

The Fountainhead

Fountain Valley Woman's Club Fountain Valley, CA

Organized 1964 * Federated 1965



Presidents: Donna Kubelka
Carol Hedenberg
Editor: Donna Kubelka
Website: www.fountainvalleywomansclub.org



Presidents
Donna Kubelka and Carol Hedenberg

"Making a Difference by Working Together"

Welcome back from our summer break ladies. We certainly hope all of you had a fun summer. Your Board has been working hard planning a fun Club year. Thank you to each board member.

We want to thank Lynn Seeden for all the hours she has put into making our terrific Directory. As well as a thank you to Carol Proctor and her team of proof readers.

Let's all participate and work together to make this a successful Club year.

Carol Hedenberg (chedenberg@socal.rr.com); Donna Kubelka (bak4@socal.rr.com)



1st VP/DEANS – JoAn Poirel and Rita Koval

Welcome back from vacations and adventures. We should be rested and ready to begin a new year. During July, the Orange District had a workshop that was attended by Carol Hedenberg, Barbara Montz, Leslie Montz, Carol Proctor, Alison Wessler, Marilyn Bennett and me. Again, the presenters gave

us so much information and so many great ideas for our club this coming year. We will be sharing them with you soon. This year the Orange District President's theme is "Think Red – Remember and Honor the Past, Educate for Today and Design for Tomorrow". Her two charities of choice are Second Harvest Food Bank and BACA, Bikers Against Child Abuse. We'll have more information as the year goes on.

We still need chairmen for Scholarships, Newsletter, and Education. Please see me if you might be interested in one of the chairmanships. We will have a Chairman meeting soon. The next Orange District meeting is September 14, 2018. If you are interested in attending, please contact me before September 4, 2018. We need to place our reservations that day. See you September 11th at our first meeting!

JoAn Poirel (sunnyjdp1@gmail.com); Rita Koval (puddinpi2u@aol.com)



2nd VP / MEMBERSHIP – Carol Proctor



I want to welcome our two newest Members to the Woman's Club: Maggie Smith and Claudia Sims! Both ladies joined this summer, and both have interesting backgrounds. Maggie and Claudia will be inducted in the FVWC at the September meeting. Here's a little snapshot on each:

Maggie Smith learned about the Woman's Club from members Regina Huebner and Mandy Hall. She has lived in Fountain Valley for almost 40 years, is married and has two grown daughters. Also, she is a proud grandmother of two teenage boys. Maggie was a Payroll Supervisor at the Garden Grove Unified School District. She stated she is "retired and loving every minute of it." Maggie's primary hobbies are painting (not walls or ceilings) and walking. She claims to be a great helper, too. Welcome, Maggie!

Claudia Sims has lived in Westminster for over 25 years, is married and has one daughter. Claudia is a grandmother of five grandchildren: 3 girls and 2 boys. She is retired, but was employed as an Industrial Engineer. Claudia likes to be involved but stated that she is currently assisting her husband with his homecare needs. Some of Claudia's hobbies and interests include volunteering at Precious Life Thrift Store; AARP taxes; and Religious Science churches. Claudia heard about the Woman's Club from Cherie Gordon/HBCRSC. Welcome, Claudia!

Please take a moment at the meeting to reach out and introduce yourself to these fine ladies. Their member information is included in the 2018-19 Directory.

In addition to Claudia and Maggie, 14 of 20 members opted to rejoin our Club. Welcome back, Ladies, and thank you! The Club now boasts 103 Members--WOW! WOW! WOW!



Don't forget to pick up your Directory at the September 11th meeting! You will need to initial any Directory you pick up. I will be at a table with the Directory (labeled by name) to assist you. Many thanks to Lynn Seeden for creating the wonderful Directory, as well as to my very excellent Committee of Proofreaders!

Carol Proctor (ccproctor@icloud.com)



3rd VPS /PROGRAMS
Barbara Montz & Lynn Seeden



SEPTEMBER IS NATIONAL PREPARENESS MONTH!

We will be having KEVIN CHILDE, Chief of Police and TONY COPPOLINO, Fire Chief as our speakers this month. They will discuss “How prepared are you and the City in a state of emergency?”

