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# The Fountainhead

**Fountain Valley Woman's Club      Fountain Valley, CA**  
Organized 1964 \* Federated 1965



Presidents: Donna Kubelka  
Carol Hedenberg  
Editor: Donna Kubelka & Marilyn Ryan  
Website: [www.fountainvalleywomansclub.org](http://www.fountainvalleywomansclub.org)



## Presidents

**Donna Kubelka and Carol Hedenberg**

"Making a Difference by Working Together"



Congratulations to our Clubwoman of the Year, Jill Ruiz!

I hope everyone enjoyed our September speakers, FV Police Chief Kevin Childs and Fire Chief Tony Coppolino. They were very informative and entertaining.

See you at our October 9<sup>th</sup> General Meeting at Claim Jumper.

Carol Hedenberg ([chedenberg@socal.rr.com](mailto:chedenberg@socal.rr.com)); Donna Kubelka ([bak4@socal.rr.com](mailto:bak4@socal.rr.com))



**1<sup>st</sup> VP/DEANS – JoAn Poirel and Rita Koval**



We can't believe FALL is here. Time is going by too quickly!

Thank you, Francine Serynek and Margaret Roche for stepping up and chairing the scholarship Committee this year. We really appreciate your dedication.

The November Orange District meeting is at El Adobe in San Juan Capistrano on November 9<sup>th</sup>. Marcia, our District President suggested that we TAKE the Train celebrating Veteran's Day. It is a short walk to the meeting from the train station. Carpooling is recommended.

Marcia's charity is "Driving Out Hunger". Gloria Jetter Crockett from the Second Harvest Food Bank was the speaker. She had a video showing all of the different means used to help the hungry. The Women Veterans are among the largest group who do NOT have enough to feed their children. It is Seniors who are the next needing help buying fresh fruits and vegetables.

Second Harvest has received a Grant from Starbucks to purchase 15 trucks. They remodeled them to make them user friendly. They go to 3 schools in Anaheim, Senior apartments and other locations providing fresh produce, baked goods, canned goods to them at reduced prices.

Starbucks, Costco and other businesses are now donating the left over produce and baked goods to Second Harvest. It is the perishable goods that were thrown in the trash not too long ago.

The Orange District Council Convention is April 27, 2019. There is a Poster Contest, if you are interested see me for more information.

The Art Competition will be in February 8, 2019. It will be a separate event with deliveries from 8:30-9:30 at the Garden Grove Women's Club. The judging will be 10:00-2:00. There are 10 categories this time and you may have multiple entries. See Jan Heisterman for more information.

The Ebell Women's Club is 111 years old!! WOW!

Looking forward to seeing you at the meeting.

JoAn Poirel ([sunnyjdp1@gmail.com](mailto:sunnyjdp1@gmail.com)); Rita Koval ([puddinpi2u@aol.com](mailto:puddinpi2u@aol.com))



## 2<sup>nd</sup> VP / MEMBERSHIP – Carol Proctor

It was wonderful seeing long-time member Rafida Saadi at our September meeting. Rafida was visiting from her home in Florida. Congratulations on your 15-year pin (17 years of membership), Rafida!

The Fountain Valley Woman's Club initiated two new members during the September meeting: Maggie Smith, who was brought in by member Regina Huebner, and Claudia Sims. Maggie and Claudia's contact information is already included in the 2018-19 Directory. The Club will be initiating three new members at the October 9th meeting: Margaret Roche, Pascale Saliba, and Debra Woodall.

**Margaret Roche** is a friend of member Dianne Schautschick. She has lived in Fountain Valley for approximately 50 years, has 2 daughters and 3 grandchildren. Margaret was an Accountant and is now happily retired. She enjoys traveling and travel planning. Margaret is interested in serving on several FVWC Committees. Welcome, Margaret and thank you Dianne!

**Pascale Saliba** has lived in Fountain Valley since 1996. She heard about the FVWC from member Susan Saurastri. Pascale is self-employed in the field of web and social media. She is married and has 10-year old triplets!

