



PWC News, Reviews & Coups

News What's Happening?

The following is a list of upcoming club events. Please check your directory for further details such as cost and reserving your spot.

2011 EVENTS

EVENING GROUP

(All events begin at 6:30 pm)

May 19 – 1960's Flower Power/ Installation of Officers. Tie-dye and go-go boots are groovy!

June 16 – Happy Sweet 16 PWC Evening Group – It's a slumber party!

July 21 - A Night in Brazil Zumba Zumba!

August 18 - Yee-Haw! Cowgirl Corral BBQ. Bring your old or young cowpokes to this 'un.

DAY GROUP

(All events begin at 11:30 am)

May 9 - Joint Board Meeting 7:15 pm, Clubhouse

May 17 - English High Tea and Fashion Show from Draper's & Damon's - fundraiser for wallpaper project.

June 21 - Installation of 2011-2012 Officers

July - Aug -- Summer Break

Club Objective

The objective of this organization shall be to unite the influence and enterprise of the women of the organization: to promote educational, moral, and civic activities; to endeavor to carry out its programs; to stimulate club spirit; and to create a center for social and intellectual advancement.

— Article II of the Petaluma Woman's Club By-laws 2007

President's Message - Evening Group

Dear Friends of the Petaluma Evening Group,

It doesn't seem possible that my term as President of the PWC Evening Group is about to come to an end! I have so enjoyed my time in this position, and I am eternally grateful to my wonderful Board, all of whom have supported me throughout the year as we moved forward in the spirit of women celebrating life in its many aspects.

Special thanks go to **Danielle Couch** for her never-ending energy putting events together and signing up co-chairs; **Shirley Pozzi** for the great job of membership and sitting at the door each month greeting members and guests; **Monique Muhlenkamp** for keeping so organized financially; **Debbie Daunt** for taking accurate minutes at each Board meeting; **Sandra Machado** for her special notes to members to let them know we are thinking of them; **Lyndi Brown** and **Alice Forsyth** for our event cards, emails and incredible newsletters; **Barbara Darling** for keeping us in line as Parliamentarian; **Mary Hill** as our most gracious link to the PWC Day Group; **CG Broderick** as our wonderful new-member liaison and Tea Dance expert; **Leslie Malloy** for having her camera ready at our events; and last, but certainly not least, **Shannon Storms** for moving us into the electronic age via our website.

In May, I will leave my office in the most capable hands of Danielle Couch. I look forward to a continuing opportunity to be a part of PWC, and I leave you with this thought:

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EVENT TIPS

Enjoy the upcoming club events. Please check your directory for more details.

In an effort to support our committees to plan effectively, please RSVP for each monthly event.

Members will be billed \$15 if a reservation has been made, but the member doesn't attend.

Day Group: call the reservation hotline at 707-765-8866 by 12:00 Saturday noon before the event. Events are \$15, or \$20 at the door/late reservations.

Evening Group: call the reservation hotline at 707-237-2314 by 5 pm Friday before the event, (yes or no) or email: membership@petalumawomensclub.com. Events are now \$15, or \$18 at the door/late reservations (unless otherwise announced). If you make a reservation and don't show up, you will be billed.



*We carry the seeds of happiness with us wherever we go;
Sow them generously and cherish all that grows around you.*

With love and affection,

Linda Frost
Evening Group President

President's Message - Day Group

Dear Ladies of PWC,

My, my, how time does fly! Seems like yesterday that I was writing a welcome letter. In retrospect, I must say, this has been a very interesting and fun year as president of the Day Group of PWC! As I write this, I still have two big projects to complete. One is our lovely tea in May, and the other is the wallpaper project. As of now, we still need a recording secretary and rental chairman for next year.

I would like to thank my terrific board members for their service, and to say thank you to Linda Frost for being such a joy to work with. It has been a real delight to meet so many lovely women in both the daytime and evening groups. I would also like to thank everyone who worked on or helped with projects this year. Without you we could not have accomplished anything.

God bless you, and have a wonderful summer.

Respectfully,
Marci Terry
Day Group President

Meet New Members

NEW MEMBER BIOS – Evening Group

By C.G. Broderick, New Member Liaison

Leslie Crane

Leslie is a native Californian, born in Hollywood. She has been a resident of Petaluma for 24 years. Leslie leads an extremely busy life balancing between being a single mom with two grown daughters and being a professor of nursing at Dominican University and Co-Director of the Simulation Lab. She is also studying to get a Doctorate in Education. Leslie enjoys hiking, swimming, sailing, dancing, singing, cooking, traveling, and seeing concerts, plays and movies.

