
THE FOUNTAINHEAD

Fountain Valley Woman's Club Fountain Valley, CA

Organized 1964 * Federated 1965



President: Carol Hedenberg

Editor: Robin Fayette

President's Message – Friendship and Service can light up your life

We're certainly starting 2013 out great with a very healthy Ways and Means balance. At our February 12th meeting be prepared to donate a lot of it...that's what we're all about, right. It will be fun and satisfying to give where help is needed. Some of the possible recipients that come to mind are, Fountain Valley Historical Society, Share Our Selves, Elwyn, and Interval House.

GFWC/California Federation of Women's Clubs has a Capitol Tree Plaque Project to place tree markers at Sacramento Capital Park that I would like our Club to support. I will discuss details at our meeting.

Laura Woods has also brought a need to my attention. There is an 11 year old boy here in Fountain Valley with non verbal autism whose family is trying to raise funds for a service dog. Again, more details will be given at our meeting.

You see ladies, we can help in many areas, a little or a lot, it's all needed.

The 57th annual Orange District Convention is April 20th at Coyote Hills Golf Course in Fullerton. Your cost is \$45.00 for the day and lunch. A clip board will be sent around at our meeting, and this will be the only chance to sign up. Let's have a good showing and a lot of fun.

See you on the 12th.

In Friendship and Service, Carol



1st VP / Dean – Virginia Kalb

The Orange District Council is a gathering of representatives of clubs from throughout Orange County. It conducts the business of District, as we conduct ours at our own General Meetings. The next Council Meeting is on Friday, March 8. The focus will be to welcome new member from all district clubs. All of our new members, and all our not-so-new members, too, are encouraged to attend. This is an excellent opportunity to learn more about the larger organization of which we are a part.

Unfortunately, registration for this event (and the event itself) will be before our own March meeting. February 12 will be the only sign-up and payment opportunity. The usual cost for lunch is \$25.00.

DID YOU KNOW that Fountain Valley Woman's Club joined the General Federation of Woman's Clubs in 1965? Harriet Sullivan was one of our founding members, and our Charter President. Since then, our accomplishments and contributions have been many and diverse. Here are a few highlights from our early years.

- 1965-66: We won a first-place trophy (and \$1,000!) for our entry in the Huntington Beach 4th of July Parade.
- 1967-68: We sponsored junior lifesaving courses, first aid courses, and assisted with bicycle licensing.
- 1968-69: Letters, postcards and Christmas packages were sent to servicemen in Vietnam.
- 1970-71: Our fund-raisers included *A Day at the Races*, a wine-tasting event, game luncheons, and a boutique.
- 1971-72: We assisted at a community rabies clinic, where local veterinarians vaccinated over 900 dogs. Our annual *March of Dimes Dance* received the only March of Dimes Award given to a club in California.
- 1973-73: We supported the Indian Center in Stanton, and donated over 700 pounds of clothing to the "Danny Davy Project" for Native Americans in Arizona.

Stay tuned for more highlights in future newsletters!

2nd VP / Membership – Cindy Reynolds

February is our **Membership Rally Month**. Please bring a friend or two! Please make sure you call me with the name of your guests for proper name tags. I will have membership packages available, if requested.

February birthdays include: Cheryl Brothers - February 4, Cassie Randall - February 7 and Robin Fayette - February 18th.

HAPPY BIRTHDAY, LADIES!

3rd VP / Programs – Edythe Muse

February is "Bring a Guest to Lunch" month and our guest speaker will be some of our own members. We will talk about the Fountain Valley Woman's Club and what we do. So invite a friend to come and have lunch and she can learn a little bit about the F. V. Woman's Club at the same time.

4th VP / Luncheons – Kathleen Rockney

Hi, ladies!

Our February "membership drive" lunch is – **an assorted sandwich and salad bar - for \$20 per person**. For guests, the charge will be \$10, whether you pay for your guest or she pays for herself! All guest are charged \$10 for the buffet.

Our healthy option THIS MONTH will be their delicious **simply grilled salmon with either steamed broccoli or mixed veggies** also for \$20 per person. Guests CANNOT get a discount on the salmon. If your guest wants salmon, she (or you) will be charged the full \$20.

We are so pleased to be able to keep costs at our 2011-2012 rates!

Our centerpieces for February will be provided by Carolyn Herzog. Thank you, Carolyn!

If you are on the permanent list, we will assume that you will be at our meeting, unless we hear from you. If you're not on the permanent list, please do call me to make your reservation. Also, please let me know if you'll be ordering the salmon meal, instead of the buffet.

And, of course, let me know if you'll be adding a guest to your reservation. **In wishing to keep costs down, we must charge you if you make a reservation for yourself or a guest, then do not show.**

Please email me, Kathleen Rockney, or call by Thursday, February 7, 7pm, with any changes if you're on the permanent list, or with your reservation if you are not. Thank you!

