
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"



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

Hello ladies. Well, with the holidays and report writing behind us, it's time to move onward and upward.

We would like each of you to seriously consider joining the Executive Board. There is a lot of support amongst us. We all want our Club to be successful. So, if you get that phone call, please consider it at least.

Thank you for being so generous with the purses, diapers, and wipes for Orange District. We're looking forward to seeing you at our next meeting on February 12th.

Carol Hedenberg/ Donna Kubelka Co- Presidents



1st VP/DEANS – JoAn Poirel and Rita Koval

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



Hello Ladies,
Thank you!!

The Yearly Reports have been written and are now in the hands of District Chairmen. JoAnn and I are VERY grateful for our chairmen! Their cheerful enthusiasm has brought so many wonderful projects to our club. Special warm hugs to all of you!

Let's have a crowd go to convention!

All past Junior and Coordinators are invited to a special breakfast this year! Save the date...April 27!

Looking forward to another great year!

Happy New Year, Everyone!

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!

Hugs,

Rita & JoAn

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



2nd VP / MEMBERSHIP – Carol Proctor

(ccproctor@icloud.com)

Happy Valentine's Day to the members of the Fountain Valley Woman's Club...you are all sweethearts!

As of the January 2019 meeting, the Club membership count stands at 108. It is my understanding that member Leslie Lee has moved out of state. Efforts to reach Leslie through her current contact information as to whether she has resigned or not have been futile.

A gentle reminder: Please let 4th VP/Luncheons Chair Mary Brown know if you are bringing a guest to the February meeting by February 7th. Mary and I coordinate on guests as well as Club information for the guest as a potential new member. Also, any guest who decides to become a member will only pay \$20 dues until the end of the Club year, which is April 1, 2019.

Speaking of annual dues, a reminder that the FINAL DATE to pay your \$40 annual membership dues for 2019-20 is ALSO APRIL 1, 2019. According to ARTICLE IX, DUES, Section 1.b. of the Bylaws: The annual dues are payable on or before April 1 and are in arrears as of May 1. (*Underlined for emphasis*).

I am letting the membership know of the annual dues now so checkbooks can be brought to the February or March meetings to pay the dues early and before the deadline. If you could please get your \$40 check in to me at the February or March meetings or mail it to me (payable to FVWC), I would greatly appreciate it. If mailed, I would encourage you to do so by March 25th as all dues are to be forwarded to Treasurer Marilyn Ryan by April 1. Dues paid at the April 9th meeting are technically past due and can really create an accounting havoc--so please have mercy on both Marilyn and me! :)

As an added incentive, all members who submit checks (and cash) to me for their annual dues at either the March or April meetings will receive a raffle ticket. I will pull a ticket at the April 9th meeting and the lucky winner will receive \$40...the cost of the annual member dues!



3rd VPS /PROGRAMS
Barbara Montz & Lynn Seeden



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

Our February program will be Marcia Willett, Orange District President. She will inform us on the “History of the Federation of Woman’s Club”

March program will be Robert Houston, City of Fountain Valley Manager, and Rob Frizelle, Parks and Recreation Director.



4th VP / Luncheons - Mary Brown

fvwcluncheon@yahoo.com

714-893-4831

Fantastic, that is what I thought of our speaker for January. She was full of information on Segerstrom Center for the Performing Arts.

So much they do for our children.

Our lunch choices for February are: Assorted Sandwich Bar and Side Salad, Chips and Salsa or Salmon with a side Salad

If you are not on the permanent list or would like Salmon, please call or email me no later than February 7th, 8:00 pm. And if you cannot make it that day let me know, because if you are on the permanent list and do not call or email you will be charged \$25.00

If you would like to bring a guest, please call or email with that information and we will make accommodations for them. I thank you all for your co=operation on these matters. See you in February.

Remember, we take credit cards for your lunch cost. \$26.00 will be charged to your credit card to cover cost of using a credit card.

