



JANUARY 2023 THE CALL

The Newsletter of The Orange District

A MEMBER OF THE GENERAL FEDERATION OF WOMENS CLUBS
INTERNATIONAL & CALIFORNIA FEDERATION OF WOMENS CLUBS



Orange District January
IN-PERSON
Council Meeting
Friday, January 13, 2023
10:00 am

Ebell Club of Anaheim
226 N. Helena Street
Anaheim, CA 92805

HAPPY NEW YEAR! WELCOME 2023!

The holidays are here. Don't forget that reports are due on or before our Orange District Meeting on January 13, 2023. I really appreciate the time and effort you put into writing and submitting your club endeavors. One of the benefits of being part of Orange District is the chance to share and learn from the efforts of other clubs.

The end of the year is always a mad rush to January 1. Even though report writing is over, our club year continues. We have lots of fun, exciting and learning experiences still to come in 2023.

Our January Orange District Council meeting will feature a speaker from The UCCE (University of California Cooperative Extension) Master Gardeners of Orange County. Master Gardner, Brian Hale, will bring his years of gardening experience to present an enjoyable discussion for us entitled, "A Year of Growing Good Food".

Even if you are not a dedicated gardener, I'm sure you will find his discussion informative and entertaining. There will be door prizes and surprises for everyone.

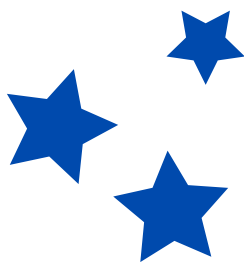
Spotlight on Programs this month will feature Lucy Park, our Domestic Violence & Sexual Awareness and Prevention Chair, and Carly Jones, our Advocates for Children Chair. Veronica Gonzales, our Environment Chair, is teaming up with Anna Frazer, president of the San Clemente Jr's., to collect "Wands for Wild Life". Bring your spent mascara wands to the January meeting so they can be sent to the "Wands for Wildlife" program.

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A MESSAGE FROM THE PRESIDENT

Sandy Tessier
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562-234-3371



**Orange District September
IN-PERSON
Council Meeting
Friday, January 13 2023, 10:00am**

Ebell Club of Anaheim
226 N. Helena Street
Anaheim, CA 92805

The deadline to RSVP is Thursday, January 5, 2023

Cost \$35 per person

Lunch Menu

Meat Lasagna OR Spinach Lasagna

Each entrée is served with a salad, Italian garlic bread, and dessert.

For any special dietary request, please submit with reservations as no changes may be made on the day of the meeting.

Each club is responsible for making reservations by the deadline and submitting one club check for payment at the council meeting.

Please RSVP by emailing your club name, list of attendees, and lunch choice to Carole Stone, Meeting Planner, caroleallison419@gmail.com 714-875-6456 by **Friday, January 5**

ORANGE DISTRICT COUNCIL MEETING AGENDA

Friday, January 13, 2023

CALL TO ORDER

Sandy Tessier, President

PLEDGE OF ALLEGIANCE

Judy Wagner, Civic Engagement Chair

INSPIRATION

Linda Holman, Inspiration

WELCOME

Pamela Hilton, President, Ebell Club of Anaheim

INTRODUCTIONS

Sandy Tessier, President

EXECUTIVE COMMITTEE REPORTS

SPEAKER

Master Gardner, Brian Hale, A Year of Growing Good Food

BLESSING

Linda Holman, Inspiration

LUNCH

RECONVENE

SPOTLIGHT ON PROGRAM CHAIRS

Colleen Janssen, 1st VP/Dean

Lucy Park, our Domestic Violence & Sexual Awareness and Prevention Chair,
Carly Jones, Advocates for Children Chair

DISTRICT CHAIR REPORTS

Colleen Janssen, 1st VP/Dean

CLUB ANNOUNCEMENTS

OPPORTUNITY DRAWING

Natalie Skullr-White, 3rd V.P.

ADJOURNMENT FOLLOWING THE COLLECT

Linda Queen, 2nd V.P.

President's Message (Cont Page 1)

Please share this issue of The Call with your members. All members and prospective members are welcome to come to our Orange District Council meetings.

Finally, I wish you and your families a very wonderful, healthy, and prosperous New Year!

Sandy

*"Nothing is impossible. The word
itself says "I'm possible!" ~
Audrey Hepburn*



THE CALL



A MESSAGE FROM 1ST VP/DEAN

Colleen Janssen
colleenj02@gmail.com
805-813-0844

Great Job!

I have been fielding emails and phone calls from club Deans who are working on their annual reports. I love how everyone is working hard to document their club's history for 2022.

