



# Newsletter December 2023

Monthly source for news and information for MVWC members

## President's Message

Happy December!

It is really hard to believe that I'm halfway through my term as Club President. What a whirlwind it has been so far! The enthusiasm of our Members and the support of our Board has really been such a wonderful reinforcement of why I love this Club so much.

It was great to come together at LoveCraft for our December luncheon so that we could kick off the holiday season together. Mary Harris gave us a great update on the impact our MVWC Service Project has on the local community, and reminded us of the importance of giving back. Then Vivian Strang led us on a joyful and highly informative sing along. I learned a lot of new things about some of my favorite holiday songs. We closed the luncheon with a favorite tradition, the poinsettia giveaway. Knowing that many stores are often sold out of the large poinsettia plants by the second week in December, Karen Zanzucchi worked hard to ensure that we secured the goods for this coveted door prize this year!

So far this year, our luncheons have averaged 70 attendees. That is unbelievable! It really shows what a great job our Programs & Events team is doing selecting venues and speakers, which is no small task when trying to accommodate such a large group every month. They've also done a fantastic job of helping us to support our neighbors by choosing family-owned restaurants close to Moon Valley.

As you can imagine, many of the Club's favorite luncheon venues of the past are simply not large enough for us any longer, or their prices are now out of reach. The team continues to work hard to find new venues that can accommodate our ever-growing group at the right price with the right menu so that we don't have to put an attendance cap on our events. For the rest of the year, you'll see a variety of offerings at a variety of price points, so there really is something for everyone.

On that note, I hope to see you at our January luncheon! There hasn't been a January luncheon for many years, and the Board agreed that our members would enjoy a casual lunch to kick off the year together. I'm really excited that we can support North Mountain Brewing Company, a locally-owned family business in Sunnyslope, and I hope you'll stop by the Sunnyslope Historical Society and Museum before the luncheon!

As always, my inbox is open for your ideas, comments, and suggestions: [moonvalleywomensclub@gmail.com](mailto:moonvalleywomensclub@gmail.com).

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  
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](mailto: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**

**Deadline for Newsletter  
Submission is the 6th of each  
month.**

Send submissions to:

Kathy Scott

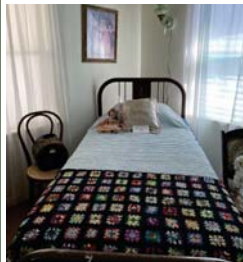
[kaffscott59@gmail.com](mailto:kaffscott59@gmail.com)

## January's Guest Speaker

We are so excited have **Julia Taggart** from **Sunnyslope Historical Society & Museum** as our guest speaker at our January Luncheon. She plans to discuss the history and current status of Sunnyslope.

The Sunnyslope Historical Society has a **free museum** at **737 E. Hatcher Road**. It was suggested that our members may want to stop by and check out the '40's house **on your way to the luncheon**. **They will open it for us from 10:00–11:30 on January 11th!**

<https://sunnyslopehistoricalsociety.org/>



**Save the Date for our  
February luncheon**

**February 8th**

**Look for details in the next  
Echo!**

## January Luncheon– Jan. 11th

**North Mountain Brewing Company**  
522 E. Dunlap Ave.

**RSVP by Jan. 4th with \$25.00 payment  
via Zelle or check.**  
(See below for help)



**Lunch Buffet includes 3 kinds of  
pizzas, house and Caesar salads and  
brownies for dessert.**  
Iced tea or soda included.

(Gluten-free options are available, please  
indicate special dietary needs with your RSVP.)

**\*Seating is Limited and Carpooling is en-  
couraged!**

**Social time starts 11:30, lunch at 12,  
speaker at 12:30**

**Guest Speaker:  
Julia Taggart from the Sunnyslope  
Historical Society.**



**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

# 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](mailto:moonvalleywomensclub@gmail.com)

or to make donations to the MVWC Service Project:

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



**Welcome**

**New Members:**

**Julie Boney**

(Sponsored by Rosemarie Horgeshimer)

**Michele Murphy**

**Marta Smith**

### Reminder regarding Luncheons

Luncheons are held the 2nd Thursday of the month. Your payment is your RSVP, and it is due by the 1st Thursday of the month (one week prior to the luncheon). Payments can be made via Zelle at [mvwcpayment@gmail.com](mailto:mvwcpayment@gmail.com) or via check to: MVWC, 13236 N. 7th St, Suite 4-307, Phoenix, AZ 85022.

**\*If mailing a check within a few days of the deadline, please let the treasurer Lorraine Strang-Grogan know that the check is in the mail!**

In the event of an attendance cap due to capacity issues at the venue, RSVPs are accepted in the order received by the Treasurer.

