

SEPTEMBER 2022

THE PEEL

The Newsletter of The Orange District

A MEMBER OF THE GENERAL FEDERATION OF WOMENS CLUBS
INTERNATIONAL & CALIFORNIA FEDERATION OF WOMEN'S CLUBS



Save the Date

Orange District
November Council Meeting
November 11
San Juan Capistrano



Hi and welcome to Fall!

I thought you might be interested in what's been going on in this busy month of September.

I just got back from the two-day California Federation of Woman's Clubs Fall Board Meeting, held in Costa Mesa. It was packed with new ideas and information from CF Program Chairs and Executive Committee members.

We heard from two great speakers. The first was Jana Hoffman, assistant DA for Orange County. Her main focus is child abuse and violence against women. She reminded us about how much organizations like BACA (Bikers Against Child Abuse) and CASA (Court Appointed Special Advocates) do to protect and advocate for abused children.

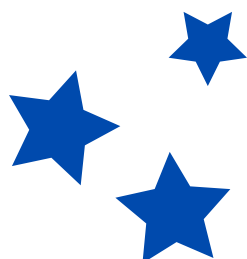
Our second speaker was Kelly Carroll, Associate Director of Development for the American Cancer Society. She told us about Gold Together which is the American Cancer Society's childhood cancer initiative group that raises funds to directly support research, education, advocacy, and services that build communities of support for young cancer patients.

Marcia Willett launched her new Just One Campaign. Just One is a domestic violence prevention campaign that seeks to place signs in public restrooms informing DV victims of a way to receive help. The signs provide the 1-800 number for the National Domestic Violence Hotline available 24/7 with trained personnel assisting the caller to find resources in their area. Our goal is to place one sign for each of the 9,045 CFWC members. Hence the name, Just One: one member placing one sign to help one person. (cont. page 2)



A MESSAGE FROM THE PRESIDENT

Sandy Tessier
jtessier@msn.com
562-234-3371



President's Message (Cont. From Page 1)

Every club throughout the state is encouraged to participate in this very impactful program. I will be providing you with more information at our next meeting.

CF Board Meetings are held three times a year. These meetings are an opportunity to learn about what is going on with the California Federation and the General Federation and it also gives us the chance to meet with other federated women from all over the state. We learn about what's going on in different parts of the state, share information, exchange ideas, and build friendships. It is really time well spent.

Upcoming on October 15th is the Area C meeting. This year it is being held in Van Nuys. This is a great opportunity to gather with your federated sisters from all over Area C. I would love to have you join me. The cost is \$35 for luncheon and registration. Details are available on the Orange District website cfwcorangedistrict.com. The deadline to sign up through your club is September 30.

Reminder Save the Date: Our Orange District November council meeting will be held in San Juan Capistrano on November 11.

See you there, Sandy Tessier, President CFWC Orange District

Save The Date

ORANGE DISTRICT
NOVEMBER COUNCIL MEETING
NOVEMBER 11
SAN JUAN CAPISTRANO



A MESSAGE FROM 1ST VP/DEAN

Colleen Janssen
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805-813-0844

JOIN A FREE ZOOM WORKSHOP

The California Federation of Women’s Clubs is hosting free workshops to help you learn more about our work in clubs, districts, and CFWC. This is the current schedule of Zoom workshops. Updates with Zoom codes are listed every week in CFWC QuickBytes, which is emailed to subscribers. Please sign up to receive QuickBytes through the CFWC.org website.

Should you be unable to attend a workshop on the date listed, or missed a workshop that happened in the past few months, you may still watch the youtube video recording and receive the handouts. The link to the recordings and handouts is posted on QuickBytes one week after the workshop. Please take advantage of this terrific training provided by CFWC.

CFWC Zoom Workshops

Sept 22.	5:30 pm	Zoom Social	
Sept 24	10 am	Domestic Violence	Marcia Willet

OCTOBER

Oct 4.	9 am	Parliamentarian 101	Joyce Opjorden
Oct 8.	10 am	Arts and Culture	Stephanie Zichichi
Oct 11.	9 am.	Communications 101	Sonja Hults
Oct 20	5:30 pm.	Zoom Social	



MEMBERSHIP UPDATE



A MESSAGE FROM 2ND VP MEMBERSHIP

Linda Queen
lindaqueen@roadrunner.com
714-501-5725

In our Federation world, the word “Membership” is more than the daunting task of recruiting new members. Quite simply, it means any activities pertaining to club members and all the ways every one of us helps to retain, recognize and mentor each other. These aren’t tasks for just your club’s designated membership chair. As the saying goes: *We’re all in our club boat together.* Just as there is a “WE” in welcome, there’s also a “ME” in membership!

