



Newsletter November 2023

Monthly source for news and information for MVWC members

President's Message

Happy November! This is one of my favorite months in Phoenix, with our weather officially reaching "Chamber of Commerce" status. Being able to open our doors and windows and enjoy outdoor activities at any time of the day is a great reminder of why everyone wants to spend their winters here!

It is also a month for gratitude, and I am so thankful for the enthusiasm of our Members! We've had such a great turnout at our events so far this year. I think we all see the importance of connecting with one another to renew existing friendships and form new ones.

I am also thankful that we are such a warm and welcoming group. I have heard from so many of our New Members that they can sit down at a table full of "strangers" and walk away with several new "friends." It's heartwarming to find a community as supportive and hospitable as ours.

I am beyond thankful for our wonderful Board and Committee members. I am so proud to serve this Club, and I simply could not and would not do this without their support. I have called on so many of you for help this year, and am eternally grateful for your willingness to help me individually or as part of a team.

I hope to see you at our December 14th luncheon at Lovecraft. It's sure to be a fun time with a holiday sing along led by our very own New Member, Vivia Strang! The restaurant is moving the buffet line outdoors so that we will have more space for seating inside. I know that was an issue last year, and we want everyone to be comfortable and have a seat!

As a reminder, luncheons are first come first served, and your payment is your RSVP. Our luncheons are always held on the second Thursday of the month, with payment always due one week prior on the first Thursday of the month.

In closing, I'd like to specifically acknowledge our Programs & Events team: Jamie Kunkle, Kathy Moffitt, Terry May and Koni Gould. With over 260 Club members, it is an arduous task finding nearby venues in our price range that can accommodate large groups, and I am thankful for their flexibility and perseverance!

I love hearing from you, so don't forget that our inbox is always open at moonvalleywomensclub@gmail.com for your suggestions, comments, or questions.

Happy Thanksgiving!

With gratitude,
Pam Gill



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

Interested in attending?

Contact us at

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
Charity Events,
Donations or
Service Project**

PAY BY ZELLE

On your online bank site search for Zelle. Set it to pay to: MVWCserviceproject@gmail.com
Remember to describe what your payment is for in the Memo box. (Event name or project)

PAY BY MAIL

Write your check to: **MVWC Service Project**
and mail to:
**MVWC Service Project
13236 N 7th St.
Suite 4-307
Phoenix, AZ. 85022**

**November 28th is
Giving Tuesday**
Please consider giving a donation
to the
**Moon Valley Women's Club
Service Project**
Donations can be made by zelle
using the email address
mvwcserviceproject@gmail.com

Thanks to the fundraising efforts by all members, the Service Project Board was able to award a total of \$7,000 to four local organizations this year. These large grants were all given to organizations that were sponsored by a member of MVWC. We want to thank our members who sponsored 13 grants, but unfortunately, we couldn't grant all of them. The Service Project Board met on October 10th, and we are thrilled to share the following Large Grant details:

\$2,500 to AZ Reach to purchase clothes, shoes, hygiene items and snacks for Cesar's Closet at Cesar Chavez High School.

\$1,000 to Arizona Recreation Center for the Handicapped (ARCH) to purchase medical assessment equipment and sports equipment for Special Olympics athletes.

\$1,000 to Control Alt Delete to purchase fuel cards for domestic violence victims.

\$2,500 to HART Pantry to purchase shelf stable food for homeless and at-risk teen students in 4 west valley school Districts including Glendale Union High Schools (Thunderbird High).

Submitted by Sandi Kogan
MVWC Service Project Chair.



December Luncheon— Dec. 14th



Lovecraft
3128 E, Cactus Rd,
Phoenix, AZ 85032

RSVP by Dec. 7th
with \$35.00 payment
via Zelle or check.
(See below for help)

*** Seating is limited, so RSVP early**

New Mexican cuisine with smoked meats will be served buffet style.

