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# ***THE FOUNTAINHEAD***

**Fountain Valley Woman's Club      Fountain Valley, CA**

Organized 1964 \* Federated 1965



President: Edythe Muse

Editor: Robin Fayette

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## **President's Message – Live by the Golden Rule**

I'm "Proud to be an American". That's how I felt after our meeting in November and seeing everyone dressed in red, white and blue. Thank you Peggy Kane for inviting the Marines to share in our Thanksgiving luncheon. They couldn't thank us enough and one even said he would love to come back again next year. Also, we all were inspired by Maureen Abrens talk about the Bob Hope USO at John Wayne Airport that just opened. Many of you wanted her contact information and asked that it be put in the newsletter. Maureen's e-mail is [Maureen@BobHopeUSO.org](mailto:Maureen@BobHopeUSO.org) and her phone number is 949-252-0303.

Let's think about the "Golden Rule" as we enter the holiday season and remember those who are not as fortunate as we are. Many of you signed up for the Christmas Social which is one of our main fundraisers. Thanks to Cindy Reynolds and Carolyn Herzog for planning and organizing it and to Karen Fox, Louise Hicks and Barbara and Leslie Montz for opening up their homes. Also, thanks to the ladies who donated food and gift basket items. Karen Fox told us about the family of 11 that we have adopted for Christmas from Share Our Selves and gave us a chance to sign up for an item that was on their "wish" list. This is how we can follow the "Golden Rule" by supporting these projects.

Don't forget to bring in holiday cookies to share at our December meeting and looking forward to the Christmas program when the Harbor Singers will be getting us in the holiday spirit with their choral selections.

Edythe



**MEMBER: GENERAL FEDERATION OF WOMEN'S CLUBS, INTERNATIONAL**

## **1st VP / Dean – Connie Wadsley**

The annual Orange District Arts Festival has some changes this year. For all you shutterbugs out there, here is the latest information on this year's photo contest. Entry forms are due by Monday December 29. Photographs must be taken this calendar year. Each photo submitted must be an 8" x 10" photo mounted on a rigid 8" x 10" mount board not thicker than 3/8". Photo entries will be displayed at the Orange District Council Meeting on January 9th, 2015 and awards presented during the meeting. There is a \$1 charge per photo entry.

There are 5 different categories in which you may submit photos:

- 1) **The World in Pictures: Living Things** (people, animals, birds, fish, flowers, insects, reptiles, wildlife) You may submit **one** photo of living things in black & white **OR** color
- 2) **The World in Pictures: Scenes** (landscapes, rural, skies, sunrise, sunset, waterscapes, weather). You may submit **one** photo of scenes in black & white **OR** color
- 3) **The World in Pictures: Still Life** (buildings, monuments, abstract-objects arranged or natural setting) You may submit **one** photo of still life in black & white **OR** color
- 4) **GFWC Volunteers in Action** - Photograph of FVWC members and demonstrate volunteer activities
- 5) **A Year in Pictures-GFWC calendar** contest-photographs depicting the twelve months of the year showcasing member talents and supporting FVWC through the fundraising calendar

If you wish to submit any photos, please see me at the December general meeting or email me and I will get you an entry form.

Upcoming Orange District events include the next OD council meeting on **Friday, January 9th, 2015**. I will send a clipboard around at our December 9th meeting for all those wishing to attend. Cost is \$25 and includes lunch at the Phoenix Club in Anaheim. Meeting starts at 10am and ends around 1:30pm. Carpooling can be arranged.

**Orange District Arts and Crafts Show** will be on **Friday, February 20, 2015** at the Yorba Linda Community Center. Please let Edythe know if you are interested in submitting your crafts to this event.

Orange District annual convention will be held on **Saturday, April 18, 2015** at the Hilton Hotel on Bristol Street in Costa Mesa. More details to follow but mark your calendar now since it's in our backyard and lots of fun for those who attend.

