



THE ANCHOR CHAIN NEWSLETTER

LAGUNA NIGUEL WOMAN'S CLUB - FEDERATED



PRESIDENT'S MESSAGE

March 2024

It is good to be back home in Laguna Niguel and enjoy all the beautiful green hills that surround us. Thanks to all our recent rains our landscape is dressed in green ready for St. Patrick's Day.

Our membership continues to grow and I am so eager to get to know each of our new members. Your enthusiasm is contagious and energizes all of us. Our club has contributed much to our community through the years due to the hard work and dedication of our cherished long-time members. All of you, new or seasoned, are vital to our success as we strive to share the joy of helping others. The theme of the March District Council is EVERY MEMBER IS A STAR IN FEDERATION. Every LNWC member is a star! All of you shine!

Our CSP chairs and Ways and Means chairs have lots of events planned for this year. Our annual Art contest is April 27th and our Tea fundraiser is set for May 18th. Please set aside those dates on your calendar.

I encourage all of you to attend the Orange District Convention at the Grand in Long Beach on April 12th. The theme this year is Mardi Gras/Masquerade. Our club submitted several award entries and I will not be one bit surprised if we win some. It would be great if we could have our own cheering section at the event. Last year 7 of us went and really enjoyed it. It really is a lot of fun to be at convention.

This inspiration is from Elizabeth Kubler-Ross: "There is within us a potential for goodness beyond our imagining; for giving which seeks no reward; for listening without judgement; for loving unconditionally."



SHARE THE
JOY OF
HELPING
OTHERS

2024 Elected Officers:

President

Theresa Mays

Dean

Rosemarie Fernandez

Ways and Means

Sherri Sales &
Cynde Lee

Membership

Diane Groh &
Kathleen Reedy

Secretary

Karin Davies

Treasurer

Mary Wright

Parliamentarian

Carolyn Lehmann

Editor

Janet Riordan



MARCH CALENDAR OF ACTIVITIES & BIRTHDAYS

- March 1— Maryam Sharifi's Birthday
March 2— Ann Mudry's Birthday
March 2— Stephanie Oddo's Birthday
March 4— **Stitching For Charity 2:00 pm/Elaine Davis**
March 5— **Holocaust Group 2:00 pm/Bonnie Schulkin**
March 7— **Women's History Group 2:00 pm/Bonnie Schulkin**
March 7— Sylvia Telson's Birthday
March 9— Shirley Hoekstra's Birthday
March 10— **DAYLIGHT SAVINGS TIME-SPRING FORWARD**
March 10— Eleanor Halbert's Birthday
March 11— **Book Club 1:00 pm/Diane Groh**
March 14 — **GENERAL MEETING**
3:00 pm—Social Time
3:30 pm IN PERSON Meeting-
March 15— **Bunco/Kerri Harris & Kathy Beaufort**
March 15— Mary Wright's Birthday
March 17— Phyllis Martin's Birthday
March 17— **St. Patrick's Day**
March 19— Spring Equinox
March 20— **Out to the Movies/Barbara Boyajian**
March 24— Purim
March 24— Palm Sunday
March 25— Kit Chapple's Birthday
March 26— Elba Meays's Birthday
March 27— Stephanie Horwitz's Birthday
March 27— Mary Ann Lyman's Birthday
March 27— **Mexican Train/Joanne Fisher**
March 28— **Girls' Night Out-Muldoon's Irish Pub/Joy Andre**
March 29— Good Friday
March 30— Julie Sakici's Birthday
March 31— Patricia Norris's Birthday
March 31— Easter Sunday



FUTURE EVENTS:

April 11—GENERAL MEETING

- April 12—Orange District Convention in Long Beach
April 25—Girls' Night Out-Taste of Greece/Joy Andre
April 27— 9th Annual Student Art Contest
May 18—Tea Social

When: General Meetings are held the 2nd Thursday of the month (no meetings in July, August and December).
Where: Crown Valley Community Center,, 29751 Crown Valley Parkway, Laguna Niguel, CA 92677
Directions: Crown Valley Parkway between La Paz Road and Niguel Road, behind the soccer field and community pool.
****MEETINGS ARE OPEN TO ALL WHO ARE INTERESTED. THERE IS NO RESIDENCY REQUIREMENT.**



MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Maryam Sharifi's B'day	2 Ann Mudry's & Stephanie Oddo's D'days
3	4 Stitching for Charity 2:00 pm Elaine Davis's home	5 Holocaust Group 2:00 pm	6	7 Women's History Group 2:00 pm Sylvia Telson's B'day	8	9 Shirley Hoekstra's B'day
10 Eleanor Halbert's B'day 	11 Book Club 1:00 pm	12	13	14 GENERAL MEETING 3:00 pm	15 Mary Wright's B'day Bunco 1:00 pm	16
17 Phyllis Martin's B'day 	18	19 	20 Out to the Movies	21	22	23
24  	25 Kit Chapple's B'day	26 Elba Meays's B'day	27 Stephanie Horwitz & Mary Ann Lyman's B'days Mexican Train	28 Girls Night Out Muldoon's	29 	30 Julie Sakici's B'day
31 Patricia Norris's B'day 	Celebrated 3/1 					

Meeting Notes:



View from our meeting room on February 8th!!!

Stephanie Oddo, Chair of Advocates for Children shared with members some of the activities that the LNWC will be doing to support Hidden Hills Elementary, the only Title 1 school in Laguna Niguel, throughout the year. She then introduced principal Sandra Godbout, along with staff members Katya Vincente, Jami Russel and Jennifer Hatfield. They shared more about the school and its demographics of students and that 67% of students are from families with socioeconomic disadvantage, including 70 homeless children

Welcome to our newest members:

Julie Sakici,
Jacqueline King,
Amy David
Stephanie Winstead
Eleanor Halbert



Meeting Notes:



The Knitting Group made 48 scarves for homeless veterans who have moved into transitional housing.



Advocates for Children:

Advocates for Children CSP Gets to Work - Chair Stephanie Oddo

Advocates for children has held two meetings at the beginning of the year and our subcommittee met with school leaders at Hidden Hills Elementary. From those meetings and other input of committee members, the group decided and received board approval, on two efforts for the year. The first effort is to support Hidden Hills Elementary here in Laguna Niguel where 68% of students are at a socioeconomic disadvantage. The school reports 70 homeless children attending school. The second effort is to support one summer program scholarship for a child through CREER, an organization in San Juan Capistrano. To learn more about CREER visit here: <https://creeroc.org/>



Hidden Hills efforts this year will include:

- Efforts to secure ophthalmologist appointments and eye glasses for 30-40 kids
- Purchase of 75 rain ponchos and an umbrella drive
- Participation in March 11 Career Week
- Soliciting members to volunteer for afterschool homework help
- Halloween costume drive
- Adopting one family at Christmas Time
- Advertising Broadway Shoes to club members

I'm proud to announce that we have already secured ophthalmologist appointments and eye glasses for the 30-40 kids at a local optometrist by working in partnership with the Laguna Niguel Lions Club. The board also purchased the rain ponchos and held the umbrella drive at the last meeting. Thank you to everyone who brought in umbrellas and helped raise money for ponchos!

If you would like to volunteer to help tutor children after school from 2:05-3:05 please get in touch with Arlene Smethurst.

The date for Career Day will be sometime the week of March 11, the school is looking for certain professions. If you know someone who would like to participate contact Stephanie Oddo.

Thank you to all of you for supporting the children of our community and thank you to the board for their support of our program!



Advocates for Children Committee meeting.



Hidden Hills Elementary Career Day



Are you interested in sharing your career with our 4th and 5th grade students? We are looking for a variety of careers to participate in our Career Day!

When: Wednesday, March 13th, 8:30-9:30am

Where: Hidden Hills Elementary, MPR

Details:

- Career presenters will each have a table and are encouraged to have any types of visuals related to their career (see pictures below from past career days)
- Career presenters will present information on their career: 5-7 minutes
- Students will ask questions: 3 minutes
- Students will rotate in small groups between presenters



Contact Jennifer Hatfield at jmhatfield@capousd.org if you are interested in being a career day speaker!

Community Service Programs:

Health & Wellness CSP – Deborah Biggs

March is National Nutrition Month

The goal of National Nutrition Month® is to increase awareness about the importance of good nutrition. Nutrition.gov has resources that can help people of all ages make healthier food choices. In the words of Dr. Daniel Amen, “Love foods that love you back”.

