

# Bonsall Woman's Club



## Roadrunner

MAY 2023 NEWSLETTER



### BONSALL WOMAN'S CLUB GENERAL MEETING

**Friday, May 5, 2023**

Social Time - 9:30 a.m. to 10:00 a.m.  
Meeting Begins at 10:00 a.m.

Bonsall Community Center  
Located at 31505 Old River Road  
Bonsall, CA

### **PROGRAM: WINGS OF CHANGE**

*A light snack will be provided for your enjoyment as well as coffee and water.*

**BRING A FRIEND - WE WELCOME GUESTS AND NEW MEMBERS!**



### **“Rally For Children”: Fun, Free event on April 30**

One of the organizations that BWC supports with charitable contributions is Rally For Children, a non-profit formed in 1993 to bring various forms of art to the children in the communities of Fallbrook and Bonsall. Arts in the Park is the annual event for kids and their families to participate in various activities including drama, music, dance, and arts and crafts.

This year's **Rally for Children Arts in the Park** will take place on Sunday, April 30, from 11 a.m. to 3 p.m. at Live Oak Park, Fallbrook. The event is open to everyone and all activities are free. BWC will be listed as a sponsor. Hope you will be able to attend!

Here's the link for additional information: [rallyforchildren.org](http://rallyforchildren.org)

BWC are Members of Palomar District Federation CFWC, the GFWC California Federation of Women's Clubs, and the General Federation of Women's Clubs

*Rosalía Zamora, Newsletter Editor*



## MARY JO PFAFF ♦ President's Message

At the April meeting, your approval to distribute our charitable donations was a culmination of all your hard work. There are so many community organizations who will benefit from these funds.

A big thanks to the Scholarship Committee who carefully read essays and interviewed 17 seniors applying for financial assistance. This committee meets amazing students who will be our future leaders.

The President's Project received \$170.00 at the April meeting. This money will purchase medical equipment and help provide a safe living environment for seniors in our community. A big heartfelt "Thank You" from the Care Advocate at the Foundation Senior Care.

The SPRING SOIREE is approaching May 23. Fundraiser Chair Ruthie Harris and the committee are creating a wonderful evening for members and friends. Contact Mary Jane Poulter and Helen Poddoubnyi to make your reservations.

During our May 5 meeting, I will be asking all members to commit your time and talents to our club. Please raise your hand, your voice and your heart to actively participate in your club. There is a 'job' for everyone. WE NEED YOU!

In Friendship, Mary Jo

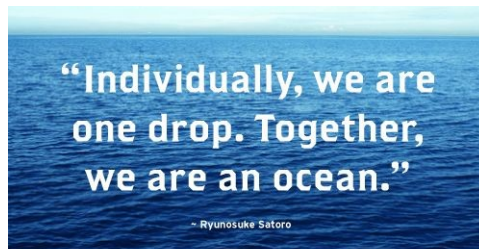


## MARY JANE POULTER ♦ 1st Vice President - Dean of Chairmen

One of my responsibilities as First Vice President is to serve as liaison and delegate to the District, report District news and activities to the club, and keep a current list of District delegates and alternates. Taking this into consideration, two of our club delegates, Bev York and Sydne Gilbert, and I have signed up with our club to attend the April 25th Palomar District Convention to be held at the California Center for the Arts, Escondido. Bonsall Woman's Club will be donating a lovely kitchen item for the opportunity drawing plus two door prizes.

As a "seasoned" member, it has been such a pleasure this week to help out some of our newest members who are committee volunteers for the Spring Fundraiser, "A Spring Soiree." After goals were discussed and plans completed, I received the following quote: "One of the fun things about BWC fundraisers is that we all work together." Yes, I agree with this quote; it was fun to share ideas as well as strengthening our club.

