

# Luncheon

Thursday, November 14

11:30 a.m. Social Hour  
12:00 Lunch served  
\$26 per person

**RSVP by November 7**

Checks payable to MVWC

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



**2827 E Bell Rd, Phoenix**

## Meal Choices:

- A. Rigatoni Bolognese
- B. Chicken Parmigiana
- C. Penne Primavera (GF & V)

**Family Style Salad & Dessert  
Coffee, Tea & Cash Bar**

*Our guest speaker is  
Commander Tom Van Dorn  
w/ Black Mountain Precinct*



Monthly Source of News & Information for MVWC Members

## President's Message – October 2019

Our September luncheon is an enjoyable way to start our year. It's always a pleasure to meet new members and reconnect with those returning after the summer. Thanks to all who volunteer to ensure our luncheons are delicious, organized and fun.

As we discussed at the meeting, last year the Service Project Committee devoted many hours to revamping how our organization functions as both a Social and Service group. As a result, the MVWC Service Project was created as the 501(c)(3) non-profit arm of our organization with its own Board. This group, which maintains its own budget, has instituted some great changes, including the creation of a grant program and organization of various projects. We encourage you to learn more by visiting the Service Project page on the MVWC website.

This fall, I am challenging all members to participate in the Service Project Activity Group or the Auction Committee, which raises the funds used to support our philanthropic works. Our club won't end poverty, hunger, or homelessness, but 200 women who care can positively impact our small corner of the world. I know many have other philanthropic commitments and support other organizations, however, I urge everyone to consider supporting these two endeavors – because through these activities, we work as one.

The Service Project Activity Group activities start on October 11th with the Shoebox Project for the DeColores Domestic Violence Shelter. Mary Henigar is coordinating this project, and details are provided later in this newsletter.

Our November luncheon is at Tommy's Place, a unique Italian restaurant, with Black Mountain Police Precinct Commander Tom Van Dorn as our program speaker. I hope to see you there!

**HAPPY HALLOWEEN AND HAPPY FALL!**

Kristin Carkeek 2019-2020 MVWC President  
Phone: 602-690-3459/ [jcarkeek1@cox.net](mailto:jcarkeek1@cox.net)



Denny Loback, Charlene Tatz, Audrey Sangerman & Jody Peruch were the winners of September's door prizes - Pie Hole gift certificates!



Jackie Isabell was the lucky winner of a free lunch for paying her club dues before the June 15 deadline!



## Contact Us

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

Email: [Moonvalleywomensclub@gmail.com](mailto:Moonvalleywomensclub@gmail.com)  
Website: [www.mvwomensclub.org](http://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 "Shoebox 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](mailto: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).

MVWC is once again adopting 30 families for Christmas. After purchasing, sorting and wrapping, all items will be delivered for distribution to the families. Any monetary donations will be used to buy bikes, clothing and other items. Please join us in our largest service project of the year and help make the holidays bright for 30 needy families.

Please review the list of activities below and contact Sandi Kogan at [stkpdx@cox.net](mailto:stkpdx@cox.net) or 602-375-1433 to indicate how you can assist.

- Oct 10 to Nov 30 – make/collect monetary donations or assigned gift donations
- Nov 21 & Nov 22 from 9 a.m. to 1:00 p.m. - Shopping for required items
- Dec 2 (2 shifts) 9 a.m. to 12 p.m. OR 1 p.m. to 4 p.m. - Shopping required items
- Nov 18 to Dec 5 - Shopping as needed
- Dec 2 from 10 a.m. to 6 p.m. - Gift Donation Drop-Off at 14410 N 14th St (Sandi's home)
- Dec 3 to Dec 5 - Last Minute Shopping for remaining items
- Dec 10 & Dec 11 from 9 a.m. to 1 p.m. - Bagging donated items
- Dec 10 to Dec 11 - Last Minute Shopping for remaining items
- Dec 16 & Dec 17 from 9 a.m. to 10:30 a.m. - Deliver donations to school

Look for more details about these Service Projects on our website!



