

Bonsall Woman's Club



Roadrunner

SEPTEMBER 2022 NEWSLETTER



BONSALL WOMAN'S CLUB GENERAL MEETING

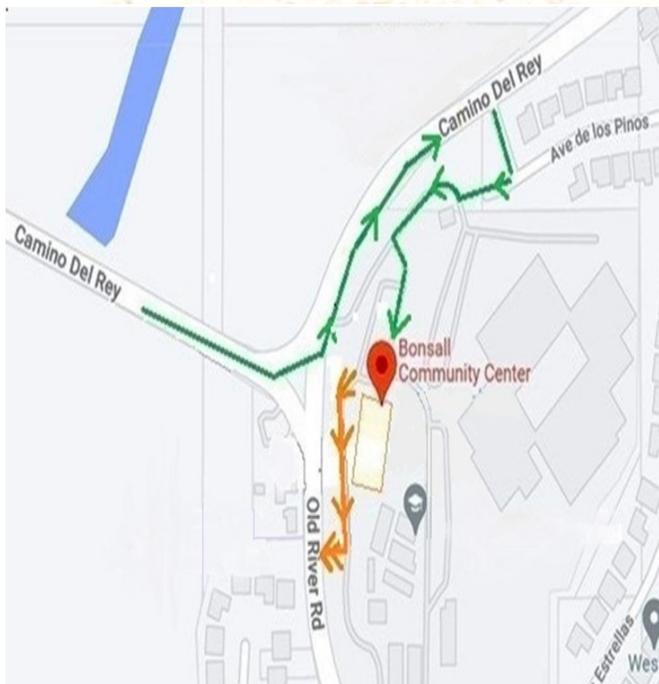
Thursday, September 1, 2022

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**

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

BRING A FRIEND - WE WELCOME NEW MEMBERS!



New Permanent Entrance/Exit to the Bonsall Community Center Announced

Effective immediately, the entrance and exit at the Bonsall Community Center has changed permanently.

The entrance is now off Camino del Rey at the new light at *Calle de la Brisas*!

Take *Calle de la Brisas* for only about 100 yards, and then turn right to an access road. Travel up the hill, and stay to the right to reach the Community Center.

The exit is located behind the Community Center by taking the access road to Old River Road.

Safety is a priority!

Rosalía Zamora, Editor



MARY JO PFAFF ♦ President's Message

I am honored to be serving the Bonsall Woman's Club as President for the year 2022-2023. With the help of each member and the support of the Board of Directors, I intend to do my best.

Over the summer, I observed the enthusiasm and dedication of our yearbook committee members as they made preparations to print the 2022-2023 yearbook. We have many new advertisers this year, and we encourage everyone to utilize their services.

Several opportunities over the summer involved some of our donation recipients. Bev York and I visited the "Canine Companions" facility in Oceanside. We met Don, who is wheelchair bound, and his dog, Vanetter. They have been together for two years. My next trip was with Jacky Nutter. We headed towards Palomar Mountain, where the Burn Institute held their "Camp Beyond the Scars." We observed the games, crafts, and care that the counselors provided to this group of 8 to 17 year old survivors. My last destination was the "Foundation for Senior Care" in Fallbrook. I was given a tour of the Adult Day Care. I met the program leaders and observed a part of their clients' daily routine. I felt very privileged seeing how the club's donations are put to use by the recipients.

My Theme for this year is *"Philanthropy, Friendship and Fun while Fundraising."*

With Friendship, *Mary Jo*



Hospitality and Housekeeping: How We Start and How We Go!

When our first meeting of the new BWC year convenes on Sept. 1, you'll notice several new things will be waiting for your return: a new Hospitality team to greet you, a high quality sound system to make it easier to hear everyone during the meeting, and a new plan for refreshments. (An old name badge policy will return, too!)

New member Sally Sebeckis (pictured left) has graciously taken on the Hospitality Chair position, supported by Hospitality committee members Nicky Birchall, Torrie Forbess, and Barb Chahbazian who will be helping to greet members and organize room set-up/take-down and table centerpieces.

