

RWC Gazette



Happy Fall!

President's Message

Well, here it comes. The signs are everywhere – around every corner, in the isles at your friendly super market, candy store and novelty store. **Halloween!** Could it get any scarier? I think there is even more to choose from. Remember to save all that unused candy, as we will be collecting it in November.



I want to congratulate you all on the wonderful job you are doing in bringing items to send to our troops that are still stationed in the Middle East. Even though we have sent thousands home, there are still thousands there, and they need our constant support. Remember, the girls like to be girly with nail polish for their toes and don't forget the sanitary items.



OCTOBER, 2010



I just want you to know that, even though I am wearing three new hats with District, I will always have time for my best friends – the girls of RWC. Keep those hugs coming, and I will make sure you always have laughter.

Remember, "A woman's beauty is not a gift to man – only a bribe"!

Member of
GFWC & CFWC
Orange District 22

Celebrating
50 Years



RWC President
Dodie O'Keeffe

President's Theme
*Every day is a gift,
Embrace it!*
-Sandy Howe

Board Meeting
Tuesday, October 5th
2:00 pm
Rossmoor Library

Mission Statement—

The Rossmoor Woman's Club supports our community through volunteer service, fundraising for scholarships to our local schools, and contributions to local charities while promoting the spirit of friendship among our members.

Gazette Editor:
Denise Laube
dlaube@socal.rr.com

Hospitality

Edette Price, Chair



RWC GENERAL MEETING

Wednesday October 13th

10:45 AM

Cost: \$23.00 (Checks only)

Old Ranch Country Club

3901 Lampson Avenue

Seal Beach, CA

Reservation deadline is noon the Friday before the meeting

Directions: From Rossmoor, take Seal Beach Blvd. to Lampson. Turn left on Lampson. Go down Lampson to Basswood; turn left on Basswood into Old Ranch Country Club.

Standing Rule #20 in the Redbook states: Attendance at a General Meeting, including Reservations without a valid cancellation, requires full payment of a meal fee.



Registrar

Beverly Hunter and Jessica Webber

You must make your reservation each month by 12:00 Noon on the Friday prior to the meeting.

For reservations, please call Bev Hunter or Jessica Webber between 9AM-9PM only. If no one answers, leave your name and the number of reservations on the answering machine.

Reservations/Cancellations

Beverly Hunter
(562) 431-6217

or

Jessica Webber
(562) 597-9831

No Standing Reservations
No accommodations can be made after the above stated deadline.

If you are a vegetarian, you may order either a large salad or a plate of vegetables instead of the regular luncheon.

In order to accomplish this, you must inform the registrar at the time you make your reservation.



They are ready to give you answers!

Programs

Yolanda Vargas, Chair & Linda Kirkpatrick Co-Chair

"Wellness Through a Conscious Lifestyle: Simple Choices for Living a Stronger, Healthier, and More Joyous Life"

Presented by: Vitality Entrepreneurs

Presenters: Emily Duval, Aliye Ayden, and Cheyana Van Dender

Vitality Entrepreneurs bring their signature humor and no-nonsense approach to explain what eating and living healthfully really means - from the dirt your vegetables grow in to the way nutrients travel through your bloodstream - and why an active lifestyle brings more joy and vitality. Feel free to come with burning questions!



Holiday Home Tour

By Pat Aldridge



Happy Holidays

The houses are selected, the vendors signed-up, and the ads for the ticket are selling fast. Things are going great for the 2010 Holiday Home Tour and Boutique, but we could still use your help. We meet every Monday at 2 pm at the Rossmoor Library.

We would love to have you join us, so come to our next meeting. There is still lots to do. See you Monday!



Membership

Beverly Rigney, Chair

It was great to see everyone again after not having our meetings for two months. There is such excitement at Club as quite a few members are bringing guests to the meetings, hoping they discover what a great group we are and want to join us!

Clara Maxwell brought Marti Prouse. Donna Kelly brought long time friend Catherine Furman and new member Cheryl Williamsen invited Emily Knell.

