



GFWC CALIFORNIA CLUBWOMAN MAGAZINE

Chris Herzog



CFWC President - 2026 - 2028

Be Useful

Be Loving

Be Federated

JUNE 2026

Cindy Sanders



CFWC 1st V.P.

Mickie Reed .



CFWC 2nd V.P.



Chris Herzog
2026 - 2028 CFWC President

A Message From the President

Strength United is Stronger.

One of the first projects the California Federation members rallied behind from 1915 to 1923 was the preservation of the beautiful Redwood forests in Humboldt County, Northern California.

The mighty redwood's strength and endurance for thousands of years have a lot to do with the diversity of its regeneration. One remarkable aspect of this regeneration process is the "circle of daughters" or "family circles". Sharing the genetic material from one encourages new trees to grow in close proximity, forming a circle. The ring allows the trees to physically shield and support one another during storms, while their roots help anchor and stabilize one another in high winds.

I believe this is symbolic of our California federation membership. The Redwood tree's "family circle" illustrates the strength in our connections and our differences, with each member playing a part in supporting the whole.

Recently, when unexpected circumstances changed the CFWC leadership path, our federation family came together drawing on its diversity and strength to move forward. It is my honor to fill in and serve as your state president.

Respect, fulfillment, passion to serve is what we are re-packaging for these times—This is what we believe, this is what we have as volunteer members of GFWC and CFWC, and we want others to want what we have.

Fittingly our state motto is "Strength United is Stronger". For extra motivation, the theme for this administration is: "Be Useful, Be Loving, Be Federated".

Be Useful: In any way, continue to work in your community and in your club. Step forward into leadership—we need what you have to offer.

Connect with the GFWC Affiliate organization Heifer International (Civic engagement and outreach): This will be the CFWC State project emphasis. Heifer International is "Hope in Action". Through this organization, sponsoring various gifts of animals, bees, seeds (and more), helps women, families and communities overcome poverty and hunger, find independence. And for fun districts and clubs might identify "adopt" animal characters to build a farm...bring in your imagination.

A Message from the President - Continued

Be Loving: Have patience with our officers and members. Remember to stop, look & listen to what is really being said. And especially practice Leadership with heart.

Be Federated: Expand your membership knowledge. Attend your district, state and national meetings. Sign up for the GFWC member portal for resources and tools. Enjoy and share the benefits of General Federation. GFWC leaders have done the planning for us— let's take full advantage of their efforts.

The upcoming July 24 & 25 board meeting in Bakersfield will be a combination of membership motivation, and CFWC program promotion. This is because for this administration there will not be a September board meeting. September is a busy time when clubs and Districts start up again, there is WSR conference on Sept. 11, Park City Utah, and preparation for the October Area Conferences; best not to compete with all that.

Continue to Be Useful, Be Loving, Be Federated.

Chris.



CFWC Board Meeting - July 24th & 25th - Bakersfield

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Cindy Sanders
1st Vice President, Dean

Transition: Turning the Page Together

There is something both exciting and emotional about transitions. As I step into the role of the GFWC California Federation of Women's Club's 1st Vice President, I'm experiencing many emotions. One administration closes, a chapter filled with memories, accomplishments, friendships, and hard work, while another begins with fresh ideas, renewed energy and hopeful anticipation.

Transition is much more than simply changing officers or passing binders from one member to another. It is really about continuity. It is about honoring the work that has been done while preparing the way for what comes next.

Every administration leaves its own unique fingerprint on our organization. Some years are focused on growth, others on service, leadership, advocacy, fundraising or strengthening friendships. No two administrations are exactly alike and that is part of what keeps CFWC alive and thriving. Each new team brings different talents, perspectives and passions to the table to share.

At the same time, transition can feel a little uncertain, change often does. New leaders may wonder if they are prepared enough, experienced enough, or capable enough to follow those who came before them. But one of the beautiful things about Federation and women's clubs is that leadership is never meant to happen alone. We mentor one another, encourage one another, and stand beside one another always.

A successful transition happens when outgoing leaders willingly share their knowledge and incoming leaders are open to learning. It requires grace, patience, organization and perhaps most importantly, kindness.

Transition is also a reminder that our clubs are larger than any one individual or administration. While officers may change, our mission remains the same. The heart of service continues. The friendships continue. The commitment to community continues.

As we welcome a new administration, we also celebrate the women who carried the responsibility previously. Their efforts created the foundation for future success. Every project completed, every meeting planned, every challenge that was overcome helped us move forward together because strength united is stronger.

