



CALIFORNIA FEDERATION OF WOMEN'S CLUBS
CLUB AWARD ENTRY COVER SHEET
Annual Reporting January 1-December 31, 2022

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 Ebell Club of Irvine was founded and federated in 1974. The City of Irvine was incorporated in 1971, evolving from a working ranch to a "model city" as planned by the Irvine Company. Today the City of Irvine has grown to over 309,000 residents.

Irvine has been named the safest city of its size for more than 17 years. 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 school district is highly regarded, and the population is a diverse mixture of cultures.

With the city growing rapidly, one would expect the number of club members to also grow. But what has grown is the number of volunteer organizations with a single mission, such as CHOC guilds, Friends of the Library, and Families Forward. Our club has historically had about 15 energetic members, who are now aging but who are proud to be federated and making a difference.

Project Title: Cuddle Quilts Hours: 2400 Donated: \$ 0 In Kind: \$ 1,800

The Cuddle Quilt project began over 20 years ago with several members completing a quilt each month to give to Human Options, a non-profit dedicated to assisting victims of domestic violence. Each 48 inch by 36 inch quilt was a one-of-a-kind, handmade quilt designed to let a woman arriving at the emergency shelter know that the members of the Ebell Club of Irvine cared about her well-being.

This project has grown over the years. This year we made and donated 120 quilts to two shelters: Human Options and Laura's House. One member shops for the fabrics, thread, and batting with the goal of making each quilt at a cost of about \$18. She also cuts the fabric into 6.5 inch squares. Once the squares are cut, she designs each quilt, sketches the layout, selects the threads to be used, and cuts the fabric for the binding.

When the sewer who will assemble the quilt picks up the materials, she gets a kit with squares pinned in rows, thread, batting cut to fit, complete instructions on how to assemble the rows, and quilt the back fabric to the face with the batting layer in between to produce a unique and beautiful cuddle quilt.

Since we are a small club, for the last five years we have partnered with the Tustin Exchange Club to fund this project so we can complete 120 quilts. This is the first year we have included Laura's House.

Project Title: Free Wheelchair Mission Hours: 9 Donated: \$384 In Kind: \$ 0

Free Wheelchair Mission (FWM) is an international humanitarian organization dedicated to providing wheelchairs for the impoverished disabled in developing nations. These chairs provide not only mobility, but also dignity, independence, and hope.

FWM held their major fundraiser, "Miracle of Mobility," event on July 21st. in Costa Mesa. Due to continued concern about COVID, the event was held outside, and the silent auction that our members used to monitor was not happening this year. We were told they only needed 3 volunteers from us for their scaled-down event, but they did not give us the information on what our jobs would be until shortly before the event. By then several members who usually volunteer had made other plans, and those who were available did not feel that they would be able to stand or be walking for 8 hours. Therefore, only one member volunteered to work the 8 hours as a "runner." Fortunately, she recruited two friends to also help.

Traditionally, our club donates the money to "purchase" one wheelchair each year. As with many things in recent years, the cost of a wheelchair has increased; it is now \$96. Our club opted to wait until October when matching funds became available to make our donation. At the October meeting, members voted to donate \$96 for one wheelchair. Two members added their donations to the amount so a check for \$288 was sent to Free Wheelchair Mission. Once our donation was matched, that would provide 6 wheelchairs! The following month another member, who had missed the October meeting, donated \$96 through the club to increase our "purchased" wheelchairs to 7.

Project Title: MOMS Orange County Hours: 4 Donated: \$100 In-Kind: \$67.97

At a summer conference, our First Vice President heard a representative from MOMS Orange County speak. She learned that MOMS, founded in 1992, is the region's largest nonprofit dedicated to increasing access to quality prenatal care for women who, because of skin color or low-income, face worse maternal and birth outcomes than the general population. Their program offers low-income women both in-home maternal child health care coordination and group health education classes. Our member was impressed and decided to see if our club would be interested in supporting MOMS in some way.

Following the conference, Yazmin Dukes of MOMS sent the club a list of needs and requested help from us. The wish list, along with a brief explanation about MOMS's mission, was published in the club's newsletter. At our September general meeting, club members approved a motion to donate \$100 to MOMS; members also donated diapers, children's books, clothing, ointment, and a baby blanket. In addition, we arranged for them to speak to another group, which also made a generous donation.

Project Title: Wellness Articles Hours: 8 Donated: \$ 0 In-Kind: \$ 0

Our newsletter is published 10 times a year. In 2022 wellness articles were included 8 times to urge our members to live a healthy life style. In February, we published important steps to take to keep our hearts in good pumping order: exercise regularly, get enough sleep, shed excess weight, and don't smoke. For March the focus was on how to keep one's kidneys healthy: like stay hydrated by drinking small amounts of water throughout the day, avoid carbonated beverages and processed that are high in phosphorous, and enjoy cranberries, blueberries, and strawberries. Several issues had brain puzzles to challenge our brain. Can you figure out what these 3 groups have in common: piano, computer, and houses?