



## THE ANCHOR CHAIN NEWSLETTER

LAGUNA NIGUEL WOMAN'S CLUB - FEDERATED



### PRESIDENT'S MESSAGE

SEPTEMBER 2023

Welcome back from our Summer Break. I hope you all are enjoying the warmer weather. Albeit the humidity is not my favorite. With the warmer weather came our Summer Party. Warm weather, good food and even better friendships. Thank you to all involved in making this event a great success.



The past few months have allowed me to reflect on the sisterhood in our club. True sisterhood helps us shine the light when some experience the darkest parts of their lives. To be sisters implies that there is an unbreakable bond between us. We take care of each other, watch out for each other, comfort each other at our darkest time and are there through thick and thin. Thank you to all who have supported each other these past few months. Our bonds are unwavering.

The fact of the matter is, we really and truly need each other. Women naturally seek friendship, support and companionship.

Sisterhood and volunteerism have much in common with connections. We have so much to learn from one another, and we often let self-imposed barriers keep us from enjoying associations which could be among the greatest blessing in our lives. Most of the time, to volunteer means that you are working side by side with others. This connects us as we work towards a common goal. When you volunteer, you are making connections with people and your community. Whether its Health & Wellness, Advocates for Children, Arts & Culture, Civic Engagement, Improving the Environment or providing Scholarships, you choose to connect with a committee to identify a problem and aid in a solution(s). You are connected to a process.

We are at the mid-point of our year and I ask, have you done your part for the betterment of our club and community? I'm not talking about lunches, movies or even outings. While these are good for sisterhood and socializing, I'm asking to reflect on your personal involvement with your CSP? Have you donated your time to further our causes? There is still plenty of time to engage.

I started the year with a theme "Be the Light" don't forget, we want to shine a light of hope in our community and beyond.

Be a light to those around you. Be a source of **LOVE** and **CARE** that you are hoping to receive from others -Bonnie H. Cordon.

### BE THE LIGHT



#### 2022 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

## SEPTEMBER CALENDAR OF ACTIVITIES & BIRTHDAYS

- September 1— Sharon King's Birthday  
September 4— **LABOR DAY**  
September 4— Cynde Lee's Birthday  
September 7 — Women's History Group 2PM/Bonnie Schulkin  
September 9— Sonja Kehler's Birthday  
September 10— Grandparent's Day  
September 12— Holocaust—Dr. Carl Schulkin 2PM/Bonnie Schulkin
- September 14 — **\*\*GENERAL MEETING\*\***  
**3:00—Social Time**  
**3:30 -IN PERSON Meeting**  
**Speaker: Families Forward**  
**Collection for Laguna Behavioral Health Center**
- September 15— ROSH HASHANAH  
September 15— Bunco/Kerri Harris & Kathy Beaufort  
September 18— Out To Lunch Bunch-Happy Hour-Eureka!!/Jane Hamel  
September 20— Gadabouts—Del Mar/Joy Andre  
September 21— International day of Peace  
September 22— Autumnal Equinox  
September 23— Polly Perkin's Birthday  
September 23— Kathleen Reedy's Birthday  
September 24— YOM KIPPUR  
September 26— Lenore Riechlin's Birthday  
September 27— Mexican Train/Joanne Fisher  
September 28— Girls Night Out-Tavern At The Mission/Joy Andre  
September 30— **FUNDRAISER FOR WORLD CENTRAL KITCHEN/Kathy Khalifa**



### FUTURE EVENTS:

- OCTOBER 12 — GENERAL MEETING 3PM** -Laguna Beach Behavioral Health Collections  
October 18th—Gadabouts/Joy Andre-Summer's Past Farm  
October 26th—Girls Night Out/Joy Andre—Maggiano's  
October—Sunset Cruise/Dana Burding  
December—Trolley Ride/Dana Burding



**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.**



# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Sharon King's B'day	2
3	4 Cynde Lee's B'day 	5	6	7 Women's History Group 2PM	8	9 Sonja Kehler's B'day
10 	11	12 Holocaust Dr. Carl Schulkin 2PM	13	14 <b>GENERAL MEETING 3PM</b>	15  Bunco 1PM	16
17	18 Out to Lunch Happy Hour	19	20 Gadabout's Del Mar	21 	22 	23 Polly Perkins & Kathleen Reedy's B'days
24 	25	26 Lenore Riechlin's B'day	27 Mexican Train	28 Girls Night Out Tavern at the Mission	29	30 

# PROPOSED BYLAW AND STANDING RULE CHANGES

Carolyn Lehmann, Parliamentarian

Many thanks to my bylaw committee that included Rosemarie Fernandez, Jerilyn Chuman, Linda Paternie and Kathy Beaufort. We did a comprehensive review of all the bylaws. There were some bylaws and standing rules that just needed a change in how they were worded. This did not change the content or intent of any of them. We followed GFWC's example and eliminated the use of the word "she". Although we are the Laguna Niguel Woman's Club, many clubs do have male members and membership is open to anyone interested in the objectives of the organization. (Article III, Sec. 1) The following are bylaws and standing rules that were changed and need to be voted on at the September meeting.

