
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

Many, many thanks to Joyce and Ed Oleson, to all members who contributed items for our yard sale, and to all the active volunteers who helped out on Friday and Saturday. This fundraiser would not have been a success without you. (And for those of you who missed seeing Mandy Hall waving the flag at passing motorists to alert them to the event, you missed a classic!)

What a treat it was to have five wonderful representatives of our Marine Corps join us in November for our Thanksgiving celebration. Peggy Kane was the guiding force in making this happen and we all appreciate her efforts.

Don't forget the upcoming Holiday Progressive Social. If you have not yet reserved and paid for a ticket, please call Cindy Reynolds or Carolyn Herzog as soon as you can.

In whatever way you make merry in the December holidays, we wish you and your families a delightful celebration.

DID YOU KNOW? That it's not too early to put Saturday, April 5, 2014 on your calendar? The Orange District Convention, co-chaired by our own Marilyn Bennett, will be held right in our back yard at the Costa Mesa Country Club. More details are coming. Watch for them.

Virginia



That's Mandy ←
at the Garage Sale!!

→Ginny Weissenback
receiving her new
FVWC member pin
from Rita Koval



MEMBER: GENERAL FEDERATION OF WOMEN'S CLUBS, INTERNATIONAL

1st VP / Dean – Rita Koval

Hi Ladies,

I hope you all enjoy the many events that are planned in December!

Coming in 2014, on January 10th, our club will be the hostess for the Orange District Council Meeting. This is a fun luncheon to go to, and meet ladies from the other clubs this area. I will have a sign-up sheet at the December Meeting.

I'll see you soon! Merry Christmas!

Hugs, Rita

2nd VP / Membership – Karen Markovich

A very Happy Birthday to our December Birthday members.

Marge Schneider December 4

Wanda Hime December 8

Kim Constantine December 16

Mollie Guyot December 25

I am happy to report we now have 79 members.

We have a new member Allison Ouren. Please add Allison's information to your directory. Allison will be installed at our December meeting.

"Happy Holidays"

3rd VP / Programs – Cassie Randall

Ladies, I'm sorry I missed the November meeting. I want to give thanks to Peggy Kane she does an outstanding job with our military personal. They truly enjoyed having lunch with our club and the delicious food. Also many thanks to all of the ladies who brought toys for tots gifts. You have made a lot of children very happy. In December we will have The Harbor Singers.



4th VP / Luncheons – Edythe Muse

Our meal in December will be homemade meatloaf. The meatloaf is beef, pork and vegetables slow baked with a sweet tomato topping. It is served with mashed potatoes and a biscuit. The healthy fish choice is salmon served with vegetables. The cost is \$20.00. For dessert, we thought it would be fun to share some of the holiday cookies that you baked or bought. Bring them to the meeting and there will be a table set up for you to put them on.

The deadline for reservations is **Thursday, December 5th at 7 p.m.** Please call or e-mail me by then. If you are permanent and cannot attend, be sure to call and cancel your reservation otherwise we will have to charge you for the lunch.

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 free lunch. In November the lucky winner was Peggy Wilson.

5th VP Ways & Means – Donna Kubelka

We had a successful garage sale that netted the club \$726.31. Thank you for your donations. A special thanks to all the volunteers who worked the garage sale. And to Joyce Oleson who not only volunteered her house but worked the long hours to make it successful.

Our next fundraiser is the "Holiday Social" on Thursday, December 12th. Cindy is selling tickets to this event.

Spring Scholarship Social scheduled for Saturday, March 15, 2014 at the Assistance League Community Room. Jean Hardy and Colleen Lanham are co-chairing. Next committee meeting is Tuesday, January 7, 2014 at 6:00PM Stonefire Grill, Fountain Valley.

Have a great Thanksgiving!

SPRING SCHOLARSHIP SOCIAL – by Jean Hardy, Co-Chairman

SAVE THE DATE: SATURDAY, MARCH 15, 2014

LOCATION: ASSISTANCE LEAGUE

HUNTINGTON BEACH MEETING ROOM

8071 SLATER AVE., H.B.

TIME: 5-7:30 PM

LOOK FOR UPDATES IN FUTURE NEWSLETTERS

Chairmen Reports

Women Helping Women / Men 2 Work – Joyce Oleson

WHW (Women Helping Women/Men 2 Work) is a non-profit, volunteer-driven organization about the power of employment. Since 1993, WHW has served more than 30,000 disadvantaged men, women and teens, helping them make positive changes, and move toward achieving financial self-sufficiency. Help is given to ages ranging from 15-87. 96% are extremely low income & 81% are single, heads-of-households.

Every one of us has so much to be thankful for. None of us are in those percentages. Our problems are small compared to many individuals. Cleaning out your closets and donating to help someone better their life is a small way all of us can help.

Please make time this month to think of others and their struggles.

Each time you donate, your name will be submitted for a drawing in Jan. and again in April. The prize for each drawing is a \$20 gift card to Claim Jumper.

Have a Happy Thanksgiving & enjoy life !

Readers – Leslie Montz

Thanks to club members' approval at the November luncheon meeting, The Readers are adopting a project of support for Reading Is Fundamental. RIF is a nonprofit organization that fosters reading by distributing free books to needy children. Inspiring them to read is fundamental to their future success in school, employment, and life.

Each member of The Readers will contribute a set sum for each of our ten yearly meetings, deposit it in the club treasury, and transfer the funds to RIF in May. Of course, we hope other club members might want to contribute as well. More on this later...

Since The Readers must fit into a residential living room we must limit our numbers. However, we are now in a position to expand and hope three more club members might want to join us on first Mondays at 10:00 am. Phone Leslie Montz

The next meeting is December 2nd at 10:am at Leslie's. We'll be discussing our readings in the "Spirit of the Season." Please RSVP.