Barbara Montz (bjmontz@verizon.net); Lynn Seeden (lynnseeden@hotmail.com)



4th VP / Luncheons
Mary Brown and Bobbi Hoole



Greetings Ladies!

Welcome back to another great year with Fountain Valley Women’s Club. I hope you all had a wonderful summer with great adventures.

The Claim Jumper has given us wonderful choices for our upcoming lunches. For September, these are the options: A Salad Bar with Cashew Chicken salad. A healthy choice of Atlantic Salmon with roasted Veggies and rice pilaf. The cost of the lunch is \$25.00.

If you are a permanent member, either regular lunch, healthy choice, or salad choice, I will assume that you will attend the meeting and you will receive your choice. If you are not on any permanent list, please contact me by email or phone to make your reservation. It is very important to let me know if you will be bringing a guest to the meeting so that she will be recognized and receive her lunch. Timely guest notification is even more important this year so we will be able to function in a timely matter. Our fearless leaders need to have time to prepare their welcoming presentation for each guest so that each one feels welcome. Thank you.

Please let me know if you make a reservation for lunch for yourself or a guest and then cannot make the meeting. We must charge you for the meal even if you are not there. Also, you will be responsible for the meal charge if you are on the permanent list and do not notify me ahead of time that you are unable to attend.

Email me, Mary J. Brown, at fvwcluncheon@yahoo.com, or you may call me at: 714 893-4831 by Thursday September 6th. Please call no later than 7:30 pm with any changes to your reservations or to make a reservation. Thank you, ladies.
Mary J. Brown, your lunch lady, 4th VP Luncheons



5th VP / Ways & Means – Georgette Sleeth

Welcome back to another phenomenal club year! I'm excited about all of the great plans the board has been busily putting together over the summer and can't wait to share the details with you!

But for now, please mark your calendars for our **14th Annual Holiday Progressive Social**, which will be held on **Friday, December 14, 2018**, from 10:00am to 2:00pm. Be prepared to enjoy a festive day visiting three beautiful homes decked out in holiday cheer and “progress” through a scrumptious menu...pastries, champagne, assorted salads, tea sandwiches, wines, appetizers, and at our final destination...decadent desserts! We'll also have Opportunity Gift Basket drawings at each home, with the coveted Gift Card Tree drawing at the final house. As you can imagine, it truly takes a village to put on such an event and volunteers will be highly appreciated. I am putting together several committees so that no one person is stuck with too much work. There will be opportunities to help out in the following areas: food prep, set-up/clean-up at host homes, raffle prize collection, raffle ticket sales, gift basket assembly, check-in at each home and more. **We already have to wonderful ladies who have volunteered their homes but are in need of one more house to host the second stop.** If you are interested, please let me know ASAP! I will also be passing around a sign-up sheet at the first meeting in September, but if you would like to get a head start on volunteering, please feel free to email

Georgette Sleeth: georgette@thegirlcave.com (714) 206-0156



SECRETARIES
Ana Katsuki and Ann DePierro

FOUNTAIN VALLEY WOMAN'S CLUB
54th Birthday Celebration
Claim Jumper Restaurant
June 12, 2018

CALL TO ORDER & WELCOME: Presidents Carol Hedenberg and Donna Kubella

RENEWAL OF PLEDGE OF ALLEGIANCE: Peggy Kane

INSPIRATION: Mandy Hall

INTRODUCTION OF GUESTS: **Lynn Seeden:** Chana Warnock, Laura Romero, Zenia Jogner. **Janice Vuong:** Marcie Ginger. **Susan Saurastri:** Kayla Borack, Amy Tran, Sandi Licata. **Regina Huebner:** Maggie Smith

ANNOUNCEMENTS/BUSINESS:

- Servers Sarah and Summer were presented with thank you cards and checks.
- Jan Tubbiola's husband, Bill, has died. Celebrations of his life will be June 16th at Reformation Lutheran Church (15750 Magnolia, Westminster) at 11:00 a.m.
- FVWC Directory information is for membership use only, not for marketing, political use etc.
- Explain table folders (Donna)
- Please be sure to fill out the questionnaire in your table folder.

