are interested in chairing the project.

## Operation Top Knot

Chaired by Lisa Pratte

If you'd like to help out this worthy project that provides a virtual baby shower for expecting families of our deployed military contact Lisa Pratte. They can use baby blankets, onsies, stuffed animals, baby clothes, etc.

## Painted Turtle Camp

Chaired by Donna Jenkins

CWONC has supported the Painted Turtle Camp for many years through financial donations, afghans and lap quilts. The Painted Turtle Camp is a specialty camp for children with life-threatening illnesses which runs year-round. Children are invited to attend a week of camp (free to them) enjoying a camping experience that is physically safe, empowering and fun! Each child leaves with a couple of souvenirs: a pillow in the shape of a turtle, and a beautiful small afghan (blanket) or lap quilt. CWONC donates crocheted or knitted afghans, or for all you quilters, small lap quilts – *all items should be machine washable*.

*Following are the dimensions for the afghans and lap quilts:*

**Small Afghans** - They can be knitted or crocheted.

The size should be 35-40 inches wide by 45-50 inches long. (No specific pattern – you select something that would be nice and colorful for a child.)

**Lap Quilts** - Patchwork quilts should be cheerful and with bright colors. The size should be 35-40 inches wide by 45-50 inches long. (Please make sure that these lap quilts are not too heavy or too warm.)

If you cannot bring the donated items to the meeting, please contact Donna to make arrangements for pickup. If you are interested in learning how to crochet, please contact Donna. Any questions can be referred to Donna Jenkins (760)754-9918 or [jenkins\\_cwonc@yahoo.com](mailto:jenkins_cwonc@yahoo.com).

## Recycling

Chaired by YOU???

We are looking for someone to chair the recycling project. If you'd like to help by collecting bottles and cans and turning them in to be recycled, this is the project for you. Members bring their recyclables in to each meeting and you would turn them in for cash and give the cash to the treasurer. If you're interested contact Laura McPhee.

## Adopt a Soldier

Chaired by Penny Hagler & Laura McPhee

Our adopted soldier, Amy Chenowith is a sergeant stationed in Afghanistan until next July. Her husband is also in the military stationed in Oklahoma and being both mom and dad to their 3 yr little boy. Penny sends her a box each month and is asking for members to write letters and email them to her at [penny.hagler@news.com](mailto:penny.hagler@news.com). Penny will get them sent to Amy and if you have any questions please forward them to Penny. Don't forget to bring items for Amy's monthly boxes.

## Africa Orphanage Project

Chaired by Lisa Pratte & Linda Bridges

The Africa Project is sponsored by Soldiers' Angels- baby and children's clothing, blankets and small toys are sent to orphanages in Kenya and Ethiopia. Our contact person is a member of the Special Operations Command Africa (a military joint special task force). In January, CWONC shipped 9 blankets, 5 T-shirts and 2 skirts. We are able to use the Flat-Rate boxes for the Military, but do need to fill out a customs declaration and dispatch note that is required by the post office. If you have any children's items to donate (can be gently used), please bring to the monthly meetings. Thanks for your support.

## Scrip, Escrip & Those Collectibles

Don't forget that there are a lot of ways to help CWONC. Buy Scrip (the gift cards) at our meetings and use them for meals or purchases you plan on making. There's no additional cost for you and CWONC will receive a small percent from the purchase. Or you can use eScrip to get credit for CWONC. To sign-up you go to the eScrip website at [www.escrip.com](http://www.escrip.com) and then you can register your grocery cards that you use at Vons, Major Markets, Safeway or Ralph's. If you have any questions check with Linda Bridges. Current available scrip is listed below. Linda Bridges will be ordering more that should be available at our next meeting.

<u>Vendor</u>	<u>Denom</u>	<u>Total</u>
Albertson's	\$ 25.00	\$ 25.00
Baja Fresh	\$ 25.00	\$ 50.00
Red Robin	\$ 25.00	\$ 25.00
	<u>\$ 25.00</u>	<u>\$ 25.00</u>
TOTAL		\$ 125.00

### Other ways you can help are:

- **Hand knit or crocheted receiving blankets, kimonos, sleepers, caps, dresses and bonnets** needed for Diana's Angels layette boxes for mothers that have unexpectedly lost their baby.- Vivian Doering
- **Collect soda cans and water bottles for recycling** and bring them to our meetings -
- **Collect cancelled stamps for Tubfirm** which helps handicapped children /youth providing financial aid for the Society of Health and Development of Retarded Children and Youth in Norway – Vivian Doering
- **Remember we use hotel toiletries for many projects**, so keep bringing them into our monthly meetings.
- **Bed linens, slightly used towels & stuffed animals** are needed for Sunburst Camp, a camp for low income families and children affected by HIV/AIDS.