## ARTICLE II, Sec. 1

The object of this club ~~shall be~~ the advancement of cultural, philanthropic, and educational interests of the club and ~~community~~, as well as the cultivation of friendship.

**Reason for Change:** We wanted to clarify that we serve not just Laguna Niguel but also the surrounding communities.

The object of this club is the advancement of cultural, philanthropic, and educational interests of the club and the surrounding communities, as well as the cultivation of friendship.

## ARTICLE III, Sec. 3a

### Active Membership

Active Members ~~shall~~ pay annual dues, attend meetings, sign up for at least one of our Community Service Programs ~~or Special Committees~~, and support the club fundraisers and service projects. They ~~shall be~~ entitled to vote and to hold office on the Executive Board of the club.

**Reason for Change:** Active Members are no longer asked to sign up for a Special Committee instead of a Community Service Program. But they do have the option to also sign up for a Special Committee.

### Active Membership

Active Members pay annual dues, attend meetings, sign up for at least one of our Community Service Programs and support the club fundraisers and service projects. They are entitled to vote and to hold office on the Executive Board of the club.

## ARTICLE III, Sec 5.

Renewing Membership dues are payable on or before a date chosen by the Executive Board. ~~New members who join between January 1 and June 30 will pay the full amount of the annual dues. New members who join between July 1 and October 31 shall pay 1/2 of the annual dues. New members joining in November or December shall pay full dues that will cover the following year.~~

**Reason for Change:** Anything after the first sentence has been moved to the Standing Rules.

Renewing membership dues are payable on or before a date chosen by the Executive Board.

## ARTICLE IV, Sec. 2:

The Executive Board ~~shall~~ meet monthly ~~except July and August~~ to act on communications, receive committee reports, make such recommendations as advisable and guide the general business of the Club. Special meetings of the Board may be called by the President if deemed necessary.

**Reason for Change:** Details such as when the board meets should be at the discretion of the board members and are already addressed in the Standing Rules.

The Executive Board meets regularly to act on communications, receive committee reports, make such recommendations as advisable, and guide the general business of the club. Special meetings of the Executive Board may be called by the President if deemed necessary.

## ARTICLE IV, Sec. 3:

~~The Board shall act for the club between meetings in the transaction of emergency meetings.~~

**Reason for Change:** This bylaw should be eliminated because this issue is already addressed in Article IV, Sec. 2.

## ARTICLE IV, Sec. 5:

~~The Executive Board shall have the authority to act on unexpected opportunities or change in circumstances. The general membership shall be appraised of the situation in a timely manner.~~

**Reason for Change:** This bylaw has been moved to Standing Rules.

## ARTICLE V, Sec. 1:

The **President** ~~shall~~ preside at all meetings of the club and of the Executive Board and ~~she shall~~ be an ex-officio member of all committees with the exception of the Nominating Committee. ~~She shall require each Executive Board member to compile a procedure book of her~~

**ARTICLE V, Sec. 2:**

The **First Vice President** shall be the Dean of Chairpersons. She shall assist the President and preside in her absence. She and the President shall secure the Chairpersons of the Community Service Programs, ~~Standing Committees, and Social Committees.~~ She shall regularly

communicate the activities of the Committees and Community Service Programs to the President and the general membership. Statistical reports shall be submitted to the District by the required deadline.

**Reason for Change:** Clarification of who secures the chairs of the CSP's, Special Committees and Social Groups.

The **First Vice President** is the Dean of Chairpersons. The Dean assists the President and presides in the President's absence. The Dean and the President secure the Chairpersons of the Community Service Programs. The Dean also secures the chairs of the Special Committees and Social Groups, and regularly communicates the activities of both to the President and the general membership. The Dean completes and

submits the statistical reports to District by the required deadline.

**ARTICLE V, Sec. 3:**

The **Second Vice President** shall be the chairperson of the Ways and Means Committee. The Ways and Means Committee shall devise ways and means of providing funds for the Club and the Philanthropy Fund, subject to the approval of the general membership.

**Reason for Change:** Scholarship Funds should also be included.

The **Second Vice President** is the chairperson of the Ways and Means Committee. The Ways and Means Committee devises ways and means of providing revenue for Club Funds, Philanthropy Funds and Scholarship Funds, subject to the approval of the general membership.