Just a few reminders:

- 1) Reports are due to me from club Deans, or the person who handles your club's annual reports, no later than January 13, 2023. This means you still have time to work on making them as comprehensive as possible.
- 2) Deans should label each report using the format: Year, full club name, report name. An example would be: 2022 Woman's Club of Cypress, Environment.
- 3) All reports should be submitted as separate pdfs by topic. Do NOT make all of the reports into one, continuous document. There should be a separate document for each report (up to three pages/report).
- 4) No photos are permitted on reports.
- 5) Email the pdf reports to me at: colleenj02@gmail.com. You will receive a response from me, letting you know I have received your documents. If you do not receive a response in three days, call me at 805-813-0844.
- 6) Questions, please call or email me. I will do my best to get back to you quickly.

GREAT JOB!



A MESSAGE FROM
2ND VP
MEMBERSHIP

Linda Queen
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714-501-5725



A NEW YEAR'S RESOLUTION

It's January and for many of us that means it's time for New Year's resolutions! Yay! Each year we start out strong, enthused by all the ways we've decided to improve. Often, our resolutions include something like: **BE MORE ACTIVE**. "Now's the time," you say. "I can do it," you say. There's no stopping you now!

This year, challenge yourself to be more active IN YOUR CLUB. Guaranteed to be much more fun than breaking a sweat on a treadmill or hunting down hand weights. This goal will benefit your well-being, make you feel great, put you among friends, and help the lives of others. It's a win-win-win-win!

BE ACTIVE

Will you be an active member, the kind who will assist?
Or are you happy just to see your name now on the list?

Will you take an active part to help our cause along?
Or are you satisfied to be a person who just belongs?

There's always lots of projects which bring success when done.
But they should be completed with the help of everyone.

When you attend each meeting and take an active part,
You'll be a treasured member who helps with hand and heart.



THE CALL



A MESSAGE FROM 3RD VP WAYS & MEANS

Natalie Skullr-White
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714-856-9655



Last Minute Gift Ideas!

A big thank you to everyone who was able to purchase Pampered Chef. I was just told we actually have until December 18th to make any purchases that will arrive by Christmas. Last minute gifts anyone? Please visit <https://www.pamperedchef.com/party/cfwcod22> NOW to claim your last-minute gifts and support Orange District.

Orange District Pins are also now available. Please see the order form included in this publication.

Pegboard Highway will be the vendor at the January Council Meeting. Come and support Pauline who is sure to bring wonderful things for you.

Happy Holidays and I can't wait to see all of you at the January Council Meeting. Much love and light!

	ORDER FORM CFWC Orange District Pins <small>"CFWC Orange District Women's Clubs" "Reach For The Stars" www.cfwcorangedistrict.com</small>	
7/8" Lapel Pin. \$10.00 each		
Ordered by _____	*If you wish to pick up pins, call Natalie Skullr-White (714)856-9655 or Suzanne Vaugine (714)538-2226	
Address _____		
City _____ State _____ Zip _____		
Contact _____ Phone _____ Email _____		
Number of pins (\$10 ea) _____		Price \$ _____
		Postage \$ _____
		Total \$ _____
Send order & check payable to CFWC Orange District to: Natalie Skullr-White, OD Fundraising Chair 340 Marie St., La Habra CA 90631		



A MESSAGE FROM CHAIRMAN OF DOMESTIC VIOLENCE AWARENESS & PREVENTION

Lucy Park
(714)-474-8142
historyferret@gmail.com

Buying Fair Trade Combats Human Trafficking.

The Purchase of Fair-Trade food and clothing helps families of marginalized communities to earn a fair wage for their goods. Families that can afford to provide for their families are less likely to fall prey to a trafficker's advances.

Fair Trade is a trading partnership, based on dialogue, transparent price agreement and interest-free microfinance investment (up to 50% payment upfront enables raw materials purchases). This allows handcraft production and protection from exploitative loans. The business that makes the product receives payment before export. The item is then placed in the marketplace which leads to empowered businesses and thriving communities. It contributes to sustainable development by offering better trade conditions to and securing the rights of marginalized producers and workers.

Impoverished families may face difficult financial decisions to make ends meet. A foreign family may only have enough income to send their son to school, leaving their daughter at home. He is given more food than his sister because he needs the energy to excel. He is seen as the embodiment of the families future. More resources are set aside for him. Soon the daughter is seen as a burden. A neighbor or even family member (behaving as a trafficker) shares an opportunity for the daughter to be a servant for a kind well-to-do family. The promise of safety, room, and board with a "good family" sounds like a perfect solution to their economic problem. Immigrant families unknowingly give their children to a trafficker on the promise of hope of a better life and escape financial strain. Unfortunately, every promise made by the trafficker is a lie. Fair-Trade partnerships empower families from making this kind of heart-breaking decision to give their children away.

