



# Newsletter October 2023

Monthly source for news and information for MVWC members

## President's Message

Hi friends!

While it sure doesn't feel like Fall in Phoenix, I've had my first pumpkin spice latte of the season. I guess that makes it "official" that Autumn is upon us.

The Club year is off to a great start, and it was wonderful to have over 60 guests at our October luncheon! I was happy to see so many new faces, and everyone really enjoyed hearing from our District 3 City Councilwoman Debra Stark. Our Club currently has 37 new members and continues to grow. I hope you will all attend our member social next week to help welcome them!

Activity groups are back in full swing, and we're all re-learning the games that we may have forgotten how to play over the summer!

There's also a lot going on with our 501(c)(3) MVWC Service Project. In this issue, you'll find out about the ongoing Shoebox Project, and the holiday adopt-a-family programs at Moon Mountain and Sunnyslope Elementary Schools. In the next issue, you'll find out about the Large Grants that were just awarded.

Having our own non-profit is a great feature of the Club, and these activities can't happen without your support and participation in our ongoing fundraising efforts. So, thank you!

In closing, I want to celebrate one of the many friendships that I have formed in MVWC over the years. Pat Clegg was the President during my first year in the Club (2015-2016). The following year, I had the pleasure of co-chairing Membership with her.

One of our responsibilities was to distribute the Echo newsletter each month. After picking up the copies from the printer, I would stop at Sandi Kogan's house for the mailing labels, and then I'd head to Pat's house so that we could fold, staple and label them.

Without fail, Pat would greet me with a joke or funny anecdote. While I was preparing my message this month, I asked her if she had any that I could include. She sent me a few, along with this beautiful sentiment that I wanted to share with all of you. I thought it was a timely celebration of the many friendships that have been formed through MVWC. I hope to see many of you at next week's social to welcome our New Members!



Warm Regards,

Pam Gill

MVWC President 2023-2024



**Board Meetings are held at  
6 PM on the first  
Wednesday of the month.**

*Interested in attending?*

*Contact us at*

[moonvalley-womensclub@gmail.com](mailto:moonvalley-womensclub@gmail.com)



**Moon Valley Women's Club  
Mission Statement**

*The purpose of MVWC shall be to  
promote closer  
community spirit and  
develop neighborhood bonds through  
social and service activities.*



**How to pay for MVWC**

### Dues & Events

**Pay by Zelle**

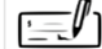
Search Zelle on your online bank site. Set it to pay to: [mvwcpayment@gmail.com](mailto:mvwcpayment@gmail.com)



Describe what you are paying for in the memo box (Social event name, lunch choice)

**Pay by Check**

Make check payable to: MVWC and mail to:  
**Moon Valley Women's Club**  
428 E Thunderbird Rd # 539  
Phoenix, Arizona 85022



Questions about Payments? Contact Treasurer Lorraine Strang-Grogan at [mvwcpayment@gmail.com](mailto:mvwcpayment@gmail.com) or 623-206-0691

**Deadline for Newsletter  
Submission**

**Is the 6th of each month.**

Send submissions to

Kathy Scott

[kaffscott59@gmail.com](mailto:kaffscott59@gmail.com)

**November Luncheon  
Thursday, Nov. 9th  
11:00 AM**

**Natalino Italian Restaurant  
610 E. Bell Rd  
\$35.00**

**RSVP by Nov.2nd via Zelle or check\*  
and include your Lunch Choice:**



**Lunch includes Salad, Choice of Entrée,  
Cannoli dessert and choice of coffee, tea  
or soda.**

- A- Chicken Marsala (gluten free)**
- B- Eggplant Parmigiana**
- C- Meat Lasagna**
- D- Cheese Tortellini Alfredo**

**Indicate lunch choice on your RSVP**

**Lunch is served at 12:15  
Guest Speaker 12:45**

**Our Club VP Morgan Bartlett, a Certified  
Fraud Examiner, will present “Playing it  
Safe Online”. See Morgan’s profile in  
this issue!**

**Don't Miss Out on the Luncheons!**

We had 88 members attend the September  
Luncheon at Seasons 52!  
We had a delicious lunch, caught up with old friends  
and met some of our newest members!

