



Joye Davisson, President & Editor

SEPTEMBER 2022

*"Friends together working, caring and sharing. . .*

*Meeting the challenge of change"*

Website: [www.powaywomansclub.org](http://www.powaywomansclub.org)

## SEPTEMBER MEETING

Our first meeting back from summer break will be an evening meeting, September 13<sup>th</sup> at 6:00 PM at the Hamburger Factory. Join us to approve projects and make plans for the coming months.

As always, bring your volunteer time sheets and any items collected for our ongoing projects.



Included with this newsletter is the form for reporting volunteer hours and a list of projects in the past. We will discuss at the meeting.

See you on Tuesday September 13<sup>th</sup> at 6:00 PM.

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## SOME PROJECTS TO CONSIDER:

### "Free the Girls":

Did you buy a bra and after you wore it you decided it just didn't fit right? You've lost weight and now the bra no longer fits? Free the Girls collects new and gently used bras that are shipped to programs in El Salvador, Mozambique, and Costa Rica, and the women in the program can sell them in the market to make a safe and sustainable income. Learn more at [freethegirls.org](http://freethegirls.org)



### "Girls Love Mail"

"A hand-written letter has the special power to heal. Girls Love Mail collects your hand-written letters of encouragement, bundles them, and sends them, via the caring staff at cancer centers, to women newly diagnosed with breast cancer.



Every letter is a gift from you to a woman going through a difficult time. Only hand-written messages." (from [girlslovemail.com](http://girlslovemail.com)) Cards should be no more than 4.75" x 6.5 to fit in GLM's standard mailing envelope.

### Heifer International:

Consider a donation of \$20.00 to provide a family with a flock of chickens. Or . . . Women's Empowerment: "If women farmers had access to the same resources as men, more than 150 million additional people would have enough food to eat. We aim to make that a reality. Your gift will provide support for women's groups, training in gender equality and the means to send girls to school. Help empower women around the world to reach their full potential.: (from [Heifer.org](http://Heifer.org)) Heifer is providing triple impact on donations at this time.



*"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."*

- Ralph Waldo Emerson

## UPSTAIRS AT POWPAC

*Another Antigone* by A.R. Gurney opens September 23<sup>rd</sup> and runs through October 16th.

"After years of teaching the classics at a New England university, Henry Harper is not surprised by much — and particularly not by a precocious student who wants to rewrite his beloved Greek masterpiece to reflect current sociopolitical concerns. So when a gifted young student announces that she intends to submit an updated, anti-nuclear version of Antigone in place of the formal paper he has assigned, Henry is adamant in his refusal to accept it. The conflict grows when the school grievance committee

becomes involved, and it becomes evident to Henry that not only his academic integrity, but his very livelihood is at stake." (Frompowpac.org)

Shows are Friday and Saturday at 8:00 PM and Sundays at 2:00. There are two additional matinees, October 1 and October 15 at 2:00 PM.

## IN OLD POWAY PARK

Mark your calendar for Rendezvous in Poway. Saturday, October 1<sup>st</sup>, 10:00 AM to 4:00 PM and Sunday October 2<sup>nd</sup>, 10:00 AM to 2:00 PM. History comes to life as you walk back in time to the 1800's.

Farmers market is every Saturday, rain or shine, from 8:00 AM to 1:00 PM. Fresh fruit, vegetables and flowers and lots of tasty treats.

Boardwalk Craft Market is the first and third Saturdays, 8:00 AM to 2:00 PM.

## LUNCH BUNCH

Lunch Bunch will be meeting at Addy's Bistro, 13771 Danielson Street, Suite E. at noon on September 6<sup>th</sup>.

Hope to see you there. Addy's also offer a variety of jams for purchase.

## ART EXHIBIT

The Poway Woman's Club and the Friends of the Poway Library are currently sponsoring an art exhibit in the Fireplace Room at the library.

The exhibit portrays "Scenes of Poway" as presented by eight local artists.

The exhibit is available for viewing during regular library hours through November 1<sup>st</sup>.

## FROM THE FRIENDS

remember there are special sales every Thursday in the Friends Bookstore.

