

April 2022

G F W C

CALIFORNIA CLUBWOMAN

Published by the GFWC California Federation of Women's Clubs

California LEADS Candidate

Ginger Osman selected as the California Leads Candidate, shares her leadership style.

Museums

Changing Hearts and Minds

Creating Our Legacy

An up close look at club happenings across the State

Ode To The Front Porch

Conveying a sense of home, warmth, and community



*Inspire Your
Spring*

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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 technology, health, leisure, club life, culture and community development. The Spring 2022 issue is about the things that Inspire us most.

**Visit us on the web at cfwc.org
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A Note from the GFWC California President



Dear Reader,

Spring is here! What we have carefully planted these past few months in our gardens both literal and metaphorical is now beginning the process of growth.

What did you plant? Whether veggies, flowers, or intentions, it is now up to each of us to take careful care of our crop. So, which are you: a constant gardener, one that watches and waters, tends, and weeds? Or are you a free-flowing gardener that plants and hopes for the best with succulents and cactus plants? Either way, it all works out in the end, just as long as you do not intend to plant weeds. For if you plant weeds, they will grow.

When I think of the theme of this issue: *Inspire Your Spring*, I am reminded of the character so beloved by many of us: Tigger. As written by the author of the Pooh stories, A.A. Milne, we know that:

*The Wonderful thing about Tiggers
Is Tiggers are wonderful things
Tops are made out of rubber
Their bottoms are made out of springs
Their bouncey, trouncey, ouncey, pouncey
Fun, fun, fun, fun, fun
But the most wonderful thing about Tiggers
Is I'm the only one.*



So, I want to remind you as you enjoy the numerous, delightful things this issue shares with each of you personally: remember that Spring is indeed here. My garden is most definitely the only one and quite unique to my wishes and dreams. There is no room in my garden for weeds! Every single one of us has a myriad of things to choose from to plant in our gardens, this year I choose love, friendship, and to quote Tigger: *Fun, fun, fun, fun, fun.*

Luv, Pam

“Spring is when you feel like whistling,
even with a shoe full of slush”

- Doug Larson



From the Editor



Spring is in the air and with it comes all the beauty of Federation. Each Spring I am reminded of my early years on the farm, running through the fields chasing butterflies with my pet Lamb following close behind. Yes, it is true—I had a pet lamb that followed me everywhere. It was not uncommon for my parents to come find me in the barn, reading stories to my lamb, at bedtime. When asked why I was reading to my lamb I would say “I want her to have good dreams so she can be faster and smarter of course.” Even as a young girl, and without knowing the politically correct semantics, I somehow knew that inspiration was possible.

I firmly believe that we ALL have the ability to Inspire others. We do it through our work as Club men and women. It is accomplished through the vision and guidance of our leadership. And, it is manifested in the hopes and dreams of our beneficiaries.

This issue is dedicated to looking at the many ways in which we Inspire Our Spring. Happy Reading!



Barbara Briley-Beard
1st Vice President, Dean

Winter Boards were fun, informative and the LEADS candidates are so smart, and eager to learn all about CFWC, how we Lead our clubs in kindness and work together. I am so proud of all the LEADS candidates; they are all Winners to me. Thank you LEADS for attending the Winter Boards in Sacramento, the members really enjoyed your company.

The flowers are starting to bloom, we know Spring is here in full floral colors and there is a smell of freshness in the air. Let us begin anew, with clean slates, as we work side by side in our clubs.

As we welcome new officers and new chairmen, prepare for installations, and start projects let us also keep our focus on growing our CFWC membership.

Lets have everyone bring in one new member in the next two years. Tell your story and offer the gift of Federation to a friend or relative. Share with them my Presidents project, Advocates for Children. This covers a lot of categories and opportunities for us and prospective new members.

Our theme for 2022-2024 is, CFWC is **Blessed, Bright and Bold**. Our colors are purple, blue and green. We will celebrate all flowers, especially plumeria, hibiscus, orchids and roses.

The more we are together, the more we learn from each other. Let's Spring forward with a quick step forward and work on our favorite projects in our clubs sharing the work we do as Federated Sisters, in laughter and love. See you all at Convention in May where we will celebrate all our clubs, members, and work in the communities we serve with our CFWC Awards. Thank you for all you do for your club, community and CFWC.



Sonya Matthies
2nd Vice President, Membership

Spring is known as a time of inspiration and renewal! Self-Renewal often begins with renewal in the organizations we choose to serve. As we move forward to grow along with changes in our lives we also need to embrace changes and growth in all areas that surround us. Challenges come with changes, and as we tackle these challenges we find talents that were yet to be tapped. What a perfect time to “spring up”, aka bounce up, and recharge our batteries. No matter our age, we all need to have meaning in our lives that in turn enriches our lives. Many of us strive to work to make a difference. It is up to us to find that special something that we can support and give our time and effort. We also need to realize that there will constantly be changes in the ways to continue the process of making a difference and be ready to face the challenges.

Spring reflects the time when flowers and plants are springing up, springing open and bursting into blossom. Let us aspire to start anew, to recharge our desire to move forward with goals and projects, and to “open” our minds and hearts and share the knowledge and excitement we possess with others.

Pairing the experienced with the new to meet and share ideas has proven to be a positive way to begin traveling down Federation’s Trail. The biggest key to retention of our members may well be personalizing your outreach. Our members are united in common goals but have their own unique preferences, styles, and concerns.

The reports are behind us now and insight into the many ways CFWC members have worked to bring in new members to our Federation and ways to retain our seasoned members has been inspiring. I am inspired with the beauty of “Spring” and looking forward to sharing with our members the positive projects and efforts of our members during 2021. I am inspired by our members on all levels of our Federation to “Spring into Action” and continue efforts to make a difference. Please come along with me as we “Inspire Our Spring” together and remember to continue to share the benefits of belonging to our Federation.

