
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"



Hope you are having a great Holiday Season. It is early morning on Christmas Eve Day. I am waiting for Santa to arrive. He sent notice that he was running a little late. I said I understood, so am I on the FVWC Newsletter. As we bid farewell to 2018, let us reminisce on our happenings with the FVWC: we installed 9 new members; hosted 8 Marines at our November meeting; had TWO choirs entertain us at the December meeting; we had Police Chief Kevin Childe's, Fire Chief Tony Coppelino and Debbie Killey from Republic Services, as guest speakers; had a bunco fundraiser and had OUR 14TH Annual Holiday Social; along with making donations to our favorite charities! We were busy but had a lot of fun.

LET'S BRING IN THE NEW YEAR with our January "Wear your Pajamas" Meeting. We will be so comfy and relaxed, as we indulge in our Breakfast buffet. See you January 8thHappy New Year!
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 hope your Holidays were joyful and filled with holiday traditions and memories.

We want to thank you for your generous donations for the following projects. Your support continues to make FVWC and Orange District projects so successful. Thank you, thank you.

1. We collected over \$62.00 for our soldiers with the Cup of Joe jar. This will give many soldiers around the world a free "Cup of Joe"
2. You donated over 25 purses...who knew. When you spring clean after Christmas please donate your new or gently used purses to be used to help Domestic Violence Victims Project. The purses and supplies are given to domestically abused women who have survived.
3. We collected diapers and wipes for the March of Dimes Project. We'll collect baby wipes and size 1 and size 2 diapers again at our next meeting. The diapers and wipes are given to young mothers including the homeless mothers to help them.
4. Dr. Seuss books for Read Across America. The books will be distributed to libraries, schools, and children.

Again, we can't thank you enough for your generosity and caring!

Please bring to the next meeting:
Gently used purses and toiletries.
Diapers sizes 1 & 2 and baby wipes
Dr. Seuss books

The next Orange District meeting will be January 11th. If you would like to attend, please contact Rita or me.

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!
Rita & JoAn

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



2nd VP / MEMBERSHIP – Carol Proctor

Happy Holidays, Fellow Woman's Club Members! Tis the Season to be jolly, merry, happy, busy, and grateful. And, I am very happy to report that the FVWC is a healthy non-profit organization, with 109 members and still growing!

As the 2018 year concludes, I personally want to thank everyone who so generously provided personal time, support, and donations, all of which truly ensured a successful Holiday Progressive Social Fundraiser. President Carol and I ("The Carol Brigade") assisted our fabulous 5th VP/Ways & Means Chair, Georgette, and we three could not have ushered through such a wonderful event without your help. Ladies, you rock!

Carol Proctor (ccproctor@icloud.com)



**3rd VPS / PROGRAMS
Barbara Montz & Lynn Seeden**



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

Our January program will be Talena Mara, Vice President of Education for the Segerstrom Center for the Arts. She will discuss “Understanding the Magic of the Arts and what our premier performing Arts Center has to offer.”



4th VP / Luncheons - Mary Brown

fvwcluncheon@yahoo.com

714-893-4831

Our Menu for January is: Our Breakfast Buffet (Pajama Meeting!)

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 can not make it to our meeting be sure to call or email me by 7:30pm December 6th. And also, let me know if you are bringing a guest and what they would like to eat.

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

Email me, **Mary J. Brown**, or you may call me at: **714 893-4831** by **THURSDAY PRIOR TO OUR GENERAL MEETING** (see Calendar at end of newsletter for exact dates). 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

A GREAT SUCCESSFUL HOLIDAY SOCIAL!

Thank you to our members who made it happen:

House Hostesses

House Helpers

Food Preparers

Basket donators, wrappers, and ticket sellers

Gift Card tree donators and ticket sellers

“The Carol Brigade”

Mandy Hall for bringing out our musically talented singers

ALL OUR MEMBERS AND THEIR GUESTS

Thank you....thank you

I will have a full report for you at the January meeting.

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



SECRETARIES
Ana Katsuki and Ann DePierro



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

CALL TO ORDER & WELCOME and Merry Christmas: Presidents Carol Hedenberg/Donna Kubelka: 11:00 a.m.

RENEWAL OF PLEDGE OF ALLEGIANCE: Carol Hedenberg

INSPIRATIONAL: Mandy Hall:

INTRODUCTION OF GUESTS: Amber Tran, Sandi Zicati invited by Connie Wadsley

ANNOUNCEMENTS/BUSINESS:

- Mary Brown fell on Saturday and broke her shoulder in two places. There is a card in the folder on each table. Please share your thoughts with her and give her a call.
- Welcome back from Pennsylvania to members Barbara and Leslie Montz.
- Please place your WHW donations and any other donations under the Christmas tree table.
- Present a Christmas gratuity to our servers.
- Beginning today we will be able to accept Visa or Master Card with a \$20.00 minimum charge. Square charges 2.83% of the amount. If you want to charge your lunch beginning in January, it will cost \$26.25.

