



# Waves From The Coast

NEWSLETTER for the SAN DIEGUITO WOMAN'S CLUB

sandieguitowomansclub.vpweb.com

Connie Louis

Editor

April 2014

## Officers 2013 - 2014

Bestina Cuaron, Co-President

Loni Vossekui, Co-President

Dodie Caldwell, Treasurer

1st VP/Dean, Marie Mastro

2nd VP/Membership, Candace Young-Schult

Secretary, Arbie Fuller

### — PRESIDENT'S MESSAGE —

Today is the first day of Spring! Is it not such a beautiful time of year? California is green. I will share a story on myself. When I was first transferred to CA I thought "The Golden State?" Maybe they consider the brown golden. Then I learned it was because of the California Gold Rush.

It is fun sharing our experiences, and we hope you will come to **our April meeting** with a short story of one of your favorite trips. Bestina will be back from her safari and Northern CA trip and has agreed to share a little. **We will dedicate the rest of our meeting to "MasterMinding".** **Fancy business term for everyone to give their ideas and thoughts on what THEY want to see our club do in the next year.** Please bring your thoughts on what service projects you would like to take part in, what programs for our club are of interest to you and what outings, movies, plays, etc. But we need to each give of our selves to make our club what we want it to be. So let us see how we can grow our friendships and serve our community.

Dodie and I went to our district meeting last Tuesday and come home with lots and lots of information. Linda Bridges, who was our guest speaker last month and will be the new District President has spent a lot of time researching information that is valuable to us as we go forward with our fundraising, donations and how we proceed as a non for profit club 501(c)(3). What I especially liked was the fact she felt it was important to share the information she

worked on for her local club with all the clubs in the district.

At this meeting we also learned we must turn in our membership list at the April 24th Convention meeting. So we need everyone to pay their \$35 a year dues before then. Please bring a check or mail it to Dodie asap. We cannot list you as a member if your dues are not paid. We value and need each of you.

The slate of officers for next year is: Co-presidents, Loni Vossekui & Linda Kelly; 1st VP's Dean Anne Woods & Mo Rafael; 2nd VP Membership, Candace Young-Schult & Nancy Evans; Secretary, Pauline Holst; Treasurer Dodie Caldwell; Parliamentarian Jan Squires and Auditor Lucille Brown. This slate will be voted on at the April meeting. Per our by-laws our treasurer is the only office that can be held for more than 2 years.

There are many opportunities to serve on committees and I hope you will bring your talent forward! In the front of our yearbook the standing committees are listed, you might check to see where you would like to be. Two new committees are: Projects, chaired by Arlene von Schieder and Mary Mumm and Web site chaired by Diana Faramarzi.

Loni,  
Co-President



— SDWC MARCH CALENDAR —

**Apr. 8, Tues., SDWC Monthly Meeting**

10 am Social\*; 10:30 Meeting  
US Bank Bldg. Our guest speaker is

\* The time from 10 to 10:30 is strictly a social time — to chat and have that second cup of coffee. The meeting then begins at 10:30 with our guest speaker, followed by our business meeting and then ends with lunch.

**Apr. 21, Mon., Munch-a-Bunch lunch**

11:30 a.m., **Off the Hook**  
Target center. Sign up at meeting.

**Apr. 23, Wed., Scripps Palliative Care Center**

Tour & lunch, Q & A session; 11 - 1 p.m.  
Friends, family welcome. Carpool avail.  
Sign up at meeting.

**Apr. 24, Thurs., 56th Annual Convention**

**Palomar District** 9:15 - 3 p.m. Lunch.  
CA Center for the Arts.  
\$37 advance; \$40 at the door.  
Special project: Literacy. Bring books!

**Apr. 26, Sat., Encinitas Festival &**

**Garden Tour** 10 - 4 p.m.  
For tickets or to volunteer go to website:  
Encinitas Festival & Garden Tour

**Apr. 28, Mon., ESO**

**at Linda's home**  
Time, address and sign up at meeting

**Apr. 30, Wed., Cooking Class**

Lunch. More info to be announced.

— APRIL DATES TO NOTE —

**April 1 - April Fools' Day**

**April 15 - Income tax day!**

**April 20**



**Happy Birthday to you ...**

Sandra Coleman April 8

Helen Winston April 29



**FUNDRAISING OPPORTUNITY:**

Each year our club makes its annual donations following our May meeting, when our Treasurer informs us as to our available funds and reviews past donations. For a number of years SDWC has supported three local groups and many members volunteer at these non-profits: Hospice of the North Coast, the Community Resource Center and the Encinitas Library. In addition our club has been increasing the funds in its Mira Costa College Endowment. As we discussed at our last meeting, you are welcome and encouraged to make personal donations through our woman's club to these organizations. Simply make out a check to SDWC, indicate which group these funds go to and give your check to Dodie. You may also make targeted donations through our club to other non-profits. If you have any questions about this, email or call Kathleen.

**Ladies, we need your help:** Dues for our club are now due. \$35 for a year of opportunities for fun, giving, inspiration, making friends and learning! We must turn in our roster on April 24th at the District Convention. If your dues are not paid we cannot list you as a member ... and we want to!

Please bring your check to our April meeting or mail it to Dodie.