**Save the date for December:  
December 14th at Timo**



**Our New  
Members!**

**Heather Bohannan  
Carla Diana**

(sponsored by Debbie Kovesdy)

**Tamara Harrian**

(sponsored by Vicki Voyce)

**Susan Hart**

(sponsored by Morgan Bartlett)

**Carolyn Rodi**

(returning member)

**Terri Schoen**

**Brittany Stamey**

**Pepper Starobin**

(sponsored by Koni Gould)

**Tracy White**

(returning member)

**New member Happy Hour  
Extravaganza**

**October 18th**

**Half Moon Sports Grill**

**288 E Greenway Pkwy**

**4:30- 7:00**

**and door prizes too!**

**All members welcome!**



A big thank you to **Serafina Coffee  
Roasters** for their **\$251 donation to the  
MVWC Service Project!** And thank you  
to everyone who supported the fundrais-  
er and went by for a coffee! Please con-  
tinue to support this amazing  
neighborhood business!



## Revised Standing Rules

At the Board meeting held October 4th, the Board voted to revise Standing Rules #9 and #11 regarding membership.

### Membership

Old:

9. The use of MVWC and its membership data for the sole purpose of soliciting business is not permissible. Members shall not distribute promotional materials during events, except as permitted for sponsors and with prior Executive Board approval.

**New:**

9. The use of MVWC and its membership data and communication channels for the sole purpose of soliciting business is not permissible. Members shall not distribute promotional materials during events or online except as permitted for sponsors and with prior Executive Board approval.

Old:

11. No member shall conduct a business or represent a charitable interest for personal gain within the framework of MVWC.

**New:**

11. No member shall conduct a business or represent a charitable interest within the framework of MVWC.

For Standing Rules and Bylaws: <https://mvwomensclub.org/documents/>

## Did you know that October is Domestic Violence Awareness Month? We need your travel size toiletries!

The De Colores Shoebox Project is currently co-chaired by Mary Harris and Mary Henigar. Throughout the year, they collect travel-sized toiletries which are sorted and placed into shoe boxes that are given to incoming shelter clients.

Current top needs are travel size shampoo and conditioner, any size of deodorant, razors, pens & pencils, and small notebooks.

Donations are being collected at the monthly luncheons (look for the box) or can be dropped off any time in the box by Mary H's front door at 410 E. Monte Cristo Ave.

Chicanos Por La Causa (CPLC) De Colores Shelter opened its doors in 1986 out of community-identified need for a domestic violence shelter that would provide an environment that was culturally and linguistically appropriate for monolingual Spanish speaking survivors and their children, many of whom are isolated from their families and traditional networks of support.

The shelter, located in south central Phoenix, serves an average of 500-600 clients a year recovering from abuse and ready to start a life free of violence.



***Did you know that the U.S. Congress officially designated October National Pizza Month in 1987?***

On **October 25th**, MVWC will participate in a National Pizza Month fundraiser at **Barro's Pizza** in Moon Valley Plaza.

Enjoy this easy opportunity to simplify your day and celebrate the occasion while simultaneously supporting **FUN**draising for the MVWC Service Project.

**PLEASE MAKE SURE YOU MENTION THE MOON VALLEY WOMEN'S CLUB FUNDRAISER AT THE TIME OF PURCHASE AND PICK UP to ensure that MVWC Service Project receives 25% of your dine in or carry out order. (Please note that Delivery is EXCLUDED)**

Share the news with local family and friends so they can participate with us! Membership is not a requirement for the contribution to count and make a positive impact on our efforts to raise money for the MVWC Service Project.