SECRETARY: Ann DePiero/ Anna Katsuki

- Minutes of November General meeting are remanded to a committee of three.
- No Correspondence:
- **BOARD RECOMANDATIONS:**
- Round up donation to Penny Pines to equal \$750.00. Motion was adopted 100%.
- Round up donation to Heifer International to equal \$750.00. Motion was adopted 100%.
- Donate \$100.00 to Cup of Joe for a serviceman. There are information flyers in the folders on the tables. This is a Orange County District project. Motion was adopted 100%.

TREASURER: Marilynn Ryan

- November Treasurer's Report is posted at the Treasurer's Table and in the next newsletter.

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

- Friday, January 11th is the District meeting at The Phoenix Club. Rita Koval, Connie Wadsley, and Carol Hendenberg will be attending.

- Chair reports:
 1. Adopt-a-Family; Karen Fox; Purchases have been made for donations to Christmas families.
 2. Readers; Edythe Muse; Read a banned book and find the reason for it being banned.
 3. Library; Virginia Dishman; bake sale.
 4. Penny Pines; Louise Hicks
 5. Health; Kathleen Rockney; counting steps will begin in January.
 6. Barbara Montz; Art Photo Festival
 7. International Outreach; Anna Katsuki; Heifer's Internatioal; new items to choose from this year. Remember Pull Tabs. Can drop them off at her house.
 8. Women Helping Women (Men) Robin Fayette
 9. Blanket Makers; Bobbie Hoole, Marilyn is in the hospital. 3 blankets have been donated to FWC. 1 is available today with a silent auction. Dianne Schautschick won with her highest bid.

2nd VP/MEMBERSHIP: Carol Proctor

- 109 current members
- Inducted today Doris North sponsored by Carol Ann Van Holt, Marci Ginger sponsored by Diane Lesnick and Lynn Seeden and Tami Assek sponsored by Susan Surastri was unable to attend due to illness.

3rd VP/ PROGRAMS: Lynn Seeden/ Barbara Montz

- Today's program is the Masuda Middle School Choir. Thank you to Principal and Woman's Club member, Jay Adams.
- Los Amigos Women's choir also performed during lunch.
- January program speaker will be Talena Maria, Vice President of the Education from Segerstrom Center. She will present "Understanding the Magic of the arts and what our premier performing arts Center has to offer."
- Future programs for the year were discussed.

4th VP/LUNCHEONS: Mary Brown is excused. Cindy Dobson filling in.

- Today is chicken potpie, salmon, Chinese chicken salad.
- January will be a breakfast buffet.
- Today's center pieces are provided by Claim Jumper Restaurant.
- Name badge free lunch drawing for December is won by Nancy Peterson.

5thVP/WAYS & MEANS: Georgette Sleeth

- Holiday Progressive Social is this Friday, December 14th. Thank you to Donna Kubelka, Carol Hedenberg, Marilyn Ryan Carol Ann Van Holt, Cindy Dobson, Rita Koval, Carol Proctor, Regina Huebner, and Cheryl Glass for assembling all our gift baskets.
- Tickets for the baskets may also be purchased on the day of the event.
- Next Bunco Night fundraiser will be on January 17th. A hand vote was taken regarding a time during the day or a time at night. It was voted for a starting time at 6:00 p.m. Flyers and sign-up sheets are in the table folders.

- It was discussed that future Bunco nights may be in the morning and on a different day.

PARLIMENTARIAN: Karen Fox

- At our January meeting we will be electing 5 members and 2 alternate members for the Nominating Committee for the future board.

RECESS

BLESSING: Mandy Hall

LUNCH

PROGRAM:

- Lynn Seeden/Barbara introduced Masuda Middle School Choir.
- Carol Hedenberg introduced the Woman's choir from Los Amigos.

BIRTHDAYS: 6 birthdays for December

BRAG BOX: Jill Ruiz

OPPORTUNITY DRAWING: Carolyn Herzog:

- Won by Carolyn Herzog

ANNOUNCEMENTS/NEW BUSINESS

- Remember to wear your PJ's for next month's meeting.
- Articles for next newsletter are due to Donna Kubelka by the 15th of the month.
- Happy New Year to everyone.

ADJOURNMENT: If there is no further business to come before this group, we are adjourned __1:11_____ p.m.