Let's extend a very warm welcome to Sally, Nicolette and Torrie as they volunteer in their new positions and start their "first official" year as BWC members!

Does the ol' saying, "The way to a man's heart is through his stomach," ring true for anybody? If so, now is your chance to work your way into the hearts of your fellow BWC members. This year, monthly refreshments will be set up by different members, who will bring and set-up fruit, muffins, veggie trays or some other yummy option at the refreshment table. BWC will reimburse members up to \$50 for each meeting. Thank you to Mary Jane and Bev York for sharing this responsibility at our September meeting! ***Please sign up at the refreshment table for future meetings.***

Returning to the sign-in table is the "\$1/missing badge" policy that asks members to pay a nominal \$1 fee if they forget to wear their name badge. With 19 new members since 2020, including nine so far in 2022(!), it's really important that we learn each other's names (and it's less embarrassing when we forget the ones we knew pre-pandemic!).

And now... a few final "housekeeping" rules...

- ◆ Arrive early (doors open at 9:30 a.m. to enjoy social time before the meeting);
- ◆ Keep side conversations and distractions to a minimum (help everyone to hear better and facilitate a successful meeting);
- ◆ Help clear your table at the end of the meeting; and
- ◆ BRING YOUR POSITIVE ATTITUDE AND WINNING SMILE TO SHARE GOOD WILL, FUN AND FELLOWSHIP!



BOARD OF DIRECTORS 2022-2023: (seated, from left) Marlene Rantanen (Recording Secretary); Mary Jo Pfaff (President); Mary Jane Poulter (1st VP, Dean of Chairs/Parliamentarian); Maura Button (4th VP, Ways & Means). (standing, from left) Frances Pyle (Co-3rd VP, Programs); Cindy Gibson Floyd (Co-2nd VP, Membership); Emily Manley (Co-3rd VP, Programs); Helen Poddoubnyi (Treasurer); Bev York (Co-2nd VP, Membership); Sydne Gilbert (Corresponding Secretary); Sally Sebeckis (Hospitality); and Patty Merriam (Communications)



Debbie Shinner, REINS Executive Director (center), receives Charitable Donation from Mary Jo Pfaff (Charitable Donations Committee Chair) and Mary Jane Poulter (BWC President 2021-2022)



Judy Bresnahan receives thank you gift from incoming President Mary Jo Pfaff



President Mary Jane Poulter passing the gavel to incoming President Mary Jo Pfaff



MARY JANE POULTER • 1st Vice President-Dean of Chairmen

NARRATIVES AND VOLUNTEER HOUR SHEETS



One of my duties as First Vice President is to make sure each club chairman keeps a record of her activities for the year (January to December) and turns in a report (Narrative) to me at the December meeting. It is my responsibility to forward these reports (Narratives) to the district chairman before a due date (usually in January). I also need to include each club member's volunteer hours and dollar amount donated on these reports.

It is crucial that each member keeps a record of all volunteer experiences. This is easily done by using the Hour Sheet included in the BWC Yearbook. This Hour Sheet is to be turned in at the December meeting or emailed to me. The total amount of projects and hours are calculated from the hour sheets and then assigned or added to the report (Narrative) associated with that project or program.

Why are the reports (Narratives) and hour sheets important? As a non-profit organization, it shows a complete picture on how our club is achieving its goals. It also shows the true cost of a program and where our volunteer hours are making the most impact. And... to keep our non-profit status, we do need to keep these records.

CRITTER CAUSES—Sydne Gilbert



Welcome back! Critter Causes is at it again! In addition to collecting donations at each meeting and delivering them to the neediest shelters, we will be providing information on shelter outreach, animal protection and safety and other volunteer opportunities. We are exploring a volunteer opportunity with Canine Companions for dog walking and visiting, volunteer opportunities at adoption events, and a field trip to visit a rescue ranch in Valley Center.