The true strength of the CFWC California Federation of Women's Clubs is not found in avoiding change, but in embracing it as a team. Transition is not an ending. It is simply the turning of the page to the next chapter of service, leadership and sisterhood. And what a beautiful chapter it will be.



Mickie Reed
2nd Vice President, Membership

Serve With Heart - Welcome to the CFWC Membership Bistro

I am deeply honored and excited to serve as the new 2nd V.P. Membership for the California Federation of Women's Clubs. Membership is my passion because membership is about far more than numbers. It is about connection, belonging, purpose, and creating a place where people feel valued.

For many years, membership has centered around the three R's: Recruitment, Retention, and Recognition. While those principles remain essential, our membership team believes it is time to add a fourth R: Rooting.

What is Rooting? Rooting takes retention to a deeper level. It is creating such pride in belonging that members feel personally invested in their club and in Federation itself. It is giving members ownership, purpose, and meaningful connection through service. A rooted member does not simply attend meetings; they become part of the heart of the organization.

I am fortunate to work alongside an outstanding team: Area A V.P. Kelly Davis, Area B V.P. Pat Borchard, Area C V.P. Marcia Willett, and Area D V.P. Alison Eccleston. We each bring different strengths and perspectives to membership. The concept of "Rooting" was inspired by Alison, and I want to recognize her for helping shape this important addition to our philosophy.

One evening, I realized exactly what Rooting feels like. Almost every Saturday night, my husband and I attend church, then go to the same restaurant afterward. Over time, the staff has come to know us well. They have our table ready, remember our favorite drinks, and welcome us like family. Somewhere along the way, that restaurant stopped feeling like simply a place to eat and started feeling like home. I will probably go to this restaurant for the rest of my life.

That experience made me realize something important: people return where they feel remembered, appreciated, and connected. That realization inspired our membership theme: **Serve with Heart - CFWC Membership Bistro**

Successful restaurants understand that people come back not only for the food, but for the experience. The same is true for clubs. Members remain active when they feel welcomed, included, appreciated, and emotionally connected to the organization. They become rooted when they are given the ability to claim ownership through leadership and service.

Our Membership Bistro theme uses the atmosphere of a restaurant to demonstrate the ingredients of successful membership:

Champagne Toast - Recruitment

Creating excitement and a welcoming club atmosphere.

Appetizers - Retention

Building friendships, engagement, and positive experiences that encourage members to stay involved.

Signature Dish - Rooting

Developing pride, ownership, leadership, and lifelong investment in club service and Federation.

Dessert - Recognition

Celebrating accomplishments, dedication, kindness, and the many ways members serve with heart.

Serve With Heart - Welcome to the CFWC Membership Bistro- Continued



Mickie Reed
2nd Vice President,, Membership

Over the next two years, our team, with the help of district and club membership chairs will develop interactive and practical tools to build our clubs. Through workshops, collaboration and monthly Zoom Meetings, we can create meaningful membership experiences at every level of Federation.

At its core, this program is about one simple truth: people stay where they feel they belong.

So come join us at the CFWC Membership Bistro. Pull up a chair, share in friendship and service, and together let us continue to Serve with Heart as we grow our Federation for generations to come.



Notes from the Editor

Judith Yoakum

As I begin my new journey, I want to express my sincere appreciation to Lu Arredondo. She was instrumental in recruiting her team, training us, encouraging us and providing us with the tools we would need. She nurtured us and provided us with ideas for wonderful stories that became even more exciting as we did our research and became absorbed in the stories we wrote. Thank you, Lu!

As many of us are now assuming new roles in our clubs, districts, and CFWC, I invite you and encourage you to send us your ideas, stories and photos. It is our purpose to showcase your success, to bring you articles that reflect what is happening now, interesting and inspiring stories about our past, and new and exciting things in store for us.

If you have an idea for a story, let us know, whether it is about new technology an interesting person you discovered or something that is happening near you, we want to hear from you.

caclubwoman@cfwc.org

Ignite The Magic of Federation

By Judith Yoakum

With a theme like that, how can you not have a fantastic 123rd CFWC Convention. From beginning to end, the event was fabulous.

We were honored to welcome Jolie Frankfurth, our GFWC First Vice President, who served as our key note speaker, and a wonderful speaker she was. She also presented two of our workshops, "The Importance of Planning for the Future" – Tools to build Leadership from within, and "When is a Picture worth 1000 words?" – Using social media to gain attention.

Chris Herzog, Parliamentarian and Toby Kahan, CFWC Meeting Planner presented a workshop on Amenities & Protocol. Cindy Sanders, CFWC 2nd VP and her Membership Team presented "How to find smooth sailing in stormy seas" – Conflict Resolution and also a workshop "Let's Get Ship Shape" – Making sure clubs are welcoming and easy to find".