Treasurer – Marilyn Ryan

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

	Balance as of October 31, 2018		\$6,778.71
Income	Lunches	\$1,830.00	
	Membership dues	\$120.00	
	Scholarship 2019	\$193.36	
	Adopt A Family	\$570.00	
	Opportunity drawing	\$66.00	
	Brag Box	\$30.00	
	Heifer Intl	\$44.82	
	Pennies for Pines	\$75.00	
	Holiday Social	\$840.00	
	Donations for Holiday Social	\$175.00	
	Ways and Means	\$1.15	
		Total Income	\$3,750.82
			\$10,529.53
Expenses	#5394 Postage/Name badges	\$23.55	
	#5395 Safe bands	\$43.06	
	#5396 OD – membership dues	\$20.00	
	#5397 Connie Wadsley - Website	\$59.68	
	#5398 Rita Koval – OD Council Mtng	\$90.00	
	#5399 Peggy Kane – cakes for November mtng	\$71.96	
	#5400 K Fox – Adopt A Family	\$1050.00	
	#5401 Claim Jumper – November luncheon	\$1678.15	
	#5402 OD – membership dues	\$60.00	
		Total Expenses	\$3,096.40
			\$7,433.13
Designated Funds	Adopt-a-Family	\$0.00	
	Advocates for Children	\$55.00	
	S.O.S.	\$129.57	
	Blanket Making	\$168.91	

2018 Pennies for Pines	\$324.00	
2018 Heifer International	\$468.13	
2018 Scholarship Fund	\$0.00	
Scholarships (2019)	\$296.53	
FV Living Magazine	\$100.00	
Bunco Fundraiser	\$521.08	
Safe Bands	\$0.00	
Ways and Means	\$1.15	
Held in Reserve	\$300.00	
	Total Designated Funds	\$2,364.37
Total Available Funds November 30, 2018		\$5,068.76

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!
- **Penny Pines – Louise Hicks**
- **FV Public Library – Virginia Dishman**



- **Health – Kathleen Rockney**

Focus on Health -

[Million Steppers 2019 - Launching in three, two, one!](#)

Below is the list of FVWC members who have let me know they wish to take part in our six month walking project starting on January 6, 2019, and continuing for 26 weeks through July 6. If your name isn't on the list and you wish to join the fun, please let me know ASAP by emailing me at kathleenrockney38@gmail.com. Please send me your name, email address, phone number and a nickname that you'd like to use to keep your

identity somewhat anonymous on our group chart.

Based on American Heart Association recommendations, at least 6,000 steps a day for six months will improve heart health, which will also get us each to one million steps. So, that is your minimum goal. And, it helps to ramp up to that now! If you garden, swim, ski, bicycle or do yoga, we have conversion charts so those activities can also be converted to steps (I'll send out that chart to the steppers just before we launch). We do our activities on our own, but finding a buddy for at least some of your activity is highly recommended.

All you need is a pedometer, a laptop or smartphone that can access our Excel spreadsheet chart as a Google document and the willingness to go for this! We will also meet about once a month for a fun luncheon gathering at a local restaurant.

I do have one Omron pedometer on hand at \$23 if you need one. This is a simple, but very accurate, "clip on your waist" pedometer. If you'd like one, please contact me.

Our 2019 Steppers so far (20 participants at this time):

Abend, Margaret
Adams, Jay
Glass, Sheryl
Hall, Mandy
Herzog, Carolyn
Hospodarec, Bari
Huebner, Regina
Johns, Allison

Katsuki, Anna
Lesnick, Diane
Mealey, P.J.
Montz, Barbara
Petersen, Nancy
Proctor, Carol
Reynolds, Cindy
Roche, Margaret
Rockney, Kathleen
Ruiz, Jill
Sleeth, Georgette
Smith, Maggie

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

Communications & Public Relations – Lynn Seeden

- **Scholarships – Francine Serynek and Margaret Roche**
- **Readers – Leslie Montz & Edyth Muse**

The Readers is a book club that is part of the Woman’s Club. We meet on the first Monday of every month at 10:00 a.m. at the home of Leslie and Barbara Montz. Our book selections vary from month to month. Sometimes we select a genre and everyone reads a book of their choice in that genre. Other times we select a book for everyone to read. For our meeting in January, we decided for each of us to select a book from the list of banned books, and after reading it, talk about why we think it was banned.

The Readers support RIF (Reading is Fundamental). We each donate \$25.00 a year. RIF is a literacy organization that was formed in 1966 by a former teacher. For over 50 years, RIF has built a legacy grounded on the basis that all children have the right to learn to read. In partnership with volunteers, companies and community organizations, RIF has distributed over 450 million books and impacted the lives of more than 40 million children nationwide.

If you have any questions about the Readers or would like to join us, call Edythe Muse, 714-968-2524, or email me at edythe1114@gmail.com. We meet on Monday, January 7th.

- **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 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 Community Foundation – Barbara Montz**
- **FV Historical Society – Cheryl Brothers**
- **Women’s History –**
- **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**
- **Photographers - Jeannine Trykar and Tami Masek**
- **Advocates for Children – Melissa Watanabe**
- **Guest and Birthday Balloons – Regina Huebner**
- **SOS – Karen Fox**
- **Adopt-a-Family : Karen Fox**
- **Newsletter Helper – Virginia Kalb**

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. 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:

Jan. 2 (Weds) Executive Board Meeting at 10:00 AM – The Girl Cave

Jan. 3 (Thurs) Luncheon reservations due to Mary Brown (No changes after this date)

fvwcluncheon@yahoo.com

Jan. 8 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00 a.m.

Jan 15 Deadline for 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