During this term, I’ll be incorporating the CFWC theme “*Membership Matters.*” I hope you will participate in our district awareness campaign titled “**MEMBERSHIP MATTERS ON MONDAYS.**” Simply wear your club t-shirt on Mondays when you are out and about in the community (or name badge if you don’t have club shirts). Simple. Effective. Be sure to have club cards or brochures on hand for answering questions (yes, that’ll happen!).

Visit our district website to view our new orientation video titled “*You’ve Just Joined a Woman’s Club, Now What?*” It is 18 minutes of well-presented, engaging information. Perfect to run using a laptop at a club meeting or orientation event. Kudos to Colleen Janssen for making this resource available.

IMPORTANT! If your club gained new members (or had members renew) in the months since May, please submit those dues as soon as possible to OD Financial Secretary, Gina Whinery. Current District/CFWC/GFWC are \$20 per member. The year-end dues deadline is 12/1. (See website for remittance form.)



A MESSAGE FROM 3RD VP WAYS & MEANS

Natalie Skullr-White
lhwcserves@gmail.com
714-856-9655

LET THE FALL FUNDRAISING BEGIN!

While fundraising has been slow to start for Orange District, the ways and means committee and I are working hard to plan a great year.

We do have two, no-hassle ways to support Orange District that will take us into the new year.

Orange District is hosting a Fall Fundraiser with Pampered Chef. A flyer is attached with all the particulars. It's really simple. Log on to www.pamperedchef.com/party/cfwcod22 and place your order. Orders will ship directly to your home as soon as you order. No waiting. Get a head start on your holiday shopping. This fundraiser is not limited to club members. Please invite your family and friends to also participate. Now through November 30th.

We will also have Orange District Pins for sale. We will introduce them at the November Council meeting and after that, you will be able to place your orders. The order form will be included in the November CALL. Be on the lookout!

We are also hard at work planning our annual fundraiser. It is tentatively scheduled for February 2023. The committee is hoping to have details soon.

Thank you to everyone who supports ways and means at the council meetings. It means so much!

An illustration of two hands, one on the left and one on the right, holding a large, pink heart. The hands are light-skinned with simple line art for fingers and are wearing yellow cuffs. The heart is a solid pink color with a thin black outline. The background is white with some faint, light grey lines.

Check out the event flyers

THE PEEL

A MESSAGE FROM CHAIRMAN OF ENVIRONMENT

Veronica Gonzalez
lcan.de22@live.com

Plastics in the marine environment turn into the marine plastic litter of different shapes and sizes broken down by ultraviolet light from the sun and salt. Tiny pieces of marine plastic litter the oceans and are ingested by fish and other marine animals which also affect the health of humans when eating types of marine mammals. Here is an example of microplastics in fish. Source:

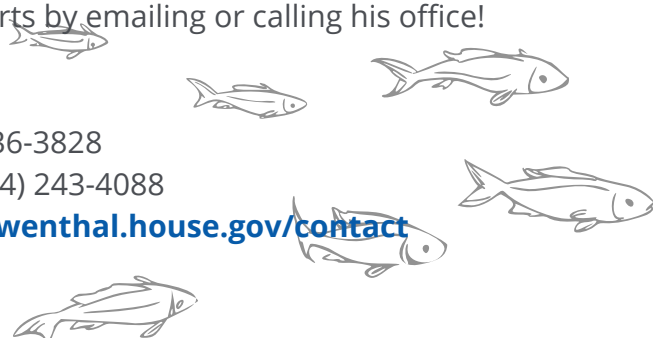
<https://oceanservice.noaa.gov/facts/microplastics.html>

Congressman Alan Lowenthal (CA-47) introduced legislation to prevent the discharge of plastic pellets into the environment during the manufacture or transport of the pellets or during the manufacture of plastic products from the pellets. Please support his efforts by emailing or calling his office!

LA County Office - Call (562) 436-3828

Orange County Office -Call (714) 243-4088

Website for email - <https://lowenthal.house.gov/contact>



GET INVOLVED

It is important to remember that the General Federation of Women's Clubs is a nonpartisan organization. We are allowed to advocate for policies or legislation. We are not allowed to endorse candidates or engage in partisan politics. All members are also encouraged to do their own research on all legislation and public policies. Finally, when speaking on behalf of the Federation, no members may oppose the GFWC resolutions.