**PARTICIPATING LOCATION:**

**BARRO'S PIZZA of MOON VALLEY**

**15440 N 7th St. #13 Phoenix AZ 85022**



The MVWC Service Project is the 501(c)(3) nonprofit arm of our organization. This group distributes money and purchased goods to deserving organizations in our community that are nominated by our members. Grants are awarded twice per year, and volunteer opportunities are offered throughout the program year.

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**Don't Forget there is also a Candle Fundraiser to benefit The MVWC Service project!**



The **mia bella's** clean burning natural wax candles sell for \$26.00 and \$8.00 of each candle sold will come back to the Club for the Service Project. Sale runs through November.

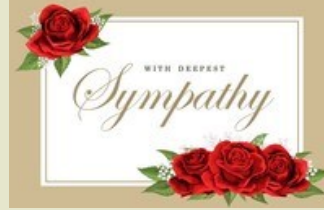
Go to our website to see the flyer!

[mvwomensclub.org](http://mvwomensclub.org) and click on The Latest

## In Memoriam :



Our beloved member **Lila Van Cuyk** passed away recently while at a family reunion in Hawaii. Lila became a member of the MVWC in 2010 and has been a member of many activity groups including Chapter Sisters Book Club and Mahjonn. More information to follow. Please check our website.



## October Luncheon at Bobby Q

The October luncheon at Bobby Q was a great success! Over 60 women enjoyed a great BBQ lunch and a presentation by Councilwoman Debra Brant. She gave us important information regarding the upcoming GO Bond Election and what it's passage would do for our community. Among other things, it would allow for the expansion of north Phoenix as well as increase the number of police available for our area and the possible reinstatement of red light cameras.



She also updated us on some issues regarding affordable housing and permits for short-term rentals. She told us about plans to help with some of the homeless situation in the area. She said plans are in the works to help alleviate some of the encampments around us. Some shelters are being created and the washes are being cleaned up.



**We want to send out a Big Thank You to both  
Barb Nicholls (Sept)**

**and**

**(new member) Audrey Barrett (Oct) for donating  
their winnings from the 50/50 Raffles back to  
The MVWC Service project!**



## Help for Holiday Family Adoption Project

The MVWC Service Project Board recently allotted partial funding for the Holiday Family Adoption project. With your help and generosity, we can make the holidays happen for 40 families from two local schools– Sunnyslope K-8 and Moon Mountain Elementary. This year, each school family will be assigned to a volunteer shopper. Items procured will be labeled by family name and delivered to the schools on December 11th to Wednesday, December 13th.

There are three ways to assist:

- Adopt one or more families and shop/pay for the requested items at a store of your choice/ at your leisure as your donation.
- Adopt one or more families and shop using gift cards or reimbursement provided by the MVWC Service Project Board.
- Donate money for this project.

Each family consists of parents and children (from 2 to 7 family members) and volunteers are provided with a list of clothing & shoe sizes and a toy or gift request for each child, and a household gift request from the parent(s).

If you prefer to donate money, you can make a donation directly to Moon Valley Service Project via Zelle to [mvwcserviceproject@gmail.com](mailto:mvwcserviceproject@gmail.com). If you prefer to donate by check, send your **check made payable to MVWC Service Project to Mary Harris, Treasurer, MVWC Service Project Group, 418 E. Monte Cristo Ave, Phoenix, AZ 85022** as soon as possible, but by 12/1/2023.

Please let me know if you are able to help and in what way so I can assign families to shoppers. I will reach out to each shopper to get preferences of family size, number of families, and which school.

If donating money, please let me know how much so I can budget for this project.

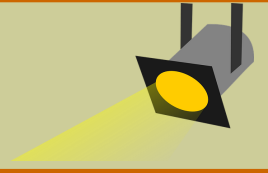
Call or email me if you have any questions,

Thank you in advance for your help!