Crafts – Marilyn Bennett

The blanket-makers will be meeting on Monday, December 16, from 10:00 a.m. to 3:00 p.m., in the Community Room at Fountain Valley Library. I know it's in the midst of all of our holiday busy, busy time, but let's do what we can for the folks at Orange Coast Memorial.

Remember—if you can also donate a fleece throw! This time of year, many stores are selling them for as little as \$3.00-\$5.00. We do attach a tag noting these throws are donated by FVWC. Pick some up as you do your shopping and bring them to the meeting. Thanking you in advance and hope to see you at our blanket-making session.

Focus on Health - Kathleen Rockney

You know that I want you to be well. You know that I want you to step away from excess sugars, from flour, pasta, breads, potatoes and all the starches and sugars that lead to disease. You know that I want you to walk 6,000 to 10,000 steps a day.

But, this is the Christmas season, where we deserve to make wishes and where magic can happen. So, I present you with a dozen MAGICAL wishes!

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you do not eat more than they do.
4. Food used for medicinal purposes NEVER counts, such as hot chocolate, brandy, toast and Sara Lee Cheesecake.
5. If you fatten up everyone else around you, then you look thinner.
6. Movie related foods do not have additional calories because they are part of the entertainment package and not part of one's personal fuel. Examples: Milk Duds, buttered popcorn, Junior Mints, Red Hots and Tootsie Rolls.
7. Cookie pieces contain no calories. The process of breaking causes calorie leakage.
8. Things licked off knives and spoons have no calories if you are in the process of preparing something.
9. Foods that have the same color have the same number of calories. Examples are: spinach and pistachio ice cream; mushrooms and mashed potatoes.
10. Chocolate is a universal color and may be substituted for any other food color.
11. Anything consumed while standing has no calories. This is due to gravity and the density of the caloric mass.
12. Anything consumed from someone else's plate has no calories since the calories rightfully belong to the other person and will cling to his/her plate. (We ALL know how calories like to cling!)



Happy Holidays, everyone !!!!!!!!!!!!!!!.

Conservation – Marilyn Bennett

It's a bit early, however the holidays are quickly approaching. Here are a few reminders. For those of you who will have a fresh-cut Christmas tree, please remember to give it water every day. Also, when it's time to dispose of the tree, cut it up (if you can) and put it in your "green" can for Rainbow to pick up. Hopefully as in the past, Rainbow will be having a period after Christmas when you can put the tree next to the can and they will pick it up.

Also, another hint: When you pack up those decorations, put a dryer sheet in each box or container and next year all those bad odors that have built up during storage will be gone. It really works well!

Wishing everyone safe and happy holidays!

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

S.O.S. (Share Our Selves) – Karen Fox

We have received our family for the holidays. Hopefully we can make their day more joyful. Our family is numbered 8: Two grandparents and 6 children living in a 2 bedroom apartment.

If you would like to help make their Christmas brighter, please give me a call. We need warm all-weather jackets for everyone. Also 2 to 3 toys for each child. This blended family is having a hard time adjusting to their new lifestyle and I know we can help make their holidays happier. If you would like to purchase an item or just donate money, call me.

I will see you all at the meeting. We will get together at my home (want to see the decorations?) to wrap all the loot.



Poetry Corner – Rafida Saadi

December is time for winter festivities and kind words. Looking for jolly words for the season I came upon a gem by the most classic of Classic poets: Shakespeare. Surprisingly, or not so from a poetic genius like his, the mirth is mixed with wisdom in a bittersweet medley of melody. These lyrics are from his play "As You Like It" written in the early 1600's, a pastoral comedy of love and music. The following lines are sung in Act II scene VII by a musician for the Duke's company. You can imagine yourself at a musical performance in those days, but the play is still popular today. It has been adapted for film, radio and modern musical theater. Enjoy!

"Blow, Blow, Thou Winter Wind"

BY WILLIAM SHAKESPEARE

Blow, blow, thou winter wind.
Thou art not so unkind
As man's ingratitude;
Thy tooth is not so keen,
Because thou art not seen,
Although thy breath be rude.
Heigh-ho! sing, heigh-ho! unto the green holly:
Most friendship is feigning, most loving mere folly:
Then, heigh-ho, the holly!
This life is most jolly.
Freeze, freeze, thou bitter sky,
That dost not bite so nigh
As benefits forgot:
Though thou the waters warp,
Thy sting is not so sharp
As friend remember'd not.

WEBSITES:

Club: www.fountainvalleywomansclub.org

CFWC Orange District (OD): <https://cfwcorangedistrict.shutterfly.com>

California Federation of Women's Clubs (CFWC): www.cfwc.org

General Federation of Women's Clubs (GFWC): www.gfwc.org

December Calendar

ORANGE DISTRICT, CFWC and GFWC:

- Jan 10 (Fri) Orange District Council Meeting, The Phoenix Club
Feb 21 (Fri) Orange District Art Festival, Yorba Linda Community Center
Apr 5 (Sat) Orange District Convention, Costa Mesa Country Club

FOUNTAIN VALLEY WOMAN'S CLUB

- Dec 2 (Mon) The Readers, at Leslie Montz's
Dec 5 (Thur) FVWC Board Meeting
Dec 5 (Thur) Deadline for FVWC Dec.10th luncheon reservations
Dec 10 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00am
Dec 12 (Thur) FVWC Holiday Social
Dec 15 (Sun) Deadline for The Fountainhead newsletter articles
Dec 16 (Mon) The Crafters 10am-3pm Community Room, F.V. Library
Dec 23 (Mon) Cards for Cancer F.V. Library Community Room
Jan 1 (Wed) Happy New Year !

Fountain Valley Woman's Club

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