2011-2012 Dues are due!

1. Remember that prospective members can join anytime. A prorated dues structure allows us to calculate remaining dues for any time of year.
2. Members must be 21 years of age to attend our events that include alcohol. There a couple of events annually that are appropriate for children and/or husbands to attend.
3. **Evening Group** has 93 members! Installation of new Board of Directors takes place in May.
4. Evening Group's new "Wine Lioness" is Nancy Lefler. Wine kitty policies are being reviewed.
5. **Day Group** has repaired the front porch light. A new, stable flag stand has been purchased.

6. Basement Clean Up

A day for members to come in and clean up and organize the basement will be set for sometime in May. All hands on deck!

By Lyndi Brown

Evening Group Marks Anniversary

A Happy Sweet 16 Party will celebrate the 1995 founding of our club's evening group, on June 19th. It will be a fun slumber party theme, and it's OK to wear your jammies, slippers and pink curlers.

I was curious about how the group was formed. I caught up with my favorite club historian, Connie Mahoney, who filled me in.

"Although the mortgage was paid off in 1944 and we were clear of debt, the clubhouse was beginning to show its age. It was built in 1913. We faced a lot of delayed maintenance and our only option seemed to be the sale of the clubhouse. That really upset me.

I was lying awake, worried and trying to think of a way out. Our membership was down and I remembered how the Ebell Club, a women's club in Long Beach, had formed a junior club (See PWC News last issue.). I spoke to our Club about the idea in October 1995, our centennial year. The board and membership approved the idea unanimously!

I asked my daughter, Kerry (Mahoney Davison) what she thought of the idea. She discussed it at her Bunko Group. There were 10 women there, all about 40 years old, and they all said YES!! Without exception, they all felt emotionally attached to the Woman's Club, and did not want to think that it would not be there for them. They had witnessed the Penngrove Women's Club and the Corona Club be dissolved and abandoned. They were aware of the historical significance of our club, and they associated our members with women they have known through the years: an aunt, mother, or grandmother belonged. They had been to weddings, birthday parties and anniversary celebrations at the clubhouse.

The next step was to send out a letter of invitation to those we hoped might join. There were about 25 at the first meeting, November 15, 1995. Several board members explained the operation and purposes of the club and answered questions. At the second meeting, the officers were elected and the new club was organized. However, they didn't like the name Junior, so they adopted Club II, to infer other groups

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From the Desk Of...

Evening group VP - Events

The PWC Evening Group relies on your input to keep programs and events interesting and, more importantly, FUN! What events would you like to help produce or see in fiscal year 2011-2012?

What themes speak to you?

Cultural

Educational

Health

Culinary

Arts

Please email or call Amy Malaise with your ideas for extraordinary future events!!!

amalaise@juno.com or 658-1351.



PWC-White House Connection

Lyndi Brown, Ace Reporter, found this tidbit about one of our members.

Alison Reichardt's family business, Sonoma County Poultry, treasures a menu from the White House. Their Petaluma-raised Liberty Duck was prepared for the **Obama family** by local celebrity chef and TV host **Guy Fieri** (of A Minute To Win It and owner of Johnny Garlic's). The menu is signed by Guy and proudly framed by Alison.

might follow, and it is now called Evening Group.

Colleen Mahoney was elected president and served for two years. I'm extremely proud of your club, and so are the members of the Day Group."

Connie, we are so glad your sleepless night hatched a great idea to save the club and start our group. I'll be back for more insight for future issues.

Day Group News

By Barbara Hardin

THANK YOU TO DAY GROUP OFFICERS

We wish to thank the following officers for their service in 2010-2011:

President Marci Terry, 1st VP Laura Lyons, 2nd VP Linda Biddle, Recording Secretary Marilyn Williams, Corresponding Secretary Myrna Haire, Treasurer Pat Del Prete, Rentals Chair Sue Deal, House and Grounds Chair Louise Benanti, Auditor Barbara Dettner, Parliamentarian Connie Mahoney, Publicity Chair Barbara Hardin, Evening Group Liaison Mary Hill, and Reservations Chair Pauline Schneider.

Many of our officers have agreed to remain in the same positions. New officers will be President Laura Lyons, 1st VP Linda Biddle, 2nd VP Christa Bechler, Corresponding Secretary Marci Terry, Publicity Juanita Lee, and Reservations Myrna Haire. Still vacant: Recording Secretary and Rentals Chair.