We did install a new member

at our September meeting. Her name is Sue Owen. She is an avid walker having participated in the Susan G.Koman for the Cure the last four years. When not assisting in the Special Ed classes at McGaugh, Sue loves to garden and volunteer for RHA neighborhood watch. She has two basset hounds named Lucy and Ethel. She was introduced to Rossmoor Woman's Club by our member and her friend Nina Millar. They met while walking their dogs. Sue's information will be in the new redbook

but here it is if you need it before October.

Sue Owen
11511 Donovan Road
Home phone 562-431-6571
Business phone 562-799-4560
Cell phone 562-743-6586
Her birthday is August 21
Husband's name is Clint
email: sowen21971@aol.com

Please note Louise Newald's new address & phone number:
7890 E. Spring St., #2C
Long Beach, CA 90815
562-342-6916



Helping Marines, One Package at a Time

Kathy Verdugo

Marlene Blaue let us know how miserably hot (130 degrees!) the troops were this summer in Afghanistan. They were very happy to have sunscreen and lotion in their packages. Recently the female Marines asked for nail polish. They are not allowed to polish their finger nails but enjoy having their toe nails polished because it makes them feel feminine. So please consider bringing nail polish to the General Meeting so we can help make the women feel pretty. And since this month is Halloween, please bring Halloween candy and decorations that can be packed. Candy and decorations can also be purchased on sale after Halloween. Marlene said they don't care if they get holiday items after the holiday – they still love getting them. Please be sure to note your contributions and time spent on your pink form. This is very important work and we should get credit for it. And, as always, thank you for your generosity. Bringing some happiness to these very special people feels great! Doesn't it? Marlene personalizes the packages by sending pictures, names and well wishes of the people who help her with supplies and monetary donations. She gave me a picture of a

Marine standing in front of a bulletin board at the base in Africa where the Marines fly in and out of Afghanistan. On the bulletin board is a picture of the Rossmoor Woman's Club. Isn't that amazing?! I am bringing the picture to the meeting so you can see it. If you want to provide financial support, please make your check payable to Marlene Blaue. Mail it to her home at 12202 Wutzke St., Garden Grove, CA 92845-1851. Again, note your contribution on your pink form.

Marine's List of Things They Want or Need

Thermos, DVD movies (especially scary or funny ones), Lysol or Febreze spray, books (hardback or soft cover), black or white socks, sunflower seeds, Twizzlers, cookies (Oreos, Famous Amos,



M&M, chocolate chip), coffee mugs, coffee, Creamora, sugar, tea, tuna, coffee candies, cocoa, foot powder, baby powder, body powder, foot spray, board games, magazines (sports, cars, People, Time, Newsweek for men), women's



magazines for the ladies,

crossword or word find puzzle books, jigsaw puzzles, Texas Hold'em Poker sets, cards, dominoes, dice, old Beanie Babies (for the local children), disposable cameras, Skittles, Starburst, Pop Tarts, cheese crackers, any crackers, fruit cups, pudding cups, Macaroni and Cheese, Chef Boyardee foods, canned food that can be put in a microwave, toothbrushes, toothpaste, razors, shaving cream, little hotel size anything, dental floss, wipes, hand sanitizer, eye drops, shampoo, conditioner, lotion, soap, body wash, loofas, gum, trail mix, nuts, lip balm, sun screen, M&M candy, cinnamon candy, Dentyne or any gum, Altoids, sweet and sour candy, (everything there tastes like sand, dessert and camels), mouthwash, dried fruit, hot sauce for their food, writing pens, paper or pads, or greeting cards they can send home to their families. The smaller items they can carry with them – the larger bottle of things they can share!





CFWC FEDERATION

Kathy Verdugo, Dean

Dodie O'Keeffe, Nina Millar, Ann Poissot, Pat Aldridge, Barbara Needham and I attended the District Council Meeting on September 10, 2010. The presentation by Guide Dogs for the Blind was very informative from breeding to retiring the dogs from service. There were demonstrations on how the dogs are trained including an adorable ten month old Black Labrador Retriever. It was very moving to hear a young woman speak about her personal experience of becoming visually impaired because of juvenile diabetes and how she was trained and matched with her dog which has been with her for seven years. I will share one of their publications and their cookbook with you at the October General Meeting.