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Buying Fair Trade Combats Human Trafficking

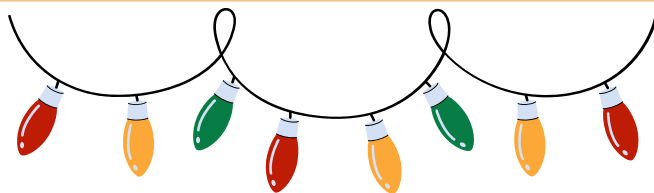
The benefit of fair trade to foreign communities is stability that helps them plan their futures. The socioeconomic boost elevates their quality of life. These businesses often lead to the empowerment of women. Child labor is prohibited in the program. In Addition, parents can now afford to offer education, food, and healthcare for their families. Safe working conditions are encouraged. Environmental responsibility is promoted to reduce their carbon footprint. Traditional arts are honored in new markets. Debt is avoided by the interest-free cash advances and prompt payments. Even individuals with disabilities can be trained to earn a living. The community is improved by fair trade.

Look for the Fair-Trade symbol when making purchases on coffee, chocolates, personal care items, and clothing to fight human trafficking. The seduction of traffickers' promises is minimized if a family is financially flourishing. Your purchase of fair-trade items is an important action in the prevention of human trafficking.

Just a quick reminder, CFWC is promoting Secure the Call. The collection of phones ends of February 28, 2023.

A Voluntary Collection of Gift Cards for The Orange County Task Force Will be Taken at the January District Meeting.

The Orange County Task Force often ask a newly rescued survivor of human trafficking what they need. Requests vary from clothing and personal care items to journals and calendars. Presently, the Task Force is moving near the 5 Freeway, so the traditional physical collection of items is not recommended because the storage unit on the premises has not been determined. \$5.00 gift cards from Target and Walmart will be collected as a voluntary project. Caseworkers demonstrate concern when a new client's need is heard and met. Learning to trust is one of the first steps toward healing for a survivor. Your generosity can lead to a life that is transformed.





A MESSAGE FROM CHAIRMAN OF CIVIC ENGAGEMENT AND OUTREACH

Judy Wagner,
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714-995-4242
714-308-7502

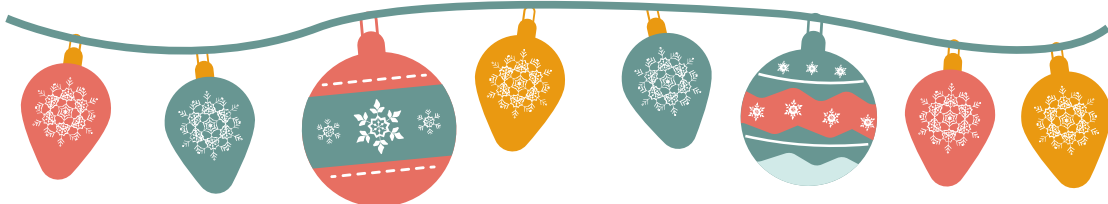
Holiday Season

As we enter the Holiday season we need to remember that there are many people who do not have families or friends to celebrate the season with. When we think about how lucky most of us are, that we have beautiful families and wonderful friends, we can reach out to those who are less fortunate. Deliver KINDNESS BAGS to bring joy to the people who receive them. For those of you who deliver them be sure to smile and wish them well. They will be so happy to see a smiling face and someone who truly cared to bring them a gift. It might be the only gift that some of them will receive. Check with your Senior Center and you might find people to deliver to.

No matter how you believe we all celebrate a Holiday at this time of the year. Respect the beliefs of others. Always try to understand how they believe and embrace it. Woman's Clubs have a variety of people of all ages. We also have some who will be celebrating these Holidays differently than they have in the past. REMEMBER TO BE KIND. If you know a member who might be experiencing a sad time during these Holidays try to reach out to them. You might even invite them to spend some time with you for dinner or just to get together. There are many ways to show KINDNESS.

With all the activities that we have planned for December be sure to invite a New Member or a neighbor and let them know how much we appreciate them. If someone needs a ride to an activity let them know that you would be happy to pick them up.

We also need to remember that our Military Men and Women need a card or phone call or some way to recognize that they are being thought of. Our Police and Fire Departments could always need a little cheer. Maybe take them some cookies or, if you are talented, maybe you could go and sing Christmas Carols.