Pascale loves to walk and values the benefits of community and having a positive impact with every person she meets. Welcome Pascale and thank you Susan!

**Debra Woodall** loves Fountain Valley, where she has resided for 19 years. Debra is married and has one grown son. She recently retired after 16 years with the Anaheim Union High School District as a classified employee. Retiring to Debra means freedom to take dance classes (tap and line dancing), gardening, and bike riding at the beach. Member Judy Williams is a close friend who suggested she come to the FVWC meeting. Welcome Debra and thank you Judy!

At the October meeting, the Club's membership will stand at 105 members.

Members, please be certain to let 4th VP/Luncheon Chair Mary Brown know before the luncheon reservation deadline if you are bringing a guest. Mary will let me know and I will have a welcome packet for each guest, plus name placards for table seating.

### 2018-19 Directories

- I will be bringing Directories to the October meeting for those members who were not at the September meeting to obtain. If any are absent, their Directory will be mailed out later in October.
- If you have any changes to your contact or birthday information, please email or text me at [ccproctor@icloud.com](mailto:ccproctor@icloud.com); (714) 292-2422 before the end of October.
- The small "Purse" Directories will be distributed at the November meeting. Lynn Seeden and I hope to have all corrected information in that little directory.
- Extra copies of the LARGE Member Directory are available for \$5 and extra Purse Directories will be available for \$1. Your first Directories, both large and small, are included in your membership.

Finally, Members, please update your Directory with the following changes on member information:

- Page 6: Margaret Roche's Birthday is AUGUST 4, not April 4
- Page 14: Mollie Guyot's home phone number is no longer valid. Please instead add her cell number (714) 604-5121
- Page 21: Joan Kulik's new email address is joankulik40@gmail.com
- Page 73: Margaret Roche's Birthday should be noted as August 4

Carol Proctor: (ccproctor@icloud.com)

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**3<sup>rd</sup> VPS /PROGRAMS**  
**Barbara Montz & Lynn Seeden**



Hello ladies, we have finally arranged our speaker for October. **Debbie Killey** from Republic Services (aka, Rainbow Environmental) will speak about recycling, reuse, what to do with all that leftover food from your upcoming holiday parties, how to get a rent-a-bin, etc. Her emphasis with her position at Republic is on recycling.

NOTE that Debbie's last name is spelled KILLEY and is pronounce "Kill-eee" (very Irish).

Barbara Montz ([bjmontz@verizon.net](mailto:bjmontz@verizon.net)); Lynn Seeden ([lynnseeden@hotmail.com](mailto:lynnseeden@hotmail.com))

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**4<sup>th</sup> VPS / Luncheons**  
**Mary Brown and Bobbi Hoole**



Hope you all enjoyed the September meeting, sorry I was not there to enjoy it with you.

For October, these are the options: Hickory Chicken with roasted vegetables and a side salad, Mahi Mahi with a side salad, or California Citrus Salad. 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.

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 [fwluncheon@yahoo.com](mailto:fwluncheon@yahoo.com), or you may call me at: 714 893-4831 by Thursday **OCTOBER 4TH**. 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



### **5<sup>th</sup> VP / Ways & Means – Georgette Sleeth**

It was wonderful reconnecting with so many of you at the September meeting, and I am excited about how many ladies signed up to help out with the **14<sup>th</sup> Annual Holiday Progressive Social!** If you weren't at the meeting, don't worry! The volunteer sign-up sheet will again be passed around at the October meeting and we will also start collecting raffle donations and selling tickets to the event. As a reminder, **the Holiday Progressive Fundraiser will be on December 14<sup>th</sup> from 10:00am – 2:00pm.**

It was also announced at our September meeting that we will be holding a **Bunco Fundraiser on October 4th at 6:00pm at The Girl Cave, 16897 Beach Blvd, Huntington Beach.** The cost is **\$25** and all profits will go to our Ways & Means fund. No experience is necessary for this super fun night out and a great time is guaranteed! We still have a few spots left, so if you would like to attend, please email me ASAP at [georgette@thegirlcave.com](mailto:georgette@thegirlcave.com). This is a potluck event, so bring your favorite appetizer, beverage (aka wine!) or dessert to share!