HOT WEATHER REMINDERS! An animal's body temperature heats up much faster than humans. The Humane Society says all animals, including those in the wild and farm animals, are susceptible to the heat. Dogs can get sunburned too, so hairless or

light-coated dogs should wear sunscreen. While it's natural to want to take your pet outdoors to enjoy the warm weather, it may not be the best choice if you want to keep your pet safe. It might be best to leave your pet at home when it gets really hot outside.

The San Diego Humane Society offered some of the following tips to keep pets cool in hot weather:

- ◆ Always provide plenty of water, including when away from home.
- ◆ Leave pets inside where it's cool at home as much as possible. If they must be outside, provide plenty of shade.
- ◆ Do not leave a pet alone in a parked vehicle -- even with the windows open, a parked car can quickly become a furnace. If the temperature outside is 80 degrees, the temperature inside a car can quickly climb to 120 degrees.
- ◆ In extremely hot weather, don't leave a dog standing on the street, and keep walks to a minimum, allowing for breaks in shady spots. Paws can easily burn on hot asphalt or concrete. Bring a towel for them to rest on.
- ◆ Never run a dog with a bicycle during the heat.
- ◆ Watch for signs of heat stress: heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red tongue. If you believe a pet is suffering from heat exhaustion, contact your veterinarian right away.



Co-2nd Vice Presidents-Membership

BEV YORK

CINDY GIBSON FLOYD



September Birthdays

- 6 June Stone
- 7 Katie Wild
- 8 Laurie Criscenti
- 22 Donna Shanahan

Welcome Our Newest Member!

Please join us in welcoming Ruthie Harris, who joined BWC during the summer. Ruthie is CEO of the Bonsall Chamber of Commerce and is interested in Crafts, Photography, and our Spring and Christmas fundraisers.



(l-r) New Members Suzanne Gill and Linda Eastom with Bev York

ALABASTER JAR PROJECT, DOMESTIC VIOLENCE AWARENESS & PREVENTION

Thank You from my heart for your overwhelming support of this project! On August 4, President Mary Jo, Patty Merriam and I were joined by Nancy B. Jones, Palomar District President, and Jan Imonti, Inland Valley Club President, to deliver our donations to the Alabaster Jar Resource Center in Escondido. The delivery included 20 large purses and tote bags filled with personal items, 22 smaller purses suitable for everyday use, other practical items they'll use every day, and books, hobby kits and crafts. We also donated dollars and gift cards. You have no idea of the impact your generosity has and will continue to have on these courageous women, who have escaped the brutality of human trafficking and are successfully turning their lives around with the guidance and support of the staff of the Alabaster Jar Project. Thank you!



At present, AJP doesn't need our clothing donations – their closets are full. They'll let us know when that changes. For now, we're looking elsewhere in North County for a deserving recipient that is a 501(c)(3) and works with survivors of domestic and sexual violence and exploitation. If you know of such an organization, please let me know at york.bev@gmail.com, and I'll check into it. If you have clothing in good condition to donate, I'll accept it and hold it until we locate another worthy group, or when Alabaster Jar again needs our help.

Pictured above: Representing Palomar District were from left, Jan Imonti (Inland Valley President), Mary Jo Pfaff (BWC President), Bev York (BWC co-2nd Vice President /Membership and event organizer), Patty Merriam (BWC) and Nancy Jones (Palomar District President). Items included products for hair, skin and dental care; personal hygiene; cosmetics and perfume; purses and wallets; socks; Kleenex; notepads and pens/pencils; and cash donations.



EMILY MANLEY



FRANCES PYLE

Co-3rd Vice Presidents-Programs

**SEPTEMBER PROGRAM
“Next Step Service Dogs”**



Next Step Service Dogs, a 501(c)(3) organization located in Escondido, will be the featured program at our September meeting.

The mission of NSSD is to train and place custom service dogs to enhance and renew the lives of veterans and first-responders living with visible and invisible injuries (including PTSD and traumatic brain injuries). NSSD has served the San Diego County area for the past 10 years, with over 150 placements, and is accredited by Assistance Dogs International (ADI) for maintaining the highest standards in the industry.