Area News



Cindy Sanders
Area A Vice President

Where flowers bloom, so does hope
Lady Bird Johnson
Spring, Rebirth, New Beginnings and Hope

Recently while in Washington, DC I had the opportunity to visit The Futures exhibition at the Smithsonian Arts and Industries building. It is part exhibition and part inspiration as it celebrates hope for the future. With 32,000 square feet of immersive, interactive working experiments and inventions it appeals to all ages. The exhibit is the birthday party for the Smithsonian's 175th anniversary with a looking forward theme and everyone is invited.

One area that was interactive was something that would be beneficial for our Federation members. It could be a great exercise as we prepare to take flight. It involves the use of three brightly colored index cards. Each card has its own color and statement that needs to be completed. The first step in this What Can We Do To Build A Hopeful Future activity is to prepare the cards, using the statements below, leaving plenty of space for the fill in part. Then give a set of three cards to each person and have each member fill in the blanks for the following statements:

"In the next day, I will (insert answer here) to make a future that (insert answer here)"

"In the next month, I will (insert answer here) to make a future that (insert answer here)"

"In the next year, I will (insert answer here) to make a future that (insert answer here)"

Rebirth can be intimidating for some of our members who like the butterfly may need to rest up before they are ready to soar into the future. By focusing together on tomorrow, next month and a year from now we can share our goals and begin to strategize and plan how to achieve them. Members could be asked to share their cards with each other to offer inspiration and hope by comparing the completed statements. The cards can be displayed during a meeting or event then taken home by the creators. Of course there are no wrong answers and lots of creative ways to make this work for your group by changing the wording of the statements.

Now that Spring has arrived, start inspiring your members and Clubs for the excitement of new beginnings by sharing this What Can We Do To Build A Hopeful Future activity. Here are my answers

"In the next day, I will be patient with members that are not yet comfortable to attend in person activities to make a future that will be welcoming for them when they are ready"

"In the next month, I will embrace the challenges of preparing for the CFWC State Convention to make a future that will help grow our membership"

"In the next year, I will encourage myself to embrace the opportunity to create a future that is hopeful and filled with new beginnings"

How will you fill in the blanks? A sign at The Futures exhibition states " You are after all only the latest in a long line of future makers". So let's make it count by creating a future filled with hope and inspiration for our members of the amazing General Federation of Women's Clubs!



Marcia Willett
Area C Vice President

A Spring Membership Project

We have discussed how to recruit and retain members. But once we have members, what do we really know about them? Recently I served on two nominating committees, and we had no member profiles to refer to as we tried to identify candidates for various positions. Having no way to find members with specific traits such as a financial background or organizational skills made the nominating process much more difficult. All too often the only things we have recorded about our membership is basic contact information such as name, address, phone, and email. There is so much more to each individual member that could be of great benefit to the club! Having this information collected would not only help a nominating committee but would be beneficial to Presidents and Deans as they search for the best qualified person to fill a chairmanship.

What profile information would be helpful to have? For starters, here are two key things to know about each member:

- 1. What motivated them to become a member?** This gives insight into what the member is passionate about; and, helps you guide them to achieve goals and become an active and productive member.
- 2. What type of career has the member been involved in?** This would reveal what type of skills the member has that could benefit the organization. For example, if someone was a teacher they certainly learned to multi-task and would know techniques for training individuals and adapting to different styles of learning. If a member worked in the hospitality industry, they probably have great people skills and could be just the right person to serve the organization in membership or ways and means.

In both these examples we would likely find traits of patience and excellent communication skills. These are just a couple of ideas to start with - I am sure you can think of many more.

Next let us look at what a member database looks like. Think about how you want to use it. If you have a large membership with many people who you or other leaders do not know personally, you may want the profiles to be sortable, filterable, and searchable so you can hone in on the specific skills or experience you are looking for. Consider using Microsoft Excel to arrange the categories for at least some of your member attributes. If you are managing a smaller membership, simply having a free-form description of each person may be sufficient. Find the combination that works for you.

Here are some examples of questions you could ask members to flesh out their profile in your database:

- How did you hear about us? (list several choices)?
- What motivated you to join our organization (check all that apply)?
- What industries, businesses or organizations have you worked in before?
- What were your previous job roles?
- What skills or talents do you possess that you would like to offer to the organization?
- What club projects have you worked on in the past?
- What club positions have you held? (And which did you particularly enjoy?)

Be sure to capture a member's LinkedIn profile and/or professional resume if they have one.

Once you set up a data base, you will want to update it regularly. Track what projects or initiatives the member participated in. Were they an officer? Did they hold a chairmanship? Did they lead a particular project and what was the outcome? When a member runs for a district or state chairmanship or office, you will have all the information needed to write a great endorsement.

No matter the format or how you gather information, you will be better positioned to leverage the talents and experience of your members. In this season of new beginnings, why not try something new!



Wendy Curran
Area D Vice President

SPRING HAS ARRIVED!

Here in California our spring is the earmark of big change. We don't have to worry about shoveling snow, wearing heavy coats and rain gear – you know, all the rituals others deal with across the nation to the east of us.

Sometimes, we in California get impatient with inclement weather and can't wait for our usual West Coast weather to arrive – until it gets to summer. That's a whole different bag!

So, flowers now are coming out of their winter sleep, there's sunshine, and longer days. Just the other day as I sat musing about the approaching spring, I came across an interesting quote, "the deep roots never doubt spring will come." That really struck a chord with me, OUR ROOTS. Yes, our "Federation" roots run deep. One has only to look back to how our Federation of Women's Clubs - our clubs, our state, and our General Federation set down roots for all of us together to grow strong.

Yes, there is still much more to do. Everyday, in many communities here in California, our roots give us strength to branch out and fill a need. It might be scholarships, art festivals, food donations, honoring veterans, reading to young children, a free little library, community projects, planting a garden, picking up trash, recycling, community clean-up, or myriad other worthwhile volunteer activities.

Most importantly, keeping our roots strong requires us each to be vigilant. Our roots bring the hope of better days ahead. Just like when spring appears - flowers, sunshine, and renewal.