## Desert Mission Food Bank Food Drive:

For 90 years, Desert Mission has helped combat hunger by bridging nutrition gaps that negatively affect the health and well-being of local residents in need.

Our club is proud to have partnered with Desert Mission for many of those years, providing non-perishable food donations, and this year’s food drive will soon be underway again! The top five requested food items are: canned vegetables/fruit, canned soups/stews, pasta/rice, peanut butter and canned tuna/meat.

According to Desert Mission, statistics show:

- ▶ **Currently 1 in 4 children and 1 in 5 adults in Arizona live in poverty.**
- ▶ **1 in 6 Arizonans are food insecure, meaning they do not know where their next meal will come from.**
- ▶ Nearly 2 million Arizonans are considered working poor, living at or below 100 percent of the Federal Poverty Level (FPL). This equates to an annual household income of \$22,350 or less for a family of four.
- ▶ Food insufficiency in Arizona is a direct result of an inadequate living wage: 74% of emergency food clients live at or below 100% of poverty level.
- ▶ 43 percent of clients were forced to choose between paying for food or paying for shelter.

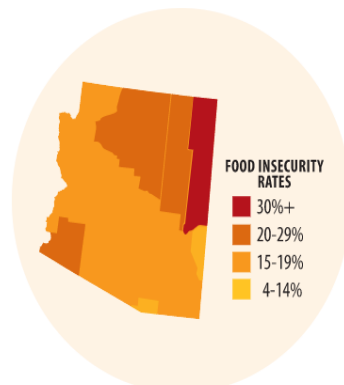
Non-perishable food donations can be brought to the December Luncheon, or beginning December 5th, items can be left at Lin Felix’s home (218 W. Braeburn Drive), in her front courtyard – no need to ring the bell.

For more information, contact **Karin Schardt**, Food Drive Coordinator, at [2scharkar@gmail.com](mailto:2scharkar@gmail.com) or 602-402-0506. Thank you for your support!

Melody Kopp	1-Sep
Mary Kankaras	2-Sep
Jo Lucarz	4-Sep
Kristi Henigar	7-Sep
Denny Lobak	8-Sep
Vicki Voyce	10-Sep
Armida Herrera	10-Sep
Betty Dils	11-Sep
Sally Lawrence	12-Sep
Jodi Jerich	12-Sep
Pamela Jackson	13-Sep
Rita Hicks	13-Sep
Debbie Erbstoesser	14-Sep
Connie Pastoor	14-Sep
Joyce Lee	14-Sep
Kathy Anders	14-Sep
Jodi Kogan	15-Sep
Judy Trasente	15-Sep
Lora Simonsgaard	15-Sep
Micki Eckels	17-Sep
Joan Kinneberg	18-Sep
Faith Weese	19-Sep
Michele Marion	24-Sep
Kathy Salomone	25-Sep
Marj Knutson	26-Sep
Diane Murray	30-Sep

## What is Food Insecurity?

Lack of consistent access to adequate food is a problem  
**2 million** Arizonans are faced with every year.



In Arizona, nearly 30% of our neighbors are considered working poor, living on wages that barely cover housing and other basic necessities.

With little money to spare for food, many in our community — friends, family, coworkers — often go without food for meals at a time and have no other choice than to purchase the cheapest, sometimes expired, groceries to feed themselves and their families.

Poverty is a very real problem for Arizonans, but together we can find a way to ease the burden on our hungry neighbors. [Help end hunger in our community.](#)



In September, three members travelled to Italy - Lin Felix, Kathy Anders, and Dee Larson – accompanied by one husband & two good friends. The trip began with a luxurious seven-day cruise of the Italian and French Riviera. Here we got a glimpse of the fine life in Portofino, Monte



Monte Carlo



Tuscany



Carlo, St. Tropez and other glamorous haunts of the rich and famous (e.g, JLo and A-Rod in St. Tropez). Yachts and villas amazed; while cliffside towns overlooking the sea were captivating.

