
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"

Merry Christmas and Happy Holidays to all you ladies and your families. Tis the season to be busy, busy, busy!

Georgette Sleeth, Carol Proctor, Karen Fox, Carol Hedenberg, and Colleen Fenton are all busy working to make this year's Holiday Progressive Social on Friday December 14th a big success. Those of you who haven't signed up to come still can do so at our December meeting. We will even accept checks at the first house, Karen Fox's. Remember guests and family are welcome.

THE GIFT BASKETS ASSEMBLY WILL BE ON THURSDAY NOVEMBER 29TH, 6:00 AT THE GIRL CAVE. All are welcome, and you can get a sneak peek at the baskets.

Thank you again to Peggy Kane for arranging our military personnel at the November meeting. We were very impressed with each of them.

That's all for now. Off to do more shopping. Hope to see you all on the 11th.
Carol Hedenberg/Donna Kubelka, Co-Presidents

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



1st VP/DEANS – JoAn Poirel and Rita Koval

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



Hello Ladies!

We have a few projects that you may be interested in! Please bring all items to our December meeting!

1. A Baby Shower for the March of Dimes:

Bring baby diapers, size 2-4, any size package or box, or baby wipes!

Besides the young mothers they help in hospitals, the March of Dimes helps homeless mothers living in shelters.

2. Survivor Project!

Bring NEW or gently used purses AND any special items to put in them for our Domestic Violence Project. These purses will be given to women that have escaped their abusers and are now living in safe homes!

3. Cup of Joe!

For the last ten years this Project of "buying a cup of coffee for a soldier" overseas has been a success because of the wonderful donations of our Woman's Clubs. Each \$2.50 will buy a Cup of Joe for a soldier at one of the canteens on American bases around the world. We will have envelopes in the blue folders!

4. Please donate to our Penny Pines!

Miles of reforestation will need to be done because of the wild fires! Please pray for the survivors and for the recovery. Families disrupted with loss of their homes and businesses face many years rebuilding their lives. All Californians are in our thoughts!

5. Fire Safety Month!

This is a reminder to be safe this Season! Water your fresh Christmas tree and turn Christmas lights off when leaving your house! Be safe, not sorry!

6. We are collecting Dr. Seuss books for Read Across America!

The books will be donated to libraries, schools and children throughout the state.

This is an Orange District Project, and we will give them a few. But we hope to collect a lot so we can distribute to our schools, too! The 114th celebration of Dr. Seuss' birthday is March 2nd!

We were informed at our Council meeting that our Orange District is now a member of Area C and no longer in Area D with San Diego District.

State Convention will be held May 15-18

District Convention will be April 27th! Save the date!

Thank you to all of our wonderful chairmen! You have worked hard all year to give us great projects to work on. We cannot give you enough praise and thanks!

Happy Holidays and Merry Christmas to everyone! Love & hugs,

Rita & JoAn



2nd VP / MEMBERSHIP – Carol Proctor

2nd VP / Membership - Carol Proctor

The Fountain Valley Woman's Club welcomed Jeannine Trykar, Debra Woodall and Pascale Saliba at the November meeting. Pascale was brought in by member Susan Saurastri and Debra was brought in by member Judy Williams. Yours truly will be helping Jeannine with the Club's inner workings and events, as she was not sponsored. Looking forward to seeing you all at our December meeting and the Holiday Progressive Social, Ladies!

Doris North (sponsored by Carol Ann Van Holt), Marci Ginger (sponsored by Diane Lesnick and Lynn Seeden) and Tami Masek (sponsored by Susan Saurastri) will be initiated into the Club at the December meeting.

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

Doris North

17657 Santa Elena St
Fountain Valley CA 92708
Liondorisnorth@msn.com
Cell: (714) 904-3635
Birthday: October 6
Joined December 2018

Marci Ginger

17650 San Rafael St
Fountain Valley CA 92708
Cell: (714) 330-1691
marciginger@hotmail.com
Birthday: July 29
Joined December 2018

Tami Masek

17689 Los Jardines West
Fountain Valley CA 92708
tami.masek@gmail.com
Cell: (714) 458-9700
Birthday: February 3
Joined December 2018

At the December meeting, the Club's membership will stand at 109 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.

Extra copies of the LARGE Member Directory are available for \$5. Your first Directories, both large and small, are included in your membership. Due to the increased cost of the small "purse" directories, which far exceeds the cost of the item, each member pays for in the annual dues, the Executive Board voted not to expend the additional funds and to only provide the Large Directory.

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 by Thursday, December 6th!

Carol Proctor (ccproctor@icloud.com): (714) 292-2422



3rd VPS /PROGRAMS
Barbara Montz & Lynn Seeden



The Masuda Middle School choir will be providing wonderful holiday music at our Dec. 11 luncheon. We want to thank FVWC member and Masuda Principal Jay Adams for arranging this!