I encourage you to attend "Ageless Beauty" presented by

Ageless Beauty—Interval House Benefit

By Nina Millar

"Ageless Beauty" Event to benefit Interval House

Thurs. Oct. 21st 6-8pm
 Aegean Designing Whims,
 3782 Cerritos Ave. Los Alamitos

Patient Preferred Dermatology (on Katella Ave) contacted RWC over the summer wanting to organize a fun, educational & charitable event. As October is domestic violence awareness month and is GFWC's signature project, our board approved Interval House as

Patient Preferred Dermatology in conjunction with RWC on Thursday, October 21, 2010 at 6:00 p.m. at Aegean Designing Whims.

Please mark your calendars now for the Area D Conference to be held Saturday, October 23, 2010 at Harrah's Rincon Casino and Resort in Valley Center. Cost is \$25 for registration, a catered buffet lunch and speakers. Meet CFWC President Kathi McGraw, First Vice President Valerie Barnes and Second Vice President Chris Herzog. It is a one day affair but rooms are available for \$99 for those who wish to stay overnight. There is shopping nearby for those who are not interested in gambling. The deadline to register is 10/10/2010.

the recipient of the donations. Our own member, Chrysteen Braun, will graciously host the evening at her business, Aegean Designing Whims. RWC members, patients of Preferred Dermatology, Designing Whims' clients, and all your friends are invited to come & learn about "ageless beauty".

Dr. Lani Clark and Staff, along with several skin care and product representatives will be there to answer your questions.

"Federation Fun Day" will be Thursday, 10/28/10 at The Ebell Club of Anaheim. Cost is \$12 for a Bingo and Bridge Luncheon. Please let me know by October 18, 2010 if you would like to attend. More information is available on the Orange District website <http://orangedistrict.org> along with "The Orange Peel" which is published in October, December, February and April. CFWC now has an electronic newsletter called "CFWC Quick Bytes." The website is www.cfwc.org

The next Orange District Council Meeting will be held on Friday, November 12, 2010 at the Phoenix Club in Orange. If you would like to attend, please let me know by Wednesday, Nov 3, 2010.



*Free Samples, Door Prizes & Refreshments

***Visit the RWC table promoting our Club & Holiday Home Tour**

***Receive a special gift** from Patient Preferred Dermatology with a donation of cash or a gift card from Target, Walmart or grocery store for Interval House (suggested \$25.00) A percentage of product sales will also benefit Interval House.

Call (562) 493-0270 (Nina) to sign up today!



First Connection

Chairperson Needed

There is no information for the First Connection Section as there is no Chairperson.

\$46.89 was collected for We Care at the September, 2010 meeting in the donation cans on the tables.



Treasurer

Ann Poissot

August 2010

Farmers & Merchants Ck/bk Bal.,	
7/31/2010	\$15,402.29
Receipts	46.00
Disbursements	<u>-1,235.99</u>
Ending Reconciled Balance,	
8/31/2010	\$14,212.30

Net Worth—As of 8/31/2010

ASSETS

Cash and Bank Accounts	
F/M Checking	\$14,212.30
Chase Scholarship Trust Checking	107.00
F/M Cert of Deposit	5,268.64
Chase Cert of Deposit	<u>11,110.57</u>
Total Cash & Bank Accounts	\$30,698.51

TOTAL ASSETS & NETWORTH **\$30,698.51**



ABC Blankets & Quilts

By Mary Suding

Letter from UCI Neonatal Intensive Care Unit

“Dear Mary:

I thank you and the Rossmoor Woman's Club for all the blankets and quilts you have made for our special babies over the years. The parents love them so, and the nurses are so excited to decorate each baby's bed with the blanket or quilt that the ladies make lovingly.

Although all of us are sad to see the ABC Quilts & Blankets program come to an end, we remain grateful to you for all that we have received over the years. May God bless all of you.”

Sincerely,

Sonia Palacio, LCSW
Neonatal Intensive Care Unit



Sonia and Mary



Final Delivery

Home & Garden

Donna Kelley, Chair and Emily Knell, Co-Chair

Donna Kelly has offered to be Home & Garden Section Chair, and Emily Knell, soon to be our newest member, will be Co-Chair. We are so excited to have these ladies volunteer to lead us this year.