Thank you, Mary Jane



### **CONGRATULATIONS TO NEXT YEAR'S OFFICERS ELECTED AT THE APRIL 6 MEETING**

**President: Mary Jo Pfaff**

**Co-First Vice Presidents/ Dean of Chairs: Mary Jane Poulter, Bev York**

**Co-Second Vice Presidents/ Membership: Cindy Gibson Floyd, Connie Jordan**

**Co-Third Vice Presidents/ Programs: Maura Button, Marlene Rantanen**

**Co-Fourth Vice Presidents/ Ways and Means: Nancy Curtis, Gini Brooks**

**Recording Secretary: Robin Kemper**

**Treasurer: Helen Poddoubnyi**

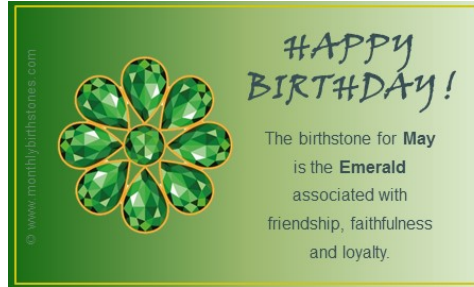


**BEV YORK**



**CINDY GIBSON FLOYD**

## Co-2nd Vice Presidents - Membership



### May Birthdays

- 2 Ruthie Harris**
- 3 Leslie Carapetian**
- 9 Mary Jane Poulter**
- 24 Helen Poddoubnyi**

### MEMBERSHIP RENEWALS

No more reminders from Cindy and me! Our total membership count, plus the names of all who renewed their membership for 2023-24 and a portion of the dues you paid, will be turned in at the District Convention April 25 for the Federation's use in the coming year. This info will determine our ranking (compared to other clubs) at the district, state and national levels for 2023-24. Of course, if you haven't renewed yet, you may still send in your dues after that time – please do! We're counting on you! Per Article III, Section 1 of our Bylaws (Membership), our club year and membership term runs from June 1 to May 31. New members who join after January 1 are covered for the coming year. Attention, BWC Associate members living out of the area: Your membership also expires May 31. If you wish to continue receiving the yearbook, the Roadrunner and email notices, please send your renewal check to Cindy or me before May 31.

### NEW YEARBOOK

Over the summer, we'll be putting together the new yearbook for 2023-24. **If your address, email address, and/or phone have changed or will change from the current book, please let us know as soon as possible.** We strive for 100% accuracy – with your help we can do it!

**PLEASE NOTE: For members with two phone numbers -- If your yearbook listing includes both a landline and a cell phone number, please decide which number you prefer to list in the yearbook. Only one number will be shown next year – it's up to you to tell us which one. Please give that information to Cindy or me now.**

### THANK YOU!

To all of you who helped make pinwheels at our April meeting to go into the Pinwheels for Prevention Garden at the Palomar District Convention on April 25, Thank You! We believe every child's early years should be innocent and as carefree as a pinwheel, and we support Prevent Child Abuse America's efforts to wipe out child abuse in this country. Your pinwheels express that belief better than words could.

Last but definitely not least, to all of our members who opened your hearts and your checkbooks to support our March of Dimes campaign in January, generously donating \$308 to the cause, a special Thank You with my deep appreciation. Tiny newborns and the families that love them have a brighter future, thanks to you. Your support perfectly epitomizes the Collect's reminders, "Let us be large in thought, in word, in deed" and "to put into action our better impulses." You brought the Collect to life. Thank You.

### PALOMAR DISTRICT

The 2023 District Convention is happening at the California Center for the Arts, Escondido on April 25 from registration at 9 a.m. to adjournment at 2 p.m. In between, the hours will be filled with awards to clubs for the best narratives and to members for their outstanding service, special speakers and entertainment, vendors' tables with lots of unique goodies for sale, a tasty lunch, a district-wide art show, and finding out what our sister clubs in the district have been up to for the past year and what they plan to do in the coming year. If you didn't register for this year's event, do yourselves a favor and plan to join us next year! You may find that the narrative you wrote in December won the top prize in its category in April! It's a daylong celebration of the very finest – in both people and accomplishments – that Palomar District has to offer.



**EMILY MANLEY**



**FRANCES PYLE**

**Co-3rd Vice Presidents - Programs**

**MAY Program**  
**“WINGS OF CHANGE”**

At the May 5 BWC meeting, Stephanie Holbrook from Wings of Change will do a presentation on the importance of butterflies.

"Our mission, 'Wings of Change,' is spreading the word about the importance of butterflies in the world. We are educating the community on the importance of butterflies and how they ultimately affect everything including our health! When your soil is healthy, the bugs are doing an important job. Butterflies start off a whole chain reaction to life. They are pollinators and a food source for other species, acting as an important connector in a thriving ecosystem. Butterflies have been widely used by ecologists as model organisms to study the impact of habitat loss and fragmentation, and climate change. When you see the simplistic beauty of a butterfly, now you know their grand significance."