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



**SECRETARIES**  
**Ana Katsuki and Ann DePierro**



GENERAL MEETING  
FOUNTAIN VALLEY WOMAN'S CLUB  
Claim Jumper Restaurant  
September 11,2018

CALL TO ORDER & WELCOME: Presidents Carol Hedenberg/Donna Kubelka: 11:04

RENEWAL OF PLEDGE OF ALLEGIANCE: Peggy Kane

INSPIRATIONAL: Mandy Hall: Moment of silence commemorating 9:11

INTRODUCTION OF GUESTS Donna Kubelka: Vickie Davison, Judy Williams: Debra Woodall  
Susan Sauastri: Pascale Saliba

**ANNOUNCEMENTS/BUSINESS:**

- Thank you, Melissa Watanabe, on the update of our \$105 donation to the school supplies drive. Principle Jay Adams of Masuda Middle School gave out 10 backpacks and Principal Patrick Ham gave 5 out at Cox Elementary.
- The Directory photo shoot for next year will be held in April. We are also discussing having MEMBERSHIP business advertisements in next years' Directory to help offset costs. Details to follow.

**SECRETARY: Ann DePiero/ Anna Katsuki**

- Minutes of June General meeting were remanded to a committee of three.
- Correspondence: Thank you from Sheepfold and Ronald Mc Donald House, Scholarship recipient Bryan Le
- **BOARD RECCOMENDATIONS:**
- Donate \$100 to Kelly Osborn Memorial Fund. Motion from the floor: So moved and adopted 100%.
- Donate \$100 to Elwyn for their Fall Fling fund raiser. Motion from the floor: So moved and adopted 100%.

**TREASURER: Marilyn Ryan**

- June and July Treasurer's Report are posted
- Present bills, warrants are in the Table Folders
- Review of the financial books for 2017-2018 is filed.

**1<sup>ST</sup> VP/DEAN: JoAn Poirel/ Rita Koval**

- OD meeting is this Friday the 14<sup>th</sup> at the Phoenix Club. District Project: writing to cancer victims, stationary in the folders.
- Chair positions open are Education, Scholarship, and Newsletter: Education and Scholarshp positions will be headed by Francine Serynek and Margaret Roche: Newsletter is still open.

- Chair reports:

2<sup>nd</sup> VP/MEMBERSHIP: Carol Proctor

- 103 current members
- Presented Rafida Saadi with her 15 year pin.
- Inducted Maggie Smith and Claudia Sims: photos

3<sup>rd</sup> VP/ PROGRAMS: Lynn Seeden/ Barbara Montz is excused

- Today's program will be FV Police Chief Kevin Childs and Fire Chief Tony Coppolino

4<sup>th</sup> VP/LUNCHEONS: Mary Brown/ Bobbie Hoole are both excused, Cindy Dobson

- Today is cashew chicken salad buffet or salmon
- Thank you, Colleen Fenton, for today's center pieces
- Name badge free lunch drawing for Oct. won by Lynn Seeden

5<sup>th</sup>VP/WAYS&MEANS: Georgette Sleeth

- Holiday Progressive Social on Friday, December 14<sup>th</sup>. Still need houses for the event.
- Scholarship Social
- Bunco night is Thursday Oct. 4<sup>th</sup>, 6:00, at the Girl Cave. \$25.00
- All sign-up sheets are in the Table Folders

PARLIMENTARIAN: Karen Fox is excused, Rita Koval is filling in.

RECESS.....BLESSING: Mandy Hall.....LUNCH  
PROGRAM: Lynn Seeden introduced Chiefs Childs and Coppolio.

CLUBWOMAN OF THE YEAR: Connie Wadsley presented award to Jill Ruiz.

