



Joye Davisson, President & Editor

MARCH, 2007

Sharing Federation Dreams, Making a Difference in Our Community.

Website: www.powaywomansclub.org

MARCH MEETING

Our March 13th meeting will feature the annual in-club auction. Proceeds from the auction will be used to pay the registration for anyone wanting to attend the Palomar District Convention on April 27th at the Vista Valley Country Club.

Hostess for the meeting are Doris Leeds and Sonia McCalley. Morning coffee and "goodies" at 9:30 AM with the meeting beginning at 10:00 AM.

Join in the fun and bring that unwanted item(s) that will soon become someone else's treasure. Baked goods are also welcome.



UPSTAIRS AT POWPAC

Coming to your community theatre beginning on March 9th is Sondheim's *Company*. The show runs Fridays and Saturdays at 8:00 PM and Sundays at 2:00 PM through April 1st.

"*Company* follows our anti-hero bachelor Robert as he makes his way through a series of encounters with April (the stewardess), Kathy (the girl who's going to marry someone else), Marta (the "peculiar" one), as well as with his married friends.

On the night of his 35th birthday, confirmed bachelor Robert contemplates his unmarried state. In vignette after hilarious vignette, we are introduced to "those good and crazy people," his married friends, as Robert weighs the pros and cons of married life. In the end, he realizes being alone is "alone, not alive." "Taken from the PowPAC website.

For tickets call the box office at 679-8085 or order on-line at www.powpac.org.

Are you looking for a fun volunteer experience? Call Claudette Heffner and volunteer to be a hostess during intermission. Claudette can be reached 486-7569. Try it — you meet the nicest people.

FROM THE FRIENDS

The featured author for this month's "Coffee With an Author" is David J. Valley. David wrote *The General's Women*, *Douglas MacArthur's Loves*.

Mr. Valley was selected for General MacArthur's Honor Guard during the Korean War and has many stories to share.

Join the Friends on Wednesday, March 7th beginning at 10:00 AM in the Library Meeting Room. Support the Friends by attending this series of programs they offer. Refreshments will be served.



AT PCPA

On March 17th at 8:00 PM and Sunday, March 18th at 2:00 PM, Theatre 40 brings to Poway Center for the Performing Arts stage a wonderful production of *Driving Miss Daisy*.

“The 1989 film starring Morgan Freeman, Jessica Tandy and Dan Aykroyd made a household name of Alfred Uhry's masterfully told story of an unlikely friendship between an old Jewish woman and her African-American chauffeur. Now Theatre 40 brings this touching and richly human tale to the Poway stage for two performances only.” Taken from the PCPA Foundation website – www.powayarts.org.

TOWN CENTER MEETING

Mayor Mickey Cafagna will give his State of the City address on Tuesday, March 6th. Poway City Council meetings begin at 7:00 PM.

Following Mayor Cafagna's speech, the staff will present information on the proposed Town Center. Plan to attend the council meeting and learn all about this project. Your input is important, let the council members hear from you.

CELEBRATE WOMEN

Take time this month to view the art exhibit at the Poway Center for the Performing Arts sponsored by our club. One again, it is a great show and the artists really appreciate our sponsorship of the exhibit. Exhibit hours are 9:00 AM - 4:00 PM, Monday thru Saturday, closed Sunday.

Thanks a whole bunch to Judy for all her help in getting the exhibit on the walls at the Poway Center for the Performing Arts. Rachelle came by during her lunch break to help and Barbara Lerma came after her meeting. Thanks ladies.

The art reception on Saturday afternoon was really nice with most of the artists in attendance. Thank you to Cloy for the beautiful floral arrangement that graced our reception table and for her assistance with the set-up. Sherrie Colburn brought deviled eggs and a vegetable tray, Cathe Lambert a delicious crab and artichoke dip, Sue Sheldon baked a batch of her fabulous brownies, Judy baked cookies, and Barbara Lerma provided cookies and mixed nuts. Thanks too to Doris Leeds for bringing the guest book.

The first place winners and best of show follows:

BEST OF SHOW ~ SPECIAL AWARD, Phoebe Burnham, “REAL ARTISTS PAINT FOREVER”

FIRST PLACE ~ PHOTOGRAPHY, Marcy Hermanson, “BABY IN ARMS”

FIRST PLACE ~ CERAMICS, Jean Fleshler, “HAIL, THY NAME IS WOMAN”

FIRST PLACE ~ PRINTS/GRAPHITE/INK, Jeanen Monteleone, “KARATE KID”

FIRST PLACE ~ OIL & ACRYLIC, Barbara Murphy, “THEN AND NOW”

FIRST PLACE ~ WATERCOLOR, Shiela Ann Greer, “A NEW DAY AT THE MARKET”

FIRST PLACE ~ OIL PASTEL/ COLORED PENCIL, Amy Zoe Bekier, “LISA”

FIRST PLACE ~ COLLAGE, MIXED MEDIA, FIBERS, Susanne Nicolaisen, “CITY OF HOPE”

Ms. Claudette Johnson, Visual Arts Department Chair at Poway High School was our judge. She plans to bring her class to view the exhibit as she does for all exhibits at the center.

This exhibit is wonderful publicity for our organization. For the month of the exhibit, our club name is on the marquee above the box office. And, of course, anyone visiting the center during the month sees a great exhibit sponsored by Poway Woman's Club.

The only thing that will stop you from fulfilling your dreams is you.

... Tom Bradley

TO YOUR HEALTH

Stroke Awareness

GFWC/CFWC emphasis
in the area of Women's Health

What is a stroke?

Stroke is a very serious problem that develops when there is an interruption in the flow of blood to the brain.