Let us forget not to be kind, by Sharie S. Meyer

Kindness, such a simple yet profound concept. Kindness underlying human interactions can make such a difference in the lives of those who receive it, of those who witness it, of those who long for it, of those who seek it; and of those who practice it.

Why?

Because kindness speaks from the better part of our humanity; or, at least, what we hope is the better part of our humanity. Kindness smooths ruffled feelings. Kindness uplifts those who experience it. Kindness encourages both receiver and observer. Kindness is a gift to be freely given.

Without kindness?

The opposite of kindness is meanness in its many forms. And, the result of meanness? Pain! Pain that is emotional and psychological. Pain that strikes deep into the heart of the other person. Pain that lingers and is remembered. Pain that can turn to anger. Pain that can lead to thoughts, even actions, of retaliation.

And, the spiral downward continues leading to unhappiness and misery.

And, the opposite happens with the gift of kindness.

Kindness; forget it not!



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Inquires - Contact Pat Anderson, GFWC Mount Diablo District Fundraising Chair
925-803-0703 or patanderson311@hotmail.com



Diane Waterhouse
Domestic & Sexual Violence
Awareness & Prevention

With just a few months left before summer break, I would like to leave you with some reminders about the upcoming “Awareness” commemorations. My friend Carol Burkhardt has so ably covered April’s *Child Abuse Prevention Month* in the issue.

April is also *Sexual Assault Awareness Month*, signified with wearing a teal ribbon. Sexual violence can happen to anyone, anywhere and that includes on college campuses. College students can take steps to look out for their friends, speak up about sexual violence and learn how to increase their personal safety.

June is *Elder Abuse Awareness Month*. As people age, their dependence on others may increase. From grocery shopping, household repairs, transportation, to medication assistance, financial management and day to day care, this rise in the dependence on others brings a greater chance of mistreatment, neglect or abuse for older adults. This abuse may include physical, sexual, psychological, or emotional abuse. It may also include financial abuse/exploitation, abandonment, and caregiver neglect. Learn the signs of such abuse, check in on the older adults in your life who may have few friends or family members.

Don’t be afraid to contact law enforcement or Someplace Safe at 800-974-3359. You can also educate yourself and learn how to make a difference at the National Center on Elder Abuse at ncea.acl.gov



Carol Burkhardt
Advocates for Children

Become Aware and Spring into Action

Awareness must happen before taking action. April is National Child Abuse Awareness month. According to Child Help.org, there is a report of child abuse every ten seconds in the United States. Over four million referrals are made to Child Protection Agencies every year. There are four types of abuse: physical, sexual, emotional and neglect. Verbal abuse is the most difficult form of abuse to substantiate. Often abused children encounter several forms of abuse which leads to emotional abuse.



Abused children often have social problems and throughout life encounter relationship difficulties which can lead to a chain of abuse through generations. Boys and girls have similar rates of child abuse.

During the month of April, you will see pinwheels in yards, churches or clubhouses. These pinwheels are a reminder that we must be aware of child abuse and find ways to protect our children. Throughout the month of April, clubwomen are encouraged to wear blue clothing as a reminder of how important child abuse awareness is. So, “spring into action” during the month of April by planting a pinwheel garden and wearing blue. Take the first step this month by raising awareness in your community about child abuse. All children deserve a safe childhood.





Yolanda Petroski
Civic Engagement & Outreach

Spring has arrived. What better time to focus on women who have gone above and beyond in serving their fellow man. At Winter Board I shared with you inspirational stories about the contributions made by Gary Sinese and Richard Glasgow. With March being Women's History Month and the first of the Spring months, it's appropriate to recall the contribution made by the Donut Dollies during the Vietnam and Korean Wars. Reflecting on these women can inspire our Spring moments.

Sponsored by the Red Cross, their official name was Supplemental Recreation Activities Overseas (SRAO) but were best known as the "Donut Dollies."

Armed with only smiles, games and refreshments, the Donut Dollies risked their lives every day to achieve their mission of cheering up and bringing a sense of home to the U.S. troops. Wearing a powder blue uniform these 647 women, all college grads, served from 1964 to 1973. The name began even earlier with the "Donut Lassies" of WWI where volunteers could offer a respite from the horrors of war and boost morale by reminding soldiers of some of the joys of home, like the presence of a friendly girl-next-door type. In 1917 two women had the inspiration that making hot donuts would bring smiles to soldiers' faces. They figured out how to make 2,500 donuts a day and the name stuck.

ESO readers might want to pick up a copy of Donut Dollies in Vietnam: Baby-Blue Dress and OD Green (Olive Drab) by Nancy Smoyer. She has written a first-hand account of her experiences, including photos, along with contributions from other Donut Dollies. It is a poignant memoir.

Also available is a documentary made by one of their sons and is currently being shown online and at various film festivals around the country. The 87 minute DVD is also available for purchase at www.donutdollies.com.

How much their efforts were appreciated is reflected in these comments: "Those ladies offered us a little sanity in an insane time and place!" and "They were angels in the middle of hell doing a kind deed for us. They were exceptional ladies." Let their stories be an inspiration for you this Spring!



Jane Thomey
Environment

Every day we see the heartbreaking damage that is being done to our planet. It is clear that major changes must be made to save the earth from constantly occurring environmental disasters. Women are among the leading voices for action demanding protection for all forms of nature. This cadre of advocates come from all walks of life, representing diverse racial and ethnic groups.

Last year, the City of San Francisco named 41 prominent female environmental activists in the US for Women's History Month, some whose achievements are described below. Their contributions serve as an inspiration for us all to make changes that protect the earth.

The listing begins with *Jane Addams*, a founding member of the General Federation of Women's Clubs, and the first American woman to be awarded the Nobel Peace Prize. We do not usually consider her to be an environmentalist. Before there was a term for it, she would have probably been considered an environmental justice activist, advocating for environmental equality for all people and targeting lead poisoning and industrial poisons in low-income communities.

No discussion of environmentalism would be complete without mentioning *Rachel Carson*. Her seminal work, *Silent Spring*, was the result of research into the effects of pesticides on the food chain. This book helped shape a growing environmental consciousness which led to the banning of DDT.