Lunch will include:

Chips/Salsa/Guacamole/ Queso dip
(all gluten friendly & vegan)

Superfood salad (gluten friendly & vegan)

Taco Bar

Mushroom White Green Chile Enchilada
casserole

Chocolate mousse cake for dessert

Iced tea, soda are included

**Wine, beer, cocktails and cider available
for purchase.**



**HOW TO PAY
for MVWC
Dues, Lunches
Special Events**

PAY BY ZELLE

On your online bank site search for Zelle. Set it to pay to: MVWCpayment@gmail.com
Remember to describe what your payment is for in the Memo box. (Event name or lunch choice)

PAY BY MAIL

Make your check payable to: **MVWC** and mail to:

MVWC
13236 N 7th St.
Suite 4-307
Phoenix, AZ. 85022

Revised Standing Rules

At the Board meeting held November 1st, the Board voted to revise Standing Rule #7 under Governance by adding an addition as #8.

The Current Standing Rule under **Governance** reads:

7. Duties of Executive Board, General Board, and Committees shall be outlined in an Addendum to the Standing Rules.



New Standing Rule:

8. Current Executive and General Board members who miss three (3) or more General Board meetings during the program year may be removed from their position at the discretion of the President.

This is in the Bylaws already:

General Board meetings shall be held once a month, when necessary, either in-person or virtually.

MVSC Service Project Fundraising Update:

Barro's Pizza fundraiser brought in \$160 for the Club.



Mia bella candle sales brought in \$456 for the Service Projects.

Thank you to everyone who purchased candles.

Thank you, Lolo Strang-Grogan for your efforts with the candle sales!



Welcome! **Our New Members!**

We have a New mailing Address!

We have set up a new mailbox at Moon Valley Postal, located on the SW corner of 7th St & Thunderbird, behind Wells Fargo and next to PT Pho.

We are saving the Club \$132/yr with this change.

Unlike the UPS store, Moon Valley Postal is locally owned and they will allow our members to drop off mail in person, as long as its in an envelope and addressed to us. No stamp needed!

Pre-printed mailing labels will be available at the next several luncheons for the convenience of members who typically mail in checks.

Our new address is:



**MVWC
(or MVWC Service Project)
13236 N. 7th Street
Suite 4-307
Phoenix, AZ 85022**

Members are still encouraged to use Zelle when possible to pay for dues and events:

moonvalleywomensclub@gmail.com

or to make donations to the MVWC Service Project:

mwvcserviceproject@gmail.com

**Welcome
New Members:**

Sharon Barnett

Santhe Louisiana

Lilly Norman

Charlene Shenk

(sponsored by Koni Gould)

Dede Turken



**FREE
SHRED-A-THON**

SATURDAY, DECEMBER 2 | 8 AM TO 11 AM

**LOOKOUT MOUNTAIN
ELEMENTARY SCHOOL**
15 W. Coral Gables Dr. | Phoenix



Shred up to 5 boxes per vehicle for FREE!



Services Provided By Maricopa County Attorney's Office, Moon Valley & Phoenix PD Block Watch



Holiday Family Adoption Project

The Holiday Family Adoption project has been allotted partial funding by the MVWC Service Project Board. 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 & pay** for the requested items at a store of your choice/ at your leisure and **get reimbursed** 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 volunteer shoppers are provided with a list of sizes for clothing, shoes, socks and underwear to buy and a toy or gift request for each child. Also and a household gift request from the parent(s).

To donate money, you can send a donation directly to Moon Valley Service Project via Zelle to 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 with shopping and preferences as to family sizes, children's ages, number of families, and which school. I will be assigning families soon.

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

Are you currently on a waiting list 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 one 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.

Happy Hour at Half Moon Sports Grill was a big success!

Over 60 people attended the evening social to meet and greet new members on October 18th and some were the lucky winners of door prizes!

Terry Schoen won a gift certificate to **Half Moon Sports Grill**.

Kathy Scott won a gift certificate to **Songbird Vintage Décor**.