A MESSAGE FROM CHAIRMAN OF EDUCATION AND LIBRARIES

Susan Denley
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562-430-5762

Media Literacy

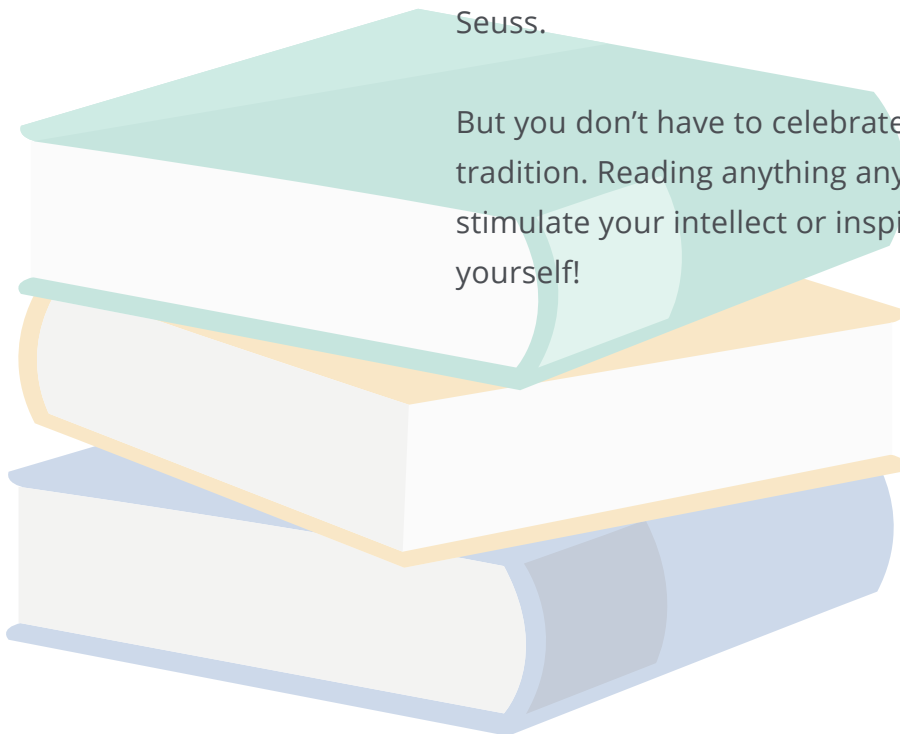
Does it seem like the holiday season flies by with no time to think, much less read a book? Not so. You can keep up with your reading in a very seasonal way by adopting the Icelandic tradition of Jolabokaflod — the “Christmas Book Flood.”

Apparently this dates to World War II, when it was hard to find gifts to give. Paper was still abundant enough, though, to make giving and receiving books possible. So the tradition was born. The idea is to give everyone in the family a book on Christmas Eve, then settle down and read peacefully together.

You don’t even have to be “together” in the same space to do this. You could be in different towns, states or countries and have the comfort of knowing you’re all reading at the same time, whether it’s different books or the same title. Later you could discuss — in person or on Zoom — what you’ve read.

Many American families already have a traditional reading of Clement Clark Moore’s “A Visit from Saint Nicholas” (otherwise known as “Twas The Night Before Christmas”). In my family, I always preferred “The Grinch Who Stole Christmas,” because I loved Dr. Seuss.

But you don’t have to celebrate Christmas to adopt this Icelandic tradition. Reading anything anytime may soothe your soul or stimulate your intellect or inspire your creativity. And that’s a gift to yourself!



Tara's Chance

This year the Woman's Club of Fullerton chose as their club's charity of the year (and probably into next year) Tara's Chance Equine Therapy.

It was an easy choice as the Tara's Chance ranch is in the city of Fullerton and situated in a canyon right behind St. Jude's hospital. Tara's Chance was the dream of Cindy Howell, a riding teacher and ranch owner. She, her husband, and now their son, Matt Howell all share in the dream and the work of keeping equine therapy a stalwart proponent and refuge for children who are severely handicapped, either physically or mentally or both.

"Tara's Chance is dedicated to promoting the physical, cognitive, and social well-being of those with special needs through equine-assisted activities and therapies. Strengthened by scores of volunteers, Tara's Chance accepts many children that other equine therapy programs have not been able to accept." taraschance.org

Having had the privilege to observe several therapy sessions, I witnessed the impact the sessions have on the families of handicapped children. Giant California pines edge the perimeter of the horse ring, providing shade for the families. Modest bleacher-type benches allow the whole family to be a part of their child's and sibling's progress. As the kids ride around the ring, the family waves to their child give thumbs-ups, and shout encouragement to them.

It struck me that the entire family is impacted by the child's handicap and the therapy. Mom and Dad have maybe three or four other children. Perhaps both parents have full-time jobs as well. The other children join in the progress of their special needs brother or sister.