NSSD does not charge for the placement and training of the service dog and supports the teams throughout the life of the working dog.

In addition to training and placing service dogs, NSSD has facility dog teams working throughout the San Diego area. Currently, there are four Crisis Response Canines with San Diego Fire-Rescue, Border Patrol, San Diego PD and La Mesa PD.

Don't miss this program! To learn more about Next Step Service Dogs or to support their mission, please call (760) 438-9190 or visit their website: www.nextstepservicedogs.org.

JUNE MEETING PHOTOS

(more photos on page 11)



June Bernesser and Cindy Gibson Floyd enjoying the refreshments



Maura Button holding center-piece she made for the meeting



Outgoing President Mary Jane Poulter receives a gift from Sydne Gilbert, 1st Vice President



MAURA BUTTON • 4th Vice President-Ways & Means

SAVE THE DATE

BONSALL WOMAN'S CLUB PRESENTS

“YE OLDE VILLAGE CHRISTMAS”

When: Wednesday, December 7, 2022

Where: Wedgewood/Golf Club of California

Time: 11am to 3pm

Cost: \$60.00 per person

Table reservations and ticket sales will begin at the Oct. 6th General Meeting. This fundraiser will include a wonderful luncheon, festive holiday entertainment, opportunity baskets, opportunity designer trees & wreaths, craft sales, and silent auction items.

Planning has begun...and as you know it takes a “Club” to have a successful fundraiser! We are looking for YOU to join in the fun and help with the following: Opportunity Baskets, Silent Auction Items, Angel Benefactors, Crafts, Tree Sponsors, and Table Setters!

For more information or to volunteer:

Judy Bresnahan

Laurie Criscenti

760-815-1943

760-213-3273

When was the last time you viewed our website?
Now would be a good time to check it out!

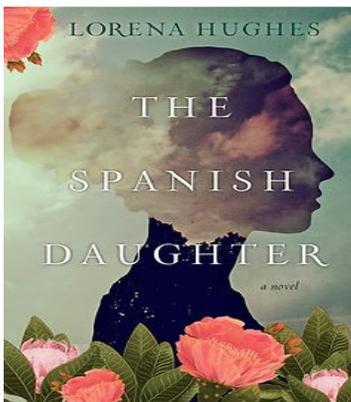
bonsallwomansclub.org

As an incentive, the club has initiated an ongoing contest. A small picture, an icon, of a *comical bear with a surprise behind his back* has been added to a page on our website. Each month he'll move to a different page. Look through the site and see if you can find the page where the bear icon is posted. Once you've discovered his location, enter the contest by noting where you found the icon in an email to 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 September meeting.

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

WEB
SITE
STORY

BOOK CLUB



The BWC Book Club meets currently via **Zoom** 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. Cheryl Zales, Chair, can be reached at (760) 525-5078 or zalesrc@sbcglobal.net if you'd like to be added to our list or have questions. We'd LOVE for more ladies to join our spirited discussions!

<u>Date</u>	<u>Title</u>	<u>Author</u>	<u>Host</u>
Sept 19	The Spanish Daughter	Lorena Hughes	Elaine Davis

DONATE BOOKS!

Done with that great book? Or doing some cleaning? Are your summer reads stacking up and you need to make room for your new reads? Friends of the Fallbrook Library Bottom Shelf Store is happy to take them! Please bring them to our next meeting and I will deliver them!

Thank you so much! —Kay Ewin

ARTISTS NEEDED FOR BWC SHOW!

If you haven't done so recently, break out your paint brushes, crochet hooks, sewing machines, cameras, kilns and all other artistic tools of the trade and let your creative talents go wild!

The next BWC Art Show will not take place until March 2023, but it's never too early to indulge your creativity. We will be expanding next year's show to include Bonsall Unified School District students. It will be wonderful to produce an amazing exhibit by our talented members, to inspire future artists and help cultivate a stronger appreciation for the arts in the community.