## 6. CWONC's Annual Projects

### Miss San Marcos Tea

Chaired by **Laura Collins & Laura McPhee**

CWONC helps the City of San Marcos by hosting a luncheon for the contestants of the Miss San Marcos Pageant and the judges. Our duties include: decorate the dining area, shop for, prepare and serve continental breakfast and lunch – buffet style.

### Animeals

Chaired by **Marianne Furtado**



This new project, AniMeals, offers free pet food for the dogs and cats of elderly or disabled people throughout San Diego County. AniMeals helps keep people and their companion pets together by removing logistical and financial obstacles to ensure that clients will always be able to provide nutritious meals for their beloved pets. For many homebound individuals, a dog or cat is more than a pet; it can provide friendship, joy, and a reason for living. Studies show that animal ownership also lowers illness levels and mortality rates. The program, which works in cooperation with Meals-on-Wheels and other organizations, began in 1984 and is one of only several like it in the United States.

## Carnival of Cultures

Chaired by **Laura Collins & Gina Ensalaco**

March 7<sup>th</sup>



Look for more information from Laura and Gina to come on this event held at the San Marcos Civic Center on March 7<sup>th</sup>. CWONC has the America booth and we provide hotdogs, popcorn and soda.

## Young Musicians Scholarship

Chaired by **YOU???**

The CWONC Executive Board is recommending a new project... The Young Musician's Scholarship. The project is not the brainchild of CWONC, but is one of the benefits of our membership in CFWC (California Federation of Women's Clubs)... an opportunity for a young musician in North San Diego County to compete at the state level for the CFWC Scholarship. The CWONC Executive Board liked the idea of participating in the CFWC project, but suggested that we offer our own Scholarship (\$250- included in the proposed 2010-11 budget). CWONC's winner would be entered for state competition.

Why is music important to the young mind?

*Music participation provides a unique opportunity for literacy preparation. Whether the children are singing, playing, or listening, teachers direct them to listen and hear in new ways which exercises their aural discrimination. Playing instruments and adding movement to the lessons teaches children about sequential learning which is essential in reading comprehension*

Procedure:

1. \$250 Scholarship Awarded by CWONC (included in 2010 proposed budget)
2. Vocalist, Pianist or Instrumentalist
3. Deadline to CWONC- January 15, 2011
4. Winning entry will be submitted for CFWC Competition-Deadline March 15, 2011

5. Winning entry may be asked to perform at District Art Festival
6. Eligibility: San Diego residents- under 22 years old
7. Requirements: Each entry includes 2 selections- one classical and one of artist's choice. Entry submitted on CD. (CD's will not be returned); Application and short resume of artist.
8. How to Promote Project: Music Departments- Local High Schools, Community Colleges; CWONC website and in the local newspapers.

**CHAIRMAN NEEDED-** Contact Laura McPhee if you are interested in chairing the project. The project chair would work with a team which would:

- \* Coordinate promotion of the scholarship to various schools, online, newspapers, etc.
- \* Review all entries
- \* Select and present winning entry
- \* Enter into state competition

### **Women for Women International**

**Chaired by Jenna Jahn**

A new project supported by the Executive Committee is Women for Women International. It's actually not a brand new project, we supported it a year or so ago. We sponsor a rape victim and survivor of war triumph over overwhelming obstacles and build a new life for her and her family. It's \$27.00 a month (\$354 a year) and a \$30.00 one time fee. You may have seen it on Oprah, the website can be viewed at [www.womenforwomen.org](http://www.womenforwomen.org). Look for more information to come from Jenna.