Home & Garden Section Meeting/Outing

Wednesday October 6th
Laguna Nursery

Demonstration & Shop @ this Unique Nursery & then out to lunch. Owner, Ruben has won over 125 awards for landscape design.

Meet behind Stats 9:45 am.
Leave 10:00 am
Nursery & Demonstration 11 am – noon
Lunch 12:00

Call Janet Wagoner for reserva-

tion 594 4096 (between 10 am – 9 pm) by Monday, October 4th. Please call to cancel if you cannot come.

Come prepared to drive if you signed that you could drive. \$1.00 will be collected for Section Dues and \$3.00 each should be given to the driver for gas.



Single Again

Joyce Anderson

Date: Tuesday, October 26th
Time: 5:30 PM
Place: To Be Determined

Please call Joyce by Saturday, October 23rd if you are planning to attend.



Joyce will announce the place at the October General meeting

Friends of the Library

Jean Friedrichs

Please join us for an "Afternoon With Authors" of mystery, Harley Jane Kazak and Brett Battles on Sunday October 3, 2010 at 3:00 p.m. at the Los Alamitos-Rossmoor Library.

Harley, who is also an actress, is the author of "A Date You Can't Refuse" and "Dating Dead Men".

International thriller writer, Brett Battles is the author of "The Cleaner" and "Shadow of Betrayal".

The Library is located at 12700 Montecito Road, behind the Shops at Rossmoor.

Please call in a reservation to 562-430-1048, ext. 2 or register at the Front Desk in the

Library as refreshments will be served.



Harley Jane Kazak



Brett Battles

Potpourri

Clara Maxwell & Bobbi Parkes, Potpourri Chairs

Oktoberfest Luncheon

Date: Thursday, Oct 28th
 Time: 11:15 am
 Where: Nita Woolston's home
 2742 Oak Knoll Dr.
 Los Alamitos

Cost: \$9.00

Checks only please

To make your reservations,
 please call Paula Poyer at
 (562) 598-2682 by Monday,
 October 25th.

No standing reservations



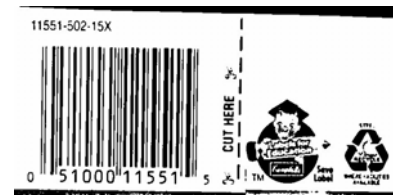
Orange County Deaf Advocacy

Nita Woolston

Please save the “Campbell Brand
 Soup **and** Swanson products”
 containing the UPC and Labels
 for Education logo (see example
 to right). Please bring these

labels to the monthly RWC
 General Meeting. I will be col-
 lecting them for the Orange
 County Deaf Advocacy.

Thank you!



Book Lovers

Dodie O'Keeffe, Chair

Date: Thursday, Oct 21st
 Time: 10:30 AM
 Hostess: Joyce Anderson
 Where: 10681 Oak St. #37
 Los Alamitos

**Be courteous,
 Please call if you can attend!**





Birthday Girls

There are no plans for the Birthday Girls luncheon as there is no chair.



October Birthdays

Frieda Koester	Oct 1
Kieko Nakao	Oct 3
Pat Davis	Oct 6
Zelma Norrington	Oct 8
Georgelyn Seligman	Oct 9
Eileen Hook	Oct 19
Elaine Kelly	Oct 22
Judi Kitchen	Oct 23
Hazel Whistler	Oct 28



Flower: Calendula



Birthstone: Opal



Bunco I

Anna Moore, Chair

Date: Wednesday, Oct 20th

Time: 1:00 PM

Hostess: Barbara Cherno

Where: 3151 Oak Grove Road
Rossmoor

get one—also please be on time.

If you need a sub, please get one and let Anna know.



If you need a substitute, please

Bunco II

Carol Lauitsen, Chair & Joyce Anderson Co-Chair

Date: Tuesday, Oct 19th

Time: 1:00 PM

Hostess: Jessica Webber

Where: 661-103 Wakefield Ct
Long Beach 90803
(562) 597-9831

Please be on time. Remember, if you need a substitute, please get one and contact the Hostess with your replacement's name.