Crafts, fine arts and photography categories will offer the opportunity to display a variety of talents. Members may submit one entry in each category. The general rules that the Palomar District uses will be applied (for those who want to enter art in both contests). More specific parameters will be given in future publications.

The 2022 show "In Good Hands: An Art Show and Contest" may be viewed at bonsallwomansclub.org.

MILITARY SUPPORT

We will continue to be supporting the “**Happy Baby**” program this year. It has been well received by the Camp Pendleton military families. We have extended the program to not only include newborns, but toddlers as well. Our gift bags are filled with diapers, baby wipes, a grooming set and pacifiers. They cost is about \$13 per bag. We deliver 20 bags per delivery, which is three times per year. I am so grateful for the support from the women in our club. You may contribute at any time by sending your check to the Bonsall Woman’s Club, P.O. Box 545, Bonsall, CA 92003. Any amount you feel in your heart is greatly appreciated. Note “Happy Baby” in the memo.



We will once again be supporting Camp Pendleton’s Santa’s Workshop (formerly Secret Santa) this Christmas, providing toys for the children of the military families. Last time we raised \$360. I’d love to set our goal this year at \$400. Again, please send your contributions to our P.O. Box as mentioned above. Make sure to write “Santa’s Workshop” in the memo.

The Daniel Ferguson Memorial Foundation:

I wanted to share some of the work the BWC’s support has enabled us to do. This year, we have supported veterans in two Obstacle Course competitions. The men were certainly challenged physically and yet came back for more! Most importantly they were able to bond, support each other and build that camaraderie so missed when struggling to integrate into civilian life.

On August 19-22, the foundation is partnering with Lunde Enterprises for the *Rope and Race for the Cure* at CRC Ranch in Temecula. We are raffling off a beautiful saddle in the roping event to one lucky veteran, active military or first responder and the cash equivalent for the barrel race. Also, we will award a handsome belt buckle to the high point rider of each event. This aligns with the second part of our mission which is to give this deserving group of individuals goals and purpose in life. They are anticipating 20-40 veterans, military and first responders to compete!

I am humbled and so grateful for the support of the Bonsall Woman’s Club so that we may continue our work to serve those who serve us. Gratefully yours—*Jeaneane Henson*, Chairman

GIVING BACK TO THE COMMUNITY



When we give cheerfully and accept gratefully, everyone is blessed. This has been demonstrated by distributing \$11,350 to local non-profits after a successful year of fundraising.

The following organizations received charitable donations this past year: Angels of Rawley, Chloe Sanctuary, Fallbrook Animal Sanctuary, Love Your Feral Felines, Save Pets One at a Time, Fallbrook Music Society, Fallbrook Center for the Arts, Girls on the Run, Camp Pendleton YMCA, Daniel Ferguson Memorial Foundation, D’Vine Path, Friends of the Fallbrook Library, Eagle Young Marines, Alabaster Jar Project, Bonsall Educational Foundation (Art), President’s Project VB Charter School Child Fund, Burn Institute “Camp Beyond the Scars,” REINS, Fallbrook Food Pantry, Canine Companions, Fallbrook Senior Center (meals), Foundation for Senior Care, Bonsall/Fallbrook Little League, and Fallbrook Youth Baseball.

Mary Jo Pfaff, current President and chair of the Charitable Donations Committee this past Spring, said she really enjoyed working with her fellow committee members to determine which recipients would receive funds, “It truly was an honor working with such wonderful, dedicated women and to be able to support these very worthwhile organizations. We work hard all year long to be able to give back to our community. It’s really rewarding to hand out all these checks!”

In addition to these donations, BWC continues to support students with Student-of-the-Month awards and scholarships for graduating seniors.

Together, we make a difference! Thank you to all members who joined together to build a better world.



President Mary Jo Pfaff presents BWC donation to Bob Freaney, Fallbrook Music Society



Burn Institute Executive Director Susan Day (center) receives a charitable donation from BWC member Jacky Nutter (left) and BWC President Mary Jo Pfaff. While visiting the Burn Institute in July, Jacky and Mary Jo met volunteers who organize and operate the “Camp Beyond the Scars” program, which helps 8 to 17 year old burn survivors.