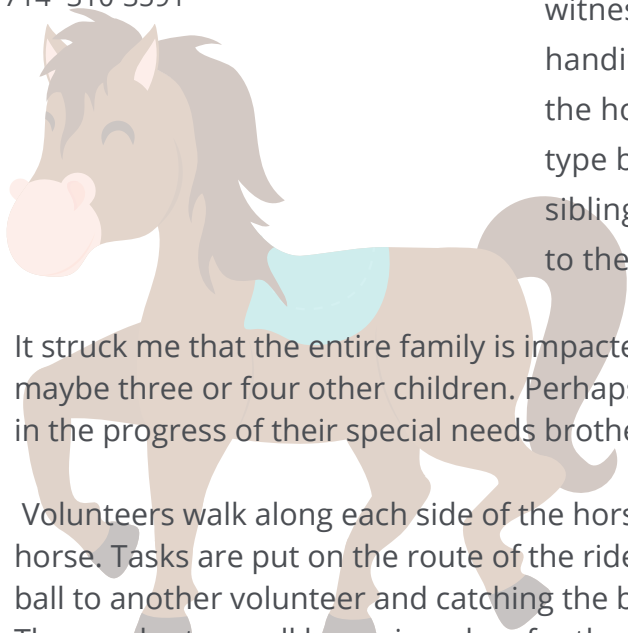
Volunteers walk along each side of the horse spotting/supporting the rider. Another volunteer leads the horse. Tasks are put on the route of the rider, such as hitting a mobile hanging from a bough or pitching a ball to another volunteer and catching the ball while moving. These volunteers all have signed up for the mucky part of the job too, actually mucking out, on rotation, the horses' stalls

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A MESSAGE FROM CHAIRMAN OF ADVOCATES FOR CHILDREN

Carla Jones
Cjones4homes.com
714 -310-3591



A Note from CFWC President, Barbara Briley Beard,



If you have subscribed to Quick Bites you have already seen this from BBB but if not I want you to know what's up with our wonderful CF president. Please keep Barbara in mind and I know she will appreciate your prayers, cards, and happy thoughts. Her mailing address is 7920 4th Place, Downey, Ca. 90241



Dear Members and Friends:

A MESSAGE FROM CFWC PRESIDENT

I Hope your December Holiday month is starting out well, mine could use a little improvement.

I slipped on a step at my B&B in MI carrying two suitcases downstairs to pack for CA trip back home Nov. 27. The steps were built in 1898 so are about 2/3 the width of a normal step. I bent my left ankle back 90 degrees and broke the fibula instantly. ER and now crutches and a boot that inflates to keep air around the toes to knee immobile, no weight bearing and I see the orthopedic surgeon Tuesday to see if surgery is needed, or else two months in boot. Please keep a happy thought for me. Thank you.

Makes me think about all the ailments many of the members have and how maybe a text or email lifts up one's spirits. We are blessed to have each other as sisters in Federation, sharing our lives and caring for each other. Thank you for the kind thoughts and I wish you all a Happy Season and Merry Christmas time.

Please get your Clubwoman article into Lu Arredondo by this weekend if you write one.

I signed contracts for the Feb. 2023 Boards at Sonesta Silicon Valley, 1820 Barber Lane, Milpitas, CA. 95035. The hotel has been completely remodeled and both Carol Lopez Lucey (your meeting planner) and I really liked this facility. Very modern and up to date. This is our LEADS meeting, so please come and support Vicki Holden and her LEADS candidates! For those flying, we will fly into San Jose. There will be a room code soon and rooms are \$119.00. plus State and Local taxes. The Call will be out mid December.

Take care and Aloha till next week.

Love,
Barbara

Tara's Chance (cont.)

Equine therapy succeeds where traditional therapy does not. Such as Bao, who suffered infantile seizures and many tumors pressing on his brain, creating sclerosis. After surgery, he went into PT and OT, but after years of little progress and so much work, he was almost giving up on himself. His parents found Tara's Chance. He immediately responded and was excited about his work in equine therapy. After years, Bao is now able to ride and handle a horse by himself. He's an intelligent young man who was given a second chance - Tara's Chance.

Suggestion: There are equine therapy ranches throughout Orange County and Los Angeles county. Some help with special needs/handicapped, and others help with socialization and psychological therapy. A volunteer at these facilities is in touch with children and with animals and nature. It's very rewarding in many ways. Or, get a group together to go to one of these ranch's fundraisers and support in that way. Whether donating money or time, you'll have fun in the presence of children, horses, and others like you who love both.



*See you in
2023*