
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

We have a major event coming up before our next General Meeting on November 12. On November 2, Joyce Oleson will be hosting our annual yard sale, one of our major fundraisers for the year. Please contribute as much “stuff” as you can spare, and invite your friends and neighbors to attend. You’ll note from Donna’s report that we are very short-handed for the first few hours, always our busiest time. So if you possibly can, come along to lend a hand, even if you didn’t sign up. Don’t forget, our theme for the year is *“Hearts in Friendship, Hands in Service.”*

We will be collecting “Toys for Tots” at our November meeting. Gifts for those older than tots are appropriate, too. All gifts should be unwrapped, as they will be sorted by age and gender and wrapped later by other volunteer organizations.

DID YOU KNOW? That when you pay your \$40.00 dues each year, \$20.00 goes directly to pay our dues for Orange District, Area D, CFWC, and GFWC? What wonderful things our club accomplishes with a very limited budget! It’s your active participation in our fundraising activities that allows us to make all the generous contributions we give to our community. Thank you!

Virginia

1st VP / Dean – Rita Koval

Hi Ladies,

I'm on a road trip across our beautiful country. Deep "in color" & lots of relatives! Our chairmen are doing a great job! Let's give them as much support as we can.

See you soon!

Hugs, Rita

2nd VP / Membership – Karen Markovich

A very Happy Birthday to our November Birthday members.

Carolyn Herzog November 12, Edythe Muse November 14,
Martha Bierkortte November 21

Our members to date are 78. At our November meeting we will be installing one new member Zoraida Gordon, please welcome Zoraida to our club!

May your Thanksgiving be filled with Peace, Love and Harmony!

3rd VP / Programs – Cassie Randall

For our November meeting Peggy Kane will bring five military personnel. They will be joining us for our Thanksgiving luncheon. We would appreciate it if you could bring an unwrapped gift for Toys for Tots. Thanks Peggy for doing an outstanding job!!!!!!!!!!!!

4th VP / Luncheons – Edythe Muse

In November we celebrate Veteran's Day and Thanksgiving - so of course, the lunch for November will be the traditional Thanksgiving meal of turkey, mashed potatoes, stuffing, roasted vegetables and a biscuit. If you prefer the healthy choice, the fish selection will be mahi, mahi with vegetables. The cost is \$20.00. Peggy Kane will be supplying the table decorations in honor of Veteran's Day.

I am going on a cruise and will be gone all of November. Judy Caforio has agreed to take care of lunch reservations so if you want to attend or cannot attend, please call or e-mail Judy. Many of you are on the permanent list and it is important to remember to call if you cannot attend otherwise you will be charged for your lunch. The deadline to call is **Thursday, November 7th, 7 p.m.** We place our order on Friday with Claim Jumper and must pay for the amount of lunches we order.

Don't forget to wear your name badge when checking in for your lunch reservation. Only those ladies wearing their name badges will receive a ticket for a drawing for a free lunch. In October the lucky winner was Colleen Heath.



5th VP Ways & Means – Donna Kubelka

Thank you to those volunteers who will work the Garage Sale. We still need volunteers for the 7:00AM to 9:00AM shift. That is the busiest time at a garage sale and we will need all the help we can get.

Just a reminder:

ALL ITEMS FOR THE GARAGE SALE NEED TO BE BROUGHT TO JOYCE'S HOUSE ON FRIDAY, NOV. 1st from 2:00PM to 5:00PM. If you cannot make it at that time, please arrange a time with Joyce.

FVWC Garage Sale

Saturday, November 2, 2013

Joyce Oleson's House, 10935 Slater Avenue, Fountain Valley

Friday, Nov 1st, SET UP from 2:00PM to 5:00PM

Workers: Sharon Cope, Barbara Barrett and Jan Tubbiola

Marge Hammond will bring "Garage Sale" signs

Saturday, Nov. 2nd, 6:00AM.....to 9:00AM

Workers: Karen Fox, Donna Kubelka, Joyce Oleson.

Karen will bring donuts. Joyce will provide coffee.

9:00AM to 12:00 Noon

Workers: Mandy Hall, Zoraida Gordon, Carol Hedenberg, Marge Hammond

Noon to 1:00PM Clean up

Workers: Marilyn Walker, Cheryl Brothers

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We have a great committee of volunteers for the Spring Scholarship Fundraiser on Saturday, March 15th. Our first meeting of the committee will be in November.