The GFWC encourages all members to become advocates for legislation and policy that pertains to women and children. One way to do this is to write letters to your elected officials to urge action on particular resolutions adopted by the GFWC. You can find out about the different resolutions through the link for the Legislative Action Center located on the GFWC website, <https://www.gfwc.org>, through the "What We Do" tab, <https://www.gfwc.org/what-we-do/public-policy/>. Scroll down and click on the blue words: Legislative Action Center. <https://www.votervoice.net/GFWC/home>. Enter your email and zip code to receive alerts about upcoming legislation in your area. Take some time familiarizing yourself with the GFWC and Advocacy - how you can get involved and make a difference.



A MESSAGE FROM CHAIRMAN LEGISLATION & PUBLIC POLICY

Susie Huber
susan.huber303@gmail.com

THE PEEL



A MESSAGE FROM CHAIRMAN OF DOMESTIC VIOLENCE AWARENESS & PREVENTION

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

Abusers Use Predictable Tactics for Control and Manipulation. Here's What to Look for and Learn How to Help Your Loved Ones.

Gaslighting: using denial, lying information, and contradiction to make their partner doubt their sanity, memory, and perception. These conversations are done in isolation from friends and family.

Projection: criticizing others for things they do themselves.

Guilt-tripping: Passive-aggressive way to remind someone of something bad they did to manipulate them to make up for it.

Silent treatment: ignoring messages, calls, or questions to make their partner feel uncertain, to create self-doubt in their perception.

Throwing tantrums: raising their voice, using lots of gestures, and sometimes abusing to get what they want to induce fear.

Negative humor: critical remarks disguised as sarcasm or humor to perpetuate insecurity and inferiority in the other person.

Pretend ignorance: playing dumb to get away with harmful behavior.

Victimhood: designed to exploit someone's goodwill, guilty conscience, and protective and nurturing instinct for the perpetrator's personal benefit.

Constant criticism: marginalizing, ridiculing, and dismissing how their abusive words make the victim feel.

Great news. Laura's House has a free 1.5-hour virtual workshop designed to give family members and friends tools to help a loved one they suspect is in an unhealthy relationship.

The workshop will cover warning signs, harmful behaviors, barriers to leaving, starting conversations, safety planning & codependency. So, mark your calendars!

Register: Tuesday, November 15th at 10:00-11:30 a.m. bit.ly/AMNovH2H

Wednesday, November 16th at 6:00-7:30 p.m. bit.ly/PMNovH2H

For more information, please contact Veronica Stephens, Education and Outreach Department Manager, vstephans@laurashouse.org/ 949.361.3775 x 206



A MESSAGE FROM CHAIRMAN OF EDUCATION AND LIBRARIES

Susan Denley
susandenley4804@gmail.com
562-430-5762

Celebrate Media Literacy Week!

Making our libraries shine is an initiative set out by GFWC for the next two years. I encourage you to reach out to your local public or school librarian to see how your club can help them. Perhaps you can run a story hour, donate craft supplies or help organize a book drive.

Invite a librarian to speak at one of your club meetings to explain what's new. One look at our Orange County Public Libraries website, <https://www.ocpl.org/>, and you'll see that today's libraries offer an ever-expanding variety of programs and services that go way beyond just lending paper and ink books!

For instance, did you know that the library's "Memory Lab" can help you digitize your old photos? Or that you can download music or attend a variety of online classes for free?

It just goes to show that Albert Einstein was right when he said, "The only thing you absolutely have to know is the location of the library."

The more that you read, the more things you will know. The more that you learn, the more Places you'll go." — Dr. Seuss

To help you find other ways to support reading and literacy, I put together a list of literary observances and events that you might participate in. You can find the list on the Orange District website by clicking events, then clicking "summer conference," then clicking "handouts" and going to the Education and Libraries handout.

Here you'll find out about events such as the upcoming Media Literacy Week, Oct. 24-28. Organizers define media literacy as, "the ability to ACCESS, ANALYZE, EVALUATE, CREATE, and ACT using all forms of communication." By signing up to participate in Media Literacy Week, you will join hundreds of others across the country who are helping amplify the importance of media literacy education across all platforms, including digital and social media. For more information, go to <https://medialiteracyweek.us/>

The list has lots of other events that might interest you, arranged by month. I hope you find it useful. And no matter what, just keep on reading!