**ARTICLE V, Sec. 4:**

The **Third Vice President** shall be the Chairperson of the Membership Committee, which is responsible for recruitment and retention. She shall take applications for membership in the Club and upon receipt of dues, issue a membership directory and a name tag to the new

member. She shall keep an accurate record of membership, keep a record of attendance, and follow up on prospective members. She shall perform an induction ceremony for new members.

**Reason for Change:** The 2<sup>nd</sup> sentence belongs in the Membership Chair's procedure book.

The **Third Vice President** is the Chairperson of the Membership Committee, which is responsible for recruitment and retention. The Membership Chair keeps an accurate record of membership and attendance, follows up on prospective members, and performs an induction

ceremony for new members.

**ARTICLE V, Sec. 5:**

The **Secretary** shall keep the minutes of the meetings of the Club and of the Executive Board. She shall maintain an ongoing file of all the minutes of the Club and shall be responsible for the correspondence on behalf of the Club. The minutes of the general meeting and of the Executive Board shall be approved by a reading committee composed of the President and two members of the Executive Board. Upon receiving any recommended changes, the Secretary shall relay these to the President for final approval of the minutes. The approved minutes of the Executive Board Meeting are sent to the entire Board. The approved minutes of the General Meeting are sent to the entire membership.

**Reason for Change:** The 1<sup>st</sup> two sentences were made more concise. Everything after that has been moved to Standing Rules.

The **Secretary** keeps the minutes of the Executive Board meeting and the General Meeting, maintains an ongoing file of the minutes, and is responsible for the correspondence on behalf of the club.

**ARTICLE V, Sec. 6:**

The **Treasurer** shall pay all bills and keep an accurate account of income and expenditures and how they relate to the budget. She shall also perform a monthly reconciliation to the club's bank statement. The Treasurer shall pay all bills as authorized by the approved Club Budget. She shall make a monthly report to the Executive Board at each regular monthly meeting, and an annual report for the Club at the close of the Club year. She shall have charge of all financial papers. The Treasurer or the President shall sign all checks. A check for more than \$100 or a check made out to the Treasurer needs the approval via email from the President unless pre approved by the board.

The Treasurer shall perform the following:

- a.—Contact the accountant in January for a financial review and set a date to turn over her books, reports, receipts, and all other necessary papers.
- b.—Set up a follow up meeting with the accountant that includes the new Treasurer to go over the results of the financial review and make any corrections.
- c.—Conduct a meeting with the Budget Committee to create a tentative budget for Club Funds. After approval from the Executive

The **Treasurer** does the following:

- Pays all bills and keeps an accurate account of income and expenditures and how they relate to the budget. Either the Treasurer or the President are authorized to sign all checks. A check for more than \$100 or a check made out to the Treasurer needs the approval from the President unless pre-approved by the board or the current budget.
- Performs a monthly reconciliation to the club's bank statement, prepares a monthly report to the Executive Board at each regular monthly meeting, and an annual report for the club at the close of the club year.
- Makes sure that all filings, both federal and state, are completed in a timely manner.
- Schedules the annual financial review.
- Schedules and conducts the annual Budget Meeting.

The fiscal year is from January 1 to December 31.

**ARTICLE V, Sec. 7:**

The **Parliamentarian** shall advise the presiding officer, club members and the Executive Board on all points of parliamentary law, the LNWC Bylaws and Standing Rules.

**Reason for Change:** Simple clarification of who the Parliamentarian advises.

The **Parliamentarian** advises the Executive Board and club members and on all points of parliamentary law, the LNWC Bylaws and Standing Rules.

**ARTICLE VI, Sec. 1:**

The Nominating Committee shall consist of five members. In June, The Executive Board shall appoint 1 board member who shall serve as Chairperson. At the June General Meeting, there will be a call for four members at large to serve on the committee. No member shall serve on this committee for more than two consecutive years.

**Reason for Change:** Before we had email and e-blasts we had to call all the members to see if they were interested in being on the Executive Board. It took 5 people to do that. Now we really don't need more than 3 people to follow up if we don't get enough members to volunteer to be on the board.

The Nominating Committee consists of three (3) members. In June, The Executive Board appoints one board member who serves as the Chairperson. At the June General Meeting, there will be a call for two members at large to serve on the committee. No member may serve on this committee for more than two consecutive years.

**ARTICLE VI, Sec. 4:**

Nominees for the office of President shall have served on the Executive Board for a period of one year, but not necessarily the current year. ~~The Treasurer shall have been a General Member for a period of one year.~~ Otherwise, any members in good standing shall be eligible to hold any remaining board position.