Holiday Progressive Social – December 12, 2013

I need two (2) volunteers to sell raffle tickets for the opportunity baskets that will be offered at each house. It's easy and fun! So please contact me if you would like to do this. For all those who signed up to bring or donate an item or cash/gift card, PLEASE bring them to our November 12th meeting. We need to get our baskets rolling!

Also, REMEMBER TO BRING YOUR CHECK OR CASH FOR \$25.00 FOR THE SOCIAL!

Thank you! Cindy Reynolds, Chairman

Chairmen Reports

Heifer International – Sharon Cope

Do you have any idea how much money has to be raised to buy the animals that Heifer International will take to a remote area of the globe and teach natives how to use ? Well, I'll help you.

One sheep costs \$120. One llama costs \$150. Honeybees are \$30, a goat is \$120 and one goat is \$120. chicks are \$20, bees are \$30, rabbits are \$60, pigs are \$120 and water buffalo are \$250.

Let me do some math for you. There are only 8 monthly meetings were we pass our Heifer can, and we have been averaging \$30.00 per meeting. That is about \$240 for the year. Thanks to the special gifts of money that come from generous contributors, we've been having very good years, but who knows what will happen this year. Last year our board and 3 private donors we were able to buy several animals. That felt really good. So as our year comes to an end, let me urge you to dig deep at the Nov. meeting and perhaps even make a tax deductible donation.

I would like to quote an article from the fall magazine that comes to my home each season: "Heifers cost \$500 each. A good dairy cow can produce up to four gallons of milk a day--enough for a family to drink and share with neighbors, and still have enough left over to sell. The protein in milk can transform sick, malnourished children into healthy boys and girls That income can be put toward school fees, medicine, clothing, and home improvements. Now that's a gift worth giving".

I thank all of you for supporting Heifer International.

Crafts – Marilyn Bennett

The holiday season is fast approaching which brings on many, many tasks and activities. However, the American Cancer Society at Orange Coast Memorial is still in need of all the blankets they can get. Therefore, we cannot overlook making more blankets. For the month of November, the blanket-making elves will meet on Monday, November 18, from 10:00 a.m. until 3:00 p.m. in the Community Room at Fountain Valley Library. Take a few hours and join us as we work on blankets that will brighten a cancer patient's holiday season.

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 November it will be Short Stories.

Conservation – Marilyn Bennett

What comes to mind when you hear Epsom salt? Have you ever related it to your garden? Now might be the time to give it some thought before the start of the first daffodil blooms in the spring or the planting of any cold weather food crops.

Epsom salt has nothing to do with table salt but a lot to do with the chemical structure of magnesium sulfate. Magnesium is a vital plant nutrient that helps seeds germinate, prompts plants to produce flower and fruiting buds, roses to grow new canes, and promotes the overall health of most plants by aiding in the absorption of nutrients. Epsom salt was discovered in the 1600s in Epsom, England, by a dairy farmer. His cows didn't like it, but his health did and so a spa was born. You can find it at the pharmacy—buy one bag for yourself and one for the garden.

When using it in the landscape, dissolve some in a bucket and drench or sprinkle on the soil and let watering or rain drain it into the soil. Most gardeners believe you can't overdo it. You can sprinkle it dry everywhere flowers grow (like salting food) and let the rains water it in. However, here are some dosage guidelines:

House plants – 2 tablespoons to a gallon of water and apply once a month.

Tomatoes/peppers – 1 T. to a gallon of water and apply every two weeks.

Roses – 1 T.(dry) to each hole when planting, ½ cup sprinkled around root zone in Spring.

Vegetables – 1 cup (dry) per 100 sq. ft. dug under before planting.

An attractive floral arrangement can be made by filling a clear glass bowl with Epsom salt and then poke bare branches into it. It's a sparkly, wintry look for a tabletop and can be recycled into the garden later.

Women Helping Women / Men 2 Work – Joyce Oleson

In the October newsletter our new President, Virginia Kalb, gave us a great quote: Friendship & Hands in Service. I am here to help you with this service. Clutter, clutter, clutter...we all have it but nobody likes it. WHW is going to help you rid yourself of that clutter and I am going to make it easy. Remember, the goal of WHW is employment.