SECRETARY: Ann DePierro/Anna Katsuki is excused.

- Minutes of the May General Meeting were remanded to a committee of three.
- Correspondence: Thank you from Sheepfold.
- **BOARD RECOMMENDATIONS:** All service projects and fundraisers were adopted with 100% affirmation.
- **SERVICE PROJECTS**
 1. **Penny Pines**
 2. **The Readers**
 3. **Blanket Makers**
 4. **Collections for reuse (tabs)**
 5. **Adopt a family at Christmas**
 6. **Woman Helping Woman/Men to Work**
 7. **Heifer International**
 8. **SOS (Share Ourselves) hygiene kits**
- **FUNDRAISERS**
 1. **Holiday Progressive Social**
 2. **Scholarship Social**
 3. **Game Nights**

TREASURER: Marilynn Ryan

- May Treasurer's Report is posted.
- Present bills

- **Proposed Budget for 2018-2019 club year** (Donna will explain.)
- A motion and second was made to adopt budget. There was a 100% affirmation, no discussion or oppositions. Motion adopted.
- 1ST VP/DEAN: JoAn Poirel/Rita Koval
- OD Summer Workshop is July 26th in Yorba Linda. Signup forms are in the pocket folder at each table.
- Chairman positions open are:
 1. Conservation
 2. Education
 3. Penny Pines
 4. Scholarship
 5. Newsletter

CHAIRMAN REPORTS

- Heifer, Pull Tabs, Million Steppers, Women Helping Women, Men, Vets (drop off locations), SOS, Christmas Families, Readers, Friends of Library, FV Community Foundation, Blanket Makers

2nd VP/DEAN: Carol Proctor

- 98 current members

3rd VP/PROGRAMS: Lynn Seeden/Barbara Montz

- Today's program will present 12 of our 13 scholarship recipients.
- September meeting will be "Status of the City."
- Questionnaire for suggestions is included in the Pocket folder on each table.

4th VP/LUNCHEONS: Mary Brown/Bobbie Hoole

- Working on coming months' menus.
- Thank you to Edythe Muse for today's centerpieces. Table decorations are signed up through the month of February.
- Thank you to Karen Fox for our June/July birthday cake.
- Drawing of name badges for September free lunch.

5TH VP/ WAYS & MEANS: Georgette Sleeth

- Sale of bands from the presentation on human trafficking was very successful.
- Holiday Progressive Social is on Friday, December 14th.
- Scholarship Social, place ideas on questionnaire
- Volunteers will be needed.
- There will be additional, fun Game Nights.

PARLIAMENTARIAN: Karen Fox

- No report

RECESS

BLESSING: Mandy Hall

LUNCH: During lunch there was a delightful CD presentation by Judy Caforio as a gift for Connie Wadsley.

PROGRAM: Connie Wadsley introduced students who received academic scholarships from FVWC.

CLUBWOMAN OF THE YEAR: Connie Wadsley: The honor has been postponed until the September meeting.

BIRTHDAYS: June and July birthdays were recognized and presented balloons.
 BRAG BOX: Jill Ruiz was absent, so Carolyn Herzog filled in.
 OPPORTUNITY DRAWING: Carolyn Herzog presented \$40.00 to Cindy Reynolds.
 ANNOUNCEMENTS:

- Remember to come to Seeden Photography within the next half hour to have your Directory photo taken.
- Newsletter articles for September are due on August 15th to Donna Kubella.
- FV Day, August 2nd. Coupons for the OC Fair are available at info booth.

ADJOURNMENT: There was no further business. The meeting was adjourned at 1:18 p.m.