The ESO Breakfast introduced us to Lynne M. Spreen who is devoted to writing stories about people in midlife and beyond, having written her first book at the age of 58. She spoke to us about how the aging brain can bring cognitive gains as well as losses; the brain becomes different, not simply worse.

Then there were the awards....who doesn't love the award announcements and presentations. The excitement, the cheering for the winners running up to receive their awards, the photo shoots. But please know that there are definitely no losers, every club and district in California performed magic through the projects they did to help enhance their communities and to uplift others throughout the world.

The LEADS Reunion brought together sisters who had represented their districts through the years and the Chairmans Faire offered something for everyone. The vendors presented us with so many irresistible temptations that many of our members went home with empty wallets but with more to stuff into their suitcase.

Sandy Tessier, Area C Vice President introduced two new Federated clubs: The GFWC Juniores of Orange County and the GFWC Club of Greater Los Angeles.

Lu Arredondo recognized those who had worked alongside her during her six years as Editor of GFWC California Clubwoman Magazine and was in turn, recognized by her team. She was presented with a button, "Ask me about Clubwoman Magazine", a poster with her photo signed by the CFWC membership, a throw that contained a photo of each of her magazine covers, and a "special issue" of Clubwoman Magazine also containing all of her magazine covers together with the thanks and articles of gratitude from each member of her team.

CFWC Convention Continued.

Throughout the convention, there were processions: First to honor District Presidents, then the procession of all CFWC Chairmen, Administration and Program. This was followed by the procession of Past CFWC Presidents. On our final evening, we viewed the anticipated procession of our 2024-2026 and 2026-2028 Executive Committees.

Jolie Frankfurth performed the honors of installing the new administration. She personalized the installation of each officer and displayed friendship and a connection to all. A lovely reception followed the installation, with a receiving line providing members the opportunity to congratulate the new administration.

Now for the "Magic", Jerry Langford left many scratching their heads trying to figure out how he fooled everyone. He would write down the correct answer before his subject revealed their answer??? At one point, he handed Sonya Matthies a cup, poured some water into it, and later asked her to tip the cup over her head. Obviously, Sonya was hesitant, and who could blame her, but she finally tipped the cup over her head only to find the cup was now empty???

This was truly a magical convention, with many thanks to Mary Sprague and Kathi McGraw for all the planning and work they put into it.



CFWC Convention, Continued





The 2026 Report on the Status of Women & Girls in California is out!

By Jennifer Nickel

Each year, the California Commission on the Status of Women & Girls partners with Mount Saint Mary's University in publishing its report on the status of women & girls in our state and the issues and progress collectively made by the treatment, perception, opportunities, and lives of women in society.

This is a "can't miss" event and the free report is packed with compelling "must know" information for anyone who cares about women, regardless of their gender.

The 2026 report focuses on women in the workforce. You can read it here: _____

https://www.msmu.edu/media/website/learning-amp-research-communities/center-for-the-advance-ment-of-women/MSMU_RSWG_2026_FNL.pdf

While society may be slow to acknowledge "women" do not exist as interchangeable, "seen-one-you've-seen-them-all", generic, "one-size-fits-all", beings but rather as individuals where no two are completely alike, the 2026 Report on the Status of Women & Girls highlights the notions of intersectionality and its impact on the lives of women in California. Women have overtaken men in enrollment in graduate programs, although both men and women are about equal in undergraduate programs. Even when working full-time, women still provide 50% more housework than their male partners. Interestingly, while women make up 2/3 of the unpartnered single heads of household as opposed to the 1/3 unpartnered male single heads of household, these women are far less likely to work outside the home than their male counterparts. More women of color work outside the home than white women, yet the earnings of women of color are more likely to be significantly damaged by time away from the workforce. While caretaking is the predominant reason women leave the workforce, the demand for caretaking is gender neutral since both men and women are equally likely to have family members in need of care. The need for caretakers is likely to increase as our workforce continues to age, but society continues to ignore this fact, preferring to pretend it doesn't exist, since it is essentially paid for by the harm inflicted on women's earning power. Women are picking up a tab without being credited for the work we are essentially paying to perform through the wages we lose in providing care. Unlike action that has been historically taken with the development of infrastructure (such as highways and public transportation), insurance, or other solutions, when costs negatively impact men, society continues to ignore the near-universal social need for caretaking because women are disproportionately permanently harmed in paying these societal costs. Hopefully, in reading this report, you will see and discover the myriad of reasons you need to use your voice and speak out, if for no other reason than to provide your granddaughter with a better world than that into which you were born. Jane Cunningham Crowley understood the importance and power of women coming together to improve the world. Hopefully, this report will leave you eager for Federation!

