



# THE ANCHOR CHAIN NEWSLETTER

LAGUNA NIGUEL WOMAN'S CLUB - FEDERATED



## PRESIDENT'S MESSAGE

OCTOBER 2023

Autumn or Fall, as many call it, is in the air. We begin the new season on Friday September 22, 2023. One of the most stunning signs of Autumn is the turning of leaves and shorter sunlight days. Fall brings with it a desire to spend time with family, friends and fellowship. It's also a couple of months full of holiday festivities: Halloween, Thanksgiving and Dia de Los Muertos. Lots of hearty treats, wonderful meals, costumes, and fellowship.



I look forward to seeing you on September 30<sup>th</sup> at our GFWC National Day of Service, our Arts & Culture fundraiser for World Central Kitchen -Maui. 100% of the proceeds will go to our neighbors in Lahaina, Maui. Our donation will help local chefs and residences in impacted communities as they heal and build back. A special thank you to our team of women who give so much of themselves to make this a fellowship event while raising money for a very worthy cause. If you can't make it and would like to donate, send your check payable to LNWC to: Laguna Niguel Woman's Club, PO Box 7112, Laguna Niguel, CA 92607-7112 and notate WCK.

It's also time for our annual succulent pumpkin fundraiser. By the time you receive this our members will be hard at work putting the special touches of succulents and fall decor on our pumpkins. It's a wonderful time, as we work to replenish our scholarship fund for 2024. *Thanks to our team of pumpkin coordinators.*

Don't forget to donate to our collection drive for Laguna Beach Behavioral Health. This drive will provide the items needed to support the patients and work staff as individual begin their recovery journey. Bring you donations to our October meeting.

*Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it's the only thing that has. -Margaret Mead*

### BE THE



#### 2023 Elected Officers:

**President**  
Rosemarie Fernandez

**Dean**  
Jerilyn Chuman

**Ways and Means**  
Dana Burding and  
Sherri Sales

**Membership**  
Diane Groh

**Secretary**  
Barbara Eisenman

**Treasurer**  
Mary Wright

**Parliamentarian**  
Carolyn Lehmann

**Editor**  
Janet Riordan

## OCTOBER CALENDAR OF ACTIVITIES & BIRTHDAYS

- SEPTEMBER 28— Girls Nite Out—Tavern at the Mission/Joy Andre 5:30pm  
 SEPTEMBER 30— WORLD CENTRAL KITCHEN FUNDRAISER/Kathy Khalifa 11:30-1:30pm  
 October 2— Sharon Pfister's Birthday  
 October 2— Learn to Knit/Elaine Davis-MaryAnn Lyman  
 October 4— Sheri Sales Birthday  
 October 5 — Women's History Group 2pm/Bonnie Schulkin  
 October 12— Linda Paternie's Birthday
- October 12 — **\*\*GENERAL MEETING\*\***  
**3:00—Social Time**  
**3:30 -IN PERSON Meeting**  
**Speaker: CR&R**  
**Collection for Laguna Behavioral Health Center**
- October 18— Out to the Movies  
 October 19— Joanne Fisher's Birthday  
 October 19— Gadabouts-Summer's Past Farm/Joy Andre  
 October 20— Bunco/Kathy Beaufort  
 October 20— [Sunset Dana Point Cruise/Dana Burding 5:00pm—6:30pm](#)  
 October 25— Mexican Train/Joanne Fisher  
 October 26— Coastal Walking/Diane Groh  
 October 26— Girls Night Out-Maggiano's/Joy Andre  
 October 28— First Responders Day—PIES  
 October 31— **HALLOWEEN**  
 October 31— Out to Lunch—A Taste of Greece

### FUTURE EVENTS:

- November 4—Culinary Adventures  
 November 9 — **GENERAL MEETING 3:00PM**  
**NO GENERAL MEETNG in December**  
 December— Holiday Trolley Ride/Dana Burding  
 Winter Party—No Set Date at this time



