



CALIFORNIA FEDERATION OF WOMEN'S CLUBS
CLUB AWARD ENTRY COVER SHEET
Annual Reporting January 1-December 31, 2023

Chairman: Diane Weinhold		Club: Ebell Club of Irvine	
Number of Members: 16		District: Orange	Area: C
Club Position: Health and Wellness Chair			
Reporter's Address: [REDACTED]			
City: [REDACTED]		State: [REDACTED]	Zip: [REDACTED]
Email: [REDACTED]		Phone: [REDACTED]	
Health and Wellness			

The City of Irvine was incorporated in 1971, evolving from a working ranch to a “model city” as planned by the Irvine Company. Three years later in 1974, the Ebell Club of Irvine was founded and federated with the General Federation of Women’s Clubs, an international organization dedicated to improving local communities through volunteer service in the following areas: Advocates for Children, Arts and Culture, Civic Engagement and Outreach, Domestic Violence Awareness and Prevention, Education and Libraries, Environment, and Health & Wellness.

In the last 52 years, the City of Irvine has grown to over 309,000 residents and has been named the safest city of its size for more than 17years. It includes the: Orange County Great Park, Pretend City Children’s Museum, Irvine Art Museum, 2 universities and a junior college. Most residents are college graduates; the Irvine School District is highly regarded; and the population is a diverse mixture of cultures. As the population of the city has grown, the number of volunteer organizations has also multiplied. Many of these have a single mission, such as CHOC guilds, Friends of the Library, and Families Forward.

Our club offers volunteers a diverse approach to volunteering and has held steady over the years averaging about 15 energetic members who are proud to be federated and making a difference in the Irvine community.

Project Title: Free Wheelchair Mission Hours: 22 Donated \$ 0 In Kind \$ 0

Free Wheelchair Mission was founded in 2001 to provide the transforming gift of mobility to the physically disabled poor in developing countries. They provide free wheelchairs in more than 71 countries. Each year they have a major fundraising event called Magic of Mobility. This year their goal was to raise \$2billion to fund wheelchairs. We were asked to provide 3 volunteers to work at the event. Much of what is done is computerized, so they did not need as many volunteers to do the legwork as in past years.

Our three volunteers arrived at the Turnip Rose Center in Costa Mesa at 3 p.m. and spent 7 hours working the event. Following a welcome and training session, we served as “runners” and “searchers” from 5 to 7 p.m. at registration tables getting the bidding packets for the guests as they checked-in.

Next from 7 until 8 p.m. we were ushers, helping patrons locate their tables for the dinner, the entertainment, and the live auction portion of the event. Once everyone was seated, we returned to the registration area to help convert it for checkout. This entailed moving the silent

auction items to the check-out tables. As the evening came to a close and people began to leave, we assisted with passing out the silent auction items to the winners.

Project: Information Articles for Club Newsletter Hours: 5 Donated: \$ 0 In Kind: \$0

Several articles regarding Health & Wellness appeared in our monthly newsletter. In January the article addressed not making New Year's resolutions too stringent, thereby setting yourself up for failure. Make them achievable and forgive yourself when you indulge in that piece of chocolate.

Before the Free Wheelchair Mission's Magic of Mobility fund raising event, there was an article on the benefits of this endeavor and a call for volunteers.

Another month described the Dress a Girl Around the World project. This is a campaign of Hope 4 Women International. Their goal is to provide at least 1 new dress to a girl in need to give her dignity and to know she is cared about by others. As one of our members was interested in making dresses, the club made a motion to support this project on a voluntary basis.

Another month informed our members how volunteering helps keep your brain sharp. "Research has suggested that volunteering accomplishes two keep goals for better cognitive health and wellbeing: stimulating the brain with interesting and challenging activities."

And lastly in December, we suggested our members reduce their holiday stress by not over decorating but to just relax and enjoy the season.