Consider this....moments that mattered

By Lu Arredondo

Throughout history, ordinary women have made extraordinary differences — often beginning with one simple decision, one courageous step, or one quiet act of kindness. Their moments mattered. There was no fanfare, it simply began with one person who simply chose to act. Consider this... Recently, I learned the story of Bobbi Gibb, the first woman to run the Boston Marathon at a time when women were not officially allowed to compete. In 1966, she ran the race anyway—without a number, without recognition, and without permission.

Today, it is easy to see the significance of that moment. But at the time, it was simply one woman refusing to believe that something was impossible.

Bobbi once shared that when she ran, she felt free—free to move forward despite the barriers placed before her. She did not set out to make history. She ran because she believed she could.

And in doing so, she quietly changed history.

Thousands of women now run the Boston Marathon each year. Many may never know the story of the young woman who waited near the starting line and joined the race after it began because she was told she did not belong there. Yet whether they know her story or not, they are connected to it.

That is often how meaningful change begins—not with great fanfare, but with one person willing to take the first step.

One person who keeps running.

One person who keeps serving.

One person who keeps believing tomorrow can be better than today.

In our communities, we witness these moments more often than we realize. Volunteers mentor young people, support families in need, advocate for important causes, and quietly give their time to make life better for others. They may never consider their efforts historic, but their actions matter. Each act of kindness, courage, and service helps shape the future in ways we may never fully see.

Consider this...

What simple action today might open a door for someone tomorrow?

What small moment in your life could someday matter more than you ever imagined?

History reminds us that lasting change often begins quietly—with one person choosing action over hesitation and hope over doubt.

Perhaps the next moment that matters is already beginning somewhere around us.

Perhaps it begins with us.



THEN

NOW



Women In History



GFWC
est. 1890
**GENERAL FEDERATION
OF WOMEN'S CLUBS**
CALIFORNIA

Learning where we came from and where
we can go from here...

Jane Elizabeth Lathrop Stanford (1828 – 1905) was a co-founder of Stanford University in 1885 (opened 1891) along with her husband, Leland Stanford, as a memorial to their only child, Leland Stanford Jr., who died in 1884 at the age of 15. After her husband's death in 1893, she funded and operated the university almost single-handedly until her unsolved murder by poisoning in 1905.

To read more about Jane
Stanford scan the QR code
below



Jane Elizabeth Lathrop Stanford
1828-1905

WOMEN'S PRO BASEBALL IS HERE!



By Colleen Jensen

It's finally here – the Women's Pro Baseball League, also known as WPBL. Teams have been formed in Los Angeles, San Francisco, Boston, and New York, and games begin on August 1. Tickets are available now.

This will be no League of Their Own - there will be no short skirt uniforms; these are real players playing baseball, not softball. Little girls everywhere will now have their own heroines to watch and emulate in the world of professional women's baseball.

California can be proud of the women from our state who will be playing in the league. Out of 118 players from around the world, California has 12. Take a look at these names and get ready to root for your favorites. The players from California, their hometown, and their team, include:

Jamie Mackay, Laguna Beach, WPBL Los Angeles

Brittany Womack, San Diego, WPBL Los Angeles

Kelsie Whitmore, San Diego, WPBL San Francisco

Jill Albayati, Anaheim, WPBL San Francisco

Peyton Coria, Perris, WPBL San Francisco

Kaeli Kajitani, Madera, WPBL San Francisco

Bella Espinoza-Molina, Ladera Ranch, WPBL San Francisco

Allie Lacy, La Crescenta, WPBL San Francisco

Kate Blunt, Ladera Ranch, WPBL San Francisco

Keira Izumi, San Diego, WPBL New York

Alyssa Zettlemoyer, Murietta, WPBL New York

These amazing athletes will be playing baseball at an even higher level than that seen before 1954 when the last women's league was disbanded. Girls and women were not allowed to play true baseball until 1972, when the Supreme Court ruled that girls could play on Little League teams. It was not easy, but many girls prevailed. Title IX further benefited girls in all sports by requiring equal access and equal facilities in which to play.

The WPBL's inaugural season will run from August 1 through mid-September, 2026, and consist of 30 regular games, followed by playoffs. Season ticket holders will get first pick of the best seats. The entire first season will be played at Robin Roberts Stadium, in Springfield, Illinois. It's a distance for Californian residents to travel, but for true baseball fans, that's just a plane ride away.