Dodie Caldwell  
1459 Flair Encinitas Dr.  
Encinitas, Ca 92024  
760-943-1247  
dk39@sbcglobal.net

Thanks! Loni

— FROM THE MARCH MINUTES —

The meeting was called to order by Loni, followed by our Pledge of Allegiance and an Inspirational Moment featuring a brief history of St. Patrick's Day and three Irish blessings.

Loni introduced the guest speaker, Linda Bridges, who is the 1st Vice President and Dean for the Palomar District of Woman's Clubs. She explained the different sections and geographic divisions of the Clubs as it applies to our club and others in the western U.S. She spoke about the **"Joy of Volunteering"** and how beneficial it can be to give of our time and talents to others.



She also spoke about her plans for the future of the Palomar District as she leads next year. She was given an azalea plant as a thank you gift.

**TREASURER'S REPORT:** The balance on hand as of February 10, 2014 was \$3,661.59. Income was \$562.65 and expenses were \$422.50, leaving the balance of \$3,801.74 on March 11, 2014. The Certificate of Deposit is \$6,000.00.

**SECRETARY'S REPORT:** There was an invitation to a dessert reception and theatre performance at Mira Costa College in Oceanside in appreciation for SDWC's support; a letter from Scripps Encinitas asking for donations; and an update letter from CRC.

**MEMBERSHIP:** Candace encouraged us to grow new club membership by asking our friends to visit and see what we are about. She also asked for donations for future pin drawings. Linda Kelly won the pin drawing.

**NEW BUSINESS:** Kathleen thanked members for their volunteering. She asked the members

present if they would be interested in taking a cooking class as a fundraiser. She thought the cost would be around \$20 to \$25 dollars per person. She also reminded us that the SDWC is a 501(c)(3) organization so any donation made through SDWC will be tax deductible for the donor.

Loni thanked members who joined her on the nominating committee - Bestina, Mary, and Kathleen - for their help.

Dodie spoke about the two upcoming garage sales on May 3rd and May 24th. Any donations can be stored at Anne Wood's. Anything that does not sell will be given to CRC.

Diana spoke about her experience of delivering art entries to the Palomar District Art Festival. She enjoyed it and showed us some of the winning entries from our membership and grandchildren of members. There are many categories to choose from. Members can enter your crafts, fine art (oil and watercolor painting), photography, poetry and short stories. She encouraged members and our grandchildren to participate next year.

Loni asked for volunteers for the Make A Wish Egg Hunt on April 18th and 19th. Help is needed making up the baskets and helping out at the hunt. She also asked for us to sign up to volunteer for the Mother's Day Art and Garden Festival.



The Collect was recited and the meeting was adjourned at 11:50 am.

— THIS & THAT —

**Remember the garage sale Sat. May 3rd** at Dodie's and then again on Memorial Day **Sat. May 24th**. Time to get rid of all those things you are tired of? Storage until then if needed at Anne's.

**Encinitas Senior Center**, 1140 Oakcrest Dr, offers **free tax service for seniors**, call if you'd like info or an appointment 760-943-2250  
Carlsbad Library, 3368 Eureka Place, offers free tax help for low and moderate income taxpayers thru AARP from Feb 5 to April 9, call 760-729-7616

Local **Albertsons** stores are offering the "The Fab Fair" discount season pass to the SD County Fair. A dollar a day for 24 days admission is \$24.

**Local Farmers Markets:**

- Encinitas Station - Downtown Encinitas at 600 Vulcan & E street every Wednesday 4-7, free.
- Leucadia Famers Market - Paul Ecke Elementary School, 185 Union St. every Sunday 10-2, free.
- State Street Farmers Market every Wednesday 3-6 on State Street between Carlsbad Village Dr. and Grand Ave., free.

**Alga Norte Community Park** opened up in Carlsbad, it's free except for the new aquatic center but they offer swim lessons and senior water fitness programs. There's 32 acres of fun, 6565 Alicante Road, Carlsbad, 760-268-4777. They have a skate park, dog park, shaded picnic areas, BBQ's and a playground. Website for all information is [www.carlsbadconnect.org](http://www.carlsbadconnect.org).

**Coming This Spring:**

**La Paloma**, is having an **Italian Film Festival** showing films on the following Thursday's: April 10th and May 8th. Films are in Italian with English subtitles. Check out their website for info on other films and concerts presented there and remember they only TAKE CASH  
<http://www.lapalomatheatre.com/>

— RECIPE BY REQUEST —

Thank you, Kathleen, for providing us with this recipe for Coleslaw that's a real treat!



**Coleslaw** – Serves 4

**Ingredients**

- ½ head green cabbage
- 1 small carrot
- 2 green onions
- ½ red or green pepper
- 2 T poppy seeds

**Dressing**

- 2 T vegetable oil
- 2 T sugar
- ½ tsp each mustard powder, garlic powder, curry powder, coriander powder, salt
- ¼ tsp crushed black pepper
- 2 T apple cider vinegar
- ¼ cup yogurt or sour cream
- 1/3 cup mayo

Shred cabbage and carrot, chop green onion and pepper and add poppy seeds. In a small bowl whisk spices into oil and then add vinegar, yogurt/sour cream and mayo and combine. Pour over ingredients and mix well. Let stand in refrigerator for at least an hour or two before serving.

**Waves contributors please note: Your input is desired by the 20th of April for the May issue. Thank you!**

**Editor's End Note:**

The most beautiful things in the world are not seen nor touched. They are felt with the heart. — *Helen Keller*