### **Escondido Humane Society Paws**

**in the Park**

**Chaired by Jenna Jahn**

Please have your friends and family make donations by either joining the walk by registering as a member and joining the CWONC Team at [www.firstgiving.com](http://www.firstgiving.com), or sponsoring one of the members of the CWONC Team, [www.firstgiving.com/jennajahn](http://www.firstgiving.com/jennajahn)  
Paws in the Park is walk and family-friendly event for people and their canine companions. It helps to save the lives and provides a safe haven for animals who have yet to find their forever-home. Every day, for every one of these animals Escondido Humane Society is devoted to providing a safe shelter, medical care, love and new homes.

### **Mothers Day Tea**

**Chaired by Penny Hagler & Laura McPhee**



We put on a lovely Mother's Day Tea in May. We serve a delightful lunch, with entertainment, silent auction items, and raffles. We need most of our members' assistance on this fundraising event. Look for more information to come shortly.

### **7. Treasurer**

**Laura Collins**

#### **IT'S DUES TIME**

Club women please remember to pay your club dues of \$45.00 at the February meeting. For convenience, feel free to mail your check made out to GFWC-CWONC to Laura C. You can find her address in the club roster. Thank you.

Final Profit and Loss Statement for  
February 1, 2009 to January 18, 2010.  
Submitted by: Laura Collins, Treasurer

#### Income

Donations In: Outside sources: 491.00

Dues In: 1,320.00

Fundraising In: 12,230.58

Gross Income: 14,041.58

#### Expenses

Donations Out: 4,360.57

Dues Out: 926.00

Fundraising Out: 4,946.35

Member Services: 365.55

Membership Supplies: 162.05

Operations: 649.80

Officer's Expenses: 286.27

District Obligations: 2.30

Gross Expenses: 11,698.89

Net Income: 2,342.69

*Current Checking Account Balance: 14,453.76*

*Scrip On Hand: 125.00*

*Total Assets: 14,578.76*

# February Days to Remember



**Happy Birthday to:**

**Cheryl Marians – February 16<sup>th</sup>**

**Happy Anniversary to:**

**Bina & John Kozak – February 11<sup>th</sup>**

**Kathleen & Don King – February 11<sup>th</sup>**

**Maryann & Bob Donovan – February 15<sup>th</sup>**

**Joan & William Hamilton – February 19<sup>th</sup>**

**Marianne & Randy Furtado – February 23<sup>rd</sup>**

**Michelle & Victor Delgado – February 29<sup>th</sup>**



On Friday, January 8<sup>th</sup>, Governor Schwarzenegger released his proposed budget for Fiscal Year 2010-11. Among his budget proposals was the complete elimination of THP-Plus funding if the state is unable to secure an additional \$6.9 billion in federal funding. Other programs slated for complete cuts include CalWORKs, In Home Supportive Services, and the Healthy Families program. Such a cut would devastate Casa's highly successful New Directions program for youth who have "aged out" of the foster care system. Studies show that, without additional support, over 40% of this population will become homeless, incarcerated or dependent upon public assistance.

Prevention programs such as THP+ are not only effective, they cost far less than the services. Prevention programs such as THP+ are not only effective, they cost far less than the services required to address the outcomes that result without them.

**Please join us in asking the legislature to protect THP-Plus!**

*Call your state legislators*

Phone calls and letters to elected officials make a difference. You can find out who represents you in the State Assembly and State Senate by visiting <http://www.leginfo.ca.gov/yourleg.html>. Ask to speak to the staffperson who handles foster care issues and express your concern about the Governor's proposal

*Write a letter to your representatives and to Speaker-elect John Pérez*

Ask Laura McPhee for a sample letter which you can modify as desired and mail or email to your representatives. Clicking on the representative's name from the link above will take you to his/her website where you'll find each representative's mailing address and email.

Thank you for your support of Casa de Amparo and all of our Casa Kids!

**Our Membership Chairs held a Membership Gathering:**  
Linda Bridges, Debby Weiner,  
Kathy Michaels, Marianne Furtado,  
Judy Bohlig, Lisa Pratte, Joan Hamilton, Gina Ensalaco, Diane Modjeski



Please take a look at these proposed changes to our Standing Rules – 2/2010

The Rationale for the changes are: to reflect current procedures, renumber rules.