Sandi Kogan, Service Project Group Coordinator  
602-375-1433 email: [stkphx@cox.net](mailto:stkphx@cox.net)



## Member Spotlight: Mary Henigar! Philanthropist Extraordinaire



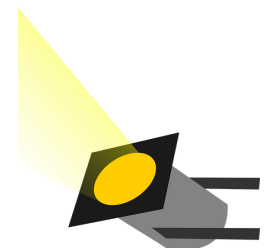
Mary was born in Phoenix, but as a US Air Force "brat", she grew up all over the world. Her school years were spent in Tripoli, Libya Labrador, Newfoundland, and Key West, Florida. Upon graduation from high school in Key West, Mary's family returned to Phoenix. She enrolled in Grand Canyon College (now University) and worked as a lifeguard and swim instructor for the City of Phoenix. One evening during her college years, she went to a party in Tempe where she met Mike Henigar. They got married in April 1969 and began their life together in Apache Junction. In 1971 they moved to Petaluma, California and spent the next 29 years bouncing back and forth between Colorado and California. Mary spent most of those years raising their 3 children, but also worked as a realtor in California. While living in Colorado, she sold high end sewing machines and taught many sewing classes. Mary is now currently learning how to quilt, which she loves!

Upon Mike's retirement in 2000, they made their way back "home" to Arizona, and ended up in Moon Valley a few years later. Mary joined MVWC in 2006 with her sister-in-law, Barbara Garrity. She jumped right in to assist wherever she was needed by taking photographs and helping with membership. After serving 2 years as Vice President, Mary was Club President in the 2014-2015 program year. She enjoyed it so much that she returned for a second term as President during the 2017-2018 year. In all, Mary served on the MVWC board for over 10 years.

Mary has participated in the Service Project activity group since she joined MVWC, and has co-chaired the Shoebox Project with Mary Harris since 2019. Although that also enjoys being in group with her sister-celebrate their 55th enjoy traveling and daughters, son and



keeps her quite busy, she the Dirty Dozen bunco in-law. Mary and Mike will anniversary in April, and spending time with their 2 2 grandsons.



## Get to know your Club VP, Morgan Bartlett

Morgan is originally from Maine, but she has lived in Arizona on 2 different occasions for a total of 15 years. She moved back from Maine two years ago, and is so very glad that she selected Moon Valley.

Morgan spent 23 years working at Bank of America in a multitude of different roles. After having her daughter Tatum with her wonderful husband Scott, she reevaluated her priorities and retired in 2021 as a Business Control Manager for Digital Fraud. She maintains her Certified Fraud Examiner license. It is a passion of hers to help people and small businesses avoid Fraud. Morgan is looking forward to sharing her knowledge with our members in November to assist us in being safe online and avoiding scams.



During the day, you can now find her working at their family business, Granite Dude, where they do the fabrication and installation of all things stone, baths, kitchens, showers, BBQs. etc. After work, you can find her shuttling her kiddo to all of her sports activities.

Morgan says she is beyond thankful for finding the Moon Valley Women's Club. It has provided her with unexpected friendships and connections that she didn't think were possible. "I really appreciate the opportunity to add value to MVWC by serving as Vice President. I especially enjoy discussing our Club with potential new members and using my years of PowerPoint skills to create documents for onboarding new groups and new members. I love the impact that our Club has on our community, and how meaningful it is for our members. It is critical to our health and wellbeing as we age to have social activities and community involvement such as the MVWC", Morgan said.



Outside of work and family duties, you will definitely find Morgan at a Pickleball court. It's a new hobby that she learned a year ago through some amazing MVWC women, and she says she is addicted! You may be surprised to know that what Morgan misses most about Maine is the ability to grow and hunt a lot of their own food, and, she says, she misses Fall the most.





## Activity Group Reports

### Good Vibrations Bunco

Submitted by Wendy Caporaso

The Good Vibrations Bunco Team enjoyed our first game of the year at Wendy's house on Sept. 19th. What's Nancy doing wearing that crown? Our team tradition is to crown the person making a Bunco. The winner gets to wear the crown until the next person makes a Bunco. Stealing the crown gives us all a good laugh!