Health & Wellness CSP hopes to support FAM (Family Assistance Ministries) this year and start by supporting their efforts to bring nutrition to those in need. We ask everyone to please bring at least two items from FAM's current “most needed food”, listed below, to the March 14th General Meeting.

- Canned meat (tuna or chicken with *pull tab top only*)
- Peanut Butter
- Jam/Jelly



SAFETY TIP from Peggy and Michele

NEVER - give personal or financial information to an incoming call, email or, especially if they say you owe money.

Don't click on the links in emails or texts.

Don't call back the number they provide.

Do – look up the company's number yourself or go directly to the real website from your computer to confirm there is a problem. Deal with it directly with the real company.

CROOKS KEEP GETTING SMARTER – Callers can sound correct, and emails and websites can look “official”. Clicking on an incoming link can result in a costly computer problem or give the thief access to all your data.

BE SAFE !



WOMEN OF THE MONTH:

Her mother is her role model.

Her favorite quote is from Maya Angelou " People will forget what you said, people will forget what you did, but people will never forget how you made them feel"

Our Women of the Month had a long career in aviation. She received an Economics Degree and went to work on the business/contracts management side of an aviation company. She also worked for the International Air Transport Association in ticketing and security. In fact, one of the projects she worked on you may be familiar with when traveling in the airport. And that is the new full-body scanners used after 9-11. She also worked for Nationwide Insurance as an aircraft dispatcher and scheduler in addition to being responsible for health and safety compliance. This is where she learned a lot and grew her interest in health and wellness. During this time she earned a diploma in Nutrition and a certificate in Health and Wellness Coaching. Later she moved to Norway where she worked in training and development for leadership coaching and also served on a school board. She currently provides personal Health and Wellness coaching and nutrition advice for several outreach programs.

She has lived in Ohio, Quebec (yes, she can speak French), Norway and was born in London. She grew up in London and spent family vacations in Germany with her mother's family.

She is married and has 2 daughters. She loves the outdoors and that is how she met her husband when they were both in a rock-climbing program. Her oldest daughter is at UC San Diego studying cellular and molecular biology and is a D1 cross-country athlete. Her younger daughter is a senior at ANHS, applying to college to study business and playing basketball.

Her favorite books are: *To Kill a Mockingbird*, *All the Light we Cannot see*, *I know Why the Caged Bird sings*, *The Seven Husbands of Evelyn Hugo*. She loves to read and is in 3 book clubs.

Our WOTM has committed herself to service.

- In Montreal, she ran a weekly arts and crafts program for several years with the residents at a local nursing home
- She volunteers at several food banks
- She spent two weeks this past summer working at an animal rescue center in Costa Rica
- She Served as chair for LNWC H&W committee for two years and currently serves as Secretary of our Club.

Who is our Women of the Month? KARIN DAVIES



MEMBERSHIP:



Happy Birthday March

Maryam Sharifi—1st
Ann Mudry—2nd
Stephanie Oddo—2nd
Sylvia Telson—7th
Shirley Hoekstra—9th
Eleanor Halbert—10th
Mary Wright—15th
Phyllis Martin—17th
Kit Chapple—25th
Elba Meays—26th
Stephanie Horwitz—27th
Mary Ann Lyman—27th
Julie Sakici—30th
Patricia Norris—31st

February Birthdays:

Barbara Boyajian and Karen
Mosbacher





2024 CREER Comunidad y Familia Fundraiser

Eat at Ricardo's Place Restaurant any time during

**January,
February, March &
April.**

Present this flyer and Ricardo's Place will generously donate 20% of your entire bill to CREER Comunidad y Familia's Summer Programs.

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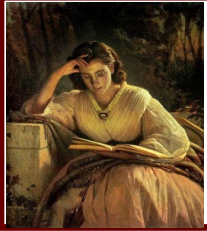


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949.493.4941 / www.ricardosplacesjc.com

Thank you with all our hearts for your continued support!

ACTIVITIES:



WOMEN'S HISTORY GROUP— Bonnie Schulkin

The next meeting of the Woman's History Group will be on Thursday, March 7th at 2:00 pm at Bonnie Schulkin's home. The topic for discussion will be Martha Stewart. Kindly bring treats and Bonnie will provide water and soft drinks.