RESPECTFULLY SUBMITTED:

Ann C DePierro, Secretary
anndepierro@hotmail.com



TREASURER – Marilyn Ryan

**Fountain Valley Woman’s Club Treasurer’s Report
 June 2018**

	Balance as of May 31, 2018		\$16,876.34
Income	Lunches	\$1,874.00	
	Membership dues	\$405.00	
	Pennies for Pines	\$32.20	
	Heifer International	\$32.19	
	Brag Box	\$10.00	
	Opportunity Drawing	\$40.00	
		Total Income	\$2,393.39
Expenses			
#5361	Lunches – Claim Jumper	\$1,734.39	
#5358	Georgette Sleeth – Safe Brands	\$785.79	
#5355	Amenities – S. Roades, server gift	\$50.00	
#5337	Amenities – K. Fox, club birthday cake	\$54.99	
#5356	Amenities – Summer, server gift	\$25.00	
#5362	Scholarships - Do	\$500.00	
#5363	Scholarships - Valdovine	\$1,500.00	
	Total Expenses	\$4,650.17	\$14,619.56

Designated Funds

Advocates for Children	\$0.00
Adopt-a-Family	\$480.00
S.O.S.	\$129.57
Blanket Making	\$352.61
Gaveleers	\$193.36
2018 Pennies for Pines	\$206.00
2018 Heifer International	\$288.75
Reading is Fundamental (RIF)	\$0.00
2018 Scholarship Fund	\$9,062.17
Scholarships (2019)	\$41.00
FV Living Magazine	\$100.00
FV Chamber of Commerce	\$0.00
Waggin Trails	\$0.00
Hero Brands	\$830.00
Held in Reserve	\$300.00
Total Designated Funds	\$11,983.46
Total Available Funds as of 6/30/18	\$2,636.10

**Fountain Valley Woman’s Club Treasurer’s Report
July 2018**

Balance as of June 30, 2018			\$14,619.56
Income	Lunches	\$25.00	
	Membership dues	\$160.00	
	Restaurant Fundraiser	\$42.19	
	Void Check #5348	\$500.00	
	Total Income	\$727.19	\$15,346.75
Expenses			
#5365	CDWC OD Summer Workshop	\$30.00	
#5366	CFWC/OD Membership	\$300.00	
#5364	Build Futures	\$500.00	
	Total Expenses	\$830.00	\$14,516.75

Designated Funds

Adopt-a-Family	\$130.00
S.O.S.	\$129.57
Blanket Making	\$217.61
Gaveleers	\$193.36
2018 Pennies for Pines	\$206.00
2018 Heifer International	\$288.75
2018 Scholarship Fund	\$8,562.17
Scholarships (2019)	\$41.00
FV Living Magazine	\$0.00
FV Chamber of Commerce	\$0.00
Hero Brands	\$830.00
Held in Reserve	\$300.00
Total Designated Funds	\$11,483.46

Total Available Funds as of 7/31/2018

\$3,033.29

Marilyn Ryan: maxxxwel@aol.com

CONNIE WADSLEY and THOM RYAN:

As directed by Standing Rule 16 of FVWC a complete financial review was done by two reviewers. The financial books were found to be in good order. A few minor clarifications and suggestions were made with the totals were found to be accurate as follows:

Beginning Balance: May 31, 2017: \$18,317.55
Total Income: June 1, 2017 – May 31, 2018: \$45,064.94
Total Expenses: June 1, 2017 - May 31, 2018: \$46,506.15
Ending Balance: May 31, 2018: \$16,876.34

Chairmen

- **Art Community Service Program – Jan Heistermann**
- **Conservation Community Service Program -**
- **Collections for Reuse – Anna Katsuki**

Pull tabs, pull tabs, pull tabs! Bring your pull tabs! Ladies, do not forget to collect those pull tabs! Ask neighbors, family, friends! Cheers!!!

- **Penny Pines – Margaret Abend**
- **FV Public Library – Virginia Dishman**



Health – Kathleen Rockney

Focus on Health - by Kathleen Rockney

For those of you who haven't yet met me, I've been the Focus on Health chairperson in the FVWC since 2010, with a brief hiatus last year. Though my formal education was in computer science, my passion since grade school has been fitness. And, it evolved to more holistic wellness and nutritional aspects as I got older and my own sugar addiction caught up with me. I've dealt with fibromyalgia, insulin resistance, hypoglycemia (which is the flip side of diabetes), arthritis and just plain aging! And, in my current role in this club, as well as in my life outside this club, advocating for wellness and assisting others to find their ideal path is my primary focus!