Lady Bird Johnson effectively used her position as First Lady to advocate for legislation, resulting in the Highway Beautification Act of 1965. She brought attention to the growing crisis of habitat and species destruction by planting bulbs and trees along roadsides.

Women in public office helped shape the response to Environmentalism. *Hilda Solis* was the first Latina woman to serve in the US Senate where she sought to pass environmental justice

Environment (continued from page 11)

legislation and the first Latina woman to serve in the US Cabinet. Deb Haaland, the first native American woman to take the helm of the Department of the Interior has reversed orders of the previous administration that would have reduced the size of federal park lands for oil and mineral extraction. Lisa Jackson was the first African American to serve as the federal EPA Administrator. Her priority focus was on vulnerable groups that are particularly susceptible to environmental and health threats.

Woman scientists have made remarkable contributions. Frances Beiecke is the current President of the National Resources Defense Council. She was awarded the prestigious Rachel Carson Award, which honors distinguished female leaders impacting the environmental world. Sylvia Earle was formerly chief scientist of the National Oceanographic and Atmospheric Administration where she was responsible for monitoring the health of the nation's waters. An expert in oil spills, she has led research trips following some of the biggest oil spills in US history, including the Exxon Valdez. She is fondly called "Her Deepness" or "The Sturgeon General." Susan Shaw is an explorer, ocean conservationist and author who has worked extensively on issues related to toxic chemical exposure and its impacts on human health and wildlife. She warned about the dangerous use of chemical dispersants following oil spills.

Some women rose from obscure positions to fame because they were protecting their families. Lois Gibbs discovered that her son's elementary school and her Love Canal neighborhood in Niagara Falls, NY, were built on a toxic waste dump. She organized the battle against local and federal governments, leading to the creation of the US Environmental Protection Agency's Superfund. A Goldman Environmental Prize winner, Maria Gunnoe, opposes the environmentally devastating mountaintop removal mining and valley fill operations in Appalachia that destroy the land and fill valleys and streams with toxic waste. Kimberly Wasserman Nieto, after seeing how many of the children in her low-income Chicago neighborhood suffered from asthma (including her own son) suspected that it was related to two nearby large coal-fired power plants. Through her work with the Little Village Environmental Justice Organization, her community was successful in shutting down both plants.

The list of accomplished women includes the Reverend Sally Bingham, one of the first faith leaders to fully recognize global warming as a core more issue. Laurie David has produced numerous high-profile projects that bring the issue of global warming into mainstream popular culture, including the Academy Award winner *An Inconvenient Truth*. Author and journalist Elizabeth Kolbert writes for The New Yorker magazine. In her latest book, *The Sixth Extinction: An Unnatural History* she argues that we are in a mass extinction, and it is the only one that is man-made.

For a complete listing of all these descriptions of inspiring women you may access it at sfenvironment.org-Our Home. Our City. Our Planet.



Myrna Binford
Health and Wellness

It doesn't seem possible that this term will be over in just a couple of months. We, as citizens, have been through so much these last two years, and we have endured and come out better for it. We have learned in our club work and daily lives just what adjustments we had to make to be able to do our work. I have just finished sending the narrative results in. Personally, I am glad I didn't have to judge as you are all winners! I have enjoyed working with you and answering your questions about the Health & Wellness CSP. There are so many areas in the CSP that I started to narrow it down to suggest ones that I thought were most needed with what was going with COVID. Of course, we all know that we had to go Zooming to keep our business going, but there is nothing like being together. So, to keep together, we had to keep in contact with those who needed the personal touch with phone calls, letters, etc. This still has to be a priority as there are still some that are hesitant to go out in crowds. Please note who those are at your meetings and make an effort to contact them. The senior centers, community centers, adult day care centers, and food pantries are beginning to open which will make our work easier.

- continued on page 13 -

Health and Wellness (continued from page 12)

However, there is still food insecurity and we need to find out where we can help. Hopefully the caregivers will get some relief now that the centers are opening up.

As I stated at the February State Board meeting, last year's narratives had little to no mention of helping the American Red Cross Blood Banks, but this year, several clubs found ways to help them and realized how very important their work is (not only for COVID, but natural disasters like hurricanes and fires). There still remains a need. The Red Cross provides 40% of the nation's blood supply and the need is constant, with or without COVID. A single donation can save more than one life. Not only can we donate, but we can help them with their clientele. Go to RedCrossBlood.org for more information.

Remember to keep up on current issues by subscribing to CFWC's Quick Bytes and GFWC's News and Notes, both are published weekly at no charge. You can sign up on both CFWC.org and GFWC.org websites. Keep the faith and keep up the good work you are doing. If there is any help you need, please contact me. Otherwise, I will see you at a CFWC Board meeting.



Deborah Bushnell
Legislation & Public Policy

California adopted the initiative process on October 10, 1911. The Legislature put a list of constitutional amendments on the ballot that put more control of California politics directly into the hands of the people. The list included the ability to recall elected officials, the right to repeal laws by referendum, and the ability to enact state laws by initiative.

The initiative is the power of the people of California to propose statutes and to propose amendments to the California Constitution. Any issue can become an initiative measure. The measure is placed on the ballot after its supporters successfully satisfy the ballot requirements and it is qualified by the Secretary of State.

All legislation begins as an idea. Ideas can come from anyone, a group, governmental agency or an individual persuades a Senator or Assembly

Member to author the bill. A legislator, acting as author, sends the idea and language for the bill to the Legislative Counsel where it is drafted into the actual bill.

You are important. You may have knowledge that can help your legislator. For instance, as a nurse, you would know what happens to people who are turned away from emergency rooms. As a police officer, you would know the toll taken by gang violence. As the parent of a developmentally disabled child, you would know that your child suffers when services are not available.

