
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



Presidents

Donna Kubelka and Carol Hedenberg



"Making a Difference by Working Together"

Well here it is November already! Peggy Kane is busy arranging for us to host a group of Marines at our General Meeting on the 13th, in honor of Veteran's Day. Thank you Peggy, I know we will enjoy hearing from them and no doubt looking at them. **PLEASE REMEMBER TO EMAIL PICTURES OF YOUR VETERAN FAMILY MEMBERS TO DONNA BY THE 7TH OF NOVEMBER! Be sure to include name, rank, which armed forces, and RELATION TO YOU. Also, if you were in the Armed Forces, please send a picture.** We will show these pictures during lunch.

I'm sure many of you have heard the rumor that the Claim Jumper here in Fountain Valley will be closing after December. Brenda, the Banquet Manager, assures us that they are not closing. They are in negotiations for a new contract. Because we don't want to be caught off guard, we have been investigating alternative locations in Fountain Valley for our monthly meetings, if the need should arise. We have determined the best alternative would be Mile Square Golf Club. Details will be discussed in the future if we have to change our location.

From your entire Board, we wish each and every one of you a very Happy Thanksgiving!

See you at our November 13th General Meeting at Claim Jumper.

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



1st VP/DEANS – JoAn Poirel and Rita Koval



The Orange District meeting will be held November 9 at the El Adobe restaurant in San Juan Capistrano. Please contact Rita Koval by October 27 with your reservation at 714-963-1356 or email: puddinpi2u@aol.com.

We will be emailing the forms to be completed by December 15th for your projects. The information in the forms helps us to give Orange District a view of what our club does each year. Thank you for taking the lead.

Mark your Calendars for OD Convention; April 27, 2019 at Tustin Ranch Golf Club.

Looking forward to seeing you at the meeting.

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



2nd VP / MEMBERSHIP – Carol Proctor

The Fountain Valley Woman's Club welcomed Margaret Roche at the October meeting, who was brought in by member Dianne Schautschick.

Glad to have you aboard, Margaret!

Pascale Saliba, Debra Woodall and Jeannine Trykar will be initiated into the Club at the November meeting.

Members, please update your Yearbooks (Directories) with the following information on these new members:

Pascale Saliba

9718 Mariposa Avenue
Fountain Valley CA 92708
pascale1973@gmail.com
Cell: (714) 227-3188
Birthday: September 9
Joined November 2018

Debra Woodall

9168 El Verde Circle
Fountain Valley CA 92708
Cell: (714) 514-8754
wooddat@gmail.com
Birthday: January 31
Joined November 2018

Jeannine Trykar

9085 Wagner River Circle
Fountain Valley CA 92708
trykar.jc@gmail.com
Cell: (916) 216-1985
Birthday: May 30
Joined November 2018

At the November meeting, the Club's membership will stand at 106 members.

2018-19 Directories

- If you have any changes to your contact or birthday information, please email or text me at ccproctor@icloud.com; (714) 292-2422 so I can update, as well as notify members in upcoming newsletters.
- 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.

December is a great time to bring a potential new member with you. Just let me know they are attending, and I will have a welcome packet for them. Be sure to reserve their luncheon through 4th VP/Luncheon Chair Mary Brown.

Carol Proctor (ccproctor@icloud.com)



3rd VPS /PROGRAMS-

Barbara Montz & Lynn Seeden



Peggy Kane and her 8 Marines will be our guest and our program for our November General Meeting. We have 6 lunches sponsored by our members for our Marine guests. If you would like to sponsor a Marine at our luncheon, please let our treasurer know by our board meeting on November 6th.

December program will be our Holiday Entertainment which is TBA.

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



4th VP / Luncheons - Mary Brown

For November, these are the options: Turkey with all the fixins and a side salad, Salmon with a side salad, or Cobb 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 fvwcluncheons@yahoo.com, or you may call me at: 714 893-4831 by Thursday **NOVEMBER 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.



5th VP / Ways & Means – Georgette Sleeth

Thank you to everyone who has already donated raffle prizes and signed up to attend our 14th Annual Holiday Progressive Luncheon! While we are off to a great start, we are still in need of many raffle prizes. I will be happy to collect them from you at the November meeting, but if you are unable to attend, let me know and I will arrange to pick up your donation.

All gift card donations for the gift card trees are also welcome!!

Please remember to bring your payment to the November meeting if you have not yet paid for your ticket. Also, remember that this is our primary fundraiser for our Ways & Means Budget for the club year, so it is crucial that it be a success. You can help by inviting all of your friends and family! And if you would love to attend but won't be able to, donations are happily accepted!