Wendy Caporaso won a gift certificate for a Facial from **On Point Aesthetics**.

Susan Hart, Pepper Starobin and Joan Scott all won gift certificates from **Love Nails & Lash**.

Thank you to these generous businesses for their donations!



Activity Group Reports

Gardening Group

Submitted by Jackie Gentner

Kathy Moffitt hosted a Blossom and Bloom class on designing hanging flower baskets. Our design expert was Evelyn Herrmann, proprietor and designer of **Home Sweet Home Property Care**. Kathy had



used Evelyn before for designing and beautifying her yard; therefore, she came highly recommended. Evelyn was very knowledgeable in all aspects of gardening. She was organized, patient and answered all our questions, plus we each got to bring our finished baskets home. We also had refreshments and a light lunch. We all had a blast! This was an awesome event!

Restaurant Review

Submitted by Maripat Kudray-Flores

This month the restaurant review group had breakfast for lunch at the newly opened **Brunch Snob**. The food was 5 stars excellent. Several of us had their signature dish of deep fried Monto Cristo sandwich, just like the one served at Disneyland. Others had egg dishes and salads. The hash browns were fresh not frozen and some were made with a spicy kick. The service was excellent another five stars from us all along with menu and overall. Price was 4.5 stars, eating out is pricey but worth it. You need to check out this beautiful new decor restaurant.



I can not wait to come back

to have crab or salmon Benedict. The generous choices on the menu for both breakfast and lunch make it hard to decide what to order.

Next month we will be meeting earlier- on

November 16th- due to Thanksgiving. If you'd like to join us, call Maripat.



Activity Group Reports– Continued

Museum and Special Events Group

Submitted by Jackie Gentner

The Museum and Special Events Group had the opportunity to tour the Public Broadcasting Service (PBS) Studio on Tuesday, October 24. PBS is an American non-commercial free-to-air television network and is a publicly funded nonprofit organization and the most prominent provider of educational programs to public television in the US. It delivers shows such as Frontline, NOVA, Arthur, Sesame Street, Masterpiece, Austin City Limits, PBS NewsHour. Documentaries, Arts, Music, Horizon, etc. PBS is funded by a combination of member station dues, pledge drives and donations from both private foundations and individual citizens. Our tour was at the downtown ASU Phoenix Walter Cronkite School of Journalism and Mass Communications campus. We had a PBS representative, who was extremely well versed and knowledgeable of all PBS functionalities, to enlighten us with details on the overall history, vision, programming, partnerships, operations and business practices. We were also able to view some of the television sets where their regular programs are aired, that included cooking shows, news broadcasts, antique road shows, guest appearances, etc. This was an amazing outing!

Afterwards, we enjoyed a lovely lunch at Alexi's on Central!
Best Regards,

Rosealie Welty, Chair and
Jackie Gentner, Co-Chair



More Activity Group Reports

Moderate Hiking Group

Submitted by Morgan Bartlett

On 10/24, the moderate hiking group went on their very first hike for the year and for this new group, tackling Dreamy Draw. A total of 13 ladies went on the 2 mile hike, including several new members. Then we enjoyed a wonderful brunch at Luci's at the Orchard. If you are interested in joining the moderate hiking group, please contact Koni Gould or Morgan Bartlett.



Bunco Squad

Submitted by Kathy Scott

The Wednesday daytime Bunco Squad met on Oct. 25th at the Moon Valley Grill. June brought party hats for us to wear, and though we were short a whole table of players, we still had a "Bewitching" time together. If you are interested in playing with us, or getting on the sub list, please contact Jo Lucarz.



Chapter Sisters Book Club

Submitted by Linda Jensen

A smaller than usual group of us met at Linda Jensen's home. We are struggling a bit because death has claimed 2 of our members unexpectedly- Elizabeth Kozak and Lila Van Kuyk. The book we discussed was non-fiction, "Vanderbilt" by Anderson Cooper who decided to research his mother's family after he had 2 sons. He always considered himself a Cooper even though his mother was Gloria Vanderbilt. He loved her but knew his mother made a lot of money from her jeans but also spent all of it.