- Get to know your legislator and his staff.
- Invite them to speak at a Club or District meeting.
- Establish a unified position. Know your opposition.
- Use your own words. Write legibly.
- Be honest and courteous.
- You have two invaluable things to offer –
- your expertise and your integrity.
- Encourage other members of your group locally and statewide to support your legislation.
- Encourage people outside your group to get involved.
- Write a letter to the editor of your newspaper. Get on a local radio or TV talk show. Hold a workshop.
- After a bill passes the appropriate committee(s), it goes to the full house. Floor sessions are open to the public; however, debate is limited to legislators.
- Once a bill has passed both houses, it goes to the Governor for his signature. Let the Governor know your position!
- Another information resource is even closer to our homes: City Councilpersons and the County Board of Supervisors. These groups initiate, pass, and regulate our local ordinances. Invite them to a meeting to present on current events.

GET INVOLVED.





Diane Lindwall
Itinerary Chairman

As Itinerary Chairman I receive the requests for clubs or districts to have a state officer or Chairman speak at their club/district meeting, convention, or other special event. I then enter the request in a log, add a number on the form, and call the person requested to see if she is available when she is wanted, and if she wants to attend this event. If she does, I mark the request confirmed and send copies to the requested person and to the club/district that requested her to let them know it is all set. After that, any questions or unusual arrangements are handled by those involved. At least that is, until there is a problem of some sort.

That is why I need to read and re-read the rules so that I know them when asked any questions. The Itinerary Fund rules are in the State Bylaw Standing Rules, number 34-44. Expenses are covered by the Itinerary Fund (donations are always welcome). The amount allowed for various expenses are explained in the rules. All the speaker has to do is print a copy of the CFWC Expense Form, fill it out, attach the receipts, and have the Club/District President sign it.

So, if you are wondering where your next program is coming from, just think of all the State Officers and Chairmen CFWC has that you could invite. They are pleased when you ask them to speak, whether its about their chairmanship or about Federation in general, and its good practice for them.

By the way, if we are still having meetings with ZOOM, it's a good time to fill out an Itinerary Request Form for an officer, indicate it will be done by ZOOM and send it to me. I keep these on file with the other requests in case anyone wants to know how many other officers are speaking and how or where.

I enjoy working with the officers or chairmen, helping them solve whatever problem comes up and explaining the rules if necessary. (There are several rules I haven't mentioned here.) I have met many of the officers/chairmen at State Board meetings or State Conventions that I wouldn't have met before. So, I'm looking forward to receiving lots of email and/or postal mail.

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MUSEUMS CHANGING HEARTS AND MINDS

By Colleen Janssen

Traditional museums with art, sculptures, and signs to read, are being replaced with a more innovative approach. While still educational and informative, they have interactive and immersive experiences. These museums help change our hearts and minds through the connections they make with us. Here are two.

Aquarium of the Pacific, in Long Beach, CA., is known for marine animals, but serves also as an interactive museum that educates visitors about our oceans.

Fahria Qader, Director of Pacific Visions and Architecture shared recently, “Once we get people to come in, they think it’s going to be just entertainment, but then they learn.” She is an expert on the Pacific Visions wing that opened in 2019 with two floors and 29,000 square feet of exhibit space. Pacific Visions features multiple galleries with interactive exhibits to engage children and adults.

One includes a place to virtually paint a fish, then see your fish become a 3-D model that swims. A short film shows a visual history of our planet with a waterfall where children can jump and splash in the virtual ‘water.’ Another film explores the sustainability of our future, along with choices we need to make to keep our planet healthy and safe.

“There are interactive tables,” said Qader, “Where visitors answer questions about how they use water, food, and energy.” Visitors are offered a portfolio of solutions for better foods to eat, multiple ways to use more sustainable energy,

and more. Visitors learn about their connection to the planet, and how their choices make a difference.

Sign up online to stay informed about special events and activities. Aquarium of the Pacific offers online and in-person education through their First Wednesdays series, and Earth Day will be celebrated on April 23. They offer in-person animal encounters, field trips and camps, Aquarium on Wheels and ‘In the Community’ programs at your location, and more. For information contact (562) 590-3100 or www.aquariumofpacific.org.

Museum of Tolerance, A Simon Wiesenthal Center Museum (MOT), located in Los Angeles, pulls you into a study of the Holocaust from the moment you enter their door. Museum Director, Liebe Geft, stated, “The MOT has been in the vanguard of redefining the role of the museum as a crucible for change...and the experience can be transformative.”

The Holocaust section of MOT uses sound and light, along with a personal passport card of a child who experienced the Holocaust to personalize the experience for the visitor. Eventually, visitors learn the fate of their child. In another immersive experience, visitors learn about Anne Frank.

MOT helps visitors become witnesses to history, while comparing the experience to today’s world. The goal is to envelope visitors in stories, then build empathy and respect for others, while sharing our common humanity.

Geft said, “Ultimately, the MOT inspires visitors to change the way they see the world, and their role in it.” Learn more at www.museumoftolerance.com, or (310) 772-2505.

Museums throughout our state and country offer interactive and interesting exhibits, guaranteed to educate, inform, and change hearts and minds. Google “Museums near me.” Then, pack up your friends and family members, and go see what you can learn today. Oh, and you may need a reservation, so be sure to check first.



Photo courtesy of Aquarium of the Pacific

CFWC LEADS

LEADS

By Dori Kelsey

What a fun thing to be a part of; I listened to fifteen speakers with six other club women who came to learn a little more about leadership at the 2022 Mini-California Leads Seminar in Sacramento, California during the Winter State Board meeting. LEADS means Leadership Education and Development Seminar.

Not only are we service minded, we help each other learn how to be better leaders. We teach our members to write an agenda, how to set up a meeting, how to do a club budget, and more—things that will come in handy as a club president for us or other organizations.

Each District (18) is able to select one individual to attend the mini-LEADS. It is one way of many Leadership workshops, booklets, and other trainings we have for leaders. In addition, we have On-the-Job-Training. We help you if your new at your job. No club member wants to see another member fail at their job.