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

**The Fountain Valley Woman's
Club Presents**

The 14th Annual **Holiday
Progressive Social**

**Friday, December 14, 2018
10 AM - 2 PM**

**\$30 Per Person
Make Checks payable to
FVWC**

**First Hostess Home - Karen Fox
18537 San Felipe, Fountain Valley**

**Maps for 2nd & 3rd homes will be
distributed at the first house**

**CONTACT GEORGETTE FOR TICKETS
GEORGETTE@THEGIRLCAVE.COM**





**SECRETARIES –
Ana Katsuki and Ann DePierro**



GENERAL MEETING
FOUNTAIN VALLEY WOMAN'S CLUB
Claim Jumper Restaurant
October 9, 2018

CALL TO ORDER & WELCOME: Presidents Carol Hedenberg/Donna Kubelka: Meeting started at 11:02 AM

RENEWAL OF PLEDGE OF ALLEGIANCE: Peggy Kane

INSPIRATIONAL: Regina Huebner

INTRODUCTION OF GUESTS: NO GUESTS

ANNOUNCEMENTS/BUSINESS:

- Look for our "Welcome" banners on the back of chairs as we "Welcome our guests."
- This will be Mary Parsons last meeting, and she has requested to say a few words.
- Get-well cards for Mandy Hall in table folders.

SECRETARY: Ann DePierro/ Anna Katsuki

- Minutes of September General meeting are remanded to a committee of three.
- Correspondence: NO CORRESPONDENCE
- **BOARD RECOMANDATIONS:**
- To donate funds raised at the October 4th BUNCO Night to FV police Association for a scholarship to a female student who will join FVPD. Motion from the floor: So moved and adopted 100%.
- To match funds given to FV Police Association and donate to the FV Fire Department for changes needed at the station to accommodate FV's first female firefighter. Motion from the floor. So moved with 2 nos. Adopted with majority.

TREASURER: Marilyn Ryan is excused/Donna Kubella filling in.

- Bills submitted.
- September Treasurer's report is posted at Treasurer's Table and in the next newsletter.

1ST VP/DEAN: JoAn Poirel/ Rita Koval

- OD Council meeting is November 9th, 8:45 am at the El Adobe Restaurant in San Juan Capistrano.
- OD Convention is Saturday, April 27th at Tustin Ranch Golf Club.
- Chair Reports: Any flyers from chairs are in the table folders.

- Orange District flyers are in the folder marked "ORANGE DISTRICT" at the check-in table.
- We will continue Adopt an Elephant, 34 renewals will come in November. See JoAn Poirel after the meeting.
- Penny Pines will be chaired by Louise Hicks.
- Chair reports:
- Robin Fayette; Women Helping Women (Men) Donation Guidelines
- Louise Hicks: Penny Pines replacing trees
- Kathleen Rockney: Focus on Health, Cancer Awareness, Million Steppers begins in January or February, past members will get direct emails.
- Anna Katsuki; Heifers and Pull tabs collection
- Marilyn Bennett; Blanket Makers meet on Monday next meeting TBA
- Karen Fox; SOS, for homeless, hiking socks kits, Christmas family, donations, checks make out to FVWC. She will visit the elephant center in Nairobi, Kenya.

2nd VP/MEMBERSHIP: Carol Proctor

- 105 current members, 106 pending, pick-up membership books, induction will be in November.
- Margaret Roche inducted in October.

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

- Today's program is Debbie Killey from Republic Services (Rainbow Disposal) about what to recycle. Changes have been made.
- November Program- Military and Veterans supplied by Peggy Kane. Need 8 Marines for the November meeting. See Donna Kubelka after the meeting to sponsor a Marine's lunch at the November meeting.

4th VP/LUNCHEONS: Mary Brown

- Today's lunch is Hickory chicken, Mahi or California Citrus Salad
- Next month meal choice will be Turkey, Salmon, or Cobb Salad.
- Thank you Jill Ruiz for today's centerpieces. The centerpieces will be purchased for \$5.00 and the money donated.
- Name badge free lunch drawing for November is won by Sharon Cope.

5thVP/WAYS&MEANS: Georgette Sleeth

- Holiday Progressive Social on Friday, December 14th. The charge is \$30.00. Sign ups are in the table folders. Donations and volunteers are also needed for the baskets.
- Spring Scholarship Fundraiser is tentatively Saturday, March 16th

PARLIMENTARIAN: Karen Fox;

- Read Standing Rule #2 in your FVWC Directory. Any member making a reservation shall be responsible for monies due. The Luncheon Vice President shall designate the deadline for reservations and cancellations. Reservations are needed before 7:00 pm on Thursday before the Tuesday General Meeting.

RECESS

BLESSING: Regina Huebner

LUNCH

PROGRAM: Carol Hedenberg introduced Debbie Killey from Republic Services..
BIRTHDAYS: Balloons were given to the members who have a birthday in October. 15 for October.

BRAG BOX: Jill Ruiz

OPPORTUNITY DRAWING: Carolyn Herzog/Jill Ruiz is filling in.

- won by Judy Caforio.

ANNOUNCEMENTS: Newsletter articles for next newsletter are due to Donna Kubelka by September 15th.

ADJOURNMENT: If there is no further business to come before this group, we are adjourned at 1:15 p.m.

Respectfully Submitted
Ann C DePierro: anndepierro@hotmail.com

Remanded by:

- 1.
- 2.
- 3.