BIRTHDAYS: 21 for August and September

BRAG BOX: Jill Ruiz- Starting next month, if you would like a picture included in the power point of your brag, please email it to Donna the week before the meeting. The brag with picture will be \$2.00.

OPPORTUNITY DRAWING: Carolyn Herzog: \$46.00 won by Virginia Dishman.

ANNOUNCEMENTS: We thought it would be fun to show pictures during lunch in November of any members who are Veterans or any family member who is a Veteran. Please get those pictures to Donna, and be sure to include their names, and who the related member is. Newsletter articles for October need to be submitted to Donna Kubelka by September 15<sup>th</sup>.

The \$5.00 paid for centerpieces will be donated.

ADJOURNMENT: If there is no further business to come before this group, we are adjourned \_\_1:30\_\_\_\_\_ p.m.

Ann C DePierro, Secretary [anndepierro@hotmail.com](mailto:anndepierro@hotmail.com)



**TREASURER – Marilyn Ryan**

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

	<b>Balance as of July 31, 2018</b>		<b>\$14,516.75</b>
<b>Income</b>	Lunches		
	Membership dues	\$40.00	
		<b>Total Income</b>	<b>\$40.00</b>
			<b>\$14,556.75</b>
<b>Expenses</b>			
#5367	Marilyn Bennett/Blanketmakers	\$183.70	
#5368	OD Membership Dues	\$20.00	
#5369	H. Brine scholarship	\$1,500.00	
#5370	J. Du scholarship	\$500.00	
#5371	B. Le scholarship	\$1,000.00	
#5372	M. Zepeda scholarship	\$1,500.00	
#5373	D.K. Tran scholarship	\$500.00	
		<b>Total Expenses</b>	<b>\$5,203.70</b>
			<b>\$9,353.05</b>
<b>Designated Funds</b>			
	Adopt-a-Family	\$480.00	
	S.O.S.	\$129.57	
	Blanket Making	\$168.91	
	Gaveleers	\$193.36	
	2018 Pennies for Pines	\$206.00	
	2018 Heifer International	\$288.75	
	2018 Scholarship Fund	\$3,562.17	
	Scholarships (2019)	\$41.00	
	FV Living Magazine	\$0.00	
	FV Chamber of Commerce	\$0.00	
	Hero Brands	\$830.00	
	Held in Reserve	\$300.00	
		<b>Total Designated Funds</b>	<b>\$6,299.76</b>
	<b>Total Available Funds</b>		<b>\$3,053.29</b>

Marilyn Ryan: maxxwel@aol.com (714) 292-4460



## 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 –**
- **FV Public Library – Virginia Dishman**



### **Health – Kathleen Rockney**

**Focus on Health - by Kathleen Rockney**  
**Kathleenrockney38@gmail.com**

## **October - National Breast Cancer Awareness Month**

October is National Breast Cancer Awareness Month. One of the first levels of defense against the progression of this disease is by way of regular screening. The most common screening is the mammogram, the frequency of which will be determined by your physician. MRIs are also prescribed in some cases, as are ultra-sounds. And, some practitioners like to include thermograms as a base-line and "second opinion".

We're learning more about prevention, with many studies showing two trends:

1. Prevention happens when we limit our exposure to known toxins such as pesticides and other harmful chemicals
2. Prevention also happens when we supply ample antioxidants to fight growing inflammation in the form of "free radical damage".

Free radicals are highly reactive unstable molecules and/or atoms that have an unpaired electron. They will wreak havoc as they try to "balance" by finding a healthy molecule to rob. Free radicals are created from some normal metabolic functions. But, they also multiply when toxins enter our bodies.

To help decrease the intake of toxins, it is extremely helpful to eat organically. It also helps to choose proteins that are certified as "humanely raised" on non-GMO (genetically modified) and organic food products. Also, look for animal sources that were fed what they naturally eat in the wild. Example: Cows eat grass, not grain, naturally. So, finding grass-fed and grass-finished beef helps limit your exposure to unhealthy cows.