Get all the news, game schedules, player information, hats, shirts, tote bags, along with other merch and more online at: <https://www.womensprobaseballleague.com>. Oh, and get your tickets there, too.

Flag Day: A Celebration of Unity and Patriotism



By Catherine Marie Petithomme

Each year on June 14, Americans pause to honor one of our nation's most recognized symbols — the Stars and Stripes. Flag Day commemorates the adoption of the first official American flag by the Second Continental Congress on June 14, 1777.

More than a piece of fabric, the American flag represents the ideals upon which our country was founded: liberty, unity, courage, sacrifice, and hope. Through times of war and peace, triumph and challenge, the flag has remained a powerful reminder of the resilience and spirit of the American people.

The movement to establish a special day honoring the flag began in the late nineteenth century. One of the strongest advocates was Wisconsin teacher Bernard J. Cigrand, who devoted much of his life to promoting national recognition of Flag Day. In 1916, Woodrow Wilson issued a proclamation officially recognizing June 14 as Flag Day, and in 1949, Harry S. Truman signed an Act of Congress establishing National Flag Day.

Today, communities across the nation celebrate with patriotic programs, parades, educational events, and ceremonies honoring veterans and active military personnel. Schools and civic organizations often use the occasion to teach proper flag etiquette and reflect on the responsibilities of citizenship.

For clubwomen throughout California and across the nation, Flag Day offers an opportunity to reaffirm our commitment to service, community, and country. Whether displayed at homes, schools, veterans' halls, or community gatherings, the American flag continues to inspire pride and gratitude for the freedoms we enjoy.

As we observe Flag Day, may we remember not only the history of our nation's flag, but also the values it represents — unity, perseverance, and dedication to the common good.



FLY YOUR FLAG ON JUNE 14TH

GFWC INTERNATIONAL CLUBS

BEYOND THE CONTINENTAL UNITED STATES

The Mission Statement of the General Federation of Women's Clubs states that it is an "International Women's Organization".

An International Organization? Where are these International Clubs? What types of projects do they do? How do they differ from American clubs?

GFWC has had an international presence since the very beginning of our organization. Bombay Sorosis was founded in 1868 shortly before Jane Cunningham Croly founded the original Sorosis Women's Club in New York City. Despite skepticism and cultural barriers, the club was successfully formed, marking the beginning of GFWC's international outreach.

Today GFWC members span the globe in 15 different countries, making a difference in their communities. International Affiliates attend GFWC meetings, receive access to volunteer resources, and are eligible for leadership training provided by GFWC.

Currently, GFWC has International clubs in: Aruba, Austria, Bahamas, Belize, Brazil, Canada, Curacao, Cyprus, Korea, Netherlands Antilles, Peru, Philippines, Taiwan, Uganda, and Ukraine.

Over time, this global vision expanded significantly. By the 20th century, GFWC had clubs in dozens of countries, demonstrating the universal appeal of volunteerism and women's leadership. Today, GFWC International Affiliates exist in Aruba, Austria, Bahamas, Belize, Brazil, Canada, Curacao, Cyprus, Korea, Netherlands Antilles, Peru, Philippines, Taiwan, Uganda, and Ukraine.

International clubs outside the continental United States play a vital role in extending GFWC's mission worldwide. These clubs are comprised of women who live outside the U.S. but share the same commitment to community service. According to GFWC guidelines, international clubs and affiliates operate similarly to U.S. clubs but adapt their programs to meet the specific needs of their local communities.

The GFWC International Liaison Committee (consisting of a chairman and three committee members) helps maintain communications, provides resources and strengthens relationships between international and American clubs.

GFWC International Clubs outside the continental United States contribute significantly to their communities through a wide range of service projects. While each club operates independently, they all align with GFWC's core focus areas, including education, health, environment, civic engagement and the arts.

For example, in the Philippines, a GFWC affiliated club has developed a feeding program to combat childhood malnutrition for children three and under. In addition to providing daily meals for young children, the program educates parents on proper nutrition, demonstrating how local clubs address urgent community needs.

In Brazil, international club members have worked to improve the lives of children in underserved communities by offering educational support and leadership development programs. In Mexico, clubs mentor young women and provide scholarships to encourage higher education and personal growth.

GFWC International Clubs - Continued

International clubs in places like Taiwan and Cyprus focus on broader social issues, including women's health, environmental protection, and support for disadvantaged populations. These clubs often collaborate with local governments and nonprofit organizations, showing how GFWC's influence extends into policy and community development.