Additional information about this program can be found at <https://wingsofchange.us/>.



**MAURA BUTTON • 4th Vice President - Ways and Means**

**Ways and Means: Support BWC Fundraising Goals!**

The BWC Spring Soiree on May 23 is just four weeks away! We are looking forward to a nice evening with our significant others, friends and guests. We will be holding the event at 127 West Social House, 127 W. Elder Street in Fallbrook. The event will include dinner, a no-host bar, a signature cocktail, silent auctions items and an opportunity drawing. The time is set for 5-8 pm - we will be home before dark! The cost is \$75 per person.

*If you would like to donate something to our Silent Auction, please contact Debbie Harris: [debramcknz@aol.com](mailto:debramcknz@aol.com). If you cannot attend the fundraiser, please consider making a donation to be added to our sponsor list.*

The Spring fundraiser is traditionally the second biggest fundraiser of the year – a very necessary (but also fun!) event to help BWC meet our fundraising goals, which will help all of our fellow non-profit organizations in the community.

Please contact Mary Jane Poulter or Helen Poddoubnyi as soon as you can to make your reservation. The deadline is May 9. We are limited to 100 guests. If you have any questions, don't hesitate to contact fundraiser chair Ruthie Harris: [harris3241@roadrunner.com](mailto:harris3241@roadrunner.com).

**We are currently looking for a member to chair the Christmas event in December. I have already inquired and been given a tentative date for the event pending committee approval. Let me know if you are interested in being a chairperson or co-chair.**



# *A Spring Soiree*

*A fundraiser presented by*

*Bonsall Woman's Club*

*Tuesday, May 23, 2023*

*5—8 PM*

*\$75 per Guest*

*127 West Social House*

*Fallbrook, CA*

Enjoy the outdoor, spring atmosphere  
with music, a lovely meal and beverages.

No host bar.

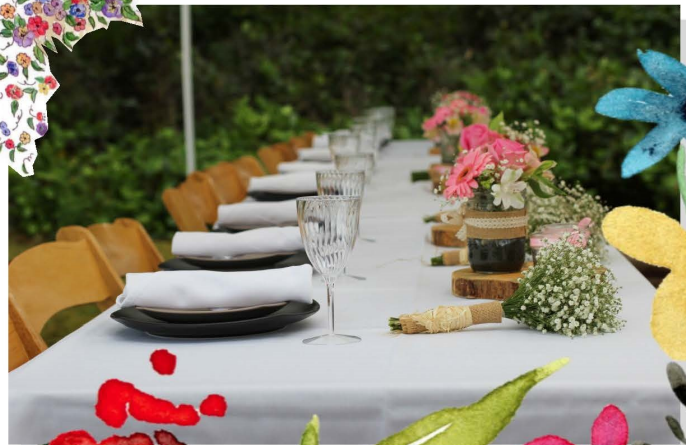
Please send a check payable to Bonsall Woman's Club by May 9.  
(Please note Spring Soiree on the check)

P.O. Box 545, Bonsall, CA 92003

There will be Silent Auction items  
and Opportunity drawings.

For more Information:  
[harris3241@roadrunner.com](mailto:harris3241@roadrunner.com)

Bonsall Woman's Club is  
a 501(c)(3) nonprofit.



## CORRESPONDING SECRETARY - Sydne Gilbert



### CHARITABLE DONATIONS

We have been busy making phone calls, preparing checks and printing transmittal letters for the 27 charities and organizations that are recipients of our 2023 Charitable Donations. As a result, we have some very nice invitations.

First is **Camp Pendleton Young Marines**. (They are no longer called Eagle Young Marines and all units are now combined under Camp Pendleton Young Marines). Our Young Marines will compete in a Drill Competition that will take place June 23, 24 and 25. Our

contact suggests attending on the 24<sup>th</sup>. I will have more information shortly. In the meantime, here's their website for more information: <https://youngmarines.org/public/page>

Next, the **Bonsall Fallbrook Little League** has invited us to attend one of their games! Our contact suggested a Majors game. The team has four girls that have been part of our league for a long time. Dates are Saturday, April 29; Wednesday, May 3; Saturday, May 6; Saturday, May 13; and Thursday, May 18. The Saturday games start at 3:30 p.m. Wednesday games are at 7 p.m. Games run for about two hours and can go up to six innings. Here's their website for more information: <https://tshq.bluesombrero.com/bonsallfallbrookllca>

I am also working with various recipient organizations to display our name and logos on their websites, etc. as "sponsors."