HOLOCAUST DISCUSSION GROUP— Dr. Carl Schulkin

The next meeting of the Holocaust Discussion Group will be on Tuesday, March 5th at 2:00 pm at Carl and Bonnie Schulkin's home. The topic will be Jewish Resistance. We will view the film "Escape From Sobibor" followed by a discussion.

PLEASE NOTE THAT THIS IS A WEEK EARLIER THAN OUR NORMAL MEETING TIME! We will be out of town at the usual time.

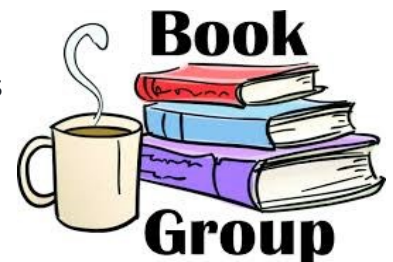


OUT TO LUNCH BUNCH—Jane Hamel

The Out to Lunch Bunch invites you to celebrate St. Patrick's Day! Since it falls on Sunday, we will go with Monday, March 18th @ 11:30 am, Hennessey's Tavern in Dana Point. 34111 La Plaza at PCH, Great Irish pub.

BOOK GROUP—Diane Groh

They will meet on the 2nd Monday of each month at 1:00 pm. The revolving location will be emailed to each member, each month. For March they will be reading *The Heaven and Earth Grocery Store* by James McBride. April's reading will be *Astor: The Rise and Fall of an American Fortune* by Anderson Cooper. For additional information please contact Diane Groh.



BUNCO—Kathy Beaufort/Kerri Harris

We meet once a month on the third Friday at 1:00 pm for snacks, drinks, fellowship, and several rounds of Bunco. If you would like to join us as a regular or a sub, contact co-chairs: Kathy Beaufort or Kerri Harris.

MEXICAN TRAIN—Joanne Fisher

This group meets at Joanne Fisher's home at 6:00 pm on the 4th Wednesday of the month. Contact Joanne if you would like to join as a regular or substitute.



ACTIVITIES:

Girls' Night Out—Joy Andre

Thursday, March 28th

Muldoon's Irish Pub

202 Newport Center Dr. Newport Beach



Thursday, April 25th

Taste of Greece

30012 Crown Valley Parkway, Laguna Niguel

RESERVE THE DATES EARLY

Please RSVP to Joy Andre



COASTAL WALKING GROUP—Diane Groh

Walks are the last Thursday of each month. If you are interested and not yet signed up, please let Diane know so you can be added to the email list for future walks.



OUT TO THE MOVIES— Barbara Boyajian

This group meets on the third Wednesday of the month at the Regency Theatres Directors Cut Cinema— 25471 Rancho Niguel Road, Laguna Niguel



Ladies Night Out had a full house at Opah Restaurant in Aliso Viejo recently.

ACTIVITIES:



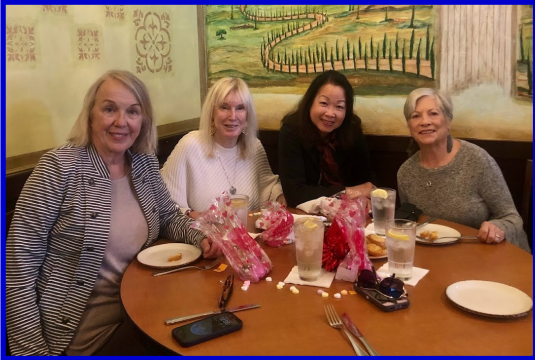
CULINARY ADVENTURES—Led by Carol Wilde and Joanne Fisher had their introductory meeting recently at Joanne's home to welcome new members, gather ideas and set the tone for 2024. Delicious food was prepared by and enjoyed by everyone.



Thank you Jane for introducing the Out to Lunch and sometimes Out for a Happy Hour group to the newly open Aliso Viejo Restaurant—Grainworks. Everyone enjoyed the atmosphere, the food, the company, along with the cocktails.

ACTIVITIES:

OUT TO LUNCH BUNCH– Jane Hamel



Yes, our ladies know how to do Out To Lunch!!
Mangia Bene Cucina,
Laguna Niguel



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