Some vegetables might also help in the fight against free radicals. In a study in 2004 (September issue of the *Journal of Nutrition*), researchers reported that sulforaphane (SUL) has the ability to disrupt cell growth in late stage human breast cancer cells. SUL can be found in broccoli, cauliflower, cabbage, brussel sprouts, collard greens, kale and radishes to name a few. Whether served raw or steamed or lightly roasted in the oven, all provide a rich blend of antioxidants to fight the "bad guys"!

Some of life happens without our choice. Wisdom comes from grabbing the "choice" scenarios, and then choosing with our best interests in mind!

Kathleenrockney38@gmail.com

- **Communications & Public Relations – Lynn Seeden**
- **Scholarships – Francine Serynek and Margaret Roche**
- **Readers – Leslie Montz & Edyth Muse**
- **BlanketMakers – Marilyn Bennett**
- **Share Our Selves – Karen Fox**
- **Women Helping Women – Robyn Fayette**

**WHW is now celebrating 25 years of Empowering Employment Success**

Since 1993 they have been empowering job seekers to get AND keep a good job. *“Because a good job changes everything. More than a paycheck, it’s a solution.”* Besides providing professional apparel to both women and men along with computer training and job placement assistance they also now provide employment readiness workshops and employment retention support. Job seekers come from a wide variety of backgrounds, including survivors of domestic violence who are trying to put their lives back together, veterans attempting to transition to civilian life, at-risk youth looking for jobs as a way off the streets ...and your neighbor, brother, sister, or your child who is facing unemployment for the very first time.

Yes, our FVWC has been supporting WHW for over half of its existence, especially with your donations of professional clothing, shoes, purses/briefcases, and accessories – Thank You ! The WHW program has come a long way and it’s exciting to see how they have expanded their facilities and services from just providing a professional outfit for women trying to become self-sufficient in the beginning. They are also accepting dressy and casual clothing whose sales offset the cost of running the program. (More on that next month).

There will be updated 2018 “Donations Guidelines” flyers in the folders on the tables at the next meeting. As always, you can bring your donations to the meeting or call my cell phone (949) 275-2084 to arrange delivery or pickup of your items. This year, locally, First Bank at 8251 Westminster Blvd. (between Beach & Newland) is also accepting WHW donations. If you do drop off items there, please give me a list so that your donation(s) can be included in our year-end reporting. Make sure you get a tax receipt either from me or at the bank. Later this year I will also update the list of values of donations for tax deduction purposes. Thank you for helping WHW!

- **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**
- **Brag Box – Jill Ruiz**
- **Inspiration – Mandy Hall**
- **Opportunity Drawing – Carolyn Herzog**
- **Centerpieces – Carolyn Herzog**
- **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 articles for the November Fountainhead as soon as you have it ready. I will need **them on or before September 15th**. The newsletter will go out on the 25<sup>th</sup> of each month with or without your article.

Thanks for making the newsletter happen by working together!

Donna Kubelka, ([bak4@socal.rr.com](mailto:bak4@socal.rr.com))

**WEBSITES:**

**Club:** [www.fountainvalleywomansclub.org](http://www.fountainvalleywomansclub.org)

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

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

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

**CALENDAR:****FOUNTAIN VALLEY WOMAN'S CLUB:**

Oct 2 (Tue) Executive Board Meeting at 10:00 AM – The Girl Cave

Oct 4 (Thurs) Luncheon reservations due to Mary Brown

Oct 9 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00 a.m.

OCT 20 (Sat) Deadline for November Fountainhead articles to Donna Kubelka

**ORANGE DISTRICT, CFWC and GFWC:**

Oct 13 (Sat) Area D Conference Location: Escondido

Oct 25 (Thurs) OD Club Narrative report writing Workshop

Nov 9 (Fri) OD Council Meeting, El Adobe Restaurant, San Juan Capistrano

**Fountain Valley Woman's Club**

18030 Brookhurst Street, #403

Fountain Valley CA 92708