Inspiration

Janet Wagoner, Chair



A Friend

A friend is someone we turn to when our spirits need a lift

A friend is someone we treasure for our friendship is a gift

A friend is someone who fills our lives with beauty, joy, and grace.

And makes the world we live in a better and happier place.

There is a miracle called friendship that dwells in the heart.

You do not know how it happens or when it gets its start.

But you know the special lift it always brings.

You realize that friendship is the world's most precious gift!

So think of all your friends, no matter how often you talk, or how close you are,
Let old friends know you haven't forgotten them, and tell new friends you never will.



Who is She?

Which of our wonderful members recently shot a m16a2 automatic rifle for 30 minutes in a mock up of Falusia at Camp Pendleton? (She's a darn good shot, too)!





Amenities

Clara Maxwell, Chair

“Jedy” Lyle was hospitalized for 2 days prior to our September meeting with her back problem. She told me she is in constant pain. Hopefully the medication they are giving her will aid her aches and pains. If you wish, you can send her a greeting card or call her.

Mary Suding continues to have problems with muscular dystrophy. She is trying to cope with her problem and

Conservation

Vera Sample

THE WATER CYCLE

Nature recycles water over and over again. Here's how it works:

1. The sun shines on lakes, rivers, streams and oceans. Heat turns water into invisible water vapor. This is called evaporation.
2. The vapor rises into the sky, where it cools. When it gets cold enough, the vapor turns into clouds. This is condensation.
3. The clouds get cooler. Tiny drops of water vapor turn into rain, snow, sleet or hail. We call this precipitation.
4. Most precipitation falls back into the ocean, but some falls on land. Most of the water eventually finds its way back into the ocean through rivers and under-

plans to be at the October meeting. If you wish, you can send her a greeting card or call her.

Nanette Dahlen Wan's daughter, Jessica Wan, lives in San Bruno, about a quarter of a mile where they had the gas explosion. She was not home at the time it happened. She is back safe in her apartment. Nanette says thank you all for your prayers and concern.

ground sources.

The cycle starts over again.

WATER BY THE NUMBERS

70 percent of our planet is water. 97 percent of that water is salt water.

2 percent of our water is frozen in glaciers or ice caps. Less than 1 percent of the Earth's water is freshwater that we can drink.

WATER ----LIFE

Every living thing on Earth needs water to survive. Humans can live only about three days without water. But humans and animals can't drink salt water from the oceans.

All of you members, try to stay healthy. Call me at (562) 431-7804 to let me know of problems you or one of our RWC members are having. I will gladly send cards or flowers to cheer them. Let me know if anyone is becoming a mother, grandmother or great grandmother, Keep laughing, it helps you to stay in good humor.



So we have to conserve, or save, water when we can.

The Mini Page---Betty Debnam, Founding Editor and Editor at Large The Sunday Register new paper.



Domestic Violence

Alice Marie DeLeon, Chair

HOW EXCITING TO LEARN OF THE EVENT AT DESIGNING WHIMS TO BENEFIT INTERVAL HOUSE! PLEASE READ NINA MILAR'S ARTICLE AND GO TO SUPPORT THIS IMPORTANT CAUSE. OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH. PLEASE WEAR PURPLE AT OUR OCTOBER MEETING TO SHOW YOUR SUPPORT.

Raise Awareness About Domestic Violence

What began close to two decades ago in scattered communities as a visible gesture of support for survivors and victims of domestic vio-

Emergency Preparedness

By Cheryl Williamsen

All officials representing Emergency Responders (police, fire dept, paramedics) say that it will take 3-5 days before any individual can expect help, in the advent of a disaster. Perhaps it will be 7-14 days, depending on the type of disaster. Your community church/temple, place of work, & neighbors cannot take care of everyone; therefore we must be individually prepared.

Earthquakes are an immanent threat in Southern California. A magnitude 6.0 in our area equals a 8.0 on the San Andreas

lence, today has become one of the most widely recognized symbols of the battered women's movement – the purple ribbon. Across the country, families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic violence in their communities. In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that



there's no place for domestic violence in the homes, neighborhoods, workplaces or schools of its citizens.