## **STANDING RULES**

- 1) Business Meetings:
  - Business meetings shall begin at ~~6:30 PM~~ at 6:50 PM with an optional social/hands on project at 6:00 PM and a Guest Orientation from 6:30-6:45 PM
  - To be excused from any Business or Executive Committee meeting, a call to an Executive Committee member is in order
  - No smoking during meetings
  - Cell phones- please excuse yourself from the meeting room to use your cell phone.
- 2) Motions:
  - New Projects - Any member wishing to introduce a new project to club shall contact The Dean of Chairwomen ~~shall be contacted by the Friday~~ no later than two weeks prior to the meeting. The Dean presents the project to the executive committee for their approval ~~(when the chairwoman considers projects and~~ Respective dates and club finances are considered before motions are introduced to members.
  - All motions to be presented to the membership for vote shall be written out and copies handed to the President, Secretary and Dean. If money is required, the Treasurer should also receive a copy.
- 3) Member Responsibility:
  - The entire Club has a responsibility to assist the Dean with Report Writing
  - All active members shall assist with Ways & Means projects.
  - Any information for the newsletter must be conveyed to the Newsletter Editor ~~within two days after an Executive Committee meeting~~ no later than the 20<sup>th</sup> of the month prior to the meeting.
- 4) Finance:
  - Members are not to deduct monies for Club expenses from monies they owe the club.
  - All reservations for conferences and conventions must be paid at the time reservations are made.
  - The amount allotted to the officers and chairwomen by the budget shall be used for necessary expenses connected with the furthering of the work of their office or department. Officers and chairwomen shall submit their final bills one-week prior to the end of the fiscal year or forfeit payment of it.
  - Budgeted officers and Club members who make reservations and do not attend must reimburse club. The Treasurer shall contact these members.
  - Any donations earmarked for a specific project shall be added to the approved budgeted allowance.
- 5) Proposed Budget (procedure)
  - Fundraising- income is based on previous year and the estimated “upfront” expenses are included in the proposed budget
  - Community Service Projects- 51% of estimated income may be earmarked for service projects in the proposed budget. Additional funds (new motions) may be spent after the estimated annual income has been realized.
  - Member expenses- include, but are not limited to: CWONC Procedure/Yearbook and subscription to the GFWC Clubwoman Magazine. New Members receive a name badge.
  - Officer Budget- the elected officers receive a desk allowance. Funds may be used to offset the cost of attending District and State meetings/convention
  - Club Expenses-include, but are not limited to: liability insurance, PO box rental, website hosting, raffle permits and Corporation expenses.
- ~~6) The club pays for the President's total expenses at District Conferences and Convention and the (3) Vice Presidents' luncheons and registration at District Conferences and Convention.~~

# **GFWC Contemporary Women of North County 2009-A Year in Review**

Club celebrated its 74<sup>th</sup> anniversary as a member of the General Federation of Women's Clubs. CWONC continues to hold its general meeting on the 2<sup>nd</sup> Monday of each month at the Historic Wood House in San Marcos.

## **February-**

### Elected Officers:

President	Linda Bridges
1 <sup>st</sup> Vice President (Dean)	Laura McPhee
2 <sup>nd</sup> Vice President (Federation/Fun)	Penny Hagler
3 <sup>rd</sup> Vice President (Ways and Means)	Sandra Teters
Secretary	Laura McPhee
Treasurer	Laura Collins

### Administrative Chairmen:

Membership	Kathleen King & Lisa Pratte
Publicity	Kaye Martin
Sunshine	Donna Jenkins
Website	Kathy Michaels
Newsletter	Laura McPhee