The icing on the cake is that one of our ladies is chosen each year to attend the GFWC, General Federation of Women's Clubs International Convention and represent CFWC. This year our GFWC LEADS candidate to the GFWC Convention; and, will return as a LEADS Graduate, is Ginger Osman from the Orange District. Congratulations to Ginger!

Ginger Osman selected as the CFWC LEADS Candidate.



Clubwoman Magazine was excited to catch up to Ginger and learn more about her experience at Winter Boards, her style and what she hopes to accomplish.

Below, in her own words, is her story.

From Ginger:

I joined the GFWC Woman's Club of Cypress in 2018 as I wanted to make an impact on my local community through volunteering and philanthropy. I was honored in 2021 to be selected by my club to participate in the mini-LEADS Seminar session within the Orange District. This was the start of a journey for me as I was then selected as their candidate to attend the GFWC California Federation of Women's Clubs (CFWC) LEADS session in Sacramento in February 2022, along with other candidates across California. LEADS is a great program and identifies potential candidates to assume leadership positions at the Club, District and State level.

I am still overjoyed by having had this experience and the opportunity to meet State Officers and participate in a two-day seminar where we learned from State Executive Board Members. Our seminar leader was Dori Kelsey. She gave us

insight into the history GFWC and other areas. We had a lot of fun and I met so many wonderful women who I can now call my friends.

This experience grew my knowledge in areas such as writing resolutions, legislation, parliamentary law, budgets, membership. My personal presentation favorites were the history of the Women's Club and writing resolutions. I was inspired by learning the history and how GFWC came to be. It reaffirmed my love and dedication to the Club. For writing resolutions (something most local chapters don't have) projects. it was great learning how to focus and shift some of the passions club members have into "club laws" for future projects.

In describing my leadership style, my strengths are my listening and communication skills, essential for any leader. I stay focused on our vision/goals and mentor others to develop their own goals. I work to motivate others to work as a team through my own actions and behaviors. The LEADS seminar not only let me use these leadership skills, but also helped me to improve.

I am honored to represent all of you at the GFWC National Convention in New Orleans in June 2022.



PAWS FOR PURPLE HEARTS Warriors Helping Warriors

By Judith Yoakum

Dr. Bonita Bergin created the concept of using service dogs as a way to help those with mobility limitations. In 1975 she founded Canine Companions for Independence, the first nonprofit to train and place service dogs.

In 1991 Dr. Bergin founded the Assistance Dog Institute which in 2004 was designated a university, facilitating a name change to Bergin College of Canine Studies. It is the only college dedicated to teaching service dog trainers in the world.

Dr. Bergin, did not like the harsh treatment used by some dog trainers so she created "Positive Reinforcement". This resulted in a pilot program between Bergin College of Canine Studies and the U.S. Department of Veterans Affairs in Palo Alto in 2006. The program was so successful that it led to the founding of Paws for Purple Hearts. Now a separate non-profit

organization with its own 501©3 status, Paws for Purple Hearts is the only service dog organization that partners with the Bergin College of Canine Studies. All dog trainers at Paws for Purple Hearts have trained at the Bergin College of Canine Studies which produces the best dog trainers in the world. Dr. Bergin continues to maintain a close relationship with PPH, serving as its CEO.

Paws for Purple Hearts trains both PTSD dogs and Mobility dogs. Labrador Retrievers, Golden Retrievers or a mix of the two are their desired breeds to train for their

retrievers. Also, the public is more likely to gravitate to these dogs over other breeds.

Many of the Warriors who return from deployment do not have mobility issues, however they suffer from Post-Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI). Canine Assisted Warrior Therapy® is a process in which a Warrior assists the PPH trainer in the training of the dogs. Contact with the puppies and dogs and caring trainers help the Warrior to relate to and trust dogs and humans once again. This interaction has shown to ease the severity of a Warrior's symptoms. A Warrior who participates in the program, by helping train a service dog for another Warrior, can regain a sense of purpose like that felt

when an important mission has been accomplished.

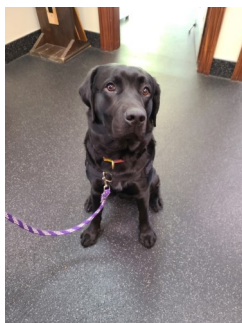
Puppies who present a good temperament, friendliness, little barking and an eagerness to

please are the desired traits for a service dog. After training, 40% of dogs do not graduate. All dogs in training participate in Canine Assisted Warrior Therapy® until they graduate or are released.

"The whole point of Paws for Purple Hearts is that it builds on the time-honored tradition of soldiers giving a hand to other soldiers, just like we did on the battlefield together."
— Steve Moore, Sergeant, U.S. Army (Ret.)



By their participation in Canine Assisted Warrior Therapy®, each dog is making a positive contribution to the veterans who assist in training the dogs in this program. After two to three years of training, a dog may not graduate due to a lack in wanting to work or because they may be anxious around the public, traits that are not suited to being a service dog. A dog who has learned all of its tasks, but is not suited for the public, may be placed in the home of a veteran as an in-home help mate. There is also a very long list of people wanting to adopt a released dog as a pet. A service dog remains in training for two to three years prior to graduation and in that time, the dog learns 80 to 100 commands. After graduation, the service dog is placed with a Warrior at no charge based on personalities. Dr. Bergin created a scientific method to match the personality of the Warrior with that of the dog. The categories used are: Amiable (super friendly, happy); Driver (leader, head-on); Analytical (thinker); and Expressive (flamboyant).



Paws for Purple Hearts

Continued from page 17

Significant people in various areas of the Warriors life are asked to complete a questionnaire. Their answers pinpoint for PPH the type of personality of the Warrior. Dogs also have their own personalities which are matched to that of the Warrior.

Liberty, a three-year old Golden Retriever/Labrador mix was placed with Carlos, a U.S. Army veteran, in August, 2021 as a PTSD Service Dog. While in training, Liberty helped countless Veterans and Active-Duty Service Members in both the Men and Women's Trauma Recovery Program at the VA in Menlo Park, CA. These Warriors, in the Paws for Purple Hearts Canine-Assisted Warrior Therapy® Program helped train her to develop into the top-tier service dog that she is.