5th VP Ways & Means – Karen Markovich

Spring Social – Saturday MARCH 16th 5-7:30pm See Flyer on page 6

***** Tickets Available at the February 12th luncheon – see Jean Hardy *****

“HATS OFF TO TALENT!”

Marilyn Bennett

Get out that photo you took in 2012. the poem or short story you wrote, the blanket you made or other item you created and plan to enter in the Orange District Art Festival. There is a category for any item that you have created. Also for the second year, there are the categories of cake decorating and duck-tape art. Ladies, I know you've created something and we need the entries to give visibility for our club. Entries (the paperwork) are due February 1st and I need your entry by February 20th (a couple days before the festival). Please let me know if you have an entry.

“Hats Off To Talent!” is the theme of the Art Festival, February 22nd at Yorba Linda Community Center. The fun-filled day includes art viewing, entertainment and lunch. Admission is \$3.00 and lunch is \$10.00.

Submit an entry and attend the festival. Let's participate in this fantastic event!



FOUNTAIN VALLEY WOMAN'S CLUB
St. Patrick's Day
3rd Annual Spring Scholarship Social



Grand Prize Live Auction Item #1
Tickets for 4 to an Angels baseball game from Ed & Freddie Sussman. Ed is a Rotary Club member.



Grand Prize Live Auction Item #2
Dinner for 4 from the FV Firefighters Assoc. at the Bushard Station. . . Plus A Wine & Cheese Basket donated by Jean Hardy.



Grand Prize Live Auction Item #3
Authentic Venetian Gondola cruise around Belmont Shores. Basket includes items for an Italian Dinner.

Our sincere thanks to Dave Osborn and the Kelly Osborn Memorial Scholarship Fund for the generous donation.

Saturday, March 16, 2013 5-7:30 p.m.
Assistance League H.B.
8071 Slater Avenue, H.B. 92647
\$13.00 donation per person /\$25 per couple

Opportunity Drawings

Assorted Appetizers Served *** Wine & Beer \$1 Donation
Soft Drinks & Coffee Too

For information, call Jean 714-962-4182

Proceeds to fund FVWC Scholarship Fund and Golden West College Criminal Justice Training Center (Police Academy) for returning combat veterans.

FVWC is a 501 C-3 non-profit organization F.E.I. #23-7124861 Group #8288

Chairmen Reports

Crafts – Marilyn Bennett

The next blanket-making session is on February 4th in the Community Room at Fountain Valley Library from 10:00 a.m. until 3:00 p.m. Since we had taken a month or so off in 2012, we need to hustle and get some blankets made.

Also, mark your calendars with the blanket-making dates we have planned through June!

March 18, 2013

April 22, 2013

May 20, 2013

June 17, 2013

Join us for an enjoyable day of blanket-making!

Focus on Health - Kathleen Rockney

February is National Heart Health Month, and for the past 10 years the **"Go Red for Women" movement** has enlightened us with heart health information specific to us. Information can be found at http://www.heart.org/HEARTORG/General/2012-Go-Red-For-WomenHeart-Month-Kickoff_UCM_320383_Event.jsp, including heart attack symptoms unique to women.

The sad fact is that heart disease is our number one killer (1 in 3 deaths), as more women experience high stress levels and more women slide into a lifestyle devoid of exercise and filled with sugar. Though excess salt has some bearing on blood pressure, it is the overabundance of sugar in our diets that frays our capillaries, tires our insulin system and promotes the kind of arterial inflammation that is ripe for plaque. Sugar is meant to be a condiment, NOT THE MAIN INGREDIENT!

So, protect your heart today. It is never too late!

Third Annual Million Step Project! We are off and walking! As of January 13, 18 members of our club are wearing pedometers and marking their daily steps for weekly reporting. Our goal is to average 6,000 steps a day, so that by July 13 we will have walked ONE MILLION STEPS! Now, THAT is a way to fight heart disease, arthritis and many other ailments!

We use a conversion chart to add steps that can't be captured by a pedometer, such as when we do yoga, swimming, bicycling or gardening. So, if your favorite movement is something other than walking, you can still build your step count. And, soon, we'll support each other with monthly lunch gatherings at local health-minded restaurants!

It is not too late to join! In the past two years, we've had folks join us in the first month, and many still made it to one million steps with a gentle daily push of steps. In the meantime, thank you for your support of our health path!

Women Helping Women (WHW) – Robin Fayette

In 2012 FVWC donated over 700 items: business, casual, accessories and toiletries to WHW and Men2Work. Great Work everyone! Please bring your donations to our meetings, or you can drop off at my home (please call first) or drop off at WHW (just let me know how many items you donated). Thank you all!

Heifer International – Sharon Cope

It is a pleasure to report to all of our members that we had a terrific year for Heifer 2012.