**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.**



# OCTOBER 2023

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

|    |   |   |  |  |   |                                    |
|----|---|---|--|--|---|------------------------------------|
| 1  | 2<br>Sharon Pfister's<br>B'day<br><br>Learn to Knit | 3   | 4<br>Sheri Sales B'day   | 5<br>Women's<br>History Group  | 6   | 7                                  |
| 8  | 9   | 10  | 11   | 12 <b>GENERAL<br/>MEETING<br/>3PM</b><br>Linda Paternie's<br>B'day       | 13  | 14                                 |
| 15 | 16  | 17  | 18<br>Gadabouts  | 19<br>Joanne Fisher's<br>B'day<br>Summer's Past<br>Farm<br>Out to Movies | 20<br>Bunco 1:00 pm<br><b>SUNSET<br/>HARBOR<br/>CRUISE<br/>FUNDRAISER<br/>5:00—6:30</b> | 21                                 |
| 22 | 23  | 24  | 25<br>Mexican Train  | 26<br>Ladies Night<br>Out :<br>Maggiano's                                | 27  | 28<br>First Responders<br>Day—PIES |
| 29 | 30  | 31<br> | 31-TUESDAY<br>OUT TO<br>LUNCH<br>BUNCH<br>A TASTE OF<br>GREECE—11:30 |  |   |                                    |

## BOARD INFORMATION:

### **Slate of Officers for the 2024 Board**

Rosemarie Fernandez, Chair of Nominating Committee

Members: Sonja Kehler, Barbara Psome, Susan Mills

We are happy to announce the slate of officers for 2024. According to our bylaws, Elections and Installation will be held at the November meeting. All Active and Lifetime members are eligible to vote.

**President:** Theresa Mays

**Dean (1<sup>st</sup> VP):** Rosemarie Fernandez

**Ways & Means (2<sup>nd</sup> VP):** Sherri Sales & Cynde Lee

**Membership (3<sup>rd</sup> VP):** Diane Groh & Kathleen Reedy

**Secretary:** Karin Davies

**Treasurer:** Mary Wright



## September Meeting Notes:

### **Advocates for Children**

Carolyn Lehmann, Chair



Our guest speaker at the September General Meeting was Amanda Benedetti, the Community Engagement Specialist at Families Forward. As you know, this is the organization that we coordinated with to provide backpacks for low income elementary, middle and high school students. They provided backpacks to over 1100 students.

Amanda told us about all the other wonderful things they do for Orange County. They also provide:

- Food assistance through their food pantry
- Career coaching
- Mental health Counseling
- Financial literacy education

Securing homes for families is at the heart of what they do. They say they are committed to strengthening overall well-being as well as ensuring every child has a place to call home.

She invited all of us to visit their facility at 8 Thomas, Irvine 92618 or visit their website at [families-forward.org](http://families-forward.org).



**A WARM WELCOME**  
**TO OUR NEWEST MEMBER:**  
**Cynde Lee**



# Sea Lion Release

Carolyn Lehmann

At the June meeting, our club gave a donation to the Pacific Marine Mammal Center. For those of you who attended the meeting, you heard Debbie Finster, VP of Philanthropy, give an overview of how they rescue and rehabilitate sea lions and elephant seals. Once they are healthy, they are released back into the ocean. Rosemarie and I attended one of the releases. These two little sea lions (about one year old) came to the center malnourished and sick. Veterinarians treated them and volunteers helped care for them. They got well and gained weight and were now ready to go back into the ocean where they belong. I would encourage all of you to visit their facility at 20612 Laguna Canyon Rd. Ask for a docent to give you a tour. No reservations needed. Their website is [www.pacificmmc.org](http://www.pacificmmc.org).



And off they go!



## Ralph's Community Contribution Program

Link your Ralph's account to our club and let's earn some money.

Selecting Laguna Niguel Woman's Club NPO number LA159

Sign in to your digital account [www.https://ralphs.com](http://www.https://ralphs.com)

Click on the Savings Tab

Click on Community Contribution Tab and enter LA159

Your selected organization will also display in the Ralph's Community Contribution section of your account and on your receipt.

A simple/seamless way to contribute to our club. Tell your friends and family to do the same.