**Reason for Change:** Clarified the requirement to be treasurer. In the 3rd sentence, added "except Patrons".

Nominees for the office of President must have served on the Executive Board for a period of one year, but not necessarily the current year. The Treasurer must have been a club member for a period of one year, but not necessarily the current year. Otherwise, any members in good standing, except Patrons, are eligible to hold any remaining board position.

**ARTICLE VI, Sec. 6:**

The term of office shall be for one year, ~~beginning January 1.~~ No member may be eligible for the same office for more than two consecutive terms.

**Reason for Change:** The beginning of the term will be at the close of the November General Meeting so that the new board can start planning for the beginning of the new fiscal year. Allowing board members to serve a 2<sup>nd</sup> year gives more continuity on the board.

The term of office is for one year, beginning at the close of the November General Meeting. Executive Board members may volunteer to serve a 2<sup>nd</sup> year but are not eligible for the same office for more than two consecutive terms.

**ARTICLE VII, Sec. 1**

~~Regular meetings of the Club shall be held monthly, except July, August and December. The day shall be determined by the President in accordance with the Standing Rules. Alternative dates shall be scheduled due to conflicts with holidays. If extenuating circumstances arise, Club meetings can be held virtually.~~

**Reason for Change:** This bylaw was moved to Standing Rules.

**ARTICLE VII, Sec. 2**

~~Special meetings may be called at the request of the President. All members shall be notified of such meetings.~~

## ARTICLE VIII

The Budget Committee shall consist of six (6) members: President, 1<sup>st</sup> Vice President (Dean), 2<sup>nd</sup> Vice President (Ways & Means), Outgoing Treasurer, Incoming Treasurer and one Member at Large. The committee shall prepare and present a tentative budget to the Executive Board for recommendation. The proposed budget shall appear in the February newsletter and voted on at the February general meeting.

**Reason for Change:** Now the incoming board will have time to conduct a budget meeting and submit it to the newsletter by January. It can then be voted on at the January meeting.

The Budget Committee consists of six (6) members: President, 1<sup>st</sup> Vice President (Dean), 2<sup>nd</sup> Vice President (Ways & Means), Outgoing Treasurer, Incoming Treasurer and one Member at Large. The committee prepares and presents a tentative budget to the Executive Board for recommendation. The Budget Committee reports the proposed budget in January newsletter and is voted on at the January general meeting.

## CHANGES IN STANDING RULES:

### STANDING RULE 1

The general meeting must be held monthly excluding July, August and December, with a specific week and day established by the President.

**Reason for Change:** The 2<sup>nd</sup> sentence was taken out of the bylaws and added to Standing Rule 1.

The general meeting must be held monthly excluding July, August and December, with a specific week and day established by the President. Alternative dates can be scheduled due to conflicts with holidays. If extenuating circumstances arise, club meetings can be held virtually.

### STANDING RULE 10

Any major fundraiser must be voted on by the General Membership.

**Reason for Change:** There is no clear definition of what makes a fundraiser “major”. Instead, all fundraisers should be approved by the board and voted on by the members. Approval by the board ensures that there aren’t conflicting fundraisers or too many fundraisers. Also voting by the members encourages “buy in”.

Any Community Service Program or Ways & Means fundraiser must be approved by the Executive Board and presented to the general membership for a vote.

### STANDING RULE 11

~~Active Members are asked to attend the general meetings. Active Members, other than those serving on the Executive Board, are also asked to serve on at least one Community Service Program or Special Committee, and actively work on the Club’s fundraisers.~~

**Reason for Change:** There is no reason to have this as a Standing Rule because it is already addressed in the bylaws.

### STANDING RULE 12

~~Each Chairman and Officer shall write down a detailed sequential list of actions pertaining to her office that will be a Procedure Book to guide her successor.~~

**Reason for Change:** Clarification of the terms Chairman and Officer.

Each Community Service Program Chair and Executive Board Member must document a detailed sequential list of actions pertaining to the position held that becomes a Procedure Book for the successor.

### STANDING RULE 17

Any organization receiving philanthropic funds from the club will be vetted.

**Reason for Change:** All vetted organizations need board approval.

Any organization receiving philanthropic funds from the club must be vetted and submitted to the Executive Board for approval.

### **New Standing Rule: Information that was taken out of the bylaws:**

New members who join between January 1 and June 30 pay the full amount of the annual dues. New members who join between July 1 and October 31 pay ½ of the annual dues. New members joining in November or December pay full dues that will cover the following year.

### **New Standing Rule: Information that was taken out of the bylaws:**

The Executive Board has the authority to act on unexpected opportunities or changes in circumstances. The General Membership will be apprised of the situation in a timely manner.