Juliann Giurleo enjoyed delicious food at June meeting



(from left) Geri Sides, guest Robin Scheuer, and Marlene Rantanen

More June Photos



Diane Trappen (standing) and Barbara Hartloff (left) welcome new member Linda Eastom



BWC recently made a charitable donation to support Canine Companions. Pictured (from left) are Don Guillou and his dog Vanetter, Piero Berlonghi, BWC President Mary Jo Pfaff, BWC 2nd Vice President Bev York, Marcell Mallette ED, and Mimi Kim.

Mary Jo and Bev were also given a tour of the Canine Companions facility, observed demonstrations by the dogs and volunteers, and received information about philanthropic opportunities to assist volunteers with the dogs.

DONATE VASES TO SUPPORT A WORTHY CAUSE



Hey BWC ladies... do you have cupboards overflowing with vases? Do you want to reclaim all that valuable space?

Care-Rite Vocational Services is a local organization in Fallbrook that helps people with intellectual disabilities. Care-Rite teaches vocational skills such as flower arranging, which we can support by donating clean, gently-used vases. In addition to vocational skills, Care-Rite teaches personal management, self-esteem, household management, health and wellness and much, much more.

Care-Rite will be our featured program at our Oct.6th meeting, but we are asking you to **bring your vases to the SEPT. 1 meeting** so that they can create our October meeting centerpieces. Please RSVP to co-3rd Vice President-Programs Emily Manning at cloud18@msn.com if you plan to donate vases. For more information about Care-Rite, go to their website: Careritevoc.com.

Let's embrace: reclaim cabinet space, help your vase find a new place, create a smiling face!!



SUNSHINE

Please keep me posted of anyone who may need a little get-well wish or good cheer!

Geri Sides - sidesforsales@gmail.com

DONATION DIVA RAFFLE

Each month a lucky member wins a \$50.00 Visa gift card. This raffle is a fundraiser and is very popular. Barbara Chabazian, the happy winner, is pictured with Geri Sides, Donation Diva Raffle chair (standing).



BONSALL WOMAN'S CLUB 2022-2023 BUDGET (PROPOSED)

2021-2022Actuals

2022-2023 PROPOSED

INCOME

Dues	4039.5 \$	3850
Christmas Event (net)	9600 \$	8000
Spring Event (net)	4900 \$	5000
Yearbook Ads	1025 \$	800
Silent Auction	0 \$	200
Centerpieces	0 \$	700
Other Fundraisers	0 \$	1000
TOTAL INCOME	20145 \$	19650

EXPENSES

President's Allowance	600 \$	600
Crafts	\$	450
Donation Diva	500 \$	500
Insurance	1225 \$	500
Membership Dues	1800 \$	1800
Membership Expense	350 \$	250
Newsletter and other Printing	170 \$	400
Newsletter and other	300 \$	200
Postage (Corresponding Secretary)		
Office and Administrative	300 \$	300
Professional Services		600
Programs	900 \$	1800
State Convention		300
Web Site	300 \$	550
Yearbook Printing	800 \$	900
Member Dues (Chambers)	150 \$	150
Bank Chg + Safe Dep Box	80 \$	80
Computer/QB expense	0 \$	400
Hospitality Expense	0 \$	750
<u>SUBTOTAL EXPENSES</u>	8525 \$	10530
Charitable Donations***	9830 \$	6110
Student of the Month	160 \$	360
HOBY	0 \$	400
LaVerne Conrad Fund***	0 \$	250
Scholarships	3000 \$	2000
SUBTOTAL ADDED EXPENSES	12900 \$	9120
GRAND TOTAL EXPENSES	21515 \$	19650

Note: The Budget is printed as submitted. Corrections should be sent to the Treasurer.

BONSALL WOMAN'S CLUB GENERAL MEETING MINUTES
Meeting held at Bonsall Community Center June 16, 2022

The meeting was called to order at 10:05 A.M. by President, Mary Jane Poulter.