### Chapter Sisters Book Club

Submitted by Linda Jensen



Chapter Sisters held our first meeting at Lila Van Cuyk's home. It was a small gathering because some of us haven't returned to the Valley from our summer homes. We rate the books we read from 1 (low) to 5 (high). The book we read got quite high ratings. It was "Everything You Are" by Kerry Anne King. In October the group will meet at Linda Jensen's home to discuss "Vanderbilt" by Anderson Cooper.

### Matinee Friends

Submitted by Carol Janoff

Four Matinee Friends spent a very enjoyable afternoon at the Black Theatre Troupe on Sunday, Sept. 17. The play was "**Steal Away**" and featured six amazing actresses. They portrayed their characters by facial expressions, movement, voice and spoken lines. They were such real characters we felt we were right there in their living room. The play was a drama/comedy which took place during the Depression in Chicago. Five upstanding church ladies raise funds to send



young Black women to college by holding bake sales, etc. But their latest graduate, Tracyada, has bigger ideas—they should rob a bank, since the local bank turns down their request for a loan because "colored girls" have no need for an education! What ensues is the most hilarious heist that amazingly succeeds, since the John Dillinger gang is blamed!



## More Activity Group Reports

### Classy Cooks

Submitted by Betsy Ingram and Kathy Anders

Classy Cooks celebrated their first luncheon of the year with a fun "Topsy Tea Party" which included scones, tea sandwiches, soup, desserts and hats! Joan Davis won the award for wearing the grandest hat of the day!



Kathy Anders and Karen Zanzucchi hosted the event in Kathy's home and offered Earl Grey Bourbon tea. The ladies took home an assortment of teas as party favors. We are looking forward to what the rest of the year has in store for us!



### Evening Mexican Train Group

Submitted by Peg Guichard-Watters

Although we were missing a couple of our members, the Evening Mexican Train Group was happy to get back together and start off the new year with a fun night hosted by Libby Banks. Good food, good drinks, good friends, good conversations, and lots of laughs-what more could you ask for?!



Erin Flothmeier displayed her strength and skill in the game (and perhaps a bit of luck) by winning with a low score of 67.



## Even More Activity Group Reports

### Moon Valley Women's Club Star Bakers

Submitted by Maripat Kudray-Flores

This month we met at Maripat's house. The theme was Halloween treats. Our star baker Sheila created a wonderful caramel apple cheesecake. We also had beautiful sugar cookies that looked like an artist had painted them. Everyone had a great time!



If you'd like to join us, our next monthly meeting is on November 14. Contact Maripat at (602) 799-7340 Baking Stars group coordinator.



### Restaurant Review Group

Submitted by Maripat Kudray-Flores

The Restaurant Review Group hit off the new year at **Rito's Mexican Food**, it's on 7th Street below Bethany Home. The best part was seeing everyone! The food was good to excellent. We all liked the green sauce but the restaurant's furniture was not comfortable so get your food to go.



The menu is very limited and includes basic items such as tacos, enchiladas and burritos. They do have good chunky salsa.

Next month we will meet at Phoenix City Grill on the fourth Thursday of the month if you want to join us.

The group coordinator thinks they have the best sirloin burger in town.

### Easy Hiking Group

The Easy Hiking group met on October 11th for our first hike of the year. The group hiked east on trail 100 from the North Mountain Visitor's Center for about an hour. We were joined by Morgan's daughter, Tatum.



## And still More Activity Group Reports

### Shanghai Rummy Card Group

Submitted by Vicky Babb

The Shanghai Rummy card sharks were at it again this month with another fun filled evening of card strategy, yummy nibbles and lots of laughter.

Our hostess, Marlene, provided a lovely spread of food and drinks—she went above and beyond by baking fresh banana muffins and delicious peach cobbler as a special dessert.

The card play was lively and fun. A great time was had by all!