What to donate: Clothes (men & women) love those plus sizes, shoes, purses, billfolds, jewelry, new skin care and shopping bags. Remember we have tax deductible slips for all donations. Bring items to Club or give me a call. Be sure to put your name on the bag.

Starting in November we will be running a contest. Each donation equals your name put into a box. In the Feb. and April meetings a name will be drawn to receive a prize (to be announced at Nov. meeting).

See you then and good gathering.

Focus on Health - Kathleen Rockney

Diabetes is a "silent and slow killer" that is reaching epidemic levels.

The National Diabetes Clearinghouse says that half of adults age 65 or older today are either pre-diabetic or diabetic. Why? The primary cause is dietary sugar intake - a 3000% increase in dietary sugar intake from 1900 to 2010. Yes, a THREE THOUSAND PERCENT increase in a little more than a century.

And, today, Type II Diabetes (or what was formerly called "Adult Onset Diabetes") is showing up in our children at an alarming rate. Why? Because they now consume as much sugar in their first decade of life, as it took our generation 3-4 decades to consume, and took our parents 5-6 decades to consume.

Sugar is not your friend. With Thanksgiving Day approaching, here are ways to gently lessen the sugar load at your family feast:

- Serve a rich green lettuce, romaine and kale salad instead of serving your family's Jell-O "salad"
- Serve mashed sweet potatoes (lower in sugar and starch) instead of mashed white potatoes, and don't add the maple syrup
- Serve that traditional Campbell's Soup green bean casserole without the heavily fried and preserved French fried onion rings
- Serve broccoli, brussel sprouts, carrots, acorn squash, fresh green beans and asparagus instead of the high starch-sugar content of corn and peas
- Serve a slice of rye or pumpernickel bread with a dipping bowl of olive oil instead of white or fake wheat breads or rolls with butter or worse yet, margarine
- Serve iced tea unsweetened with a slice of fresh orange instead of sweetened tea
- Serve the pumpkin pie cut into 10-12 slices per pie instead of the traditional 8 large slices, and serve it without the whip cream

It's not the turkey causing the problem. It's all the sugary or starchy "sides". So, every little substitution of a healthier option helps!

You and your family deserve to live a life free from diseases associated with this former condiment that is now the primary ingredient in so many "foods".



Happy Thanksgiving!

Our Special Chairmen

Sunshine - Sandra Murray

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

On a recent trip to New Hampshire I was thrilled to see a sign on the freeway saying “Robert Frost Farm” which I had not read about! We followed the signs to find a museum for the most famous American poet and winner of four Pulitzer prizes. Born in San Francisco in 1874 Robert Frost moved to that farmhouse when he was 26 with his small family. Surrounded by the multi-colored tree leaves of the Fall, this beautiful location was where Frost’s poetic voice had developed. Poetry books, biographies, pictures and memorabilia fill the place. We were also shown a video of his early poems read by the poet himself in his deep voice and by his daughter. We learned from the guide that both New Hampshire and Vermont, where he also lived and taught, compete over Robert Frost for inspiring his early poems. He also lived in England for 3 years and met great poets of the times. Frost read a poem at the inauguration of President John F. Kennedy in 1961 and died 2 years later in Boston. Enjoy lines from one of his best poems:

“Stopping by Woods on a Snowy Evening”

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year

...

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

November 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

Nov 2 (Sat) FVWC Garage Sale

Nov 4 (Mon) The Readers, verify location with Leslie Montz

Nov 7 (Thur) FVWC Board Meeting

Nov 7 (Thur) Deadline for FVWC Nov 12th luncheon reservations

Nov 12 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00am

Nov 15 (Fri) Deadline for "The Fountainhead" Dec articles & pictures

Nov 18 (Mon) The Crafters 10am-3pm Community Room, F.V. Library

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

Dec 12 (Thur) FVWC Holiday Social

Fountain Valley Woman's Club

18030 Brookhurst St., PMB 403

Fountain Valley CA 92708



E-mail Photo Gallery

Photos from the Oct. 8th luncheon



Karen Marcovich graciously supplied dessert to celebrate Breast Cancer Awareness month.....



The Million Steppers
(sorry I could not get the picture any sharper)