## June Meeting Notes:



The guest speaker at our June meeting was Craig Zacuto, Executive Director, and Founder of Beta Forster Care. Dana Burding presented Craig with a check for \$3,000, proceeds from our Tea Fundraiser. Craig gave an impassioned speech about his organization and the children they help. He announced that at their next May event in 2024 our club will be honored with a Child Advocacy Award.



THANK YOU THANK YOU  
Joanne Fisher and Carol Wilde were presented with flowers for the many hours they volunteered to help make the Tea Fundraiser a success.



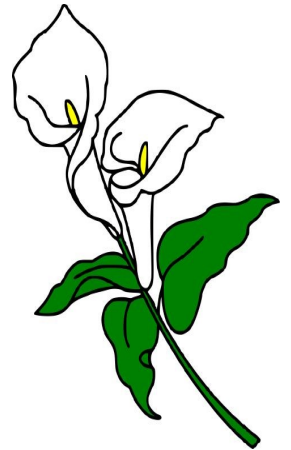
**A WARM WELCOME**  
**TO OUR NEWEST MEMBER:**  
**Caroline Swift**



# Thank you

*I thank each of you ladies for your part in supporting me during this difficult time. Your presence at the service meant a great deal to me as well as my daughters. They know I am in good hands with the support of the club ladies. Each card, call email, text, plant, meal (and let's not forget all the yummy cookies at Bob's service) lifted my spirits more than any of you know. I have been truly overwhelmed by the amazing love and support. Such a wonderful group of women.*

*Barbara Eisenman*



## Back to School Project

Carolyn Lehmann, Chair of Advocates for Children



Rosemarie and I had the pleasure of delivering all the school supplies donated by our generous members to Families Forward for their Back to School project. Total value of our donations is \$2,184! They provide backpacks filled with age appropriate supplies to low income elementary, middle school and high school students. A representative from their organization will be a speaker at our September meeting to tell us about the wonderful programs they have to help people in need.



## ARTS and CULTURE:

### ARTS AND CULTURE— Kathy Khalifa

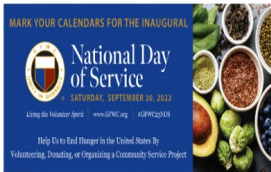
Come one, come all to the Arts and Culture fundraiser on Saturday, September 30 at The Club at Rancho Niguel. Due to the recent tragic fires in Maui, we'll still give all funds we raise to World Central Kitchen, but designate it for Hawaii relief instead.

The object of Jose Andrés' charity is to feed people in disaster zones. WCK aligns with the GFWC National Day of Service, which focuses on alleviating hunger.

Koshiary, the national dish of Egypt, will be served. It's a yummy combo of rice, lentils, macaroni, and tomato sauce with spices. Garbanzo beans and fried onions complete the dish.

The Club at Rancho Niguel, at the corner of Moulton and Rancho Niguel, was also site of our summer party. There is ample parking. Lunch service will begin at 11:30 and end at 1:30. We welcome you to come at different times during the two hour time slot.

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



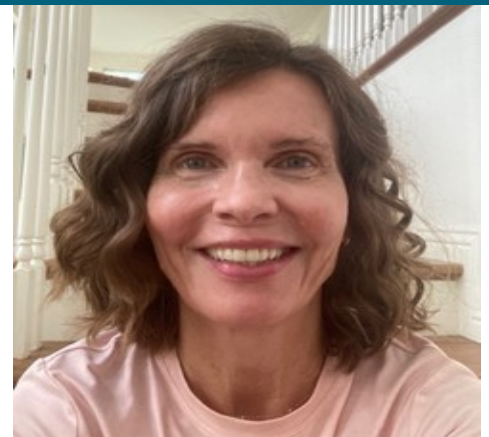
Our committee has agreed on a \$25 minimum donation, payable by check to LNWC. Of course, you may be as generous as you'd like. Family and friends are welcome to attend. Please RSVP at the September meeting with your check, your guests' checks, or to our President, Rosemarie, so we have some idea of food quantities.

Since I'll be in Japan from Sept 9 through 23, please direct any questions to Rosemarie. If you can't come, bring a check to the General Meeting or send to our Treasurer, Mary Wright. The victims of the disaster in Maui will be most grateful!



## 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.*

# FAKE PRESCRIPTION PILLS

WIDELY AVAILABLE - INCREASINGLY LETHAL!

The CDC describes Fentanyl as a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. In its prescription form it is prescribed for pain, but fentanyl is also made illegally.



**Real?**



**Fake?**



Can you tell the difference?

