



Monthly Source of News & Information for MVWC Members



Moon Valley Women's Club

mvwomensclub.org

August 2022

MVWC Groups should be starting soon! Most groups will start meeting in September. Watch for an email from your group leaders!



How to pay membership, fees, donations or lunches using Zelle:

Sign into your bank and search for Zelle Transfer Money. Add:

MVWCpayment@gmail.com

Please make sure to include your name and what it is for in the memo line.

If you have any questions, call Victoria Cherekos, Treasurer 602-451-9660.

President's Message August 2022



"Summer should get a speeding ticket – it goes by way too fast!"

- Anonymous.

September is our "New Year" and as our final weeks of summer draw to a close, we have so much to look forward to for the Moon Valley Women's Club. Meeting new members, greeting old friends and starting new traditions.

We also have several things to reflect on about our last year. We have grown over the last year and not just our membership. Here are a few things that happened in the past 12 months:

Our activity groups are expanding and seem happy to be meeting in person. We are a social group after all. We still ask that our members are COVID cautious and stay home if you are ill or have been exposed to someone with COVID or any other contagious illness.

We have new sponsored members who tell us they are thrilled to be part of such an active and vibrant group of ladies. A happy outcome of expanding our membership to include sponsorship to those who live outside of our boundaries. That means that you can invite family and friends to join.

To accommodate our working members, we hosted some of our events in the evening and on the weekend.



Pay Membership
By Check:

Make out the check
to MVWC and mail to:

**Moon Valley
Women's Club,
428 E. Thunderbird
Road # 539,
Phoenix, AZ 85022.**



NEW MEMBERS!

Libby Banks

Susan Bryner

(sponsored by Barb Nicholls)

Trish Dirren

(sponsored by Janet LaPlante)

Rita Graves

Prudence Lee

(sponsored by Jackie Genter)

Linda Stiles

Maureen Walz

The Trivia Night we had was a great success and ended in an unexpected dance party!

We also received rave reviews about our December Tea.

We have introduced online payments which are available for our events and fundraising and a good majority of our members are using it.

And how do you like our new online membership forms? We are trying to make life easier for you. We can't wait to see you again and have you join our activities and events.

Please be sure to call me at 602-432-2030 if you have any questions as I would be happy to hear from you.

Warm Regards,

Betsy Ingram

MVWC, President 2022-2023

Sign up Online!

MVWC Membership Form Link:

<https://bit.ly/mvwc-join>





**September Luncheon
Thursday, September 8, 2022**

Location: LoveCraft Ale House located at
3128 E. Cactus Road • PHX • 85032

Price: \$25.00 per person

Social Time 11:00 AM Lunch to be served at Noon.
RSVP by August 29, 2022

Reserve using Zelle or check- see the front page for help.

After a long summer it is always refreshing to see our old friends and acquaintances. Please join us as we celebrate our friendships in a cool environment. If you haven't been to LoveCraft, you are in for a treat. LoveCraft is a locally owned restaurant and owners, Rebecca and Ryan, are creatives by heart who wanted to design a unique space that gave love to all things craft: food, wine, cocktails, art, and design.

Lunch will include a starter of Corn Chips, Salsa, Guacamole, and Green Chile Queso Dip. Entrée includes Superfood Salad with Cilantro Vinaigrette Dressing, Mushroom White Green Chile Enchilada Casserole, and a Taco Bar that includes Smoked Brisket, Smoked Chicken Corn Tortillas, Creamy Slaw, Cheese, Beans and more toppings.

Dessert will be Chocolate Mousse Cake and Iced Tea, soda, and water are included. Wine, beer, cocktails are available for purchase.

Most items are Gluten Free or Friendly* and Vegan.

Come "fiesta" with us! We have the whole place!



Matinee Friends

Submitted by Carol Janoff



The Matinee Friends group continued to meet through the summer, although some events had only a few of us attending. On June 5 four of us enjoyed the always entertaining Phoenix Gay Men's Chorus at the lovely Temple Center for the Arts. Two weeks later Karin Schardt and I saw "Children of Eden" at Theatre Works. This lesser-known musical based on the book of Genesis was expertly presented. August 6 two of us will see "Merrily We Roll Along", a Steven Schwartz musical, presented by State of the Art. A larger group of six will travel to the Don Bluth Front Door Theatre on August 20 to see Noel Coward's "Private Lives". Many more opportunities for theater and concert events will be arranged beginning in the fall; perhaps you would like to join us. Be sure to sign up for the Matinee Friends Activity Group!

MVWC Service Project

The MVWC Service Project is the 501(c)(3) nonprofit arm of the Moon Valley Women's Club. It was created in 2019 to align with IRS regulations requiring that charitable organizations must be separate from social organizations. By gaining this non-profit status, our donors can legally deduct contributions on their taxes. Our funds in the past have come from our coordinated efforts through various endeavors, such as an annual auction, casino night, bake sales, silent auction and other fundraising activities. We are always looking for and appreciate private and corporate donations to assist in funding our various projects. Members are encouraged to donate to the MVWC Service Project each year. 100% of the funds raised go to fund these grants.



The Service Project Board is composed of 9 MVWC members who meet quarterly to coordinate and distribute raised funds and purchased goods to deserving local associations and activities that improve the quality of life in the community. There are many opportunities to volunteer which includes working with charities to assure they receive funding for their specific projects, shopping for groceries, clothing and toys during the holiday adopt a family program, along with assisting with the various MVWC fundraising activities.



Grants are awarded in the spring for small community groups. Larger grants are awarded in the fall to other nonprofit organizations to aid and support their specific projects. All grant recipients must be sponsored by a member of the Moon Valley Women's Club via a Grant Sponsorship Form available on our website.