If you or someone you know is in an abusive relationship, call the National Domestic Violence Hotline at 800-799-SAFE (7233) or TTY 800-787-3224, or your local domestic violence program (listed below). All help is FREE and CONFIDENTIAL.

I WILL BRING CARDS AND REFRIGERATOR MAGNETS FOR YOU TO THE OCTOBER MEETING IN CASE YOU DIDN'T GET ONE LAST YEAR. SEE YOU AT THE OCTOBER MEETING!

fault, due to our soil type and proximity to the Newport Englewood Fault. The 2010 Great California ShakeOut is occurring statewide on October 21st at 10.21 a.m. Register today! Learn what to do, how to be ready! <http://www.shakeout.org>

Go to ReadyOC.org and click Promise to Prepare! If you do not have internet access, leave a message at 562-596-5078 and materials will be sent to you.

Join Rossmoor residents who are working to bring the com-



munity together to be better prepared to help each other in the event of a disaster. The RHA Emergency Preparedness Committee meetings for the remainder of 2010 are: Sept. 16, Oct. 21 and Nov. 18 at 7PM, East Room Rush Park.

Plan, Prepare & Practice

Alamitos West
Carol Lauritsen, Chair



Special Birthday Celebrations Procedures

1. RWC volunteer member is to contact Charlene (Director of Activities) at the Alamitos West facility (562) 596-5561.
2. Order 1/2 birthday cake or pick up an already made cake (try to spend less than \$20).
3. Attach this receipt to an

- RWC Reimbursement Form and give to our Treasurer, Ann Poissot. She will issue you a check.
4. Take the birthday cake to the Alamitos West facility at 1:00 PM the **LAST FRIDAY OF THE MONTH.**
 5. Visit with the birthday people.
 6. When you complete your assignment, please contact

the next person on the list to remind them to purchase the cake.

We need volunteers for this worthwhile endeavor. Please contact Beverly Shaw if you can help.



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JACK GROH

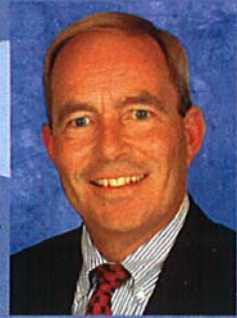


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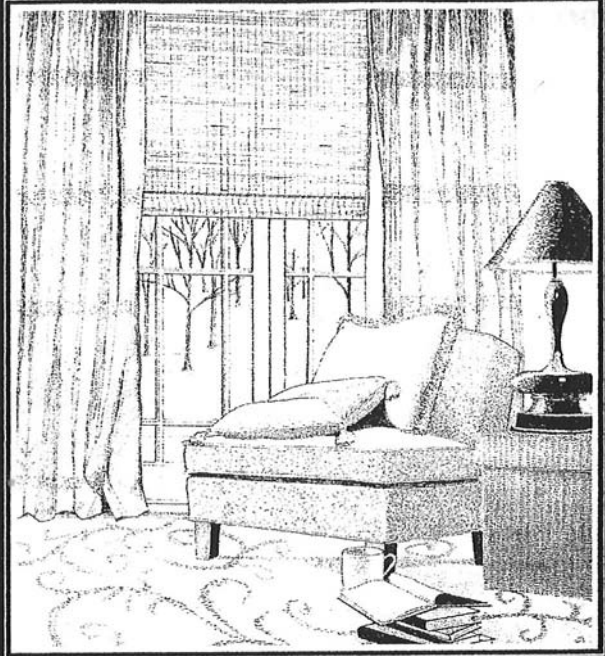
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Value Dated Material
Do Not Delay Delivery

October 2010

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 Afternoon w/authors	4 Home Tour Mtg	5 Board Meeting	6 Home & Garden	7	8	9
10	11 Home Tour Mtg	12	13 General Meeting	14	15	16
17	18 Home Tour Mtg	19 Bunco II	20 Bunco I	21 Ageless Bty/Booklvr	22	23
24	25 Home Tour Mtg	26 Single Again	27	28 Pot- pourri	29	30
31 						

A Reservation Made is a Reservation Paid