Reading of the Collect was led by Jacky Nutter.

The Pledge of Allegiance was led by Barbara Chahbazian.

Elaine Davis read an inspirational message, "8 Powerful Words for the Day."

Attendance Report –Judy Bresnahan, Hospitality, reported we had a quorum of 33 members present.

President's Welcome - President Mary Jane welcomed members and guests who came to the meeting today. She mentioned her President's Project is in support of needy children at Vivian Banks Charter School. These funds were able to help a family there whose home burned down. She also said there is an opportunity every Thursday, starting July 14, to meet for lunch with other BWC members. If you want to be notified about the location and time, please let Mary Jane Poulter know.

Minutes - General membership minutes from the May 5, 2022 meeting were submitted by Mary Jo Pfaff for Marlene Rantanen, Recording Secretary, as the official record of the meeting. The minutes were distributed through the newsletter prior to the meeting and there were no corrections noted. (Note from Secretary -There were the following corrections not noted: Under Dean add "A certificate was given to each Section receiving an award. Sydne named the awards and read the names of members who participated with a narrative in that section." Also, Elaine Davis and Patty Merriam's names were corrected in the text).

Dean –Sydne Gilbert, 1st V.P., Dean of Chairs, said Hours sheets are due today for January through May. They can also be mailed to the new Dean, Mary Jane Poulter.

Membership – Bev York, 2nd V.P., Membership, introduced and welcomed Suzanne Gill and Linda Eastom as new members.

Palomar District report from Bev York, District 2nd Vice President, Membership.No report.

Treasurer's Report -Helen Poddoubnyi, Treasurer. Helen was out sick, so Elaine Davis gave the Treasurer's report. Mary Jane said Helen will be working on a year-end report.

Ways and Means - Fundraiser –Emily Manley, 4th V.P., Ways & Means, introduced Co-Chairs Judy Bresnahan and Laurie Criscenti for our Christmas fundraiser. It will be a sit down luncheon, held at Wedgewood/Golf Club of California on Wednesday, December 7 from 11am – 3pm. The price is \$60 and there will be 18 tables of 10. The Co-Chairs said they need help in all areas including committee/planning, table setters, tree sponsors and designers, wreath sponsors and designers, hostesses/greeters, crafts, etc. Sign-up sheets were on the tables today.

Corresponding Secretary, Mary Jo Pfaff, reviewed the correspondence received. There were requests for funding, announcements of some charity events and thank you notes from some of the scholarship recipients and from those receiving our charitable donations. She said we are being recognized as a Bonsall Chamber of Commerce member for more than 15 years and she read a few thank you notes that were especially nice.

CHAIR REPORTS:

Crafts- Patty Merriam said our next art show will be in conjunction with Bonsall School District students. The plan is to hold this in early March 2023. It will highlight the art we do, give students an opportunity to shine and allow interaction with the community. The committee will gear up in August/September.

Book Club –Connie Jordan for Cheryl Zales. The next meeting will be on Zoom June 20 at 10:00 am. Regular book club members will be notified automatically, but if others want to be invited to the Zoom meeting too, please let Cheryl Zales know. "The Moment of Lift" by Melinda Gates is the book to be discussed. The book is about her discoveries in the world, her philanthropy and changing women's lives.

Sharing Collectibles and Memorabilia, Elaine Davis said the group enjoyed a wonderful luncheon at June Stone's home. They will reconvene in September.

Health – Maura Button talked about the importance of Vitamin D. A lack of the vitamin is a factor in a great many diseases. Spending 10 – 30 minutes outdoors without sunscreen, several days a week is probably sufficient, depending on your skin type. If you haven't been tested for your Vitamin D level, ask your doctor.

Mary Jane also said she took a nutrition class that was very helpful and recommended the idea.

(continued on page 15)

BREAK—Cheri Marie Poulos and Laurie Criscenti, Co-3rd Vice Presidents, Programs and Judy Bresnahan, Hospitality provided a lunch for all.