According to Carlos, "I can't believe it's already been six months since I got Liberty, she compliments me so well and I can't picture my life without her." "Everyone just knows that Liberty is part of my life now, there are places that recognize us and they know she is part of my family."

Paws for Purple Hearts also provides assistance dogs to selected health and human service specialists.

The dogs are used in the course of clinical work, to provide therapeutic benefits and to improve the quality of care for patients.

So well trained are these service dogs that a veteran with limited mobility, lacking the strength or ability to guide their dog by use of the leash, can control the dog either by verbal commands or a touch to the dog's hind quarters.

Paws for Purple Hearts service dogs are trained to ignore other dogs in public. When near other dogs who are running around and playing, the PPH dog will follow the command of his Warrior to either "stay" or to join in the fun. If commanded to "stay" the dog will obey the command because of the "Positive Reinforcement" training the dog has received. By obeying, the dog knows that a lot of treats will come its way.

While visiting Paws for Purple Hearts in Menlo Park, CA., interviewing Megan Franke, Program Instructor and Olivia Hughes, Advancement Associate, this reporter was privileged to meet Lofstedt, a one and a half year old black Labrador Retriever in training. Lofty has another year and a half before graduation but has already learned several tasks. He demonstrated turning on a light switch with his nose, opening and closing a refrigerator door and how by leaning his weight against a veteran's shaking leg, focus can be diverted to the dog rather than to the veteran's anxiety.

For the Veteran receiving a service dog, it can be a new



beginning in life, giving the Warrior the gift of increased independence.

Paws for Purple Hearts has volunteer opportunities, however, at the Menlo Park facility, the volunteer roles currently available are limited to Puppy Petter, Puppy Raiser and Puppy Sitter. The organization is currently looking for a new facility of their own in the Bay Area. They would like to have more training space for their dogs. At that time, they expect to be able to open their doors to more volunteers.

For information, contact Olivia Hughes, Advancement Associate, oliviah@pawsforpurplehearts.org.

Donations are appreciated and help keep all services free of charge to Warriors and their families. Please visit the website for information.

Pawsforpurplehearts.org

Paws for Purple Hearts is Headquartered in Pengrove, CA with five facilities located in: Menlo Park, CA., San Diego, CA, Ruther Glen, VA, San Antonio, TX, and Fairbanks, AK.

ODE TO THE FRONT PORCH

by: Cathie Hollins



Welcome to my sittin' porch as my friend and "Acquaintance-in-law" Ted Large calls it. In fact, Ted is the inspiration for this little story. He told me that a study revealed that one of the reasons people do not know their neighbors anymore is because of the disappearance of the front porch! That made me curious and off to Google I went!

The porch as an architectural concept has existed since prehistoric times! It has developed through out history in various cultures, it would disappear and then reappear over time. But no culture at any time placed such structural and cultural importance on the front porch as in the form of the American front porch. Some of the first porches in America were built by immigrants from Africa, possibly fashioned after the porches found on the shot-gun houses found in West Africa. The influence of climate on the origin of porches suggests that porches in America grew first and most quickly in the South.

In a September 2019 Wall Street Journal story, Adrienne Gaffney writes, "There is perhaps no architectural feature that conveys a sense of home, warmth and community like the front porch. And yet, what was once a staple of American life is often skipped in modern homes. What happened to the porch?"

Porches shaded house walls, which meant less heat inside the home in the pre-air-conditioning era. A lovely breeze on a warm afternoon could be enjoyed on the front porch, away from the stifling heat that could often be found inside the home.

One school of thought on the demise of the front porch is the invention of the automobile. Those new-fangled contraptions with their exhaust fumes and noise made it uncomfortable to sit on the front porch and people began to move inside or hop in their own automobile and taking a leisurely drive in the country. Up until the automobile, neighbors could visit at night, and it was a pleasant social event. Renee Kahn, a historic preservationist, and retired art history professor advocates that existing porches never be removed from homes and offers this analogy, you take a porch off of the front of a house and it is like shaving off somebody's eyebrows, it is a key form of showing expressing.



In the 1960's, Jane Jacobs, author of "The Death and Life of Great American Cities" argued that "eyes on the street" – which included butts on the porch – kept neighborhoods safer and helped build community. The Crime Prevention Through Environmental Design (CPTED) movement promoted the concept that well-lit and well-used front porches helped to create more neighborly neighbors.

The 1980's began to see a reappearance of the American front porch in the town of Seaside, Florida, a planned community built with the aim of rebuilding a town on the principles of "urban traditions". The designers and architects developed an extensive building code to create an existence as imagined. This code required that all buildings were to have front porches. This project revealed the cultural ideas that made the front porch important, and the cultural changes that eliminated it. The future of the American front porch is still uncertain but there may be an unseen benefit to the pandemic that we are all experiencing right now. It seems that the front porch is enjoying a new golden age. Porches offer a semi-public setting for meeting and visiting with friends and neighbors. In the words of Claude Stephens, founder of a tongue-in-cheek group called Professional Porch Sitters Union Local 1339, a porch is "the only place where you can feel like you are outside and inside at the same time; out with all the neighbors and alone reading a book."

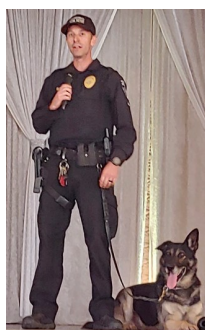
So, if you ever see me out on my "sittin" porch, please stop, sit and relax. I always have a pot of coffee brewing.

Club News

The Hemet Woman's Club Initiated 8 of their 11 new members at their regular club meeting in March. The Chairman Margie Watcher is on the left in the picture. Sonja Matthies, CFWC 2nd Vice President attended the meeting and presented two of our members, Alphy Norman and Margie Watcher, with the White Star Membership recruitment pin for each bringing in 5 new members. All members are excited to be joined by these enthusiastic gals.