For our January program, we will learn more about our Segerstrom Center at the Performing Arts.

Barbara Montz bjmontz@verizon.net, Lynn Seeden lynnseeden@hotmail.com



4th VP / Luncheons - Mary Brown

Ho Ho Ladies.

Did you not love having the Marines and Navy at our luncheon last month, so glad they are protecting our land. Can hardly wait for our entertainment for December.

Our Menu for December is: Chicken Pot Pie or Salmon with a side salad, or Chinese Chicken Salad

Remember to give me a call or email if you are not on the Permanent list. If you are on the Permanent list and would like the fish or salad or you cannot make it to our meeting, be sure to call or email me by 7:30 p.m. December 6th. And, also let me know if you are bringing a guest and what they would like to eat.

And remember if you do not call or email me about not coming, and if you are on the permanent list, you will be charged \$25.00.

I wish you all a very happy Holiday season and hope to see you on Dec. 11th!



5th VP / Ways & Means – Georgette Sleeth

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

Our Holiday Progressive Social is just around the corner on December 14th! We have beautiful homes lined up, delicious food and drinks and fabulous raffle prizes...now all we need is YOU! If you would like to attend and have not yet signed up, please contact me at georgette@thegirlcave.com, or bring your payment to the December meeting. Remember, the more guests we have, the more successful our fundraiser will be, so be sure to invite friends to join in on the festivities! The raffle baskets will be at the December meeting, so bring your cash! For those of you who will be attending, please note that the event begins at 10:00am at Karen Fox's home at 18537 San Felipe, Fountain Valley, CA. Maps will be handed out at the first home for the next houses.

**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
November 13, 2018

CALL TO ORDER & WELCOME: Presidents Carol Hedenberg/Donna Kubelka at 11:02.

RENEWAL OF PLEDGE OF ALLEGIANCE: Peggy Kane

INSPIRATIONAL: Mandy Hall

INTRODUCTION OF GUESTS: Ann DePierro – Stella Adkins Susan Saurastri - Tami Masek

ANNOUNCEMENTS/BUSINESS:

- Due to the cost (\$210.00) of the small directory, we will no longer have them.
- We need a volunteer or volunteers to work as a team to print out and mail nine newsletters monthly. You will be reimbursed for the cost. Virginia Kalb has volunteered.

SECRETARY: Ann DePierro/ Anna Katsuki

- Minutes of October General meeting are remanded to a committee of three.
- Correspondence: Thank you from Elwyn, Kelly Osborn Memorial Scholarship Fund, and Build Futures.

TREASURER: Marilynn Ryan

- October Treasurer's report is posted at Treasurer's Table and in the next newsletter.

1ST VP/DEAN: JoAn Poirel is excused/ Rita Koval

- Three members attended OD Council Meeting on November 9th at the EL Adobe Restaurant in San Juan Capistrano.
- OD Convention is Saturday, April 27th at Tustin Ranch Golf Club.
- Reports are due to District by January 11th.
- Chair Reports: Any flyers from chairs are in the table folders.

Chair reports:

- Louise Hicks: Penny Pines
- Anna Katsuki; Heifers and Pull tabs collection
- Bobbie Hoole standing in for Marilyn Bennett: Blanket Makers will be dark until January.
- Karen Fox; Christmas family, donations, checks made out to FVWC. She is willing to shop. If any person wants to buy items or toys, see Karen.
-

2nd VP/MEMBERSHIP: Carol Proctor

- 106 current members
- Inducted today are Deborah Woodall, Jeannine Trykar, and Pascal Saliba.

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

- Today's program was our Marine guests supplied by Peggy Kane.
- December Program: Musical entertainment, hopefully from JAY Adams' school.

4th VP/LUNCHEONS: Mary Brown

- Today's lunch is Traditional turkey dinner, Salmon, or Cobb Salad.
- Next month meal choice will be Chicken potpie, Salmon, Chinese chicken salad. It was announced that Claim Jumper is discontinuing the Mahi lunch.
- Name badge free lunch drawing for December is won by Louise Hicks.

5thVP/WAYS&MEANS: Georgette Sleeth

- Holiday Progressive Social on Friday, December 14th. Sign-ups in folder and purchase tickets. The charge is \$30.00. Donations are needed for the baskets. Donation letter is on the website.
- Next BUNCO Night fund raiser will be on January 17th, 6:00 pm at the Girl Cave, sign ups in table folders. The \$25.00 fee will be donated to charity.
- Spring Scholarship Fundraiser date is not set yet. The traditional location is booked the entire month of March. We need a venue that will seat 150 people.

PARLIMENTARIAN: Karen Fox

RECESS

BLESSING: Mandy Hall

LUNCH: enjoy pictures during lunch of our Club members' Veterans

PROGRAM: Jan Heistermann will present "A Veterans Day Story" Peggy Kane will introduce our Marines and they said a few words about themselves.