Illicit fentanyl is being used to make fake prescription pills. Fake pills are easy to purchase, often contain fentanyl or other synthetic opioids, and can be deadly. The only safe medications are those prescribed by licensed and accredited medical professionals.

Learn how to buy prescription drugs safely over the internet by visiting

[www.FDA.gov/BesaferX](http://www.FDA.gov/BesaferX)

**SPREAD THE WORD**

[www.FDA.gov/BesaferX](http://www.FDA.gov/BesaferX)  
<https://www.dea.gov/onepill>



OFFICE ON AGING  
ORANGE COUNTY

Dear Friends & Family,

Hello and Happy Summer to you. I have some information about several programs for Seniors that may be helpful to you and may also save you some money.

These programs are for:

- Veterans
- People with Scan Insurance
- A free flu shot clinic

People Providing Services to older Adults

### **Veterans**

If you are a Veteran or have a friend or relative who is a veteran, please know that there are many new resources available for veterans. Contact Office of Veterans is 714-480-6555 and set up an appointment to hear about the programs.

### **Scan Insurance Under Medicare**

If you have Scan Health Plan and you are enrolled in Silver Sneakers, apply now for their Rewards Program and get 1,000 Reward Points which convert to real Dollars \$ that can be paid to your grandchild's college anywhere in the world for tuition. Exercise each month and get an additional 250 Reward Points which also converts to real money!!! You stay healthy and you see your grandchildren go to college. If there are two in a household, watch your money DOUBLE unfortunately, this program does NOT apply to California State University or Universities of California, sorry.

### **A Free Flu Shot Clinic**

There will be Flu Shot Clinic at Sea Country Senior Center September 28 Thursday from 11:00 am - 2:00 pm. First come, first serve while supplies last. No reservations needed.

### **People Providing Services to older Adults**

A survey is being conducted by the Orange County Office on Aging to assess the needs of older adults. They are surveying professional caregivers, nurses, social workers, and community-based organizations that provide services to older adults. If you qualify, please take the survey described in the flyer below (Scan the barcode). As a bonus they are giving a chance to win one of 10 gift cards valued at \$100. Hope all this information helps you, friends or family. If you have any questions about any program, please free to contact me. Enjoy your Summer. Stay Hydrated and stay cool.

Warm Regards,

*Ann Mudry*

**Are you someone who provides services for an older adult?**

**We want to hear from YOU!**

- 60+ Be a part of the Older Adults Needs Assessment to shape policies, programs, and resources.
- By participating in this survey, you will have a chance to win one of 10 gift cards valued at \$100.
- Results will guide Orange County's Master Plan for Aging.
- Who is a Provider? Providers are professional caregivers including doctors, nurses, social workers, and community-based organizations that provide services to older adults.

You can also access the Provider Survey here:  
<https://occo.de/OC-MPA-Provider-Survey>

Questions? 949-435-6498 | [info@advanceoc.com](mailto:info@advanceoc.com) | [www.advanceoc.com](http://www.advanceoc.com)

## EDUCATION AND LIBRARIES:

Thank you to all our membership for supporting the LNWC 2023 scholarship fund. The Saddleback College Veteran Scholarship recipients (\$500 each) are Left—Jason Casmsbsara and Right - Calan Broughton—Congratulations!!



Here is a picture of Kayla Gomez our Dana Hills Scholarship Recipient for 2023 and Rosemarie Fernandez at the Senior Awards ceremony!

## CIVIC ENGAGEMENT AND OUTREACH:

This is a reminder that the City of Laguna Niguel's Parks and Recreation Department is hosting a 3-day festival starting Friday, August 25th through Sunday, August 27th. Bring your friends and family to the Sea Country Festival, a fun event with music, rides, games, and good food. Check out the [City's website](#) for more details about the theme nights, and Main Stage Headliners.

Community groups are invited to participate. **Stop by booth #16** to visit your LNWC friends. Twenty-one of your LNWC friends are volunteering to promote the LNWC. We have room for one more volunteer on Saturday, from 7:00 p.m. to 9:30 p.m. Send an email to Carolyn Lehmann if you want to volunteer. **Having a booth gives us great exposure in the community and helps recruit new members for the club.** So if you have friends who might be interested in the club, be sure to tell them we have a booth.

Parking will be available on El Lazo between Dorine and Shelley Rd; in lots J, M, N at the Ziggurat Building, at La Paz Sports Park, Alicia Soccer Field, and at Sea Country Senior & Community Center (if you take the shuttle that runs every 30 minutes).