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## **2<sup>nd</sup> VP / Membership – Margaret Abend by Connie Wadsley**

Request from Margaret: If there are any mistakes, corrections, additions, deletions or anything incorrect in your information listed in the FVWC directory, please send Margaret Abend an email or call her with any corrections so that she can publish them in the next newsletter.

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### **3<sup>rd</sup> VP / Programs – Sandra Murray**

Our Holiday program for December will again feature the Holiday Singers with their choral selections.

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### **4<sup>th</sup> VP / Luncheons – Cindy Dobson**

Happy Holidays Ladies!

The December luncheon will be the Chicken Pot Pie Sit-Down Lunch with a green salad. The pot pie will be baked in foil for easy take-home leftovers. The healthy choice will be the Atlantic Salmon served with roasted vegetables and rice pilaf. Each lunch is \$20.

The table decorations this month will be provided by the Claim Jumper. If you would like to provide the table decorations for our January meeting, please let me know.

Following normal policy, if you are on the permanent list, we will assume that you will be at the meeting, unless I hear from you. If you are **not** on the permanent list, please contact me by email or phone to make your reservation. Also, please let me know if you will be ordering the salmon meal or the pot pie lunch. And, of course, let me know if you will be adding a guest to your reservation. It would be a good idea to add this address to your Contacts for easy access. **In wishing to keep costs down, we must charge you if you make a reservation for yourself or a guest, and then do not come to the meeting. You are also responsible for the meal charge if you are on the permanent list, but do not notify me beforehand that you are unable to come.**

The board has determined that there will be no calling committee this club year. For those of you who have been receiving calls to remind you of the luncheon, from now on, you must give me a call or email me to make your reservation. Ask to be added to the permanent list, and then you needn't contact me at all unless you are not coming or you wish to order the fish choice.

**I will be up north visiting my kids and my adorable granddaughter and will not be able to go to the December meeting. Connie Wadsley has graciously offered to fill in for me. Please call Connie or email by Thursday, December 4 by 7:00 pm with any changes if you are on the permanent list, or with your reservation if you are not.**

**Thanks so much!**

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### **5<sup>th</sup> VP / Ways & Means – Karen Fox**

#### **Holiday Progressive Social - December 11th - by Cindy Reynolds**

Thanks to all that have signed up to attend our annual social. We have reached our capacity! We cannot accept new attendees. Remember at our next meeting on December 9, we will have our 3 baskets ready and we will be selling raffle tickets. Thank you.

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**Peggy Kane with her Marines that joined FVWC  
at our November luncheon meeting**



**Chairmen Reports**

**Focus on Health – Kathleen Rockney**

**"Million Steppers 2015 Update" and "December - The Anti-Diet Month"**

**Update on "The Million Step Project" 2015!**

At our November luncheon, I passed around a clipboard to collect names and contact information for folks interested in joining our "Million Step Project" for January 4, 2015. I am so excited to report that we have 21 steppers so far, with 6 "newbies" among the interested folks!

If you'd like to be a part of our movement (literally!), call or email me to express your interest. From January 4 through July 4, 2015, we all will wear pedometers and log our steps, with the goal of doing at least 6,000 steps a day on average. With that average, you WILL walk ONE MILLION STEPS in six months! I will guide you with weekly emails, and will help make this process a fun, positive one.

We will also meet for lunch about once a month, just for fun, and will band together to support a charity that we will adopt soon!

Continued next page.....

## **Focus on Health – continued**

### **December - The Anti-Diet Month! What if ...**

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 !!!!!!!!!!!!!!!**



## **Heifer International – Sharon Cope**

All of us in FVWC are blessed to have the opportunity to be self-sufficient. The world as a whole is not that way. Heifer International is our opportunity to help those who can't help themselves.