What are the symptoms of a stroke? Sudden changes in your strength or sensation could indicate a transient ischemic attack or a stroke. If you - or someone you love - is experiencing any of the symptoms below, see a doctor immediately. Every minute is important when it comes to limiting damage and saving brain cells.

Symptoms of stroke:

- ♥ Sudden weakness or numbness in your face, body, arms or legs, especially if only one side is affected

- ♥ Sudden loss of vision or problems seeing in one or both eyes

- ♥ Sudden confusion, inability to speak or understand what others are saying

- ♥ Sudden dizziness, instability or inability to stand, walk or coordinate movement

- ♥ Sudden severe, unexplained headache

If you think someone is having a stroke, here is a quick test.

Remember: **S-T-R-oke**

- ♥ S - ask the person to Smile

- ♥ T - ask the person to Talk - repeat a simple sentence.

- ♥ R - ask the person to Raise their arms above their head and keep them up.

If you suspect they are having a stroke **Call 911**. It is important to get them to a doctor immediately!

The person having the stroke may be too confused to know what needs to be done. If stroke victims are given proper help within 3 hours of the stroke, the ability to recover is greatly increased.

You may be at risk for stroke and not even know it. Plaque can build up in your carotid artery, which prevents the flow of blood to your brain. This can lead to a possible stroke. Preventive health screening using ultrasound can detect if you are at risk. Ask your doctor.

Pat Aspray
Palomar District Women's
Health Chairman

NEXT MONTH

At the April 10th meeting we will host a buffet luncheon for the library staff in appreciation of their friendly and helpful service to the community and in recognition of National Library Week.

As most of you know, 75 percent of our nations libraries were begun by womens clubs. We continue to share our love of books and libraries to this day.

The club will provide fried chicken, cole slaw, potato salad and rolls and club members will provide veggie dishes, salads and most importantly - desserts.

A program will be provided by a member of the library reference staff. The subject has not been determined.

A sign-up sheet will be available at the March meeting.

FOLLOW YOUR DREAMS

A single fantasy can transform a million realities.

... Maya Angelou

Dreams lead me to where I've never been.

Let your dreams be your inspiration.

From *Follow Your Dreams* written and compiled by Liesl Vazques.

FROM THE DEAN

What is a "project?" The dictionary defines it as "a task requiring time and planning" or "an extensive organized unit of work." In Women's club work we go further — it must be voted on and in the club minutes **AND** because members interests vary we try to offer "something for everyone". It may be large or small, make a really big splash or be a nice continual stream of help to those in need. In fact, one of the things we do so well is to find projects that **ALL** our members can work on, even if they are unable to participate in most of the club's projects. That's where our "**collecting**" comes in to play. **Yes, collecting "cents off" coupons for young military families DOES make a difference in those families lives. YES, collecting "Box Tops for Education" and Campbell's soup labels (and the other labels, etc.) WILL make a difference to Valley Elementary School.** It only takes a small amount of our time, time spent perhaps while watching TV to cut those coupons out and remembering to take the **WHOLE** label of the can. Products to look for are General Mills, Kimberly-Clark, Campbell's (think all Campbell's products, Prego, V-8, "Goldfish" also.) Please bring

the coupons and labels to each meeting **AND** keep track of the time you spent on your monthly hours sheet that is turned in at each meeting. It is helpful if you tally the face amount of your coupons, too. If you cannot be at a meeting, call Barbara (748-4492) and we can arrange a pick-up time, or mail them to her or to our P.O. Box. These are two "small" projects that all can work on and that can make a **BIG** difference in another's life today and for the future.

Here's a date to put on your calendar: Friday, June 22nd is Youth Day and our help is again being requested.

We've just had another successful Palomar District Art Festival and our "Celebrate Women" Art Exhibit is up at the Poway Center for the Performing Arts. I hope you'll all go see the art exhibit and why not start now to think about something you could enter into the Art Festival, it can be a craft, art work, a writing, photo, or perhaps even something to display at the next "Celebrate Women" Art Exhibit!

Barbara Lerma
748-4492



March 3	Diana Smith
March 6	Marian Ponsford
March 18	Jean Bralla
March 23	Susan Sheldon
March 29	Joye Davisson

FRIENDSHIP TEA

Mark your calendar and invite friends, neighbors and family to join us for our Friendship Tea on June 2nd beginning at 2:00 PM.

Dress is casual to Sunday best and Victorian if you want. Jan Rubacky is working on some special fashion ideas for this tea. Tickets are \$15.00 and will be available at the March meeting.

PALOMAR DISTRICT MEETING

The Palomar District Board of Directors meeting on March 20th will be at the Fallbrook Woman's Club. District meetings are for everyone! — not just officers, chairmen and delegates.

Guest speaker will be Julian Duvall, Director of the Quail Botanical Gardens.

This is a time to learn and share. Hear what our sister clubs are doing. See the district in action.

Other news is that District President Susan Fowler fell and broke her right wrist. She is recuperating at home after surgery to place a pin in her wrist. Keep her in your thoughts and prayers.

PRESIDENTS MESSAGE

I am extremely proud of the "Celebrate Women" exhibit. Local women are a talented bunch. Take some time during this month to take a look.

Barb, Cathe, Diana and I enjoyed the fun and fellowship of the attendees at the Palomar District Art Festival on February 28th. The Bonsall Woman's Club chorus entertained with some songs from the 60s and the gals from Escondido put on a hilarious skit.

Did you see the Student Art Exhibit? Why not?? Thanks to Diana, Sonia, Evelyn, Debi, Barb and Judy for all their help — setting-up, exhibit sitting, and reception support.