Regards,  
Liz Avila

## WOMEN OF THE MONTH:

Our WOTM is a native Californian and grew up close to Modesto. Her father, a Patterson native, and World War II veteran, and her mother, who was originally from Tennessee, settled in Gustine. There she could walk to Elementary School and attended the local High School. She enjoyed Student Council and Spanish Club and was one of 70 graduates. She went on to the College of Holy Name in Oakland, CA where she received a Liberal Arts Degree. After graduating in May 1967, she married Jim, who she has been happily married to for 55 years. In 1970, while working at the Boise Cascade Paper Co., as an Executive Secretary, she became pregnant. She was let go and sadly could not get unemployment benefits. Three years after Kimberly was born, her daughter Jill arrived soon after she got to the hospital in San Jose.

In 1976 her husband, Jim, was transferred by Penny's to southern CA. where they bought a home in Mission Viejo. There her girls went to school and she stayed home until she got a part time secretarial job in Tustin. In 1995 our WOTM started her own bookkeeping business where she happily counseled small business owners with her expertise. She retired after 30 years of running her own company and was able to help Jim make major improvements to their Mission Viejo home.

Family means everything to our WOTM and she takes great pleasure spending time with her husband, daughters and grandchildren. They get together regularly nearby and at their mountain cabin in Los padres national forest. She and Jim enjoy cruises and have traveled to Alaska, Canada, Costa Rica, Aruba, Hawaii, and the Panama Canal. They have also enjoyed several excursions to our National Parks in CA, AZ and Utah.

Many years have been devoted to her Reading and Knitting Groups. She shares her love for knitting by often making blankets for Mission Viejo Hospital or hats for Military men and women. She is proud to be a member of the Laguna Niguel Women's Club and to have taken part in our Saddleback Scholarship Committee and our monthly luncheons. Her empathy for others is evident as she regularly sends out get well and sympathy cards to LNWC members. Fiction is her favorite genre and she especially liked *The Nightingale*, *The Exiles*, and *The Bourne Identity*. Her most memorable movie is *Dirty Dancing*, as that's the one she and her teenage daughters would put on, and dance along with Patrick Swayze. The person she admires most is her compassionate Girl Scout leader, Betty Miller. She remained in touch with her throughout Miller's life. One thing people will be surprised to learn about our WOTM is that back in 1970, when she was pregnant for the first time, was fired, and denied unemployment, she joined a class action suit against the state of CA. The suit prevailed and CA women were given the benefits they applied for.

Our WOTM is Mary Ann Lyman.



## CABI Fashion Show

We had our 2nd CABI fashion show, hosted once again by Rosemarie. Members had fun trying on some of the fall fashions as well as purchasing items. All proceeds go to our Scholarship Fund! If you couldn't attend, you can still order from their catalog. Contact Dana Burding and she will send you a link that takes you to the catalog that will still benefit our club.



## MEMBERSHIP:

Our June, July and August summer birthdays!!

Happy Birthday

SEPTEMBER:

Sharon King – 1st

Cynde Lee – 4th

Sonja Kehler – 9th

Polly Perkins – 23rd

Kathleen Reedy – 23rd

Lenore Riechlin – 26th





## ACTIVITIES:



### WOMEN'S HISTORY GROUP— Bonnie Schulkin

Will meet on Thursday, Sept. 7th at 2 p.m. at Rosemarie's home. Kindly bring treats and Rosemarie will provide drinks. Our topic will be the fiery labor leader Emma Goldman.

The June 1st meeting discussed actress Diane Keaton, Thank you Wendee Streeter for being in character....



### HOLOCAUST Presentation:

Dr. Carl Schulkin will be giving another Holocaust talk on Tuesday, September 12th at 2 p.m. at the home of Bonnie and Carl Schulkin.

PLEASE RSVP to Bonnie if you plan to attend as there is limited seating.



### OUT TO LUNCH BUNCH—Jane Hamel

**Attention! News you need for the “ Out to Lunch Bunch” and especially all newer members:**

**EUREKA! WE FOUND IT!!!!!**

We are meeting in September at a new, fun restaurant in Aliso Viejo for a **HAPPY HOUR** this time .

When? Monday, September 18th, from 3:00 p.m to 6:00 pm

Where: **EUREKA!** ( yes, that is the name of this restaurant)

Address: 26541 Aliso Creek Rd, (in old Panera location near Trader Joe's at the Commons of Aliso Viejo Center)



They have a great menu with good prices for Happy Hour but if you prefer a late lunch you can come for that around 2 pm . There will be a sign up sheet at the Sept 14 meeting , or text Jane Hamel.

### 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.

**ACTIVITIES:**

**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.

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**Girls' Night Out—Joy Andre**

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



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

Please RSVP to Joy Andre



**GIRLS NIGHT OUT** had a summer blast at both Carmelita's on the lake at Mission Viejo and Lucille's Smokehouse Bar-B-Que in Lake Forest.

