
THE FOUNTAINHEAD

Fountain Valley Woman's Club Fountain Valley, CA

Organized 1964 * Federated 1965



President: Virginia Kalb Editor: Robin Fayette

President's Message – Hearts in Friendship, Hands in Service

Thanks to all of you for your participation in the discussion of the 2014-15 Yearbook at our September meeting. We heard many pertinent questions and comments, issues were raised, and suggestions were made for alternative approaches to consider, both at the discussion, on cards, and in further communication. This will be on the Board agenda for in-depth consideration, and we'll keep you posted on progress.

If you would like to attend an Orange District Council Meeting, the next one is scheduled for Friday, November 8. We will be working on filling gently used purses with personal care items for distribution to local women's shelters. Please consider attending this worthwhile day and lend your hands to an important Orange District project.

Our yard sale is planned for Saturday, November 2, at the home of Joyce Oleson. Now's the time to start cleaning out your closets and garages, and saving items for us to sell. Spread the news to your friends and neighbors about the event, invite them to come, and let's make this one the most successful ever!

DID YOU KNOW: The chimes we use during the meeting were presented to us in June 1977? They were a gift of Donna Booth, our President in 1971-72 and from June 1979 to January 1980. Our gavel bears the inscription "Fountain Valley Woman's Club Established 1964."

Virginia

1st VP / Dean – Rita Koval

Hi Ladies,

I'm in Northern California wine tasting!! Our wonderful chairmen are presenting us with great projects. Let's do our best to support them!

Hugs, Rita

MEMBER: GENERAL FEDERATION OF WOMEN'S CLUBS, INTERNATIONAL

2nd VP / Membership – Karen Markovich

Our members to date are 77.

A very Happy Birthday to our October celebrants:

Virginia Dishman. October 3; Bette Soule October 6; Terry Coakley October 10;
Ruth Cenci October 11; Lucille Christy October 18; Lynn Seeden. October 20;
Dorothy Pagliughi October 22; Jill Ruiz October 24; Jean Hardy October 26;
Karen Fox October 30

HAPPY BIRTHDAY LADIES!!!

3rd VP / Programs – Cassie Randall

For our October meeting Kathy Zutz will be our speaker talking about breast awareness and how she started her business.

See you then, Cassie

4th VP / Luncheons – Edythe Muse

Our lunch for October is a sit-down lunch. We will be having a half Clubhouse Sandwich and a House Salad. The Clubhouse sandwich has sliced turkey, sweet ham, applewood smoked bacon, Swiss cheese, smoked gouda, fresh greens, tomato and garlic aloli - for \$20.00 per person. This will be served with a salad but if you would prefer fresh fruit, you can let Marnee, our waitress, know.

The healthy choice this month is Grilled Salmon, served with vegetables - \$20.00 per person as well.

If you are on the permanent list, we will assume you will be at our meeting unless we hear from you. If you are not on the permanent list, please call me to make your reservation or let the person who calls you from the Call Committee know whether or not you are coming. (The Call Committee will **not** call you if you are on the permanent list.) If you made a reservation and do not show up for the meeting, we will have to charge you for the lunch. The deadline for reservations is **Thursday, October 3rd, 7:00 p.m.** Call me or e-mail me.

Starting in October, we will give you a ticket for a drawing for a free lunch - **only if you are wearing your name badge**. So ladies, be sure to put your name badge on before you pay for your lunch so that you will be eligible for the drawing. As I am a fairly new member, I don't know all of you by name and by wearing your badge, it will help me and others. Terry Coakley won the drawing for a free lunch this month.

Jill Ruiz has volunteered to do table decorations for October. Thank you Jill.

5th VP Ways & Means – Donna Kubelka

We are off and running with fundraisers for this club year. We have a date for the Spring Scholarship Fundraiser of March 15, 2014 at the Assistance League Community room at Beach/Slater.

Our first fundraiser will be the Garage Sale on Saturday, November 2, 2013. Get your items ready. I will have a sign-up sheet at our October meeting for workers that day. It will be held at Joyce Oleson's house at 10935 Slater Avenue, Fountain Valley. The hours of the Garage Sale will be 7:00AM til Noon. We will set up as much as possible on Friday night and then set up again at 6:00AM on Saturday morning. Your items will need to be marked with a price and brought to Joyce's house on Friday.

Sign-up sheets have already gone around on our Holiday Social. Cindy Reynolds is right on top of this fundraiser. Any questions, talk with her.

Quartermania is right around the corner. It will be held on Wednesday, October 30, 2013 at the Woman's Civic Club of Garden Grove, 9501 Chapman Avenue, Garden Grove at 10:30AM.

Lunch will be served. Donation is \$15.00. I will have a sign-up sheet at the October meeting for those who would like to attend. Attach a check to the sign-up sheet. Carpool from Claim Jumper.

WHY WE DONATE TO THE VETERANS PROGRAM – by Jean Hardy

As a volunteer with the FV Police Department, I heard our liaison Captain, Kevin Childe, speak about the police academy at Golden West College and the need for scholarship money to help returning combat veterans participate in the academy. The academy is a full-time, four to six month program. Since the academy students are unable to work during this period, they need financial assistance to participate. Those students who complete the program are hired by local police departments.