Founded in 1951, the Taipei International Women's Club (TIWC) is a multinational club, open to English Speaking women living in the Taipei area. They are dedicated to serving society and helping the needy. The club recently held a successful charity gala luncheon with the theme, "Kentucky Derby", chosen to celebrate the 2026 Year of the Horse. The event featured exquisite Kentucky Derby inspired cuisine and remarkable fashion, complete with Kentucky Derby stylish hats and line-dance lessons. The event raised one million Taiwan Dollars, equivalent to \$31,809.46 in U.S. Dollars.

Laura Connelly, GFWC Florida President–elect wrote an article, which recently appeared in GFWC Clubwoman Magazine, titled "Bountiful Belize" GFWC International Service.

In February 2026, GFWC Members from across the nation, including GFWC President Suellen Brazil and Laura Connelly, partnered with five GFWC Belize clubs for a week of hands-on service, education and international sisterhood.

They joined the GFWC Suga City Junioresettes to assemble period pouches filled with sanitary supplies that the Junioresettes will donate to a high school where girls currently must pay for these products. That evening, they partnered with the GFWC Suga City Sistaz to present a women's empowerment program for members and guests, many survivors of domestic violence.

The group worked with the Suga City Sistaz at a primary school supporting 42 special -needs students through targeted sensory and gross motor skill development activities and equipped teachers with practical trauma-informed strategies to apply in the classroom.

They joined the Belmopan Women's Club for a membership recruitment event and installed their new officers. The next morning, they reached more than 120 students with interactive lessons on healthy habits and nutrition.

In Belize City, the GFWC Belize City Junioresettes welcomed the group with a vibrant cultural showcase and members of the GFWC Belize Women's Club joined in for an interactive cooking class of cultural dishes. The time in Belize City closed by uniting both clubs in one of the most underserved neighborhoods to host a "Celebration of Women" event designed to uplift, connect and empower women. Plans are in the works for the next visit.

The Women's Club of Aruba, founded on September 17, 1934, is today at the forefront of the battle to help with the less fortunate, the elderly, the physically and mentally challenged, the environment, safety awareness, drugs and alcohol abuse, AIDS awareness and prevention programs, health and cancer awareness, and domestic violence.

GFWC International Clubs - Continued

For more than 76 years, The Student Awards Committee has recognized the best graduates of every level of education on the Island at the end of each school year. Their goal is to stimulate the best graduates to keep studying, to seek a professional career and to become community leaders of the future.

The "Medio Ambiente Goes to School" Project

The goal is to bring awareness to the school children that they have to keep their school clean of garbage, by using less packaging material for the food and drink they bring to school. Each year, every first grader is provided with a thermos for their drink, a plastic container for their sandwich, and a small towel. The children are taught about the importance of keeping Aruba clean.

Signature Project 'DRESS A CHILD.' This annual project takes place during the first week of December. Between 200 and 275 underprivileged children in Aruba are provided with clothing for the holidays.

From South Korea's Instagram page: "Presenting gifts to elders in South Korea is a common way to "gamsahada" (wrap around) during Chuseok. Songpyeon, a steamed rice cake, and jeon, a Korean pancake filled with seafood and vegetables, make up the traditional meal during this harvest festival. Give thanks for the traditions that you and your family/friends share."

The Ukraine used to post on Facebook in English, however, their Facebook page is now only available in their native language, possibly an effect of the current war.

So many of the projects are similar to what our American clubs are doing to help others and to enhance our communities. Others are based on advancing education and preserving a country's culture while serving others. The uniting thread is that we are all joined in keeping with the GFWC Motto:

UNITY IN DIVERSITY



CLUBS AND DISTRICTS

West Valley Federated Woman's Club on Memorial Day



Memorial day at the San Carlos American Legion post 585, Anne Cochrane, of West Valley Federated Woman's Club read a popular World War I poem dedicated to those who lost their lives.

"In Flanders Field"

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow
In Flanders fields.
- Major John McCrae*

Ella Osborn's 1918 diary provides insight into the experiences of an American nurse serving in France at the end of World War I. In addition to her notes about the men under her care and events in France, Osborn jotted down two popular World War I poems, "In Flanders Fields," by Canadian surgeon Lt. Col. John D. McCrae, and "The Answer," by Lt. J. A. Armstrong of Wisconsin.

McCrae composed "In Flanders Fields" on May 3, 1915, during the Second Battle of Ypres, Belgium. It was published in *Punch* magazine on December 8, 1915, and became one of the most popular and frequently quoted poems about the war. It was used for recruitment, in propaganda efforts, and to sell war bonds. Today the red poppy of McCrae's poem has become a symbol for soldiers who have died in combat.