Most money requests for FVWC come in the form of supporting local groups. We are always fund-raising for underprivileged families, charities who take care of women and children, local vets and military, and special events and needs that come at the request of our city or Orange County. Heifer is different and unique. Yes, we are helping underprivileged families, but they aren't necessarily in our country, however Heifer does consider needs of people right here in the United States. But most often Heifer is traveling to world-wide destinations to provide animals that turn despair into hope. The gift of an animal can change the poverty status of many women and children. Take for instance a dozen chickens. You can imagine what their benefits are. The process to distribute these animals is the function of Heifer. We help buy the animals with our contributions. Each week a can is passed around at our meetings for your donations. If you put just \$1 (one dollar) into that can for each month of the entire year, you would donate just \$8. We do not collect in Dec. and June. I think most of us realize that we can win money by putting that dollar in the 50/50 basket, but I think we can win much more by being a charitable person and knowing that we help those who can't be self-sufficient. Please think about end of the year donations to Heifer. Last year Judy Caforio gave a year-end personal donation but in addition both her son and daughter donated money through FVWC to be given to Heifer. You taught your children well, Judy. Mary-Ellen Carroll, a charter member of our branch, always sends a generous check with her personal choice of animal.

Cindy and Jim Reynolds have been giving us a matching gift from A-Z Buses that generously helps our financial total for the year.

When you are thinking of year-end gifts, please think of Heifer. I will be happy to accept your year-end gifts at our Dec. meeting. I assure you that the Joy of Giving will mean so much to people in need around the globe. In their name I thank you.



### **Women Helping Women – Joyce Oleson**

Women Helping Women provides comprehensive employment support services to empower disadvantaged men, women and teens to achieve economic self-sufficiency through employment. WHW is the only organization in Orange County to provide comprehensive employment support service at no cost or obligation. 96% of their clients are in extremely low income groups.

Our donations help the clients complete their goals. What is not used to clothe them is sold in a quarterly thrift yard sale to buy underclothing, etc. Our donations, along with other generous people, make better lives for many people.

Thank you all for your generous donations.

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### **Blanketmaking – Marilyn Bennett**

Would you like a “woody”-themed flannel blanket now that the weather is turned to winter and it’s time to cuddle up next to the fireplace? The blanket makers will have a silent auction for their handmade “woody” blanket at our December 9<sup>th</sup> meeting. Prepare to submit a bid. It’s great blanket for the holidays or to give as a gift.

The blanket makers will again meet on Monday, December 15, from 10:00 a.m. until 3:00 p.m. at the Fountain Valley Historical Society site at Heritage Park (next to the Library). We want to complete as many blankets as possible for Orange Coast Memorial before the holidays so the patients can have a variety from which to choose. Sign up at December meeting or just show up to participate in the fun!

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### ***Our Special Chairmen***

#### **Sunshine - Sandra Murray**

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

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#### **Cards for Cancer – now Games for Cancer ?**

Contact 1<sup>st</sup> V.P. Connie Wadsley for current information

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#### **WEBSITES:**

Club: [www.fountainvalleywomensclub.org](http://www.fountainvalleywomensclub.org)

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

California Federation of Women's Clubs (CFWC): [www.cfwc.org](http://www.cfwc.org)

General Federation of Women's Clubs (GFWC): [www.gfwc.org](http://www.gfwc.org)

## **DECEMBER Calendar**

### **ORANGE DISTRICT, CFWC and GFWC:**

Jan 9 (Fri) Orange District Council Meeting, The Phoenix Club  
Feb 20 (Fri) Orange District Art Festival, Arts & Crafts Show  
Apr18 (Sat) Orange District Convention, Hilton Hotel, Costa Mesa

### **FOUNTAIN VALLEY WOMAN'S CLUB**

Dec 1 (Mon) The Readers  
Dec 4 (Thur) FVWC Board Meeting  
Dec 4 (Thur) Deadline for FVWC Dec 9th luncheon reservations  
Dec 9 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00am  
Dec 11 (Thur) FVWC Holiday Social  
Dec 11 (Mon) Deadline for The Fountainhead newsletter articles  
Dec 15 (Mon) Blanketmakers 10am-3pm Heritage Park

## **Fountain Valley Woman's Club**

18030 Brookhurst St., PMB 403  
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