The Julian Woman's Club is presenting their Wildflower Show May 5 – 6 from 10 a.m. to 4 p.m. at the Julian Woman's Club, 2607 "C" Street, Julian. They will display wildflowers of the backcountry, guest speakers, local school art and other educational information.

I will be happy to organize outings. If there is any interest, please let me know. Thank you again ladies for all the work that raised the monies to distribute!

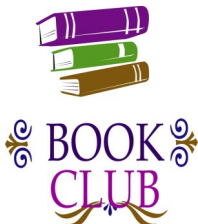
### COLLECTIBLES AND MEMORABILIA

Collectibles & Memorabilia Group members save the date of May 9th for gathering at the home of Cindy Gibson Floyd:

964 Ridge Heights Rd., Fallbrook  
(760) 723-1962  
1:00PM-3:00PM



Cindy will be enlightening the members on the topic of cameos along with sharing her collection of family items. Please bring any cameos that you may have to share with the members. Please let Cindy or Elaine Davis (760) 726-7472 know if you plan to attend.



The **BWC BOOK CLUB** meets currently at 10:00 a.m. the **3rd Monday** of every month, except December. We welcome members who enjoy reading and discussing a variety of genres. Chairman Cheryl Zales can be reached at (760) 525-5078 or [zalesrc@sbcglobal.net](mailto:zalesrc@sbcglobal.net) if you have questions or would like to be added to our membership. We'd LOVE for more ladies to join our spirited discussions!

<u>Date</u>	<u>Title</u>	<u>Author</u>	<u>Host</u>
May 15	Lessons in Chemistry	Bonnie Garmus	Connie Jordan
Jun 19	The Flight of the Sparrow	Amy Belding Brown	Elaine Davis
Jul 17	Magic Hour	Kristin Hannah	Gini Brooks



# Wildflower Show

JULIAN WOMAN'S CLUB

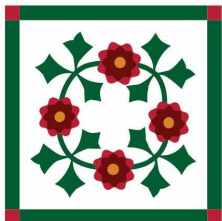
*Free Admittance - donations appreciated*

**May 5 - May 6, 2023**  
**10:00 - 4:00 daily**

**Julian Woman's Club**  
**2607 "C" Street**

***"Wildflowers, the jewels of the Backcountry"***

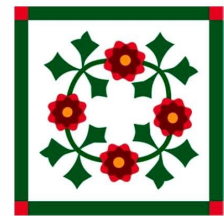
Guest Speakers, Local School Art, and  
Educational information related to Wildflowers



Presented by:

**JULIAN WOMAN'S CLUB**

[www.julianwomansclub.org](http://www.julianwomansclub.org)



## **Balloons, Streamers and Applause for...**

If you have some good news (recognition, achievement, appreciation, celebration, success story, etc.), please share it with your club in the next issue of the Roadrunner. Send it to [bwcmessages@gmail.com](mailto:bwcmessages@gmail.com) before the second Thursday of each month.



### **WEB SITE STORY**

As many of you know, our website administrator will be leaving her position during our next summer break. We are hoping one of our members will step up to take on this task.

It is so important that we continue to maintain this website which is situated on a Wix, user-friendly, web building platform. The website is a major resource for our members by providing the details about our upcoming events and as a reference tool by providing documents such as our most recent minutes and newsletters. It is also our window to the world as it provides the particulars about our club to possible new members and other interested individuals.

At a minimum the *Home, Dates to Remember, Calendar, Roster, Minutes and Newsletter* pages should be kept up-to-date. To maintain the Home, the Dates to Remember and the Calendar pages, a few tasks are required. New data can be gleaned by attending regular meetings, section meetings and accessing Roadrunner articles on the BWC shared Google drive. New text boxes and decorative shapes (provided by the program) as well as uploaded photos may be added to our Home page to highlight our upcoming activities.

*Dates to Remember* is simply adding new information to a text box. New dates to the Calendar may be added by duplicating prior entries and then updating the information. The details about each activity must be entered so that our members will have all the specifics needed to attend an event. The recent minutes, a year-long listing of newsletters and the roster are located on pages that only take files in a portable document format (pdf). Once the new files have been uploaded into Wix media, they can be used to update these pages by simply loading a new file onto the page.