A MESSAGE FROM CHAIRMAN OF CIVIC ENGAGEMENT & OUTREACH

Judy Wagner,
tweetywag@aol.com
714-995-4242

QUILTS OF VALOR

This month I would like to draw your attention to a WONDERFUL organization. It is called 'Quilts of Valor. This organization has delivered beautiful Quilts to many Men and Women Veterans

Their Mission: to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.

If you go to govf.org you will find more information on this organization. They will come to your meeting to present these Quilts. There is no cost for this, but a donation would be accepted. I know one of the members who make these beautiful Quilts and I have added a couple of pictures of them for you to see. Each Quilt is made especially for the Veteran it is being presented to. Since November 11th is Veterans Day it would be such a wonderful project to look into for any of the Veteran Women in your Club.



The Quilts of Valor Foundation is a national organization founded in 2003 by "Blue Star" mom Catherine Roberts. With a son deployed in Iraq – a gunner sitting atop a Humvee – she felt ten seconds away from panic 24 hours a day, every day. It was during that time her son was deployed that she had the idea of comforting Veterans with quilts.

**Those comforted as of
September 3, 2022:**

Last Month – 2,444

Year to Date – 18,215

Lifetime Total – 320,927

SIGN UP TODAY!

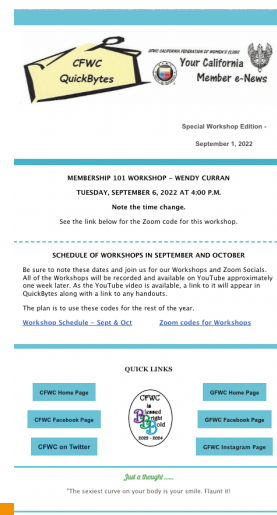
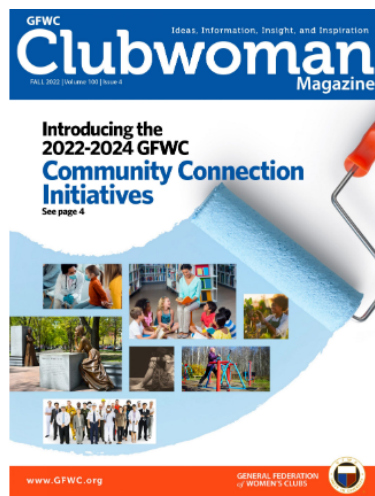
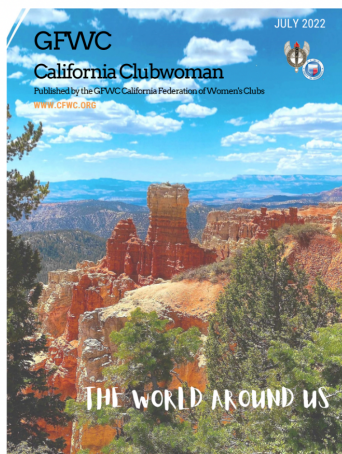
Don't miss out on the AMAZING publications from GFWC and CFWC. You can sign up TODAY for the FREE digital and email versions of these publications.

GFWC California Clubwoman Magazine: The magazine from our state organization, California Federation of Women's Clubs (CFWC) comes out quarterly. The next two issues are in October and January. The digital version of the magazine is FREE. Sign up at CFWC.org/Publications/Calif Clubwoman/Subscription form. You can even read back issues in the same location. This publication has club news from California and features articles on a variety of topics of interest. Check it out.

GFWC Clubwoman Magazine: This magazine comes from the General Federation of Women's Clubs (GFWC) on a quarterly basis in March, June, September, and December. You can download and/or read it online at: GFWC.org/News & Publications/GFWC Clubwoman Magazine. This publication has club news from everywhere clubs are located.

CFWC QuickBytes: This newsletter is emailed directly to you from CFWC and contains updates and information on all topics related to clubs. Additionally, it has information about upcoming conferences, conventions, events, and more. Sign up to receive the weekly emails at CFWC.org/Publications/QuickBytes, then click on the link to sign up.