Mary J. Brown

4th VP Luncheons

e-mail: FVWCluncheon@yahoo.com

Ph. # 714 803-4831



5th VP / Ways & Means – Georgette Sleeth

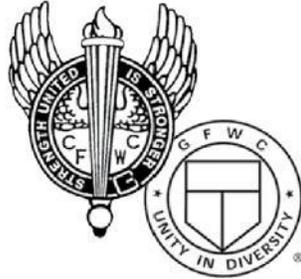
It's hard to believe but it's already time to start working on our Spring Social/Scholarship Fundraiser! This year's Murder Mystery Dinner and Show will be held on the evening of April 13th (we will have location and times for you at the February club meeting), and we plan to once again SELL OUT the venue!

Multiple baskets will be available for raffle and silent auction prizes will be available for bidding. Even if you can't attend, raffle tickets will be available for purchase at our meetings and you can encourage your friends and family to come. We hope you'll join us in this effort to raise scholarship money for our deserving Fountain Valley graduating seniors!

There are several easy ways you can help with this event:

1. **Attend** the Social and invite everybody you know!
2. **Donate** for our various raffles! We are in need of many items for the raffle baskets and also gift cards (a minimum of \$15 preferred) for our gift card trees. **Please begin bringing your donations to me at the February meeting!**
3. **Underwrite** the cost for the event. The less money we need to spend on expenses for the event, the more money that will go towards scholarships. If you would like to make a donation towards the catering, alcohol or venue costs, any amount is appreciated, and you may give your check to me at the February or March meeting.
4. **Solicit** local businesses for donations. We are especially in need of large ticket items for the auction, but any donations are appreciated! Hit up the places where you are a regular customer and have an established relationship. Please see the attached donation letter that you may use when approaching business owners.
5. **Volunteer** your time. There are ample opportunities to take part in putting on this event. We have need for members to help with ticket sales, gift basket assembly, greeting/seating guests, checking guests in, decorating, setup, cleanup, etc. There will be a detailed sign-up sheet for volunteers at the February meeting.
5. **Sell** raffle tickets! Winners need not be present, and we want to make as much money as possible so sell tickets to everybody you know!

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



January 15, 2019

Dear Friend,

Fountain Valley Woman's Club, the oldest non-profit organization in the City, hosts fundraisers throughout the year in support of its philanthropic endeavors.

On Saturday, April 13th, we will hold our annual Spring Social to raise funds for local graduating high school senior scholarships.

The Fountain Valley Woman's Club is asking for your support in this event by providing a gift card, donation, or product from your company.

The generous support from individuals and businesses like you makes it possible for our organization to exist and to make the community a great place to live.

Fountain Valley Woman's Club is a 501(c)3 tax exempt non-profit organization, FEI #23-7124861, group exemption #8288. Your contribution is tax deductible to the extent allowed by law.

Once again, many thanks for your generous support. We are exceedingly grateful.

Sincerely,

Fountain Valley Woman's Club

Georgette Sleeth

5th Vice President/Ways & Means - Chair, Spring Social Fundraiser 2019



SECRETARIES
Anna Katsuki and Ann DePierro



GENERAL MEETING
FOUNTAIN VALLEY WOMAN'S CLUB
Claim Jumper Restaurant
January 8, 2019

CALL TO ORDER & WELCOME AND HAPPY NEW YEAR: Presidents Carol Hedenberg/Donna Kubelka: 11:01 a.m.

RENEWAL OF PLEDGE OF ALLEGIANCE: Peggy Kane

INSPIRATIONAL: Mandy Hall:

INTRODUCTION OF GUESTS: Lynn Seeden, Christine Futts

ANNOUNCEMENTS/BUSINESS:

- Welcome back Mary Brown. Marilyn Bennett is recuperating from her foot surgery. JoAnn Poirel had knee replacement surgery last Friday.
- If you want to charge your lunch beginning in January, it will cost \$26.00 to use Visa or Mastercard.