If you are interested in joining our group, please contact Linda Jensen.

Last of the Activity Group Reports

Monday Morning Walking Group

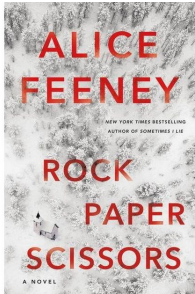
Submitted by Nora Hart

Walking Season is well underway. Mornings are finally cool. We meet every Monday at 7:30 AM in the parking lot of Moon Valley Park (7th Ave and Coral Gables) near the tennis courts. We usually walk for about an hour. We generally walk west along the wash walkway to 19th Ave. This is just over 2 miles round trip. We have had 8 to 10 walkers most Mondays. You don't need to RSVP, just show up if you'd like to join us.



Third Friday Mexican Train

The third Friday Mexican Train group got together on October 20th at the home of Debbie Campbell. We enjoyed a yummy brunch as well as several rounds of dominoes. The group was smaller than expected, since we were split into 2 groups and several members were still traveling, but we still had a good time!



Hard Cover Girls Book Club

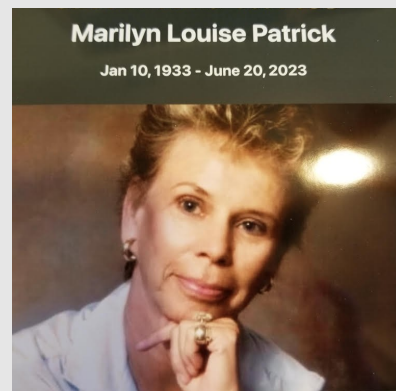
On October 23rd, the Hard Cover girls met at the home of Mary Harris to discuss the book **Rock, Paper, Scissors** by Alice Feeney. Most of us really enjoyed the book with its many twists and turns and felt it was appropriate reading for the Halloween season since it was somewhat spooky!

Please let your activity group leader know if you are no longer interested in being a member of that group.

Sad News

A celebration of Life was held recently for **Marilyn Patrick**, a longtime member of MVWC. She died on June 20th after a long illness. Marilyn was a retired high school Business Teacher, having taught at Peoria, Paradise Valley and North Canyon high schools. After retiring, she spent much of her time traveling the world and volunteering at Florence Crittenton.

Cards can be sent to her son Kevin Patrick at 9045 Watson, Peoria, AZ 85381



Get to Know Your Records Chair: Audrey Sangerman

Audrey is originally from Philadelphia and spent time in Virginia and Ohio before moving to Arizona for a job 27 years ago. She drove cross country alone and didn't know anyone in the area when she arrived.



After relocating here, she lived in Scottsdale and Chandler before moving to Phoenix. She met her now-husband Steve online and they moved in together and were married in less than a year! They have now been married for 21 years and have 2 boys. Bradley is a junior and Adam a freshman at Thunderbird HS.

When Audrey and Steve were first dating, they would attend LPGA tournaments at Moon Valley Country Club. They fell in love with the neighborhood and the house styles reminiscent of the 1960's. They purchased a house on the East side of 7th Street in 2006, but it was outside of the MVWC boundaries, so Audrey was unable to become a member at that time. In 2014, Audrey's dream of living in Moon Valley came true when they officially moved into the neighborhood.

She joined MVWC in 2015 and has been extremely engaged since the beginning. She has served on and chaired the Nominating Committee and served on the Bylaws Subcommittee. She also co-founded and is the co-coordinator of Noble Grapes and is an active member of both Classy Cooks and Between the Covers.

Additionally, Audrey served on the Executive Board as Treasurer for 2 program years from 2019-2021 and rejoined the Board as Records Chair in 2022.