### IMPORTANT REMINDER:

Beginning Oct. 1, 2020, the TSA will only accept IDs that comply with federal regulations for domestic air travel!

#### *Are you ready?*

Look at your AZ driver's license or ID, and if you see USA & a gold star in the upper right corner, your ID is compliant.

If you're not compliant, make an appointment now to avoid the crowds and upgrade your driver's license or other state-issued ID to a federally compliant AZ Travel ID to avoid travel nightmares after Oct 1, 2020.

After our cruise, we visited Tuscany, staying at Dievole Wine Resort that had been an operating vineyard since 1090 AD. The picturesque towns (e.g., Siena, San Gimignano) and rolling hills of the region were beautiful and relaxing – as was the wine. Here, we also took a cooking class [we are MVWC “Classy Cooks” after all] to learn how to make true Italian pasta. We found that it's not easy. The noodle must be thin enough to read through. This requires much muscle as no Sur La Table type machines are allowed.



Ravello

The last days of our trip were spent on the Amalfi coast. The road to get there was harrowing, but the scenic beauty was worth it. Our base was Ravello, a town overlooking the Mediterranean known for its gardens, music festivals, and weddings. There were at least three weddings a day while we were there. The natural beauty of this town and others along the Amalfi coast make it a destination all need to see.



Get Well Cards were sent to Pat Clegg & Bev Carkeek

Thinking of You card was sent to Helen Gabel



Tracy White	1-Oct
Bev Carkeek	5-Oct
Antoinette Schindlbeck	6-Oct
Ellen Judd	6-Oct
Rosalie Welty	7-Oct
Patrice Karpinski	14-Oct
Sharon Scholz	15-Oct
Nancy Hammond	17-Oct
Nancy Dixon	18-Oct
Debra Burruel	19-Oct
Cherryl Greve	22-Oct
Linda Haugen	22-Oct
Tracy Giang	23-Oct
Gwen Gardner	25-Oct
Karen Zanzucchi	31-Oct

## 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](mailto: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 luncheon payment questions, please contact Audrey.

**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.

**Newsletter Deadline:** Articles for inclusion in the October *Echo* should be sent to Angela Baumann at [branna.baumann@gmail.com](mailto:branna.baumann@gmail.com) no later than Monday, October 28, 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, October 28, at 6:30 pm at Kathy Ander's home (14035 N. Coral Gables Dr.). Please RSVP if you plan to attend. Contact President, Kristin Carkeek, if you have items for the agenda.

## WEBSITE REMINDER:

Our Moon Valley Women's Club website is an important and vital resource, enabling all members to keep up with club activities and events, and locate club related information anytime, anywhere, using tablets, laptops and cell phones. Our goal is for all members to use this amazing resource and consider it the first place you look when questions arise or you need information about MVWC! Our webmaster, Michele Workman, makes regular updates, especially the events calendar, and the monthly Echo Newsletters (in color!) are usually available online the first week of the month.

Our online Member Directory is located under the Member Pages tab, and includes members' photos. New member photos are taken at monthly luncheons, in addition to those who may want an updated look. If you prefer to submit your own digital photo of yourself, please send it to Michele ([workman5@cox.net](mailto:workman5@cox.net)) and she will ensure it is added to the directory.

Upon joining, each member is provided her own unique log in name and password. If you have misplaced or forgotten yours, please contact Michele ([workman5@cox.net](mailto:workman5@cox.net)). If you have any questions or suggestions about the website, please let us know.

## **In this issue:**

- Newsletter deadline – Monday, October 28, 2019
- Next Board Meeting – Monday, October 28, 2019
- Luncheon reservation & payment due by Thursday, November 7, 2019
- Next luncheon – Thursday, November 14, 2019



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