SECRETARY: Ann DePierro/Anna Katsuki

- Minutes of December General meeting are remanded to a committee of three. Minutes accepted as corrected.
- No Correspondence:
- **BOARD RECCOMENDATION:** To renew Club membership to Fountain Valley Chamber of Commerce for 2019 at the cost of \$315.00. The motion was adopted 100%. Janice Vuong accepted the chairmanship for the Chamber of Commerce.

TREASURER: Marilynn Ryan

- December 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.
 - Today the club continues to collect any purses for Domestic Violence Victims Project, diapers and wipes for March of Dimes Project, and additional Dr. Seuss books for Read Across America Project.
 - **CHAIR REPORTS:**
1. Share Our Selves: Karen Fox, thank yous for the homeless, and Adopt a Family; Christmas deliveries were made, and donations covered all the needs. Leftover monies were returned to the club.

2. Readers; Edythe Muse
3. Penny Pines; Louise Hicks

4. Health; Kathleen Rockney; 5K run registration fee, Steppers, 1,000,000 goal,
5. Barbara Montz; discussed future programs
6. International Outreach; Anna Katsuki; \$750 plus allowed purchase for several items.
7. Women Helping Women (Men) Robin Fayette
8. Blanket Makers; Bobbie Hoole
9. Arts Community Service Program, Jan Heistermann, attend lunch, discussion followed for competitive art forms.
10. 2019 calendars; Leslie Montz
11. Historical Society: Lynn Seeden, 50th celebration

2nd VP/MEMBERSHIP: Carol Proctor

- 109 current members

3rd VP/ PROGRAMS: Lynn Seeden/ Barbara Montz,

- Today's program: Talena Maria, Vice President of the Education from Segerstrom Center presenting "Understanding the Magic of the arts and what our premier performing arts Center has to offer.
- February will be Orange District President Marcia Willett.

4th VP/LUNCHEONS: Mary Brown

- Today lunch is the Breakfast Buffet.
- February's menu is a sandwich assortment and salmon with a small salad.
- Today's centerpieces are provided by Louise Hicks.
- Name badge free lunch drawing for January won by Alison Ouren.

5thVP/WAYS & MEANS: Georgette Sleeth

- Holiday Progressive Social report. The rounded amount of \$3,427.00 has been raised for the club.
- Next Bunco Night fundraiser will be on January 17th. Sign-up sheets are in the table folders. Pot luck; please bring drinks, dessert, and appetizers.
- Scholarship Fund Raiser will be April 13th. Venue to be determined.

PARLIMENTARIAN: Karen Fox

- Elect 5 members and 2 alternate members for the Nominating Committee. The nominees are Virginia Kalb, Marilyn Walker, Sheryl Glass, Carolyn Herzog, Alison Ouren, and alternates Margaret Abend, and Jill Ruiz. The motion was adopted 100%

RECESS

BLESSING: Mandy Hall

LUNCH

12. Health; Kathleen Rockney; 5K run registration fee, Steppers, 1,000,000 goal,
PROGRAM:

- Barbara Montz introduced Tolena Mara, Education Director for the Segerstrom Center for the Arts.

BIRTHDAYS: 7 for January.

BRAG BOX: Jill Ruiz

OPPORTUNITY DRAWING:

- Won by Karen Fox

ANNOUNCEMENTS/NEW BUSINESS

- Articles for next newsletter are due to Donna Kubelka by the 15th of the month.

ADJOURNMENT: If there is no further business to come before this group, we are adjourned __1:03__ p.m.