This job may seem daunting at first, but Wix has many video tutorials, an editor help center, and Marleen will be available to answer questions and provide transitional assistance.

The Bear has moved again. See if you can find him! Once you've discovered his location, enter the contest by noting where you found the icon in an email to [bwcmessages@gmail.com](mailto:bwcmessages@gmail.com). The subject line of the email should read "I found the Bear!" The winner will be selected from the responses received and a prize will be presented at our May 5th meeting.

Please contact Marleen DuBona, [mmdubona@gmail.com](mailto:mmdubona@gmail.com), (760) 685-2307 with any corrections, questions or suggestions regarding the website.



## Care to Craft

**CRAFTING**  
is the best  
medicine



[www.craftscraft.com](http://www.craftscraft.com)

Crafting has been on “temporary hiatus” while the focus was on preparation for last month’s art show, but now is a good time to start considering new projects. While a majority of our crafting is usually done to support BWC fundraisers, craft projects have also been created and donated to support hospitalized children (i.e. colorful pillowcases, arm slings).

In addition to new craft ideas, we need to find organizations that will accept our hand-crafted creations, as most seem to prefer financial contributions instead of tangible ones. Perhaps we need to think a little more creatively to find the right match for our crafting talents!

Fresh ideas for new craft projects to benefit others in need are always welcome! Please contact Patty Merriam, (760) 774-1581, or [pattymerriam@gmail.com](mailto:pattymerriam@gmail.com).

## BWC Visits the Little Old Bonsall School House

By Elaine Davis



During the recent Open House at the Little Old Bonsall School House (LOBSH), accolades were heard in profusion for BWC’s generous donations to the restoration project. Members who accepted the invitation from the Bonsall Education Foundation viewed first-hand what has been accomplished with BWC support.

Rescued from being a sinking vessel into the ground to now being a beautiful “queen” sitting where she can be seen from Old River Road is an awesome accomplishment. The time frame has spanned several years, but is now nearing the time when COMPLETED can be the sign hung on the door!

Jennifer Leung, director of the Bonsall Schoolhouse Restoration Project, spoke in loving detail about “her baby” and the time, effort and concern she has spent in bringing the awesome results to fruition. Jen explained how BWC funds have been spent on lead and asbestos abatement, the monitoring of this abatement by a third party, complete window restoration, exterior painting, roofing repairs, termite abatement, rebuilding of outside skirt and miscellaneous carpentry, new rear door and installation, repair, painting and rehanging of front doors, rebuilding crawl space openings, rock fascia installation on foundation, rebuilding and repairing of all interior walls with milled bead board, interior floor repair/refinishing, interior paint and replacement of chalkboards.

The bell tower and front steps remain to be completed, but plans are underway for both. Retrieving the original bell from the new Bonsall Elementary School to its rightful place atop the LOBSH is a high priority!

# Photo Gallery

## April 6, 2023 Meeting



Torrie Forbess and Debbie Harris provided the members with delicious food during the meeting break.



2023 Art Contest and Show winners show off their ribbons.



Laurie Criscenti created beautiful Easter-theme centerpieces for the April meeting.



Guests at the April general meeting (from left): Larissa Anderson, Judy Hughes and Susan Williams

# Photo Gallery

April 6, 2023

## Meeting and Little Old Bonsall School House



Sally Sebeckis, lucky winner of the \$50 Visa gift card drawing, with Geri Sides, Donation Diva chair



Beautiful decor created by Laurie Criscenti for the hostess table



Historical pictures and a scrapbook of restoration progress were available for review (Little Old Bonsall School House).



Sydne Gilbert (left) is awarded the "I Found the Bear" website contest prize by Marleen DuBona, who maintains the website.

# Photo Gallery

April 6, 2023

## Little Old Bonsall School House



Elaine Davis rings the school bell to welcome BWC into the restored classroom.



Jen Leung shares the history of the School House with BWC members



The Bonsall Education Foundation has worked hard to acquire appropriate furniture and other items from the late 1800s/early 1900s.



A model of the School House, Rules for Teachers 1872, and a certificate from Senator Brian Jones for Outstanding Community Service were on display at the Open House.