TREASURER – Marilyn Ryan

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

	Balance as of September 30, 2018		\$5,924.49
Income	Lunches	\$1695.00	
	Membership dues	\$40.00	
	OD Council Mtng	\$90.00	
	Bunco fundraiser	\$468.00	
	Opportunity drawing	\$45.00	
	Brag Box	\$18.00	
	Heifer Intl	\$52.00	
	Pennies for Pines	\$43.00	
	Holiday Social	\$570.00	
	Ways and Means – One Hope	\$103.38	
	Advocates for Children	\$55.00	
	Total Income	\$3,179.38	\$9,103.87
Expenses	#5392 Bunco Costs	\$121.92	
	#5393 Girl Cave room rental	\$100.00	
	#5389 Postage	\$78.15	
	#5391 Claim Jumper Oct lunches	\$1,325.09	
	#5387 Elwyn fall fundraiser	\$100.00	
	#5388 Kelly Osborne Memorial	\$100.00	
	#5390 L Borja scholarship	\$500.00	
	Total Expenses	\$2,325.16	\$6,778.71
Designated Funds	Adopt-a-Family	\$480.00	
	Advocates for Children	\$55.00	
	S.O.S.	\$129.57	
	Blanket Making	\$168.91	
	Gaveleers	\$193.36	
	2018 Pennies for Pines	\$249.00	

2018 Heifer International	\$423.31	
2018 Scholarship Fund	\$82.17	
Scholarships (2019)	\$41.00	
FV Living Magazine	\$100.00	
Safe Bands	\$44.21	
Held in Reserve	\$300.00	
	Total Designated Funds	\$2,246.53
Total Available Funds		\$4,532.18

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

Chairmen

- **Art Community Service Program – Jan Heistermann**
- **Conservation Community Service Program - Anna Katsuki**
- **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 – Louise Hicks**
- **FV Public Library – Virginia Dishman**
- **Health – Kathleen Rockney**

Million Steppers 2019!



So far, I have gathered the names, nicknames and contact information for 12 returning steppers for our next six-month walking project starting on January 6, 2019, and continuing for 26 weeks through July 6. Instead of putting a clipboard at each table at our next meeting, **I kindly ask that you let me know by December 15, if you'd like to join us.** All you need is a pedometer, and the commitment to weekly report your steps online (we'll use an editable Google document).

Based on American Heart Association numbers, our goal is to do at least 6,000 steps a day for six months, which will easily get us each to one million steps. If you garden, swim, ski, bicycle or do yoga, we have conversion charts so those activities can also be converted to steps.

Please email me the following info if you wish to join us: Your name, your email address, your phone number and a nickname that you'd like to use as a stepper (our chart will use nicknames only, so we can be somewhat anonymous). My email address is kathleenrockney38@gmail.com.

Holiday Stress Diet!

The following diet is designed to help you cope with the stress that builds up during the holidays (wink, wink!)

Breakfast:

- 1/2 grapefruit
- 1 slice whole wheat toast with peanut butter

Lunch:

- 4 oz. lean broiled chicken breast
- 1 cup steamed spinach
- 1 cup herb tea
- 1 Oreo cookie

Mid-Afternoon snack:

- The rest of Oreos in the package
- 2 pints Rocky Road ice cream with nuts, cherries and whipped cream
- 1 jar hot fudge sauce

Dinner:

- 2 loaves garlic bread
- 4 cans or 1 large pitcher Coke
- 1 large sausage, mushroom and cheese pizza
- 3 Snickers bars

Late Evening News:

- Entire frozen Sara Lee cheesecake (eaten directly from freezer)

Looking forward to another year of serving you on your health path!

- **Communication PCommunications & 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 – Robin 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.

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 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 – Helen Blanchard**
- **Advocates for Children – Melissa Watanabe**
- **Guest and Birthday Balloons – Regina Huebner**
- **SOS – Karen Fox**
- **Adopt-a-Family: Karen Fox**
Our Family this Christmas is the Valesquez family
Two moms, two adopted brothers in 6th grade and a
one-year-old daughter.

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** of each month. 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:

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

Dec. 6 (Thurs) Luncheon reservations due to Mary Brown (No changes after this date)

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

Dec. 15 Deadline for January Fountainhead articles to Donna Kubelka

ORANGE DISTRICT, CFWC and GFWC:

Jan 11, 2019 (Fri) OD Council Meeting, Phoenix Club (Club Reports due)

Feb 8, 2019 (Fri) OD Art Festival – Women’s Club of Orange

March 8, 2019 (Fri) OD Council Meeting 9:45AM Phoenix Club

April 27, 2019 (Sat) OD Convention, Tustin Ranch Golf Club

May 15-18, 2019 CFWC Convention, Oakland

June 26 –July 1, 2019 GFWC Convention, Austin, Texas

Fountain Valley Woman's Club
18030 Brookhurst Street, #403
Fountain Valley CA 92708