Respectfully Submitted
Ann C DePierro anndepierro@hotmail.com



Treasurer – Marilyn Ryan

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

	Balance as of November 30, 2018	\$7,433.13
Income	Lunches	\$1,780.00
	OD Council Meeting	\$90.00
	Raffle/Holiday Social	\$1,551.00
	Blanketmakers	\$147.51
	Opportunity drawing	\$48.50
	Brag Box	\$11.00
	Heifer Intl	\$114.95
	Pennies for Pines	\$42.33
	Holiday Social	\$619.45
	Directory sale	\$5.00
	Cup of Joe	\$63.05

Square deposit test		\$0.81	
Bank deposit adjustment		-\$10.00	
	Total Income	\$4,463.60	\$11,896.73

Expenses

#5403	Can covers/Heifer and Penny Pines	\$18.27	
#5404	Name badges – Proctor	\$22.84	
#5405	Server gifts - Hedenberg	\$75.00	
#5406	Claim Jumper Dec lunches	\$1153.44	
#5407	CJ contract renewal 2019	\$200.00	
#5408	Raffle tickets – holiday social	\$23.68	
	Total Expenses	\$1,493.23	\$10,403.50

Designated Funds

Advocates for Children		\$55.00	
S.O.S.		\$129.57	
Blanket Making		\$316.42	
2018 Pennies for Pines		\$366.33	
2018 Heifer International		\$583.08	
2019 Scholarships		\$296.53	
FV Living Magazine		\$100.00	
Bunco Fundraiser		\$521.08	
Held in Reserve		\$300.00	
	Total Designated Funds	\$2,668.01	
Total Available Funds			\$7,735.49

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 -**
[February 2 Mile Square Park 5K + Million Stepper Update!](#)

I hope you've successfully registered for this great annual walk for charity to be held on February 2 on the Brookhurst/Heil side of Mile Square Park.

The 5K page is at <http://fvcommunityfoundation.org/160/FV-Fit-Body-Boot-Camp-5K-Run>, then click on the online registration link to register or donate. You can also register in person at the Recreation Center at 16400 Brookhurst. Depending on when this newsletter goes out, prices may have gone up and you might need to register in person now.

Reminder: All FVWC members who will be walking/jogging in the 5K are invited to meet around 7:30 AM on Feb. 2, at the t-shirt table (where last-minute folks can register and pick up t-shirts). We'll get a group photo, and then head over to starting line. As the race starts, we'll naturally separate smaller groups, by how slow or fast we each are.



the
into

After the 5K and awards ceremony (we hope a few of our speedy members win!!), please make your way to the Mile Square Golf Course coffee shop (the entrance of the Mile Square banquet building complex is at Warner and Ward) and join us for breakfast! We won't worry about reservations. We'll just gather, 4 at a table, and enjoy a nice post-walk breakfast together. NOTE: This restaurant is closed right now for kitchen remodeling, but they have assured me that they plan to reopen around January 26 well in advance of our special day.

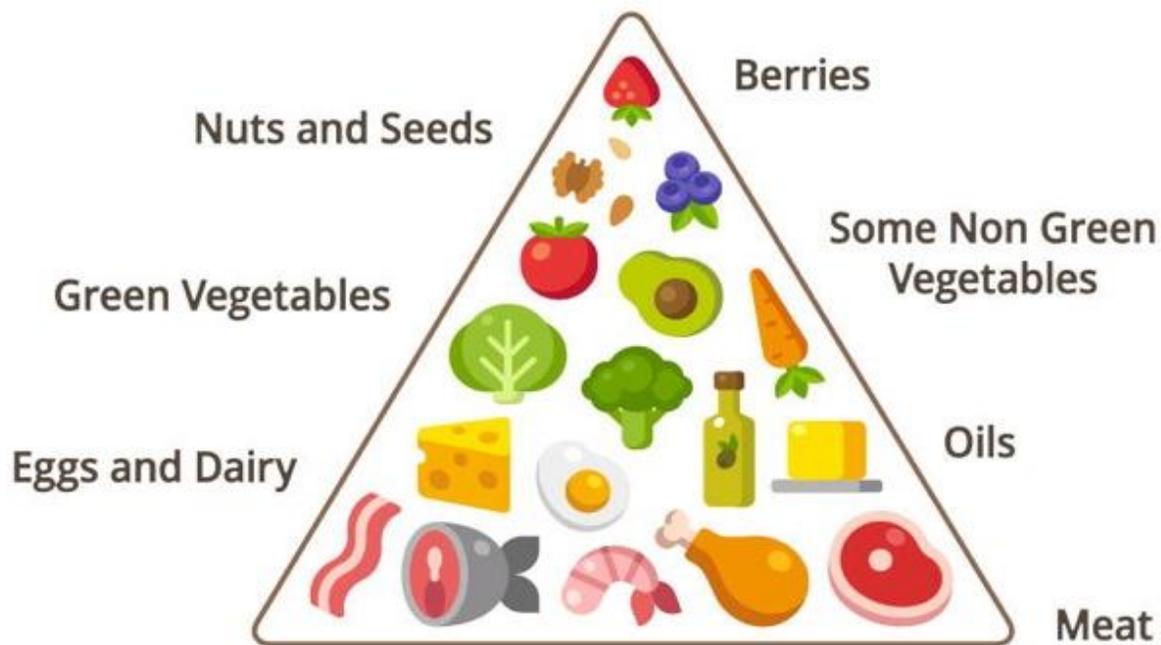
We now have 22 steppers who are walking and logging their steps starting on January 6, in our "Million Step Project". Many newbies have joined us this year. Please support our group by cheering us on at the 5K and by occasionally walking with one of us.