In Flanders Fields the poppies grow
Between the crosses, row on row,
That mark our place.

"The Answer" is one of many poems written in response to "In Flanders Fields":

Sleep peacefully, for all is well.
Your flaming torch aloft we bear,
With burning heart an oath we swear
To keep the faith to fight it through
To crush the foe, or sleep with you

In Flanders Field

Osborn's transcripts of the poems contain some textual differences from the published versions. Based on the ink used in the diary entries and the ink used in the verses, it appears she went back in her diary to find empty pages to include the poems.



CLUBS AND DISTRICTS

My First Cruise Adventure

By Catherine Marie Petithomme



This adventure began more than a year ago when the CFWC San Joaquin Valley District announced a raffle for a seven-day cruise to Mexico. Soon afterward, a group cruise was organized so that anyone who wished, could join the winner on the voyage. At first, I was hesitant. Cruising seemed unfamiliar and a little intimidating. But my club “bestie,” Sonja Hults, assured me it would be fun and promised to “show me the ropes.” She was absolutely right.

The first glimpse of the sparkling blue water from the deck of the Royal Princess felt like stepping into another world. As a first-time cruiser bound for Mexico, I was filled with equal parts excitement, curiosity, and wonder. From the moment the ship set sail, every detail — the ocean breeze, breathtaking sunsets, endless activities, and warm hospitality — created the feeling that adventure waited around every corner. What began as a simple vacation quickly became an unforgettable journey filled with beautiful destinations, new friendships, and memories that will last a lifetime.

One of the first lessons I learned was practical advice for future Princess cruisers: have your

Medallion

shipped to your home before departure. Sonja, being the seasoned cruiser she is, ordered hers in advance. Because I had to pick mine up at the port, we were briefly separated during boarding. Fortunately, I quickly discovered that cruisers are some of the friendliest people you will ever meet. While waiting in the long, winding line, I struck up a conversation with a delightful couple named Artie and Annette. By the time we boarded, it already felt like the vacation had begun.

Once on board, Sonja gave me a full tour of the ship. The Royal Princess is enormous, and on that first day it felt almost overwhelming. Before long, however, I discovered my favorite place — the outdoor deck overlooking the ocean. There is something magical about watching the endless horizon while feeling the sea breeze on your face.

Like many cruise ships, Princess offers first-day specials in the spa, and I decided to indulge in the Grotto package. It granted unlimited access to the jacuzzi, sauna, hot stone beds, and luxurious showers throughout the trip. It turned out to be one of the best decisions I made. That evening, Ellen Ansok organized a group dinner reservation so our traveling party could gather together each night. Our servers, Leo and Mohamed from the Philippines, along with our gracious maître d’, Zoran from Serbia, treated us like family throughout the voyage.

The first two full days at sea became an unexpected opportunity for rest. Sonja and I realized just how exhausted we had been from everyday life. We slept late, watched movies in our cabin, and enjoyed leisurely breakfasts delivered by room service. Lunches in the buffet and elegant dinners in the Symphony Dining Room quickly became part of our relaxing routine.

My First Cruise Adventure - Continued

Cruise ships are filled with traditions and entertainment, and each day offered something new. One evening featured the ceremonial champagne fountain along with introductions of the ship's crew members. Later, we attended *Encore*, a dazzling musical production featuring ballroom dancing, ballet, and incredible vocal performances.

When we arrived in Cabo San Lucas, many passengers headed ashore, leaving the spa blissfully quiet. Sonja and I happily took advantage of the empty jacuzzi and heated lounge chairs before attending a lively Mexican music and dance performance later that afternoon. We also wandered through the ship's shops and purchased matching Princess charm bracelets as keepsakes of our adventure.

Mazatlán brought another relaxing day filled with spa visits, wonderful meals, and laughter with friends. One afternoon, we attended a first-timers reception on the 16th deck at the Outrigger Bar. Later that evening, after dinner with our group, Sonja and I headed to the Vista Lounge to watch the first-round auditions for *The Voice of the Sea*.

Puerto Vallarta was the port I had anticipated most. We explored colorful flea markets, visited local shops, sampled delicious chocolates, and simply enjoyed wandering through town. Returning to the ship for another luxurious afternoon in the spa felt like the perfect ending to the day.