We want to thank our outgoing Service Project Board Members: Michael Heglaw, who served as Chair for 4 years; Marcia Haarer and Karen Zanzucchi, who served as Members-At-Large for 2 years. We appreciate the work they contributed to our Service Project Board.

For more information or to help with our projects, contact Sandi Kogan, Chair, at 602-375-1433.



Blockwatch

Submitted by Blanche Lukes

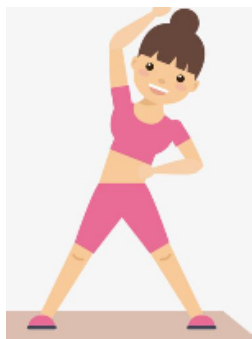
Do you know your neighbors? Really! Moon Valley is a very special place to live. People are BUSY, friendly, and care about keeping their properties up. As a senior citizen I am amazed how fast the time of life goes scoting by. So it is wonderful when we realize this and live life to the fullest. Easier said than done. One of the great resources we have is Block Watch. It is only as effective as its members. Privacy is important, but knowing at least everyone on your block is a good start to community camaraderie.

As you may know Moon Valley was organized in the early 1970's with a Block Captain/Representative on each block. Wes Harris and yours truly set it up, however there was a group of original owners that started the tradition as the developers started to build the homes around the golf course. Hopefully your block has remained active. Your block watch captain delivers the supplies for the Christmas Eve illuminaria.

As for establishing a Block Watch, there are several ways to take advantage of this valuable tool. The easiest way would be to see if there is any interest. I can't imagine why there wouldn't be. On the third Saturday in October (15th)we have our annual driveway potluck. Last year we did an ice cream social. Couldn't be easier than that. Invite your whole block to your driveway on that Saturday from 5 to 7 pm. Fill your ice chest with your favorite ice cream bars and/or cones. Dust off those patio chairs and drag them to the front driveway. Last year our Community Action Officers stopped by. With budget cuts etc, we will have to see if they can still visit us. It's so nice to meet the police officers that drive our streets. It was so nice to spend a little time just visiting.

BlancheLukes@cox.net
Moonvalley Block Watch





Ladies Fitness

Submitted by
Barb Nicholls

Why It Is Important to Move

From your brain to your joints, moving every day has the power to improve every part of your body.

MUSCLES: You have more than 600 muscles in your body that contribute to about 40% of your total body weight. By moving, you are strengthening your muscles, which improves stability, balance, and coordination.

BONES: Movement helps build more durable, denser bones. Bone-building activities like resistance training (weights), weight-bearing exercises (jogging, walking, hiking), and balance training can support better bone density.

JOINTS: Use of joints naturally increases flexibility and strength, but motion also lubricates joints and reduces swelling. Not only will exercise help maintain joint health in the long term, but it will also help reduce joint pain symptoms.

BRAIN: Walking 30-40 minutes a day three times per week can help “regrow” the structures of the brain linked to cognitive decline in older adults.

HEART/LUNGS: When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles demand. Which makes your lungs and heart stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time.

Just move and avoid inactivity! Find something or several activities you love to do and commit to it. Find a buddy, it will help you to stay motivated and accountable.

There are activities in the Women's Club that can get you moving. Try the Monday Walking Club or sign up for the Monthly Hikes. As the leader for the Hiking Group, we try to stay within a half hour of Moon Valley. We meet on the 4th Wednesday of each month at 9:00 am. If you are not sure if you are ready for a hike, I am happy to meet you at North Mountain Visitor Center once the weather gets nice and we can do an easy trail together. You can reach me at 602-882-8153.



Barb Nicholls



Save the Date!!

**Hi Ladies! Wanna celebrate our wonderful Women's Club?
Wanna honor our legacy and remember awesome Club events?
Wanna get together with friends and have a great time?**

In 2020, the Moon Valley Women's Club passed the impressive milestone of 50 years since it was founded, but without all the fun and hoopla it deserved. The pandemic may have delayed the party, but now it's time to celebrate our Club's 50th Anniversary with a wonderful Garden Party!!

So save the date: Friday, Nov 4, 2022!

We're still looking for volunteers to help make this an awesome celebration!

**Also, does anyone have photos or mementos from previous years?
Pictures of events, activity groups or people from the Club
over the years?
We'd love to borrow them.**

**Anyone interested in joining the planning committee,
or with pics or memorabilia to share, please call or text**

Vicky Babb at 602-909-5603.

Let's party!!! Details to follow!

**MVWC 50th Anniversary Luncheon
Friday, Nov 4, 2022, starting at 11:00**



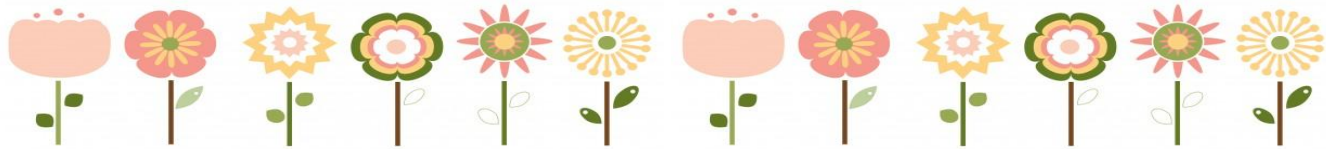
Sending
sunshine!



Get well cards were sent to Pamela Jackson and Carol McDermott.

A sympathy card was sent to the family of Eileen Walker.

A donation was made in Eileen Walker's name to the Multiple Sclerosis Society.



President	Betsy Ingram
Vice President	Vicky Babb
Treasurer	Victoria Cherekos
Secretary	Wendy Caporaso
2022-2023 MVWC Executive Board	

Newsletter Editor: Kathy Scott

Send your newsletter submissions to: kaffscott59@gmail.com



MVWC

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