## **February-**

**President Linda chose "CWONC Honors Our Military" as her theme and the Adopted Soldier program as her President's endorsed project.** Dues remain at \$45 per capita (we started the year with 34 members). We passed our annual budget and included funds to purchase liability insurance and hosting for our website- [www.cwonc.org](http://www.cwonc.org). We approved a working budget for 2009-10. We continue to hold a **hands-on project** (made wine charms for our upcoming "Evening with Cupid" fundraiser) prior to the start of each monthly meeting. We also **formed a membership committee**- dividing the tasks between "recruit", "retain" and "orientation for new guests" (orientation held 15 minutes prior to CALL to Order at each monthly meeting). Rookie of the Year 2008 was awarded to Marena Mills and Woman of the Year 2008 was awarded to Linda Bridges. 10<sup>th</sup> Anniversary Membership Pins/Certificates were awarded to Ann Lygas and Vivian Doering. Members answered a survey to see what type of fun activities they would like to participate in over the next year (this month's activity was a walk through **Quail's Botanical Garden**). "Just us Girls" (now called **"A Day of Personal Enrichment"**) was held this month. CWONC served lunch to 40 girls who learned about personal care like makeup, hair etc. **(\$250 donated)** We held our 2<sup>nd</sup> Wine Tasting event **"An Evening with Cupid" (\$460 profit & 22 cookbooks for our CASA Cooking Classes)**. We also voted to participate in GFWC's personal health project called "Step for the Roses". Five members entered **Palomar District's Art Festival (Donated \$65)**, with awards going to Betty Walden, Donna Jenkins, Kaye Martin, Laura Collins and Vivian Doering. Members brought soup for **Angel's Depot** senior food boxes.

## **March-**

We had two **hands-on projects** for March- rolling silverware/napkins for our Mother's Day Tea and making more wine charms (CASA's Chef's of Del Mar fundraiser). We had a guest speaker this month, Anita Marsh from American Cancer Society's **Relay for Life (\$847 donated)**. We combined a health project with historic preservation education by **Walking for the Roses** during a tour of the historic **Leo Carillo Rancho**. Six members attended the Carlsbad Juniors Bunco fundraiser and we participated in a conservation project ("**Plant Your Own Herb Garden**" party). We again participated in **Carnival of Cultures (\$355 profit)** representing America and asked attendees to write a thank you message to our Adopted Soldier, Cory Lutz. We've also made a "Hi Cory" sign and send him a picture from most of our activities. Members have made a commitment to send Cory a letter every week and a care package once a month.

## **April-**

CWONC is a great supporter of **Soldier's Angels** and this month's guest speaker was Susan Lawson, State Community Team Leader. Susan shared all of the special projects the organization is involved in and specifically asked for help with donations of twin sheets, homemade blankets and snacks in support of 110 members of Black Nights out of Miramar who will be returning to San Diego in October. We made a donation **(\$100)** to Donorschoose.org in support of a Mission High School English teacher. We also voted to participate in a new Soldier's Angel's project that supports African Orphanages **(\$611 donated)**; voted to form a **Relay for Life team (\$847 donated)**; participated in the **MS Walk at Legoland (\$300 donated)** voted to purchase pink **breast cancer visors for a fund raiser (Raised \$31 so far)** ; collected **bathing suits for CASA and** mailed 11 baby shower gifts for **Operation Top Knot (Donated \$456)** . Three members attended the Palomar District Convention. CWONC took first place for our Advocates for Children activities. The judges were especially moved by our **CASA Cooking Classes (Donated \$340)**.

### May-

The Annual **Mother's Day Tea (\$4127 profit, donated \$135)** was held at the Wood House on May 9<sup>th</sup>. It was a sell out! Over 100 moms, grandmothers, aunts and children attended the event. Linda, Vivian and Laura C attended the **CFWC/Junior Section Annual Meeting** in Los Angeles. Our Scholarship Committee chose two individuals who will each receive a **\$500** scholarship (Sunset Hills High in Encinitas and Carlsbad High).

### June-

Our **hands-on project** this month was boxing up baby items for our **Africa Project (\$611 donated)**. Treasurer, Laura Collins attended the **GFWC International Convention** in Cleveland, Ohio along with Linda Bridges, who is serving as a member of GFWC's Bylaw Committee. Members attended the **play "SUDS"** at the Welk Resort. On June 13<sup>th</sup>, we set up a "help wanted" table in front of Albertson's in San Marcos asking for donations for Cory, our **adopted soldier (\$711 donated by members and \$440 in-kind donations)**. The support of the community was overwhelming! We also volunteered to clerk for the student showcase and participate in the Blue Ribbon program at the **San Diego County Fair (raised \$906)**; sold 23 Breast Cancer visors; mailed 4 boxes of baby clothes to **Africa**; distributed 1- **\$600 music scholarships** in Ron Jackson's memory;