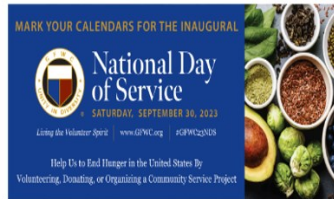
## ARTS and CULTURE:

### ARTS AND CULTURE— Kathy Khalifa

The Arts Department is getting excited for the September 30th, 11:30– 1:30, fundraiser at the Club at Rancho Niguel. This major event will assist the citizens of Maui to receive substantial meals to give them strength during this time of grief and rebuilding. Jose Andres of World Central Kitchen is working hard in this decimated region.



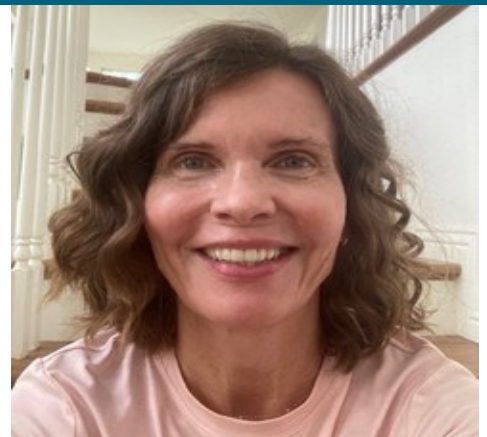
- Fundraiser - September 30, 2023 Join us for a simple lunch of KOSHIARY



The Fundraiser Committee met at my home on September 6th to iron out the details of event day. Every suggestion was welcome, and will help us to have a successful and rewarding luncheon. Look forward to seeing you all at the money making event. Each member who participates is important! Thank you for your kindness to our brothers and sisters on Maui. We welcome you to wear clothing symbolic of Hawaii that day.

## HEALTH and WELLNESS:

We will continue to collect clean 6 & 12 egg cartons to help support the work SCO is doing. Bring them to the meeting — Karin Davies



## HEALTH and WELLNESS:



### LNWC 2023 Fall Fundraiser for Mission Hospital, Laguna Beach Behavioral Health

To support Mental Health in our community, the Health and Wellness Committee is having a Fall fundraiser to support the patients and work of the staff at Mission Hospital in Laguna Beach. This center specializes in psychological and psychiatric treatment for adults. Many of the inpatients arrive with few or no belongings, often having had an acute mental crisis or emotional disturbance. These patients could be our loved ones, our neighbors or anyone in our community. The goal of the center is to stabilize patients and provide diagnosis, behavioral therapy, coping skills, and self-esteem enhancement to support the patients' mental health and wellness in a calm safe and comfortable space.

Our fundraiser will collect donations to support the work of the nurses, psychiatrists, social workers, and case managers and help provide comfort and support the environment for these patients to begin their recovery journey.



### Items Requested to Support Laguna Beach Behavioral Health

- New sweatshirts Sizes: S-M-L, a few XL
- New sweatpants
- Origami paper
- Games (Age 13+) \*\*
- Puzzle books (like crosswords, word search, sudoku etc.)
- Card games (like Uno) \*\*
- PG13 DVDs (working)\*\*
- Fiction or non-fiction soft cover/paper books (not children's or self-help) \*\*
- Adult coloring books
- Crayons for coloring books
- Bags of microwave popcorn
- Bags of individually wrapped mini chocolates (used as prizes by nurses/therapists)

\*\* Items donated can be used, in good condition, but must be complete/not broken

Alternatively, you can write a check to LNWC and monies will be used to purchase above

*We will collect donations at our monthly September and October meetings. On **Saturday November 4<sup>th</sup>**, **Ann Mudry** will also be collecting donations at her house. Additionally, please contact **Karen Davies** if you would like to arrange a convenient time for us to pick up donation from you. Thank you for your generosity and support of Mission Hospital Behavioral Health.*



## CIVIC ENGAGEMENT AND OUTREACH:



*Thank you to everyone who helped make our booth at the Annual Sea Country Festival, held on August 25th-August 27, a success.*



### **What is the true meaning of volunteer?**

/ˌvɒl-ənˈtɪər/ to do something, especially for other people or for an organization, willingly and without being forced or paid to do it:

## LEARN TO KNIT



Learn to knit, one step at a time.

Enjoy yourself by gaining a new skill along with LNWC friends and teacher.

Know that your scarf will keep a veteran warm.