# Photo Gallery

## The Art Show Recognition



BWC members (from left) Patty Merriam, President Mary Jo Pfaff, Marleen DuBona and Mary Jane Poulter represented the club to receive the "BUSD Community Partner" recognition for the 2023 Art Show. Bonsall Unified School District Superintendent Joseph Clevenger (back row, left), School Board members and School Board President Larissa Anderson (back row, right) presented BWC with the certificate at the April 17 school board meeting.  
Extra bonus: Larissa has decided to join the BWC!



**BONSALL WOMAN'S CLUB**  
**MINUTES OF THE APRIL 6, 2023 GENERAL MEETING**  
**AT THE BONSALL COMMUNITY CENTER**

**President Mary Jo Pfaff** called the meeting to order at 10:00 am. She welcomed everyone.

**Barbara Chahbazian** led members in the Pledge of Allegiance and singing a patriotic song.

**Jacky Nutter** led members in reciting the *Collect*.

**Elaine Davis** read an inspiring message, "An April Joke" by Caroline Wells.

**Hospitality, Sally Sebeckis**, verified that a quorum of members was present. She said the Easter centerpieces were brought by Lauri Criscenti. The centerpieces were given to the member at each table whose birthday was closest to Easter, April 9. The lovely snacks were provided by Debbie Harris and Torrie Forbess.

**Guests:** Cindy Gibson Floyd, Membership, introduced three guests.

**President Mary Jo** said Debbie Harris will man a table at the Bonsall Chamber Easter event today to promote BWC and could use another volunteer or two. The President's Project is Care Advocate at the Foundation for Senior Care and this month the funds will be used to help pay for medical equipment for seniors in need. Their handyman will install the equipment at no charge.

Mary Jo announced the BWC Board meeting will be today at 3PM on Zoom.

**Secretary Marlene Rantanen** reported there was one correction noted to the March 3 minutes. The minutes will be filed as corrected.

**REPORTS:**

**1<sup>st</sup> Vice President Mary Jane Poulter:** Please keep up your hours sheets. Palomar District Convention is coming up soon.

**2<sup>nd</sup> Vice President Co-Membership Bev York and Cindy Gibson Floyd:** Bev and Cindy welcomed our guests. They will be calling those who have not renewed their annual dues.

**3<sup>rd</sup> Vice President Programs Emily Manley and Frances Pyle:** Today the Fallbrook Historical Society will present information on the history of early trains in the Fallbrook area. The May meeting will have "Wings of Change," on butterflies.

**Treasurer Helen Poddoubnyi** stated the total balance in all accounts on March 31, 2023 was \$74,958.34, including BWC checking and savings and the H&H Lee savings.

**Corresponding Secretary Sydne Gilbert** received thank you notes from a Student of the Month, organizations we have supported and from member Elaine Davis for honoring the Past Presidents. Electronic Mail received included newsletters and event information from organizations we support. One to note is the Julian Women's Club Wildflower Show on May 5 and 6. She suggested we check out these organizations online as there are many interesting things to do.

**Charitable Donations:** Corresponding Secretary is also chair of the charitable donations committee. The committee met and has proposed a list of charitable donations to be made with our funds this year.

**MOTION: To approve the list of donations as presented.** The motion was made by Elaine Davis, seconded by Barbara Chahbazian and was passed. The list is attached at the end of the minutes.

**4<sup>th</sup> Vice President Ways & Means Maura Button:** A spring fundraiser is being organized, "Spring Soiree," chaired by Ruthie Harris. It will be held at 127 West Social House in Fallbrook on May 23 from 5-8 pm. We will have the venue to ourselves and there will be dinner, silent auction and opportunity drawings. The budget shows an anticipated profit of around \$5,000. Members should invite spouses and friends to attend. The cost is \$75 per person.

**MOTION: To approve the proposed fundraiser, "Spring Soiree" and budget.** The motion was made by Cindy Gibson Floyd, seconded by Laurie Criscenti and was passed. Debbie Harris is chair of Silent Auction items. Members are asked to sign up to acquire and/or donate Silent Auction items. Nancy Curtis is the chair of centerpieces which will be sold or raffled. Members are asked to make the centerpieces. It is suggested they will all be a succulent bowl, enhanced with flowers or other decoration.