On March 1, 2022, The Arcadia City Council adopted a Resolution recognizing **The Arcadia Woman's Club** as a Historical Landmark and Resource and recognized its contributions to the city of Arcadia and California.



The Torrance Woman's Club learns about the K-9 program in their city and enjoy the personality of canine officer Argos, shown above seated next to his handler.



In March, **The Woman's Club of Vista** club members gathered for an outdoor initiation at their local Alta Vista Botanical Gardens. With flowers, smiles, and chocolate, they welcomed new members and shared their hopes to be able to meet again soon in person. Club growth is attributed to friendly personal contacts!

Loyal 2 Local

By Marilyn Edwards

Loyal 2 Local was a publicity campaign created by the **Orangevale Woman's Club (OVWC)** in response to the massive 2020 Covid 19 shutdowns of our local businesses. Orangevale is a small rural minded community in the midst of the greater Sacramento Ca. area. Our community is made up of mostly small "mom and pop" business owners. For years, they have been some of the most ardent supporters of OVWC. Even in the midst of our lost fundraisers, thinning finances and Zoom meetings, we knew we had to help them and especially the food and drink businesses.

Eight talented OVWC members stepped up to form the committee and gathered on Zoom for months to craft the publicity campaign aimed at rallying the community's support. One by one, the owners were interviewed, photos taken of them in front of their business plus menu items. One merchant at a time was featured every two weeks on our OVWC's Facebook and Instagram sites and in our local newspaper, the Orangevale View. The Editor always found a way to feature "Loyal 2 Local" on the front page, everything from a full-page cover to just our logo with the page number of the article. Our OVWC Facebook and Instagram postings were shared widely by the committee with many other



Club News *continued*

Loyal 2 Local continued

community groups and pages. Of course, there was great chatter on social media, everything from “how they loved the food” to just learning about a new and good food place. Grateful really doesn’t describe the gratitude we received from the owners as their revenues began to improve.



Given the success of the campaign, our Loyal 2 Local committee applied for a \$500.00 Grant from the Fair Oaks Orangevale Foundation and received it for our community service. We used the Grant dollars to purchase gift cards from those same owners to give away to the community. The Orangevale’s Summer Concert in the Park was the chosen venue. We set up a booth with a spinning wheel and encouraged all adults attending the concert to come for a spin to win.

Not only did we give away all the gift cards, we gave away free spins, our club cookbooks and free raffle tickets to be used at the OVWC raffle booth next to us. The community attendees were surprised, pleased and grateful to receive free gift cards!

As of March 2022, we are finalizing our Loyal 2 Local campaign with a final post of thank you to the community for supporting our businesses and our campaign. We incurred no expenses and borrowed the spinning wheel and other items for the concert booth. We learned that where there is a will, there is a way to support our community, even if it requires a new committee of volunteers with vision and ZOOM.



How I learned that we make a difference

By Dori Kelsey



I was at a Women’s Club event for Domestic Violence Awareness 10 years ago. I was outside the building with others organizing donated clothing. The gently used clothing was being collected for the local Women’s Shelter. It was then that a small framed woman came up to me and indicated that she would be back. I thought to myself “okay, I’ve heard that before”, and continued with my work.

Approximately fifteen or twenty minutes later the woman returned with three huge bags of children’s and baby clothes. I thought wow, this is great. I thanked her for her donation and she began to tell me her story. “I was one”, she stated—meaning she was a victim of Domestic Violence. She continued “someone helped me”. She felt it was now her turn to help others. While she was not someone I had met previously, it became apparent that she was returning the help she had once received in an effort to help others.

The books, clothes, and money you donate through your Women’s Clubs has impact and helps those in most need. We save lives everyday with our simple heart felt projects. If you don’t belong to a Woman’s Club, think about joining one and make a difference in your community.

Make Resolutions Happen

Mickie Reed, Resolutions Chairman



You see a problem in the world. And like the clubwoman/man that you are, you are not going to ignore it. No, you are going to do something about it, and you are going to get all your Federated Club Sisters/Brothers to do something about it too.

Now that you have identified the problem, you are going to do research and find out how to fix it. After you have done your research and you are sure: 1) It really is a problem and 2) You know how to fix it. Then, you will write a Resolution. A Resolution is simply a decision or determination of a course of action to resolve a problem.

The final resolution will have a very formal look, with the use of “Whereas” and “Therefore,” but you can always start by writing “Because” and “So” instead to make it easier. A simple example of a Resolution is: “Whereas, charging money on my credit card increases my debt; Therefore, RESOLVED THAT I WILL PAY CASH FOR EVERY PURCHASE.”

Once you have written your Resolution, what do you do with it? You will submit it to your club board and ask them to add it to their agenda and vote to support it. Then it will go to the membership of your club. If the club votes to support the resolution, it will then go to the District Resolutions Chair, where the process will be repeated by going to the District Board and then to a membership vote by District members. After approval by the District, it is submitted to the CFWC Resolutions Committee. If your District does not have a Resolutions Chair, then the Resolution goes straight to the CFWC Resolutions Committee. If you or your club or district do not approve your resolution, you can still as an individual member, submit the Resolution to the CFWC Resolutions Committee. The Committee will check your research and make sure that the resolution is in the proper, formal format.

The CFWC Resolutions Committee votes to approve the Resolution. The Resolutions Committee is not voting on whether they personally agree with the Resolution, but rather as to whether the Resolution is supported by documentation and is in the proper format. It takes a “No” vote from four out of five Committee Members to quash the resolution, so it rarely happens. If the Committee votes to support the resolution, then it will be sent to the CFWC President to be included in the Call to Convention, for a vote by the entire CFWC membership at Convention.

Resolutions are a powerful tool to implement change in the world. If one person supports an idea, that is a start. But, when large organizations support an idea and all the organization’s members take action together, that can have a powerful impact.

So, write your resolution! Use our collective power to effect change! And if you need help your CFWC Resolutions Chair is only a phone call away.



For information about membership options visit us on the web at cfwc.org

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