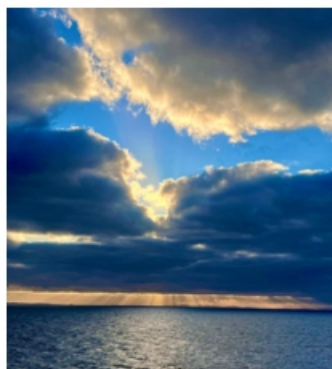
One of my favorite memories came during high tea in the Allegro Dining Room on our final sea day. We shared a table with a pastor from Nigeria and his friend from California. Like so many moments on the cruise, it reminded me how travel connects people from all walks of life through simple conversation and shared experiences.

All too soon, the final day arrived. We attended a cooking demonstration and galley tour, watched the finals of *The Voice of the Sea*, and gathered for one last dinner together. It was a bittersweet evening filled with gratitude, laughter, and promises to cruise together again someday.

When departure morning finally came, I realized how much this journey had changed me. Before the trip, I was uncertain whether cruising was really "my thing." By the end, I knew without question that it had become one of my favorite ways to travel. The experience was relaxing, indulgent, adventurous, and wonderfully restorative.

And now, like so many seasoned cruisers before me, I find myself asking the inevitable question: Where to next?

I'm thinking Alaska.



CLUBS AND DISTRICTS

GFWC Peninsula Hills Women's Club

For eight years, GFWC Peninsula Hills Women's Club has been providing school children, the opportunity to select a gift to present to their mother on Mother's Day.

Members collect costume jewelry from many sources and make the items available on the Friday before Mother's Day. Members arrive early at the chosen school to set up tables and lay out jewelry on black table coverings. One table for necklaces, one for bracelets and one for earrings.

Teachers escort each classroom and the children are allowed to select two items, either a necklace and a bracelet or a necklace and earrings

The event rotates between five low-income schools in Redwood City .

This year, classrooms of children from pre-kindergarten through 2nd grade, together with two special education classes participated in the program. After selecting their jewelry, children took their choices to a table where club members helped them select a box for their gift. A tag to inform the parents of the origin of the gift was included. The children then moved to a table where ribbons, chosen by the children, were tied around their boxed gift.

The children were provided Mother's Day cards to decorate and write a message to their mother, usually in their native language.



Summer Happenings



SUMMER CONFERENCE

Orange District is holding its Summer Conference on July 31, 2026, 9:30 am-21:30 pm, at the Woman's Civic Club of Garden Grove clubhouse. This annual event offers training, projects, and fun for the 21 clubs in their district at a cost of \$20 per member. If other district members would like to attend, please contact District President, Linda Queen, at lindaqueen@roadrunner.com to pre-regist

LEGISLATION & PUBLIC POLICY ZOOM MEETINGS

Over the summer, check out the ZOOM Legislation & Public Policy meetings for the GFWC Woman's Club of Cypress. These fast-paced meetings cover government at all levels, GFWC legislative priorities, and much more. Learn what you can do to create the same type of meetings for your club. Meetings are held year-round on the second Thursday of each month on Zoom, 9:00-10:30 am. Upcoming dates include June 11, July 9, and August 13. Contact Colleen Janssen at colleenj02@gmail.com to be on the list to receive zoom codes, meeting reminders, and agendas.

CLUBS AND DISTRICTS

Maywood Woman's Club



The Maywood Woman's Club chose a beautiful day to have fun together and do a little park beautification in their wonderful little community, while spending some quality time with likeminded friends.

If you would like to join in their fun, you can find them at 902 Marin St. in Corning every Wednesday at 10 a.m. through Summer. Stop by and say "Hi".



GFWC Juniorettes of Orange County

GFWC Juniorettes of Orange County, a new club, was welcomed and chartered at the CFWC Convention in May. The club includes 7th and 8th grade students who are already working on projects in their community. The club was sponsored by the Laguna Niguel Woman's Club, whose members are working hard to support the fundraising efforts of the Juniorettes. In addition, the teens are helping with the general club's events. It's a win-win for both clubs. Orange District looks forward to more Juniorette clubs being formed over the next few years.





GFWC California Clubwoman Magazine
c/o Judith Yoakum, Editor
822 Shepard Way, Redwood City, CA 94062

Meet the Clubwoman Team



From left to right: **Judith Yoakum**, Editor; **Cathie Petithomme**, Senior Reporter; **Lu Arredondo**, Reporter; **Colleen Janssen**, Reporter; and **Jennifer A. Nickel**, Reporter

GFWC California Clubwoman is a magazine designed to inspire, educate, inform, and entertain individuals in the work of humanitarian service. It is a lifestyle magazine that features content about health, club life, culture, and community development. *** NOTE: The views and opinions expressed in the magazine in articles and Advertising are not the express views of the General Federation and should not be seen as endorsements.