Treasurer – Marilyn Ryan

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

	Balance as of August 31, 2018	\$9,353.05
Income	Lunches	\$1,725.00
	Membership dues	\$80.00
	OD Council Mtng	\$120.00
	Bunco fundraiser	\$275.00
	Opportunity drawing	\$46.00
	Brag Box	\$20.00
	Heifer Intl	\$82.56
	Total Income	\$2,348.56
		\$11,701.61

Expenses

#5374	Marilyn Ryan – office supplies	\$25.41
#5375	B. Dinh scholarship	\$500.00
#5376	OC Fast Print directories	\$754.25
#5377	M T Nguyen scholarship	\$1,000.00
#5378	Ann De Pierro office supplies	\$11.84
#5379	Regina Huebner balloons	\$24.00
#5380	Regina Huebner balloons	\$20.00
#5381	Claim Jumper Sept lunches	\$1,261.62
#5382	JoAn Poirel – OD Council Mtng	\$120.00
#5383	T T To scholarship	\$500.00
#5384	G Rivera scholarship	\$1,000.00
#5385	J Nguyen scholarship	\$500.00
#5386	GFWC member dues	\$60.00

Total Expenses	\$5,777.12	\$5,924.49
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Designated Funds

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	\$371.31
2018 Scholarship Fund	\$62.17
Scholarships (2019)	\$41.00
FV Living Magazine	\$100.00
FV Chamber of Commerce	\$0.00
Hero Brands	\$830.00
Held in Reserve	\$300.00

Total Designated Funds	\$2,882.32
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Total Available Funds	\$3,042.17
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Marilyn Ryan: maxxxwel@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

The "Million Step Project 2019"!

I'll be launching our next six- month walking project on January 6, 2019, continuing for 26 weeks through July 6, 2019. All you need is a pedometer and the commitment to weekly report your steps online.

Based on American Heart Association numbers, 6,000 steps a day is the minimum for heart health. If you maintain that minimum for six months, you will have walked one million steps! And, after six months, you'll also have a powerful new habit! We even have a conversion chart for swimming, skiing, bicycling, yoga and other activities that don't normally activate a pedometer. Most of your walking will be on your own, though we encourage steppers to pair up or even initiate a group "walk" in different parts of town.

Please email me the following info at kathleenrockney38@gmail.com, if you wish to join us: your name, email, phone number, and a nickname that you'd like to use as a stepper so you can maintain some anonymity as you track your steps in our chart. I'll be setting up a Google doc Excel spreadsheet for all of us to fill in, starting in January. I'll also email you weekly throughout the project, and we'll have optional stepper lunches once a month as well!

A Thanksgiving Dinner – That Doesn't Leave You Drained!

Rather than eating this ...	Choose this instead ...
Jell-O salad appetizer, which increases your appetite because of the sugar content	Large mixed greens salad with oil and vinegar dressing, eaten as a separate first course before everything else is served!
Dark meat turkey with skin	Remove skin, and stick with white meat
Mashed potatoes with butter	Mashed sweet potatoes or yams, or mashed cauliflower, which aren't full of starchy sugars
Sweet potatoes with butter, marshmallows and brown sugar	Sweet potatoes baked in their skins, with a very light brushing of real butter
Green bean casserole with fake french fried onion rings	Same casserole, but omit highly-preserved fake french fried onion rings
Corn and/or peas which are more of a starchy sugar	Broccoli, brussel sprouts, carrots, acorn squash, other squashes, fresh green beans, fresh asparagus – in fact, serve 3 brightly colored veggies, steamed, tiny bit of butter or olive oil and seasonings
White or wheat dinner rolls with butter	Slice of rye or pumpernickel bread with olive oil (with either crushed pepper or drizzle of balsamic vinegar in the olive oil) for dipping
Sweetened iced tea	Unsweetened iced tea with mint sprigs
Pumpkin pie with whipped cream	Pumpkin pie (you deserve it after all these substitutions!) but "hold" the whipped cream

Kathleen Rockney
Nutrition Advisor, Sanoviv Medical Institute
714-968-5102 – kathleen@usana.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 streetsand 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.

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 Fountainhead as soon as you have it ready. I will need **them on or before the 15th**. The newsletter will go out on the 25th of each month with or without your article. Thanks for making the newsletter happen by working together!

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:

Nov. 6 (Tue) Executive Board Meeting at 10:00 AM – The Girl Cave
 Nov. 8 (Thurs) Luncheon reservations due to Mary Brown
 Nov 13 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00 a.m.
 Nov 15 Deadline for December Fountainhead articles to Donna Kubelka

ORANGE DISTRICT, CFWC and GFWC:

Nov 9 (Fri) OD Council Meeting, El Adobe Restaurant, San Juan Capistrano
 Jan 11, 2019 (Fri) OD Council Meeting, Phoenix Club
 April 27, 2019 (Sat) OD Convention, Tustin Ranch Golf Club
 May 15-18, 2019 CFWC Convention, Oakland

Fountain Valley Woman's Club

18030 Brookhurst Street, #403

Fountain Valley CA 92708