APRIL 19th ANNUAL SCHOLARSHIP LUNCHEON

We met the parents, counselors, and the three honored girls (one from each high school in our community). It was very interesting to hear the girls talk about their future plans. Our club is proud to give each girl \$1000, raised by hard-working members of our annual Spaghetti Feed.

FUN FUNDRAISERS!

By Louise Benanti

The Spaghetti Feed and Baked Goods Auction on January 14, sponsored by the Day Group, sent everyone home with full stomachs and smiles. Dennice DiGirolamo's father's sauce recipe was so delicious! Many thanks to Dennice and her committee for their outstanding efforts again this year, and also to everyone who donated baked goods for the auction. Special thanks to Mary and Clif Hill for auctioneer Paul Praetzel who has become an expert at it. Proceeds from the event totaled \$2,400. The money raised will go to our three scholarship recipients.

CONGRATULATIONS TO LOUISE BENANTI, who was nominated for the Women's Cancer Awareness Group's Petaluma Woman of the Year. She didn't win, but wants to thank everyone who had a hand in giving her the opportunity and for rooting for her. She says "I had a BLAST, and it was such a great experience, I will never forget the day. PWC rocks!"

Next Issue Deadline:

July 1, 2011 for August - October Issue

Send information by July 1 to alice.forsyth@comcast.net or Lyndi@sonic.net or mail to L. Brown, P.O. Box 1030, Penngrove, CA 94951.

WE'RE ON THE WEB! at www.petalumawomansclub.com

and facebook

To mail to PWC:
Day Group
P.O. Box 285
Petaluma 94953

Evening Group
P.O. Box 4914
Petaluma 94955

Recipe

From Marci Terry
Strawberry Dessert

- 4 c. sliced strawberries
- 1 can sweetened condensed milk
- 1/4 c. lemon juice
- 1 tub (8 oz) Cool Whip, thawed
- 10 Oreo cookies, crushed
- 1 Tbsp butter, melted

Line 9x5" loaf pan with foil, extending ends over sides of pan. Mash 2 c. berries in lg. bowl. Add milk, juice, and Cool Whip, mix well. Pour into prepared pan. Mix finely chopped cookies & butter, spoon over Cool Whip mixture, cover with ends of foil. Gently press cookie mixture into Cool Whip. Freeze 6 hrs or until firm. Remove from freezer 15 min before serving. Invert, remove foil, slice with wet knife and serve w/berries on the side.

Evening Group News

SRJC ENDOWMENT FUND GROWS AND GIVES

By Kerry Davison

The PWC Evening Group established a Scholarship endowment fund at SRJC Foundation in 2003, with a \$10,000 gift. It was the first Petaluma Campus endowment. The scholarship was originally established to help a Petaluma woman reentering the work place and looking to brush up on her skills or change careers. We have given out 8 scholarships so far and have received touching and appreciative thanks yours over the years.

We are all welcome to make contributions to the Petaluma Woman's Club II Scholarship Endowment #4445, at any time. Gifts can mark birthdays, anniversaries, memorials or in honor. For information about giving to our fund, call Rachel Cutcher at SRJC Foundation, 527-4348 or email rcutcher@santarosa.edu.

CRAB FEED SUCCESS

The Evening Group's fundraiser was a great time as usual, with more crab than we could eat, and a huge raffle, too. Thanks to Mary and Clif Hill, Royal Petroleum, for four tickets to a Giants game, which went to a lucky high bidder. The kitchen crew did the heavy work, and the joint was jumping! Proceeds went to the club's Restoration Fund to the tune of \$4,400. Crabby says, "Thanks everyone for a job well done!"

Evening Group Board Looks Back

By Linda Frost

- June, 2010 - Event fees raised to \$15, use of caterer encouraged
- August - Board vetoes dishwasher hiring due to liabilities
- November - Tea Dance idea brought by CG Broderick
- December - "Rule of Thumb" adopted: \$60 wine kitty to committee if funds are available; approval to move forward with Tea Dance; \$25 donations made to COTS and Petaluma Kitchen
- January, 2011 - Approved \$10 for PWC logo postcards; committee can comp meals for speakers if its budget allows;
- February - Adjunct position of "Wine Lioness" created to advise on wines, purchase and storage
- March - Money was assigned to the Wine Lioness to purchase wines

Policy: The nature of our business meeting does not allow time for promotion of individuals or groups; however, non-profit members may place their event announcements at the registration table.