### July-

Our **hands-on project** this month was boxing up **toiletries** for various projects this year. On July 11<sup>th</sup>, members met at the **Wood House (Donated \$25)** with mops and brooms in hand. We rolled up our sleeves and did an intensive cleaning of this 1880's farmhouse. We also entered GFWC's **"This Place Matters"** contest as a **historic preservation project** and sent in a picture of the Wood House along with a short history of the house. A **"Sew-In"** was held July 18<sup>th</sup> in support of 2 military projects. We made **"Cool Scarves"** for the military and T-shirt dresses and Blue Bears for our **Africa Project. (\$150 sewing supplies donated)**. We held a **new member initiation for:** Pam Irwin, Kathy Shrader, Sharon Ayo, Michelle Delgado, Diane Modjeski and Kathy Michaels. We also supported a **Painted Turtle counselor (\$250 and donated blankets and turtle pillows (\$200 donated)**; donated canned fruit to **Angel's Depot (Donated \$606)** and voted to donate \$50 towards Angel's Depot food boxes for needy seniors.

### August-

In 2008, the CWONC executive committee voted to "go dark" for the August general meeting. We all agreed that it is a great idea for our members to have another opportunity to enjoy the summer holiday with family, but that didn't stop us from continuing in the volunteer spirit. Our first CWONC **Relay for Life Team (American Cancer Society)**, participated August 1-2 at Valley Middle School in Carlsbad (CWONC raised **\$847** and the entire event raised \$46,000) Two CWONC members serve as Palomar **District Domestic Violence Awareness** Co-Chairmen and they hosted a Workshop in Escondido promoting healthy teen dating relationships.

### September-

Members are getting plenty of practice in the art of wine charm making. Our **hands on project** in September was to make charms for the **Escondido Humane Society's "Tails for Twilight" (Donated 339)** fund raiser. Cathy Cronin from the City of San Marcos stopped by to thank us for our efforts to put the "sparkle" back in the Wood House and our members congratulated **Vivian Doering upon being crowned Escondido's Grape Day Queen!** Our **guest speaker was Kevin Elliott**. Kevin provided members with tips for safety and offered to provide self defense classes for our members. And....we **adopted another soldier- Amy** Chenowith!

### October-

Our third wine tasting event at Vino 100 was held on October 24<sup>th</sup> **"Night of Spirits" (\$311 profit)**. The event was not quite as well attended as in February, so the chairmen have recommended that we go back to a weeknight event. Members donated hand made red, white and blue **"Blankets of Gratitude"** and the blankets will be delivered to Soldier's Angels for delivery to Veteran's hospitals this December. Members again volunteered to help with the silent auction at the Escondido Humane Society's **"Tails at Twilight-Fall in Love"** fundraiser. Our **12<sup>th</sup> annual retreat** was a "Staycation" and members explored Coronado Island. We took a historic walking tour and stayed the night at the historic Glorietta Bay Inn (of "Spreckels Sugar" fame).

### November-

Our **hands-on project** for the month was to fold "card stock" that was part of a "hands-on" activity for the children who attended our Breakfast with Santa. We also wrote short messages to Amy, our adopted soldier. Members volunteered to work the silent auction tables for **CASA de Amparo's Crystal Ball Gala** on November 7<sup>th</sup> Three members were able to attend the **District Fashion Show-** celebrating the 50<sup>th</sup> Anniversary of Barbie. Club donated a "Mother's Day Tea 2010" opportunity basket for the Fashion Show fundraising efforts. Members volunteered to pack food boxes at **Angel's Depot**. We received a wonderful surprise from our **Africa Project** contact, Mike.

He mailed us a thank you and also enclosed two thank you letters (and Certificate of Appreciation & Patches) from two officers serving as part of the Special Operations Command Africa (a special joint task force). . We now know that our donations have supported two orphanages.

### December-

The end of the year brought us to our final 3 activities of the year. Joe McDonald again played "Santa" at our CASA Holiday Party and at Breakfast with Santa. The **CASA de Amparo Holiday party** was held at Mission San Luis Rey on Dec 13<sup>th</sup>. Gifts and holiday treats were donated to these at-risk Children. The City of San Marcos hosted their **15<sup>th</sup> Anniversary of "Santa's Magical Village"**. Our **Breakfast with Santa (Raised \$535)** has been part of this weekend event since the beginning. Entertainment for the kids included a "hands-on" art project, pictures with Santa and all attendees were treated to holiday music performed by a family member and his band. A donation of **\$150** was made to offer 2 **messages for Soldiers** as a holiday thank you. Club celebrated a year of many accomplishments by holding a **potluck** at a member's home on December 14<sup>th</sup>.