It has been three years since I raised my hand and told Captain Childe that I belong to and knew of at least three possible funding sources to assist in fundraising; FV Woman's Club, FV Rotary Club and Assistance League of HB. Since that conversation, all three organizations have donated towards the program.

At a FV Rotary Club meeting, I mentioned the program to the members, one of whom is Dave Osborn, co-owner of Fountain Bowl. Since that time, Dave has donated \$500 per year to our Spring Scholarship Social, totaling \$1,500. These funds come from the Kelly Osborn Memorial Scholarship Fundraiser held each year at the bowling alley and Mile Square Park Golf Club. The event, in which FVWC participates, was set up 19 years ago to honor Dave's daughter, who was killed by a drunk driver. Rotary Club members have always donated to and attended our SSS event.

Last year, Michael Vo, FV Councilmember, donated one month's per diem to FV Woman's Club for our SSS because of, as he said, "you're helping the veterans". Michael, too, always attends the events, as do other council members.

To date, FVWC has donated \$4,543 to the Police Academy Scholarship Program, which is one half of our proceeds from our three Spring Scholarship Socials. Assistance League of Huntington Beach added this program to their philanthropies and has donated over \$30,000 to the Police Academy Scholarship Program.

I hope this explanation of "why we donate to the veterans program at Golden West Community College" helps members to appreciate our participation in a very worthy endeavor.

Chairmen Reports

Collection for Reuse – Laura Woods

The collection for the reuse items we need can be a family volunteering activity. Get everyone involved. Children, grandchildren, co-workers, friends and neighbors can do their part easily. Let's all share in the feeling of satisfaction gained by helping others. We need the following:

1. Aluminum can pull tabs for the "Ronald MacDonald House" project. Please donate any amount. When we have 13.5 lbs. of them, our club will be able to help a family with lodging. The families, that want to stay close to their children going through cancer treatments at C.H.O.C., will only pay \$10. per night.
2. Used reading glasses and hearing aids. These can be recycled to help those in need. The Elks community service club will distribute the items.
3. Used cell phones and their chargers are also needed for emergency purposes.

We appreciate your generous donations. They will truly make a difference in many people's lives.

Conservation – Marilyn Bennett

Recycling made easy for all! On Saturday, October 12th, an electronics waste collection drive will be held at the Fountain Valley Recreation Center, 16400 Brookhurst Street, from 9 a.m. until 4:00 p.m.

Here's an opportunity to get rid of the TV's, printers, computers, fax machines, VCR and DVD players and even vacuum cleaners and microwaves that you've stored in corners of the garage. Note – fluorescent lamps and refrigerators will not be accepted. This is a free service to our community and a great opportunity to get rid of those electronics that are gathering dust!

Also, as you're hunting for the electronics, remember our Yard Sale, November 2nd. All those other no longer wanted items you find can be recycled at the yard sale.

Readers – Leslie Montz

The Readers meet at one of the member's homes on the first Monday of the month. A different theme is chosen each time and for October it will be Mysteries and we will meet at my house.

Domestic Violence Awareness & Prevention – Laura Woods

Special October Project - We look forward to many good projects this year to help abused women and children. Thank you to those of you that already brought your slightly used purses to our Sept. meeting. We do still need more. These will be filled with personal care items and distributed in October. If you have any unused items to put in the purses please bring to the meeting. We will be bringing smiles to the faces of these women that have suffered and are now sheltered with loving caregivers.

Purse items being collected:

Wallets
Tissues
Pens, mechanical pencils
Small note pads
Address book
Calendar
Coin purses
Mirrors
ID card holder
Small sewing kits
Scarves
Hard candies (individually wrapped)
Packs of gum, Packs of mints (i.e. tic-tacs)
Make-up (mascara, compressed powder, blush, lipstick, eye liner) **NO USED ITEMS**
Chapstick, lip balm, lip gloss **NO USED ITEMS ACCEPTED!**
Hand lotions or creams - hotel or travel size samples
Small make-up bags
Mini hair brush, Hair ties
Emery boards, Nail clippers
Emergency "feminine supplies"
Small containers
Hand sanitizer
Sunglasses
First aid & emergency: adhesive bandages/band-aids, Mini-knife (army style), Mini flashlight

Crafts – Marilyn Bennett

The blanket makers will be meeting on Monday, October 21st, in the Community Room at Fountain Valley Library from 10:00 a.m. to 3:00 p.m. You can sign up at the October meeting or just show up! There is something for everyone to do.

At the last workshop, eight blankets were completed; seven sewn blankets and a tied fleece blanket. I want to thank the ladies who worked so diligently to accomplish this. It's joy to take so many blankets to the American Cancer Society at Orange Coast Memorial.

Focus on Health - Kathleen Rockney

October is the first of the Fall "over-eating" months, often starting with cooler weather and hitting a peak at Halloween. So, let's get practical on what you can do this month!

