

Luncheon

Thursday, October 10

11:30 a.m. Social Hour
12:00 Lunch served
\$25 per person

RSVP by October 3

Checks payable to MVWC

Mail to:
428 E Thunderbird Rd
Box #539
Phoenix AZ 85022



Monthly Source of News & Information for MVWC Members

President's Message – September 2019

Welcome to the beginning of the Moon Valley Women's Club 50th anniversary year. When we reflect on why this organization has endured, one reason stands out – our dedicated members. Each year at least thirty women serve on the Board and Committees to support our endeavors, devoting many hours to managing and improving our Club. Equally important is the nature of the club, and as our bylaws state, "The objectives of the MVWC, shall be to bring about a closer community spirit, to develop neighborhood friendships through social and service activities."

The Mayo Clinic reports "Good friends are good for your health. Friends increase our sense of well-being, boost our happiness and reduce stress, improve self-confidence and self-worth, help us cope with traumas, and encourage us to have healthy life-styles". It continues, "developing and maintaining good friendships takes effort". MVWC makes it easy to meet and preserve friends, which in turn keeps us healthy and happy. Perhaps this really is the secret to the longevity of the Moon Valley Women's Club?

Thanks to some new advertising and marketing techniques, we have 23 new members this year and received positive feedback about the updated communications methods. The best way to gain new members is through your recommendations – so spread the word about MVWC!

The Board listened to your suggestions and incorporated several, working diligently over the summer to plan a great year, including some outstanding luncheon experiences. Please remember to utilize the website, regularly updated by Michele Workman, which includes an events calendar where you can find updated information about our luncheons and other activities; news blogs; the directory of your fellow members and more. Updates about the recently revamped MVWC Service Project, including necessary forms, can also be found on the webpage.

Kudos to Sandi Kogan, Records Chair, for maintaining the copious membership data on the website and keeping the member directory updated. Both Michele and Sandi have devoted many hours to ensure a smooth start to the club's online presence this year. Angela Baumann, Newsletter Editor, does her best to create interesting newsletters, but needs content, so please share your personal milestones, travel, or other interesting information, including what's happening in your Activity Groups.

Remember, MVWC is YOUR Club and I encourage you to participate fully, enjoying everything available: friendships, activity groups, luncheons, service project fundraising and volunteering opportunities. Now's the time to start participating in the activity groups and making plans to attend monthly luncheons. Finally, please consider joining the Auction Committee. The Auction is a big project, requiring many volunteers to succeed, and your participation and individual talents will be appreciated.

I'm looking forward to another great year!

Kristin Carkeek 2019-2020 MVWC President/Phone: 602-690-3459/ jcarkeek1@cox.net



7330 N. Dreamy Draw Dr.
Phoenix, AZ

Buffet includes:

Southwest Caesar Salad

Taco & Tostada Station

Chicken Enchiladas (gf)

Refried Beans and Rice

Sopapillas with honey

Coffee & Iced Tea

Special Cooking Demo
during lunch by
Executive Chef!



The **Christmas Family Adoption Project** is in need of volunteers again this year.

There are many ways to volunteer, including donating needed items, shopping for items, assembling donated objects and delivery of same.

Please contact Sandi Kogan, Service Project Group Coordinator, at stkphx@cox.net or 602-375-1433

Contact Us

Moon Valley Women's Club
428 E Thunderbird Rd
Box #539
Phoenix AZ 85022

Email: moonvalleywomensclub@gmail.com
Website: www.mvwomensclub.org



The MVWC Service Project Group

will meet to discuss this year's projects on Friday, October 11 at 1:00 p.m. at our "Shoebbox Coordinator" Mary Henigar's home (410 E. Monte Cristo Ave).

After the meeting, attendees will **create shoeboxes for the DeColores Domestic Violence Shelter** residents, including toiletry items such as shampoo, conditioner, lotion, deodorants, toothpaste, toothbrushes, razors, combs, sewing kits, emery boards, and other personal items. Donations of these types of items, both regular and travel size, are welcome and appreciated.

Please RSVP to Mary at maryhenigar@cox.net or 602-954-8282 if you will be attending. If you cannot attend, but have donations, please contact Mary to arrange for drop off.

If you are interested in assisting with delivery and a short tour of the DeColores facility, please contact Mary, and advise whether you can drive and how many other members could accompany you, and which day the following week you are available (Tuesday to Friday).

Look for more details about these Service Projects in next month's **Echo** newsletter and on our website!

New Activity Groups Proposed for 2019-2020:

For more information about any of these activities, or to join one, please contact Records Chair, Sandi Kogan, at stkphx@cox.net or 602-375-1433.

- **Crochet caps for babies** - in conjunction with American Heart Association.
- **Exercise Group** --- Meet up M/W/F at 10 am at a neighborhood fitness center to exercise together to music with a video instructor. Requires fitness center membership, which may be eligible for an insurance reimbursement like Silver Sneakers, etc.
- **Karaoke Group** – Meet one weekday evening & one weekend evening per month (pending best scheduling for group members) at nearby bars/restaurants with karaoke. Come to sing or cheer for others.
- **Movie Group** — 4th Friday early afternoon. Movie & social time afterwards. Husbands/significant others could be included. Coordinators needed.
- **My Story** -- 1st Tuesday 1 pm. Combination of Genealogy, Scrapbooking and Writing.
- **Evening Book Club** – **coordinator needed**
- **Day Trips** — Van/Small Bus to Prescott, Sedona, Caverns, Bisbee – **coordinator needed**
- **Overnight Trips** - Laguna Beach Arts/San Diego/Santa Fe/Snow Bowl/Pinetop/Payson – **coordinator needed**



Get Well Cards were sent to Sally Lawrence & Joette Gross

Sneak Peek!

November's Luncheon



2827 E Bell Rd, Phoenix

Our guest speaker will be Commander Tom Van Dorn w/ Black Mountain Precinct



You don't want to miss it!

General Information:

Reminders about Luncheons:

- Reservations must be made in advance, including for Guests
- To cancel a paid reservation, or to place your name on the wait list, contact Treasurer, Audrey Sangerman at a.sangerman@cox.net / 602-881-2905.
- Luncheon payments will not be refunded if cancelled after the deadline date, unless someone on the wait list can be substituted.
- If you have any questions, please contact our Treasurer.

Monthly Luncheon Raffle: Raffle tickets (**\$1 each or 6 for \$5.00**) are available at monthly luncheons for a chance to win a refund of that meeting's luncheon price.



September birthdays will be celebrated at the October meeting & listed in October's *Echo*

Directory Photo: Please call Michele Workman at 602-904-0204, to arrange for your directory photo to be taken. If you have a digital photo, you may email it to Michele at workman5@aol.com.

Newsletter Deadline: Articles for inclusion in the October *Echo* should be sent to Angela Baumann at branna.baumann@gmail.com no later than Monday, September 23rd, with **MVWC newsletter** in the email subject line. If you have any questions, please email Angela.



Board Meetings: All members are invited to attend monthly Board meetings. The next meeting will be held on Monday, September 23, at 6:30 pm at Audrey Sangerman's home (147 E. Monte Cristo Ave.). Please RSVP to Audrey if you plan to attend. Contact President, Kristin Carkeek, if you have items for the agenda.



In this issue:

- Newsletter deadline – Monday, September 23, 2019
- Next Board Meeting – Monday, September 23, 2019
- Luncheon reservation & payment due by - Thursday, October 3, 2019
- Next luncheon – Thursday, October 10, 2019 (11:30 am social & lunch served at 12:00)



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