BYLAWS—Marlene Rantanen, Chair, Bylaws committee members: Elaine Davis, Bev York, Patty Merriam, Marleen DuBona. The proposed Bylaws amendments were presented one or two Articles at a time. The motions each read like this: I, (name of maker), move to adopt Article (number and title of the Article) in the Proposed Amendments to the Constitution and Bylaws, as distributed to the membership on June 9, to take effect at the close of today's general meeting. A 'Yes' vote of 22 members was necessary to pass.

Motion: Bev York moved to adopt Articles I and II. The motion was seconded by Elaine Davis and after discussion, was passed with no negative votes noted.

Motion: Elaine Davis moved to adopt Article III. The motion was seconded by Connie Jordan. There was no discussion and the motion was passed with no negative votes noted.

Motion: Marleen DuBona moved to adopt Articles IV and V. The motion was seconded by Patty Merriam. There was no discussion and the motion was passed with no negative votes noted.

Motion: Patty Merriam moved to adopt Article VI. The motion was seconded by Bev York. There was no discussion and the motion was passed with no negative votes noted.

Motion: Bev York moved to adopt Article VII. The motion was seconded by Elaine Davis. There was no discussion and the motion was passed with no negative votes noted.

Motion: Elaine Davis moved to adopt Article VIII. The motion was seconded by Marleen DuBona. There was no discussion and the motion was passed with no negative votes noted.

Motion: Marleen DuBona moved to adopt Article IX. The motion was seconded by Patty Merriam. There was some discussion.

Motion: Patty Merriam moved to amend Proposed Article IX to move from Section 2, all committee and special appointment descriptions, (a) through (s), to fall under Section 1. The motion was seconded by Marleen DuBona and after some discussion, this amendment to the Proposed Article IX was passed with no negative votes noted.

The main motion to adopt Article IX was passed with no negative votes noted.

Motion: Patty Merriam moved to adopt Article X. The motion was seconded by Bev York. There was no discussion and the motion was passed with no negative votes noted.

Motion: Bev York moved to adopt Articles XI, XII and XIII. The motion was seconded by Elaine Davis and after discussion was passed with no negative votes noted.

Motion: Patty Merriam moved to allow the Bylaws committee to correct any grammatical and spelling errors before printing in the Yearbook. Elaine Davis seconded the motion and after no discussion, the motion was passed with no negative votes noted.

Sunshine – Geri Sides has sent several cards to members who have been under the weather.

Donation Diva– BarbaraChahbazianwon the \$50 Visa card. We took in \$161.

NEW BUSINESS: None

Announcements- Guest Ruthie Harris announced a Bonsall Chamber of Commerce fundraiser, "Bonsall Basket of Fun." The basket has over \$2,000 worth of merchandise and gifts. The drawing will be in July and the ticket costs are: \$5 per ticket, \$50 for 11 tickets, \$100 for 24 tickets. You can purchase tickets at the Bonsall Chamber office in River Village.

Installation of Officers – Judy Bresnahan installed the officers with the help of the Program Co-Chairs, Cheri Marie Poulos and Laurie Criscenti. The theme of the installation, "The Key Ingredient," stressed the importance of those who volunteer to lead the club. The officers installed were: President – Mary Jo Pfaff, 1st Vice President, Dean of Chairs – Mary Jane Poulter, Co-2nd Vice Presidents, Membership – Bev York and Cindy Gibson Floyd, Co-3rd Vice Presidents, Programs – Emily Manley and Frances Pyle, 4th Vice President, Ways and Means – Maura Button, Recording Secretary – Marlene Rantanen, Treasurer – Helen Poddoubnyi, Corresponding Secretary – Sydne Gilbert.

ADJOURNMENT: The meeting was adjourned at 12:04pm by President Mary Jo Pfaff.

Minutes by Marlene Rantanen

Recording Secretary

Website – www.bonsallwomansclub.org

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

**Thank you for reading ROADRUNNER
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