## ACTIVITIES:

### Gadabouts Trips—Joy Andre

Gadabouts' Trip - "Del Mar" - Visit Shops, Bakery and Lunch - Wednesday September 20th

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Gadabouts' Trip - "Summers Past Farm" - Flynn Springs - Wednesday, October 18th - 9:00 Lunch in town of Alpine - Montana Café

Please RSVP to Joy Andre



### POKENO—Arlene Smethurst

For inquires about this activity please contact Arlene Smethurst .

### OUT TO THE MOVIES— Marilyn Teitelbaum

This group is currently taking a break.



June 30th,  
Gourmet Group  
dinner.



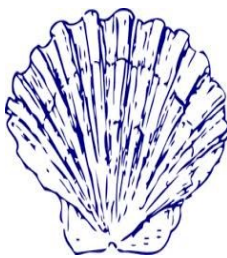
## ACTIVITIES:



**CULINARY ADVENTURES:** Summer strawberries was the theme. When your hostess is Joanne Fisher, EVERYTHING is strawberries, from the table cloths to the mugs and everything in between. Once again Carol Wilde showed her coordinating talent, choosing fabulous menu items for each lady to create. This was definitely a group effort and enjoyed by all. Thank you Mary Wright for ending this sweet event with homemade strawberry jam for everyone to take home.



# ACTIVITIES:- Summer Party



## ACTIVITIES: - Adventures:



### Travels with Ann & Dwight Mudry

We went on a two-day road trip to visit the Cesar Chavez National Monument in Keene, California and stayed overnight in Bakersfield. Cesar Chavez along with Delores Huerta played pivotal roles in leading the grape boycotts of the 1960s. He was a prominent civil rights activist and labor leader who co-founded the National Farm Workers Association. The monument houses a visitor center where visitors can learn about the life and work of Cesar Chavez through exhibits, displays, photographs, and videos. The site also includes the final resting place of Cesar Chavez and his wife who are buried in a beautiful memorial garden that includes native plants and trees. In the evening in Bakersfield, we went to Buck Owens' Crystal Palace for dinner, country music, and dance. Lots of fun! We made the 420-mile round trip in our Tesla, stopping for short battery charges in Palmdale going up and in San Fernando coming back.

Two photos: Ann in the memorial garden; Dwight in front of the museum wall display.



On our way back from Pennsylvania – phone booth in Lake Havasu – Sonja Kehler.

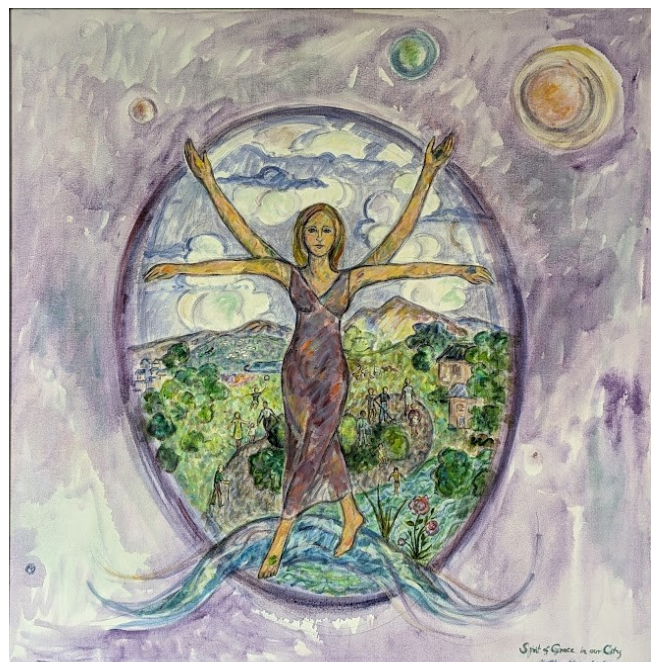
**ACTIVITIES: - Adventures:**

Here is a photo from Karin Davies—our trip to Costa Rica in June. We volunteered at an Animal Rescue center for 10 days.



Liz Avila's holiday — Felix and my son Emilio at Lexington, Virginia. We are dropping him off at Washington and Lee law school, his first year. Felix and I are now going to Washington, D.C., and then on to Niagara Falls, in Toronto, Canada to celebrate our 35th wedding anniversary!

Kathleen Niven Lechner's painting "The Spirit of Grace in Our City" can be viewed in the Financial Services office at the Senior Center. 24602 Aliso Creek Road, Laguna Niguel. Stop by and check it out.



# MEMBER ADVERTISING



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