**Nominating Committee:** Chair Cindy Gibson Floyd, chair, thanked her committee of Judy Bresnahan, Connie Jordan, Jacky Nutter and Carol Vandenbosch. Cindy announced proposed officer nominees:

President – Mary Jo Pfaff

Co-First VP, Dean of Chairs – Mary Jane Poulter and Bev York

Co-Second VP, Membership – Cindy Gibson Floyd and Connie Jordan

Co-Third VP, Programs – Maura Button and Marlene Rantanen

Co-Fourth VP, Ways and Means– Nancy Curtis and Gini Brooks

Recording Secretary – Robin Kemper

Treasurer – Helen Poddoubnyi

**MOTION: To accept the slate of officers as presented.** The motion was made by Marlene Rantanen, seconded by Elaine Davis and was passed. Congratulations to our new officers.

**Palomar District report** – Bev York asked everyone to make a pinwheel with the papers on the tables. The pinwheel is being used as a symbol of innocent children. They will go into the Pinwheel Garden at the District Convention April 25 with pinwheels made by the other 9 clubs, to recognize both the district president's project, Affiliates for Children, and April, "Prevent Child Abuse" month. Pinwheels for Prevention and the pinwheel garden are programs of the nonprofit Prevent Child Abuse America.

**Scholarships** – Elaine Davis said the committee will be interviewing 17 prospective scholarship recipients on April 15. They need some volunteers to meet and greet the candidates while they are awaiting their interview.

**Book Club** – Robin Kemper said the April Book Club is cancelled. The May meeting will be hosted by Connie Jordan and the book is "Lesson in Chemistry" by Bonnie Garmus.

**Collectibles and Memorabilia** - Elaine Davis said the group will be meet Tuesday, April 11 at Sandy Dorsey's home to see a collection of Terri Lee dolls. Attendees will carpool.

**Safety** – Debbie Harris explained why we should not use the stand-alone mail boxes. Thieves have a way to get out the mail and 'wash' any checks found to their own advantage.

**Health** – Maura Button spoke about hypertension, high blood pressure. Some things that raise blood pressure are: alcohol; nonsteroidal anti-inflammatories like aspirin and Ibuprofen; ongoing pain; full bladder; too much salt. Potassium can release sodium. Look for fruits and vegetables that have high potassium.

**Sunshine** - Geri Sides has sent some notes to members who haven't been here. Let Geri know if someone needs some sunshine.

**Find the Bear contest- Marleen DuBona:** Sydne Gilbert won the drawing for those who found the 'bear' on the BWC website and received her gift of earrings.

**Crafts** –Patty Merriam reported the BWC/BUSD (Bonsall Woman's Club/Bonsall Union School District) 2023 Art Contest and Show: "Stages of Inspiration," was held March 7, 2023 from 5 – 7 pm at Bonsall/Sullivan Middle School. It was extremely successful with a huge attendance, as pointed out by several BWC members and our sponsor. Comments included: impressive event, very moving, touched my heart.

Awards to BWC members: Crafts 1<sup>st</sup> place – Bev York, 2<sup>nd</sup> place – Linda Eastom, 3<sup>rd</sup> place – Marlene Rantanen; Photo 1<sup>st</sup> place – Marleen DuBona, 2<sup>nd</sup> place tie– Mary Jane Poulter and Gini Brooks, 3<sup>rd</sup> place – Mary Jo Pfaff; Fine Arts 1<sup>st</sup> place – Linda Eastom, 2<sup>nd</sup> place – Patty Merriam, 3<sup>rd</sup> place June Stone. The Best in Show in each category was judged by Fallbrook Arts, Inc. representatives. Best of Show for BWC entrees was June Stone's sculpture.

BREAK

**Program:** A representative from the Fallbrook Historical Society gave an interesting slide presentation on the history of the railroad in Fallbrook.

**Donation Diva:** \$50 gift card was won by Sally Sebeckis. \$ 109 was collected.

**New Business:** None

**Announcements:** There is a small memorial for June Keith at June Stone's home on May 29. If interested in attending, please contact June Stone.

Elaine Davis reminded the group of tour of the "Little Old Bonsall Schoolhouse" today immediately following our meeting.

**Meeting Adjourned: 12:08 pm**

Respectfully submitted, Marlene Rantanen, Secretary

***Note: The Minutes are published as submitted. Corrections should be sent to the Recording Secretary.***

*Thank you for reading ROADRUNNER  
BONSALL WOMAN'S CLUB NEWSLETTER  
P.O. BOX 545  
BONSALL, CA 92003  
<https://www.bonsallwomensclub.org/>  
E-Mail: [bonsallwomensclub@gmail.com](mailto:bonsallwomensclub@gmail.com)*