February - American Heart Health Awareness Month!

Heart health science has finally caught up with what dietitians and nutritionists have known for decades: sugar and starch are key triggers for stiff arteries that then tend to collect plaque. If you've heard of "ketogenic" lifestyle diets, and haven't yet seen what they are, I'm including their food pyramid here.

Of course, always consult with your own physician and nutritionist before shifting your food choices. But, in general, this food plan calms the pancreas, eliminates the need for excess insulin, releases excess weight, and encourages supple, flexible arteries.

A Look at the Keto Food Pyramid



Exclude:

-  Bread
-  Pasta
-  Sugar
-  Milk
-  Corn
-  Beans
-  Rice

From the kissmyketo.com website: "You probably noticed that the "standard" food pyramid lists whole grains, legumes, pasta, rice and other carb-rich foods at the bottom. Well, the keto food pyramid completely excludes these sources of carbs and replaces them with: leafy greens, low-carb vegetables, nuts and seeds, berries and low-carb fruit."

Just think of this as another option to help you choose what is best for you, again with the partnership of your physician and nutritionist.

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.

- **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**

- **Pull -Tabs and Heifer International**

Just a reminder to collect those pull-tabs. Ask family and friends to help out. Remember, we are helping many families at the Ronald McDonald House during challenging times for their children. At each meeting look for the cardboard house to drop off your pull tabs. A big thank you to everyone who has donated and continue to donate!!

At our monthly meetings you will see a Heifer Can on your table. This international organization helps children and families all over the world, including the U.S.A. Due to your generosity we were able to "buy":

\$215.00 One goat, two ducks, three rabbits and four chickens

\$150.00 To support a girl's education

\$100.00 for \$500.00 worth of urgently needed clothing, shoes and more
for children in the USA

\$100.00 for \$400.00 worth of emergency food for children in Africa

\$100.00 for \$500.00 of life saving medicines and supplies

\$100.00 towards a clean water fund

Our donation has touched the lives of hundreds. Thank you and let's continue because together we accomplish much.

- **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:

Feb. 5 (Tues) Executive Board Meeting at 10:00 AM – The Girl Cave
 Feb. 7 (Thurs) Luncheon reservations due to Mary Brown (No changes after this date)
fvwcluncheon@yahoo.com
 Feb. 12 (Tue) FVWC Luncheon/Meeting, CLAIM JUMPER, 11:00 a.m.
 Feb 15 Deadline for Fountainhead articles to Donna Kubelka

ORANGE DISTRICT, CFWC and GFWC:

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 16
 June 26 –July 1, 2019 GFWC Convention, Austin, Texas