First, remember that your body expects to use food for fuel. But when the consumed food hits our blood-stream and it is packed with sugar, our insulin system works hard to shove excess sugar to safety, away from the brain. When we were young, it could quickly convert sugars to fuel and rush it to our muscles. But, after we've over-consumed sugars for so many years that our insulin system can no longer keep up with it and convert it to the fuel we need, it goes to "Plan B". Storing it in our abdominal area.

So, this Fall and Halloween, consider one or more of these ideas:

- Experiment with the many squashes available in the fall, baking them with a bit of real butter and savoring their different flavors
- Create dinners in brilliant colors of deep green and orange vegetables, paired with your favorite proteins
- If you must do dessert, try fruit-based single-crust pies with lower sugar content - and leave the crust uneaten!
- At Halloween, instead of handing out sweets, give out glow-stick bracelets or wands, or party supply trinkets
- At Halloween, if you feel you must give out candy, pick something you absolutely hate, thus eliminating your own temptation to "graze" in the treat bowl

Here's an easy protein recipe that you can make for yourself for fall weather! It technically makes two servings, but could easily be dinner for one.

Feta Chicken

One boneless, skinless chicken breast (about 4 ounces)
1 TBLSPN vinaigrette dressing
2 TBLSPNS gluten-free bread crumbs (see below)
2 TBLSPNS feta cheese
2-4 spinach leaves

- Place 1-2 pieces of gluten-free toasted bread in a blender to make bread crumbs (Add oregano, basil and a bit of Romano cheese if desired)
- Trim any visible fat from the chicken; slice in half and pound with a meat mallet till you have two thin cutlets
- Marinate in vinaigrette dressing for a few hour (or overnight)
- Dip two cutlets into bread crumbs
- Lay out each cutlet and place 1-2 spinach leaves plus 1 tblspn feta on each
- Roll up the cutlets, place in a small baking dish, bake 350 degrees, 25-30 minutes!

And, a healthy bon appetit to all!

Our Special Chairmen

Sunshine - Sandra Murray

In September, we sent a "Get Well" card to John Kalb, for his ongoing illness. Please call or e-mail me when you know of a Club Member in need of a card

Cards for Cancer – Ruth Cenci

Cards for Cancer meets on the 4th Monday of the month. Bridge is played and new card players are always welcome. Bring your sack lunch. If you are interested call Ruth

Poetry Corner – Rafida Saadi

Several of you have expressed a special liking for the love poetry of the Classical Arab poets. Abbas son of Al Ahnaf (750-809) was a talented, sharp-witted poet close to the caliph Al Rashid who was known for his love of the arts. He loved a woman he calls Fawz (winner) in many of his exquisitely tender verses, but that was not her real name. Literary critics have tried in vain to discover her identity, until an Iraqi poet working on her Ph.D. research in France in the 1950's proved that she was the caliph's sister Alia! Here are a few verses, in my English, of this yet another love-deprived poet of his age. One wonders if we would have had those beautiful poems if their love was fulfilled.

My heart was hunted by a languid lady, appearing like a full moon fair and scented,
She captures with an eye and lips hiding pearls, her eye a healer her lips magicians.
Wish I had in my hand a cup that was touched by her lips and kept the marks.
Blessed be her dress that I envy when it tightly covers and hugs her.
Her name is never mentioned without flaring up a fire in my heart,
Ask me about my love and I would show it, as a lover's secrets are often no secrets,
But her name will always be hidden if God would allow me.
My heart since it followed hers is like a bird lost between earth and sky.
My nights suffer the distance as barriers and walls separate us,
Those hills hearing my pain would resound with memory and longing.
I have stood at her door for so long with excuses, until I thought I was a lock on that door.

FV Community Foundation – Connie Wadsley

FV Community Foundation Texas Holdem Poker Tournament

When: October 5th

Where: Center at Founder's Village

Time: 5:15pm-11pm

Cost: \$50 - [but](#) when you select FV Woman's Club as your non-profit choice when you register, FVWC gets \$60 from the event - can't beat that!

It's an evening of food, poker, raffle prizes and drawings - lots of fun.

Flyer available at FVWC luncheon, and attached with e-mail newsletter

September Luncheon pictures including new members Helen Blanchard and Jan Heistermann installed by Membership V.P. Karen Markovich and 20-year service pin given to Jill Ruiz.



October Calendar

ORANGE DISTRICT, CFWC and GFWC:

Oct 30 (Wed) Quartermania, Woman's Civic Club of Garden Grove 10:30am

Nov 8 (Fri) Orange District Council meeting, Phoenix Club 8:30am registration

FOUNTAIN VALLEY WOMAN'S CLUB

Oct 3 (Thur) FVWC Board Meeting

Oct 3 (Thur) Deadline for FVWC Oct. 8th luncheon reservations

Oct 7 (Mon) The Readers at Leslie Montz's

Oct 8 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00am

Oct 15 (Tue) Deadline for "The Fountainhead" Nov articles & pictures

Oct 21 (Mon) The Crafters 10am-3pm Community Room, F.V. Library

Oct 25 (Mon) Cards for Cancer F.V. Library Community Room

Nov 2 (Sat) FVWC Garage Sale

Dec 12 (Thur) FVWC Holiday Social

Fountain Valley Woman's Club

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