Help our Stitching for Charity group knit scarves for our country's Veterans. Club member Mary Ann Lyman , an experienced knitting teacher, will start us at the very beginning level and assist those with more skills.

Join us on Monday, October 2, 2023 at 2 PM at the home of Elaine Davis, 32562 Sea Island Drive, Dana Point. Text at 949-510-7858. RSVP

Knitting in women's groups has been a time-honored activity, starting with our own Revolutionary War, Civil War and two World Wars. During WWII, the slogan was "Knit socks for our Boys." Veterans who have aged or who are living with injuries and disease, are more comfortable with the added warmth of a scarf around their neck and shoulders.

Except for those with some knitting skills, we will start with detailed steps using only the "knit stitch." For our meeting, bring your willingness to learn . Information about yarn and knitting needles will follow.



Are you 55 years and older or **CARING** for someone 55 years and older?

**WE WANT TO HEAR FROM YOU!**

The County of Orange has partnered with Advance OC to conduct a countywide older adults needs assessment that will help guide the development of a Master Plan for Aging.



Take the survey by scanning the QR code with your phone.



The survey can also be accessed at [www.olderadultssurvey.com](http://www.olderadultssurvey.com) or by calling (949) 415-6898.



Questions?

949-415-6898 | [info@advanceoc.com](mailto:info@advanceoc.com) | [www.advanceoc.com/olderadults](http://www.advanceoc.com/olderadults)

The County has contracted with Advance OC to conduct an *Older Adult Needs Assessment*. The results of the assessment will be to develop the County's Master Plan for Aging and determine where services, assets, and resources are allocated. It is very important that those who are 55 and older, or caring for someone 55, and older participate in the survey.

The easiest way to participate is online, but paper surveys are also available for those who prefer to participate that way. The survey is also available in multiple languages.

Elaine Gennawey  
Immediate Past Chair  
Executive Committee Member  
OC Senior Citizens Advisory Council

## MEMBERSHIP:

Happy Birthday

OCTOBER:

Sharon Pfister — 2nd

Sherri Sales — 4th

Linda Paternie — 12th

Joanne Fisher — 19th



At our September meeting

Celebrating their  
SEPTEMBER Birthdays:

Sonja Kehler — 9th  
Lenore Riechlin — 26th

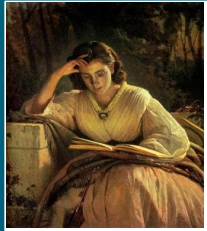


BIRTHDAY CELEBRATION TIME :

Kathleen Lechner recently enjoyed sharing her birthday celebration with her LNWC friends.



## ACTIVITIES:



### WOMEN'S HISTORY GROUP— Bonnie Schulkin

Due to a conflict in scheduling Women's History Group will meet at Rosemarie Fernandez's again on Thursday, October 5th at 2:00 pm. The group will discuss Mackenzie-Childs (Victoria Mackenzie). Kindly bring treats and Rosemarie will provide drinks. The November group will return to Bonnie's home.



### OUT TO LUNCH BUNCH—Jane Hamel

The Out to Lunch Bunch in October will be at **A TASTE OF GREECE.**  
When? Tuesday, October 31 at 11:30 AM  
Address: 30012 Crown Valley Parkway, Suite G, Laguna Niguel

### BUNCO—Kathy Beaufort/Kerri Harris

We meet once a month on the third Friday at 1:00pm 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 6PM on the 4th Wednesday of the month. Contact Joanne if you would like to join as a regular or substitute

### OUT TO THE MOVIES— Marilyn Teitelbaum

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

## ACTIVITIES:

### Girls' Night Out—Joy Andre

**Girls' Night Out - "Tavern at the Mission" - Thursday, September 28th - at 5:30**

**Girls' Night Out - "Maggiانو's" - Thursday, October 26th - at 5:30**



Please RSVP  
to Joy Andre



### Gadabouts' Trip:

**"Summers Past Farm" - Flynn Springs  
Thursday, October 19th - 9:00  
Lunch in town of Alpine - Montana Café**

Please RSVP to Joy Andre



# MEMBER ADVERTISING

## Orange County Senior Citizens Advisory Council

**Elaine Gennawey**

*Immediate Past Chair  
Executive Committee*

eg@gennawey.org

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