### Yearlong projects included-

- Diana's Angels
- Cancelled stamps for Tubfrim (\$60 donated)
- Recycle/Pull tabs for Ronald McDonald House (Raised \$103)
- Linens, towels & stuffed animals for Sunburst Camp (\$150 donated)
- Scrip Sales (Raised \$495)
- Collect Major Market Receipts for fund raising (Raised \$80)
- Escrip- Von's Card fund raising program (Raised \$99)

## *WONC In The News.....*

### *NC Times* - Group hosts party for children of Casa de Amparo

Posted: Friday, January 15, 2010



The General Federation of Women's Clubs, Contemporary Women of North County recently hosted a party for the children of Casa de Amparo in Oceanside. Pictured are Kaye Martin, left, Linda Bridges, Betty Walden, Santa Joe McDonald, Laura McPhee, Ann Lygas and Marena Mills. The group meets at 6 p.m. the second Monday of the month at the Wood House, 1148 Rock Springs, San Marcos. Call 760-294-1797 or visit [cwonc.org](http://cwonc.org) .

**GFWC Contemporary Women of North County**  
**Today's Volunteer- "CWONC Honors Our Military"**  
**Tentative Agenda**

**Monday, February 8, 2010**

Hands On Project/Social (6:00 PM)..... Wine Charms.....Linda Bridges & Laura McPhee  
 Guest Orientation..... Laura Collins  
 CALL to Order (6:45 PM).....Linda Bridges, President  
 Pledge of Allegiance..... Vivian Doering, Citizenship Chair

**SIGN UPS IN THE KITCHEN**

**Membership Co-Chairmen- Lisa and Kathleen**

Welcome Guests		Lisa, Chair
Installation of Officers		Installing Officer
15 <sup>th</sup> Anniversary Presentation	Kathleen King	Lisa, presenter
2010 Yearbook updates	Pictures for Bios	Kathleen, Chair
Mentoring Program	Sign Ups	Kathleen & Gina, Chairs

**Secretary- Laura McPhee**

Corrections to Minutes	Included in Newsletter	Laura M, Secretary
Corrections to Yearbook	Deadline- Feb 15 <sup>th</sup>	Laura M, Editor
Newsletter article	Deadline- 20 <sup>th</sup> of month	Laura M, Editor

**Treasurer- Laura Collins**

Budget 2010-11- vote; Dues due in February \$45
Monthly Treasurer's Report- turn in monies & request for reimbursements

**President- Linda Bridges**

Quick Reference handouts; Proposed Standing Rules- Vote
---

**First Vice President (Dean of Chairmen)- Ann Lygas- Member's Choice to volunteer**

Volunteer Statistics	Hours & personal donations	Monthly to Ann, Dean
Chairmen Volunteers needed	New Chairmen introductions	Medals of Honor
Miss San Marcos Tea	Feb 27- Prepare/fix lunch	Laura C & Laura M
First Books order	Ordered 2009- Cost \$35	Linda

**Second Vice President (Social & Federation- Member's Choice)- Penny Hagler & Jenna Jahn**

Bunco- Date:	Time:	Hostess:
Art Festival- Feb 22 evening show	Hostesses/attendees; Door Prize	Penny, 2 <sup>nd</sup> VP
District Meeting-March 16	Escondido- Register; Decorations	Penny, 2 <sup>nd</sup> VP
Art Contests (Photo, Crafts)	Pre-registration deadline Feb 15	Linda, Chair

**Third Vice President (Ways & Means)- Laura M & Lisa Pratte (Member's Choice OR 100% members needed)**

Procurement	Donations	Member's choice	Laura & Lisa, Chairs
Carnival of Cultures	March 7- 10am-4pm	Member's choice	Laura C & Gina

- Old Business.....Linda Bridges
- Announcements.....Linda Bridges
- Adjournment @ \_\_\_\_\_ Next meeting March 8 @ Wood House