Internet Ties

By Shirley Pozzi

I went to the PWC mail box to get the mail, and was surprised to find a personal letter addressed to me there. When I opened it, I saw it was a letter to me from a relative in Finland whom I had never met! She is my father's first cousin, so my second cousin. She told me that she found my name by looking it up on the Internet, and saw I was a PWC board member.

That was the only address or connection she had for me. It worked! Since that time, I've written back to her, giving some genealogy information on our family in the US. She answered back with a report on all the relatives in Finland.

I found out that her mother was a half-sister of my grandfather. They had never met. My grandfather left Finland in 1900, and her mother was born in 1910. They had the same father, but different mothers.

My parents had visited Finland in 1980, and apparently gave her my name, which she kept. These days, that's all it takes to make a connection -- on the Internet.

6.

From the Files

A thought to share from a class at Stanford. The last lecture was on the mind-body connection--the relationship between stress and disease. The speaker, head of psychiatry at Stanford, said that one of the best things that a man could do for his health is to be married to a woman, whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends. He was serious. Here are some of his thoughts about it.

BFF for Health

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically, this quality "girlfriend time" helps us to create more serotonin--a neurotransmitter that helps combat depression and can create a general feeling of well being.

Women share feelings whereas men often form relationships around activities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf? Yes. But their feelings? --rarely. Women do it all the time. We share from our souls with our sisters, and evidently that is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out in a gym.

There's a tendency to think that when we are exercising we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged -- not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking! So every time you hang out schmoozing with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health!

We are indeed very, very lucky. So -- let's toast to our friendships with our girl friends. Evidently, it's very good for us!

MORE ON THAT SUBJECT

From Tina Hittenberger

David Brooks Annals of Psychology: Social Animal
The New Yorker, January 17, 2010

"Joining a group that meets just once a month produces the same increase in happiness as doubling your income. According to research by Daniel Kahneman, Alan B. Krueger and others, the daily activities most closely associated with happiness are social: having sex, socializing after work, and having dinner with friends."

PWC offers two out of three, and if you factor in a serving of "Better than Sex Cake", we'd have over 100%!

LUNCH, ANYONE?

A group of girlfriends, all age 40, discussed where they should go for lunch. Finally it was agreed that they would meet at the Ocean View restaurant, because the waiters there had tight pants and nice buns.

Ten years later, at age 50, the friends once again discussed where they should meet for lunch. Finally it was agreed that they would go to the Ocean View because they could dine in peace and quiet and the restaurant had a beautiful view of the ocean.

Ten years later, at age 60, the friends again discussed where they should meet for lunch. It was finally agreed that they would go to the Ocean View because the restaurant was wheelchair accessible and had an elevator.

Ten years later, at age 80, the friends discussed where they should go for lunch. Finally it was agreed that they would meet at the Ocean View, because they had never been there before. ;)

GOOD AND TIMELY ADVICE

By Monique Muhlenkamp

Many years ago, over lunch, a friend chided me for not having an emergency kit at home. Okay, chided is being charitable. Shamed me is more like it, but her tactic worked. I put a kit together in an old roll-aboard suitcase that weekend. I immediately felt better. What was so hard about that? Why did I put that off for so long? Who knows. If you already have a kit for you and your family: Good on you! Way to go! If you don't, today is an excellent day to put one together. Upon completion, you'll feel better too. Ask me how I know this.

This weekend I refreshed my emergency preparedness kit for home. I also made car kits and a go-bag for work. And I wanted to share some of my sources/findings....

<http://www.72hours.org> - created by the city of San Francisco. Has a nice PDF with a list of what to put in your home kit and go-bag. Good if you are the do-it-yourself type. Also has instructions for turning off water lines and gas lines to your home. I made my kits with a combination of things I had at home and purchases from the hardware store/camping supply store. My mistake - I put processed food in my kit thinking that it would have a longer shelf life, but that type of food is high in sodium, which is a drag because water is at such a premium during an emergency.

So, I investigated and found this site: <http://www.quakekare.com>. Has pre-made kits and items you can purchase separately. What I liked is they stock a high-calorie, low-sodium bar with a five-year shelf life. Bars won't go wonky with temperature fluctuations, so that's good for keeping in your car. Has ready made kits for pets, too!

For now, I've stashed gallon jugs of H₂O, but I'm leaning toward this site for water....<http://www.aquablox.com>. Water comes in a tetra pack with a 5-yr shelf life. They have Aqua Blox which are juice-box sized, and Aqua Literz. I hope you find this information helpful.

Here's the Web site for Emergency Sources: <http://www.covecommunity.com/resources-emergency.html>.

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Dance flyer