Our monthly donations were \$336.23. The board generously decided to match the amount, so we had \$ 672.46 as our total from all of you and the board.

A special gift of \$100.00 came from Mary Ellen Carroll who holds membership in Banning, CA and FVWC. We miss seeing you Mary Ellen, and thank you as a group for your generosity. Another donation that will be counted in 2013's total, was given to me by Laura Woods who encouraged her granddaughter, Daphne Henry-Carrick, to save coins to be given to Heifer. The Amount was \$7.00. In addition, a \$10 donation came from Joan Coen. Thank you, Joan, for thinking of us.

So here are the animals that I chose:

Two flocks of Chicks and Geese.....\$40.00
One Pig.....\$120.00
Two Sheep..... \$240.00
One Llama.....\$150.00
Two pair of Rabbits.....\$120.00

Once again I want to thank all of you who donate in one way or another to our Heifer project. We understand the importance of helping the world to be just a little better by our action.

Our Special Chairmen

Sunshine - Sandra Murray

Please call or e-mail me when you know of a Club Member in need of a card.
Thanks, Sandra

Cards for Cancer - Betty Cowan

Cards for Cancer is meeting on the 4th Monday of the month. Bring your sack lunch. If you are interested call Betty

Share Our Selves (S.O.S.) – Karen Fox

SOS Hygiene Sox Kits

Thank you to all the ladies who have brought in articles for the sox. I am in need of: deodorant, tooth paste and brushes (please ask your dentist for these) shampoo and conditioner. Tooth paste is \$1.00 a tube at Target or Wal-Mart and shampoo and deodorant is \$1.00 at 99 cents store. Any donated items will allow us to fill more sox for the homeless. I hope to fill another 66 after the meeting in February. Please bring your donations to the Feb. meeting. Thank you so much

Inspiration – Mandy Hall

One.....

One tree can start a forest,
One smile can begin a friendship,
One hand can lift a soul
One word can frame the goal.
One candle can wipe out darkness,
One laugh can conquer gloom
One hope can raise your spirits,
One touch can show you care.
One life can make the difference,
so, be that "One" today.

(Poetry) Love Corner – By Rafida Saadi

As February is the month of hearts, I thought our little corner should cross the road to a sunny, heart-warming spot. January saw me fall victim to a weird virus that I carried with me from Texas to Florida, but the slow recovery gave me more time to read, reflect, meditate and write. The outcome was this special selection of beautiful quotes on Love that have magical healing powers over body and soul.

I hope you enjoy them as you celebrate the good times with your loved ones.

"There is no remedy for love but to love more."

American author, poet, philosopher: **Henry David Thoreau** (1817-1862)

"I was born with an enormous need for affection, and a terrible need to give it." **Audrey Hepburn**: Superstar and Humanitarian (1929-1993)

"Can miles truly separate you from friends... If you want to be with someone you love, aren't you already there?"

Richard Bach: Contemporary American author and adventurer

"Let there be spaces in your togetherness, and let the winds of the heavens dance between you. Love one another but make not a bond of love: Let it rather be a moving sea between the shores of your souls."

Khalil Gibran: Lebanese /American poet /philosopher (1883-1931)

"Love is like playing the piano. First you must learn to play by the rules, then you must forget the rules and play from your heart." Author: Unknown

I did not "fall" in love, I walked to it with steady steps and wide-open eyes"

Ghada Samman: Contemporary Arab woman author and poet

Age does not protect you from love. But love, to some extent, protects you from age."

Anais Nin: French/American author (1903-1977)

Fountain Valley Woman's Club is now accepting business size ads in The Fountainhead at \$20 per month or \$150 for 10 months. Call President Carol for information

February Calendar

ORANGE DISTRICT, CFWC and GFWC:

Feb. 22 (Fri.) Orange District Arts Festival, Yorba Linda Community Center
Mar. 8 (Fri) Orange District Council Meeting, Phoenix Club, Anaheim
April 20 (Sat) Orange District Convention, Coyote Hills Golf Course, Fullerton
May 22 (Wed.) CFWC Convention, LAX Crowne Plaza

FOUNTAIN VALLEY WOMAN'S CLUB

Feb. 4 (Mon) The Readers at Virginia Kalb's
Feb. 4 (Mon) The Crafters 10am-3pm Community Room, F.V. Library
Feb. 7 (Thur) FVWC Board Meeting 10:00am
Feb, 7 (Thur) Deadline for FVWC Feb. 12th luncheon reservations
Feb. 12 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00am
Feb. 15 (Fri) Deadline for "The Fountainhead" March articles & pictures
Feb. 25 (Mon) Cards for Cancer F.V. Library Community Room
Mar. 16 (Sat) 3rd Annual Spring Social, Assistance League of H.B. meeting room

Fountain Valley Woman's Club

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