### MVWC Painting Group

Submitted by Maripat Kudray-Flores

Can you guess where we met ? We met at Timo's Wine Bar and patio on Central for our first meeting. It's too small of a restaurant for the whole Moon Valley Women's Club meeting but a perfect spot for the painting group. Everyone thought the food was delicious!



Most members ordered a half sandwich and salad, all different kinds of salads from beets to cauliflower.

New group artists created works of art from stamping leaves with gold diver paint to



Swedish folk art painting on wood with markers, plus traditional watercolor painting. If you want to join us, please contact Maripat.

### Are you currently on a waitlist to join one of our activity groups, or are you disappointed that the group you were interested in is closed?

We wanted to take this opportunity to remind everyone that anyone can start a new group. It sounds daunting to start a new group, but there is a lot of support available to you and it really is quite easy. Getting a co-host can make it even easier! New groups can be formed at any time by any member, whether you are a new member or have been in the club for years. You can also be an activity group leader for more than 1 group. There are several fun groups that are full with long wait lists, those include: nighttime book club, Bunco, wine group, classy cooks. Or potentially you are interested in starting a new group such as quilting, knitting or potentially an outdoor activity, like a golf group. We have over 40 activity groups and welcome the addition of more groups.

See the **Activity Group Leader Handbook** under Member Pages on the MVWC website.



## October Birthdays

**Michele Baker**

**Libby Banks**

**Heather Bohannan**

**Debra Burruel**

**Rhonda Cain**

**Beth Curlee**

**Sylvia Forry**

**Gwen Gardner**

**Rita Graves**

**Susan Hart**

**Mary Ann Johnson**

**Robin Kawczynski**

**Sue Kewin**

**Marlene Olsen**

**Julie Pek**

**Jody Rhodes**

**Linda Stiles**

**Joanne Uhleman**

**Rosalie Welty**

**Tracy White**

**Susan Wilk**

**Karen Zanzucchi**



**FUN  
FACTS**

**ABOUT  
OUR MEMBERS**

**Erin Flothmeier**  
used to drive a  
race car!



**Shelly Barnes**  
likes frogs!

**Mary Joy Kenderdine** has travelled  
all around the world:  
Europe, Africa, Israel, Mexico



**Do you have a fun fact to  
share about a member?  
Please send it to  
Kathy Scott at  
[kaffscott59@gmail.com](mailto:kaffscott59@gmail.com)**

Have you forgotten your password? Contact Audrey at [moonvalleywomensclub@gmail.com](mailto:moonvalleywomensclub@gmail.com)

Link to member directory <https://mvwomensclub.org/directory-2022/>

If you have an updated photo, email it to us at [moonvalleywomensclub@gmail.com](mailto:moonvalleywomensclub@gmail.com)



Moon Valley  
Women's Club



### Member Spotlight Update!

Member and Author Abby Irish got her father, Morton Kurlands's book **Another Word For Murder** published recently. All proceeds will benefit Alzheimer's research in his memory.



<b>President</b>	<b>Pam Gill</b>
<b>Vice President</b>	<b>Morgan Bartlett</b>
<b>Treasurer</b>	<b>Lorraine Strang-Grogan</b>
<b>Secretary</b>	<b>Wendy Caporaso</b>
<b>2023-2024 MVWC Executive Board</b>	

Newsletter Editor: Kathy Scott  
Send your newsletter submissions to: [kaffscott59@gmail.com](mailto:kaffscott59@gmail.com)

**Sunshine Report**



A **Sympathy Card** was sent to the husband of  
**Lila Van Cuyk**  
**Get Well cards** were sent to  
**Julie Moore**  
and **Jackie Stout**

A **Thinking of You card** was sent to  
**Pat Clegg**

**Welcome E-cards** were sent to **new members.**

Moon Valley Women's Club

428 E Thunderbird Road, PMB 539  
Phoenix, AZ 85022

PLEASE  
PLACE  
STAMP  
HERE