Outside of MVWC, she serves as the VP of Teammates for Boys Team Charity North Valley, and previously served as the Treasurer from 2021-2023. She has actively volunteered for the PTA's throughout the years at Lookout Mountain, Mountain Sky and now Thunderbird.

Prior to changing jobs to a non-profit this past June, Audrey worked in the homebuilding industry for 30 years! Her amazing new job has her coordinating all events for the entire state of Texas, so she is now traveling regularly. She is finding it to be quite a change but also very fun!



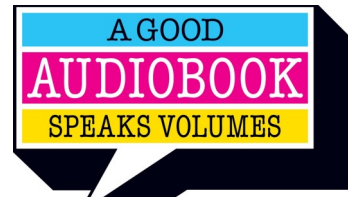
November Birthdays

Robin Adrihan
Mary Brierly
Rose Carlson
Pat Coghil
Lane Crofford
Betsy Froderman
Kristin Gilger
Susan Gilliland
Mary Harris
Vaughne Hollar
Barbara Jeter
Bette Ladd
Carol McDermott
Julie Moore
Karen Pelatt
Kate Phalen
Debbie Schaub
Mardelle Steward
Flora Tromelin
Patty Veleta
Debbie Yang



ABOUT OUR MEMBERS

Pam Fischer
records audio
books for AZ
Talking book
library.



Ricki Pagano
has names for
her indoor
plants!



Betsy Froderman
volunteers with the
Arizona Animal
Welfare League
and is a part of the
Pinewood Players Theater



Do you have a fun fact to share about a member? Please send it to
Kathy Scott at kaffscott59@gmail.com

**Thank You to the
following Members
for your service!**



Vicky Babb (Air Force)
Armida Herrera (Marines)
Mary Joy Kenderdine (Air Force)
Kate Morgan (Navy)
and
Lila Van Cuyk (Army)
(Lila passed 10/8)
Happy Veteran's Day!

Are you looking to boost your fitness, connect with like-minded individuals, and enjoy a more active lifestyle? Look no further than **SilverSneakers**, a comprehensive fitness and wellness program designed exclusively for individuals aged 65 and older. The best part? It's offered at absolutely no extra cost to seniors on eligible Medicare plans.

With **SilverSneakers**, you gain access to a multitude of resources aimed at enhancing your overall well-being. This includes both online and in-person classes, allowing you to choose the format that suits you best. Whether you prefer the camaraderie of a community class or the flexibility of online sessions, or just want to hit the gym, **SilverSneakers** has it covered.

With **SilverSneakers**, you have the freedom to choose from over 22,000 fitness and community locations across the nation. Some great local options include: **Anytime Fitness, LA Fitness and Planet Fitness.**

Are You Already Eligible?

If you're on an eligible Medicare plan, you might already be eligible for **SilverSneakers**. It's a fantastic opportunity to take advantage of this program and kickstart your journey towards a healthier, more active lifestyle.

For more information on **SilverSneakers** and how to make the most of this incredible program, visit <https://tools.silversneakers.com/> today.

In addition to the **SilverSneakers** program, some Medicare advantage plans offer a benefit of over the counter medicine, oral care, first aid supplies, adult care and personal care items. These benefits are a use it or lose it, so if you can't use these items, maybe you know someone who could. MVWC members have even leveraged these benefits to order supplies for our Shoe Box project including, sunscreen, toiletries, sanitizer, razors, toothbrushes and toothpaste. To find out more information, visit medicare.gov

Have you forgotten your password? Contact Audrey at 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

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

Newsletter Editor: Kathy Scott
Send your newsletter submissions to: kaffscott59@gmail.com

Sunshine Report

Prudence Lee is our Sunshine Chair. If you know of a member who has experienced a loss, has an illness, had surgery, or another issue where they could use some support, please let her know.



A Sympathy card was sent to Kate Morgan after the loss of her husband.

Get Well cards were sent to Shelly Barnes, after her surgery, and to Rhonda Cain for her back issues.

A Thinking of You card was sent to Mary Brierly.

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