Library events:

- ◆Zumba, September 6, 13, 20, 27 @5:30 PM
- ◆American Mah Jong, September 8, 15, 22, 29 @ 1:00 PM
- ◆Tai Chi, September 9, 16, 23, 30 @ 19:00 AM
- ◆Concert, September 10 @ 2:00 PM, Blue Creek Duo
- ◆Zumba Inclusive, September 12, 19, 26 @ 10:00 AM
- ◆Ukulele Class, September 14, 5:00 PM
- ◆Neurographic Drawing, September 17 @ 2:00 PM, Learn to draw using Neurographic technique. A creative drawing method to better understand you and the world around you.
- ◆American Red Cross Blood Drive, September 22. 10:00 AM- 4:00 PM
- ◆Poway Library Knitting Club, September 26 @ 1:00 PM
- ◆Ukulele Jam Session, September 28 @ 5:00 PM
- ◆Palomar Health Flu Shot Clinic, September 29, 1:00-3:00 PM



**"Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life."**

Sidney Sheldon

## FROM THE DESK OF YOUR DEAN

Hello, everybody! Happy September to all! I am looking forward to being able to meet with you at our evening meeting on September 13 at Hamburger Factory. Our club normally takes a vote to adopt our projects for the coming year at the September meeting. Please bring your ideas and share them with your club officers so that we can try to get back to active status. We have several projects already in planning process and would like you to sign up to help.

Our monthly "Lunch Bunch" gatherings have been a fun way to get together and to keep in touch. Our next gathering is set for September 6. See details in this newsletter.

We have had trail walks on our adopted "The Pond Trail" monthly during the summer, including one on July 27, with the most recent one on August 31. We have been walking with family members and only a very few members participating, due to the current situation. Thanks to all who have participated in this fun project. We hope to schedule a September walk at our upcoming meeting.

Each year we collect school supplies which we donate to our Boys & Girls Club. These are needed for their "Homework Club Program", and they are greatly appreciated. Since school has started, our club has already delivered some, but there is an ongoing need. Please bring any school supplies that you have collected, so that these can be delivered to our Boys & Girls Club in the future.



The dental hygiene products that we collected and brought to Interfaith Community Services were very greatly appreciated! This will be a continuing project, so all donations are welcome.

We still are collecting shoes, boots, sandals, and slippers for the Shoes with Heart Project to benefit the BLAST Program at Los Peñasquitos Elementary School. These can be any size or condition, but please make sure that they are pairs.

Please bring those that you have to donate to our meetings. We gave them a large number of shoes last year in June and hope to have many more to donate this Fall.

Dorothy has a big box of prescription bottles getting ready to be shipped, but there is room for more. If you have some to donate, please bring them to the meetings.

Please remember to bring the items that you have been collecting for our continuing projects that you wish to donate to Fisher House, Gently Hugged and Project Wildlife as well as your volunteer hours sheets to every meeting.

Looking forward to seeing you at our September 13 meeting!

Take care, stay healthy and keep in touch!

*Rachelle*

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## MEMBER NEWS

**Margaret** is scheduled for surgery on Wednesday. Keep her in your thoughts and prayers.

**Diane** and her husband are vacationing along the East Coast. Have a safe trip.



September 17

Dorothy

*"Autumn is a second spring when every leaf is a flower."*

*Albert Camus*

*"Every leaf speaks bliss to me, fluttering from the autumn tree."*

*Emily Brontë*

## POWAY PARADE

Mark your calendar for the Poway Parade, Saturday, September 10<sup>th</sup> beginning at 9:00 AM.

The Poway Friends invite you to cheer them on as they present their version of "We Are Family."

The San Diego County Library retiring bookmobile will also be in the parade and at the library for you to tour after the parade.

## PRESIDENT'S MESSAGE

As we begin the new club year we are looking for ways to make a difference. Please let Rachelle or Joye know of any projects you think we should support.

We will be participating in Once Upon a Hallowe'en. So start thinking of a costume. The event is Saturday, October 29<sup>th</sup>.

It's not too early to plan for the Teddy Bear Holiday Tea scheduled for December 4<sup>th</sup>.

Take care and thank you for all you do to make our club shine and our community better.

*Joye*

## LABOR DAY & 9/11

"Observed the first Monday in September, **Labor Day** is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being." (From dol.gov)



**9/11** Take a moment to remember those who were lost in a senseless act of terrorism.