- **September - National Fitness Day and National Childhood Obesity Awareness Month**

September 26 marks this year's "National Fitness Day" - www.fitnessday.com has more info - and of course we in FVWC know how to do that. Walk, walk, walk! (Psst: We will resume our "Million Steppers" program in early January). The good news is that walking helps pump your lymph system which doesn't have an automatic pump. And, it burns calories, and it increases muscle mass. The reality is that it doesn't completely replace not-so-good diet choices. So, as you ramp up your walking efforts (and please do so cautiously when it is hot or when air quality is compromised), remember to also honor your body with healthy proteins, lots of colorful vegetables and good sources of fats.

- The entire month of September is also dedicated to spreading awareness of childhood obesity. You might think that everyone IS aware that our children are much heavier than previous generations. But, awareness includes understanding cause and knowing the solution.
- Just as with adults, children go through four stages. They start with a pattern of eating high glycemic foods (foods that spike their insulin output and their blood sugar readings) which their young bodies can handle for a while until their young capillaries start to get damaged from the inflammatory sugars passing through. This is "Insulin Abuse" or "Stage One".
- In "Stage Two" or "Early Insulin Resistance", they get fatigued easily, they gain weight especially around their little middles, they want to eat at night, they crave sweets and breads and they start to eat emotionally. It also shows up in cholesterol readings and triglyceride levels.
- In "Stage Three" or "Metabolic Syndrome Full-Blown Insulin Resistance" their craving behaviors increase, their weight increases, their waist circumference increases, and their blood chemistries further deteriorate. This didn't happen until adulthood in the 1960's and before! It now happens before age ten!!!!
- In "Stage Four", the child has been diagnosed with Type II Diabetes, a syndrome that was formerly only attained by adults because of the years it took for cumulative damage to occur. Children attain that same accumulation of damage in a third of that time, because they consume as much junk food as it took us two to three decades to

- do before.
- We MUST advocate for our children and grandchildren. And, it begins by example. Follow your own healthier path, and your grandchildren will notice and will follow you!
- **Communications & Public Relations – Lynn Seeden**
 - **Scholarships –**
 - **Readers – Leslie Montz & Edyth Muse**
 - **BlanketMakers – Marilyn Bennett**
 - **Share Our Selves – Karen Fox**
 - **Women Helping Women – Robyn Fayette**
 - **Heifer International – Anna Katsuki**
 - **FV Chamber –**
 - **FV Community Foundation – Barbara Montz**
 - **FV Historical Society – Cheryl Brothers**
 - **Women’s History – Alison Wessler**
 - **Veterans & Military Projects – Peggy Kane**
 - **Domestic Violence Awareness & Prevention – Leslie Lee**
 - **Amenities**
 - **Brag Box – Jill Ruiz**
 - **Inspiration – Mandy Hall**
 - **Opportunity Drawing – Carolyn Hertzog**
 - **Centerpieces – Carolyn Hertzog**
 - **Sunshine – Sandra Murray & Helen Blanchard**
 - **Advocates for Children – Melissa Watanabe**
 - **Education – Judy Caforio & Julie Zaldo**
 - **Guest and Birthday Balloons – Regina Huebner**



Newsletter – Donna Kubelka

I can begin taking your submissions for the October Fountainhead as soon as you are ready. I will need them on or before September 15th. Thanks so much!

Donna Kubelka, (bak4@socal.rr.com)

WEBSITES:

Club: www.fountainvalleywomansclub.org

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

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

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

CALENDAR:

FOUNTAIN VALLEY WOMAN'S CLUB:

Sept 4 (Tue) Executive Board Meeting at 10:00 AM – The Girl Cave

Sept 6 (Thurs) Luncheon reservations due to Mary Brown

Sept 11 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00 a.m.

Sept 15 (Sat) Deadline for October Fountainhead articles to Donna Kubelka

Sept 17 (Mon) Blanketmakers – Heritage Park, 10 a.m. – 3 p.m.

ORANGE DISTRICT, CFWC and GFWC:

Sept 14 (Fri) OD Council Meeting – Phoenix Club – 9:45AM

Oct 13 (Sat) Area D Conference Location TBA

Oct 25 (Thurs) OD Club Narrative report writing Workshop

Fountain Valley Woman's Club

18030 Brookhurst Street, #403

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