GFWC News & Notes: This newsletter is emailed directly to you from GFWC and contains updates and information on all topics related to clubs nationwide and internationally. Additionally, it has information about upcoming conferences, conventions, events, and more. Sign up to receive the weekly emails at GFWC.org/Publications/News & Notes, then sign up using the Member Portal. The first time you want to access the Member Portal, you will need to set up your free member account.



Call & Peal Deadlines



October 7
November 18
December 9

November Call articles due
December Peal articles due
January Call articles due

Email your submissions to OrangeDistrictCFWC@gmail.com

**ATTENTION ALL CLUB:
PRESIDENTS * DEANS * OTHER INTERESTED MEMBERS**

**Thursday, November 3, 10:00 am
Zoom
Report Narrative Writing Workshop**

Register no later than November 1 by sending an email to Colleen Janssen, Orange District 1st VP/Dean at colleenj02@gmail.com, with the list of email addresses from your club. You will receive the Zoom ID and passcode a few days before the meeting.

This is your once/year training opportunity to learn about the report forms, reporting procedure and opportunities to receive recognition for all your hard work. Your club deserves to be praised for your efforts, so be sure to sign up immediately. REGISTER TODAY!

Celebrate Women

CYPRESS WOMEN'S CONFERENCE

OCTOBER 26, 2022 | 8AM-12:30PM

Cypress Community Center
5700 Orange Avenue

\$20 Registration Fee
Continental Breakfast Provided

Join us as we celebrate women at the 2022 Cypress Women's Conference! This year we have multiple dynamic speakers and a variety of inspirational topics for all.

For more information and to register for the event visit cypressca.org/womensconference or scan here:



PROGRESS

ORANGE DISTRICT FUNDRAISER

By Pampered Chef



Visit www.pamperedchef.com/party/cfwcod22 to participate in Orange District's Fall Fundraiser.

No waiting on your order. Order will ship after your order is placed.

Start your **HOLIDAY** shopping now!

START: FRIDAY, SEPTEMBER 9TH

END: WEDNESDAY, NOVEMBER 30TH



Link can also be found on www.cfwcorangedistrict.com

Questions? Contact
Natalie Skullr-White
lhwcserver@gmail.com or
562-856-9655

The background of the entire page is a large, waving American flag. At the top, there is a string of bunting flags in various patterns: red with white stars, blue with white stars, and red and white stripes.


SAVE THE DATE

SUNDAY, NOVEMBER 6, 2022

La Habra Woman's Club
is hosting a tea to honor our women who
have served or are serving in our military.

If you are interested in receiving an invitation please direct
message us or send an email to lhwcserver@gmail.com.

Also, if you know of anyone who would like an invitation,
please share their information so they can be contacted.



LA HABRA WOMAN'S CLUB
6TH ANNUAL
QUARTERMANIA

DOORS OPEN AT 12:15PM
AUCTION BEGINS PROMPTLY AT 1:00PM

TICKETS ARE \$30
LUNCH WILL BE SERVED

16TH
OCTOBER
2022

PROCEEDS BENEFIT GRADUATING
SENIORS WITH SCHOLARSHIPS!

Reservations a must!

Call Natalie @ 714-856-9655 or email lhwcserver@gmail.com

La Habra Community Center
101 W. La Habra Blvd., La Habra CA 90631

Mail checks payable to La Habra Woman's Club
PO Box 222, La Habra, CA 90631
Venmo: @lahabra-womansclub
Don't forget your quarters

Social Media Post Ideas

October

All Month: Breast Cancer Awareness Month

#breastcancerawarenessmonth

All Month: Domestic Violence Awareness Month –

#domesticviolenceawarenessmonth

All Month: Down Syndrome Awareness Month –

#downsyndromeawarenessmonth

All Month: National Book Month – #nationalbookmonth

All Month: National Pizza Month – #nationalpizzamonth

October 1: International Coffee Day – #internationalcoffeeday

October 1: World Vegetarian Day – #worldvegetarianday

Oct. 2 – 8: Mental Illness Awareness Week –

#mentalillnessawarenessweek

October 3: Blue Shirt Day/World Day of Bullying Prevention –

#stompoutbullying

October 4: National Taco Day – #nationaltacoday

October 5: National Do Something Nice Day – #dosomethingniceday

October 20: Sloth International Day – #slothday

October 22: Make A Difference Day – #makeadifferenceday

October 27: Navy Day – #navyday

October 28: National Chocolate Day – #nationalchocolateday

October 30: National Candy Corn Day – #nationalcandycornday

October 31: Halloween – #halloween