Need to cancel? Refunds are issued as long as you notify the Club Treasurer by the RSVP deadline at [mvwcpayment@gmail.com](mailto:mvwcpayment@gmail.com).

Anyone wishing to make an announcement at a luncheon must get prior approval from the Club President. Announcements are limited to Club-related business only.



## Remember “Anybody Wanna...?”

"Anybody Wanna...?"

What does that mean? This is a way for our members to set up impromptu or planned get togethers via our private Facebook group. Any member can make an announcement asking if anybody wants to do something.

For example, maybe you are free for an evening or afternoon and want to see if anybody would like to join you at a movie or a pottery painting class or dinner.

If you haven't already done so, join our MVWC Facebook group at <https://www.facebook.com/groups/2801364973516934>

## Recent Anybody Wanna...



Five members and 2 spouses recently joined up to take a class on making Wind chimes from recycled wine bottles.

The class was held at the Keep Phoenix Beautiful community garden in Sunnyslope's Mountain View Park.



## Service Project Update

Fourteen families from Moon Mountain Elementary School received turkey gift cards for Thanksgiving, and an additional gift card to buy other groceries, paper goods, and toiletries.



Twenty families each from Sunnyslope K-8 School and Moon Mountain Elementary were part of the Holiday Adoption Project. Each child receives an outfit, shoes, socks, and underwear and a gift or toy, and the family receives a household gift.

Each of the adopted Holiday families also received a WinCo grocery gift card in amounts from \$100 to \$200 depending on the number of children in the family from 1 child to 6 children.

Thank you to all who donated to this project!

## Opportunity for another Anybody Wanna...

Michael's is offering free Sunday Classes. If you see one you are interested in, see if anybody would like to join you!

<https://www.michaels.com/classes/calendar?type=>

## Activity Group Reports

### Gardening Group

Submitted by Jackie Gentner

The MVWC Garden Group visited the Desert Botanical Garden on October 10, specifically the Majestic Mariposas Butterfly Exhibit. The exhibit was held in a special rainforest habitat housing thousands of free-flying butterflies. It was wonderful seeing all the greenery inside the habitat and watching all the beautiful butterflies enjoying their environment. Afterwards we strolled through the many varieties and displays of beautiful plants and flowers and visited the gift shop.

Some in our group had lunch at Gertrude's and some went to the Phoenix City Grill. We all had a really good time.



### Museum and Special Events Group

Submitted by Jackie Gentner & Rosalie Welty

In November, the Museum and Special Events group enjoyed going to "Hidden in the Hills" art studios in Carefree/ Cave Creek.

Once again Marcia Balestrino set up breakfast, got maps and did a routing for us. After a delicious breakfast at the Heart & Soul Cafe, also arranged by Marcia, we toured 5 of the 40 studios available. We enjoyed viewing many forms of art and are grateful to Marcia for all her hard work. A good time was had by all. Thanks Marcia!

### Gals, Guys & Games Group!

Submitted by Debbie Kovesdy

It was another wild and wonderful good time at the Gill's home!! It was 5 times the fun centering around the game Name 5! There were 5 packs of drinks, a fifth of whiskey and several 5 layered foods. The most fun was playing our "modified version of Name 5"...*who knew there are so many bodies of water or bodies in ponds?!* Many were unable to make this one, but there was no shortage of many, many laughs! For December, Mexican Train Dominoes will be the featured game with a Holiday Fiesta Theme, Mexican food fare, Cereza, Fancy Tequila drinks and there's some talk of a Margarita Cake!



**YES!! You can join this group!** With or without a significant other! Each month a game is featured by the host and all the guests complete the themed fun! Crazy good times for all!

**If you are interested in joining, Text Debbie Kovesdy 602-571-1014**

## More Activity Group Reports

### Moderate Hiking Group

Submitted by Morgan Bartlett

The moderate hiking group enjoyed the weather today (Nov.28) on the Desert Tortoise Trail in the Phoenix Sonoran Preserve. It was a beautiful 3 mile hike followed by delicious food at Sunshine Breakfast Bar.

Thank you to our group participants for joining us!! 11 ladies + an honorary member, Indy the pretty doggy!



### Matinee Friends

Submitted by Carol Janoff

Things started to go wrong before the six Matinee Friends even got to the theater to see "The Play that Goes Wrong", at the Scottsdale Desert Stages Theatre, located inside Scottsdale Fashion Square, on Sunday afternoon, December 3. Parking was the first difficulty, as we encountered masses of people engaged in holiday shopping (I, the planner, completely forgot to plan for this December challenge). Once parked, the next obstacle was actually locating the theater inside the mall. One carload got in their steps for the day as they walked from one end of the mall to the other and back again. The theater held the show 5 minutes for us, and we thankfully dropped into our seats just in time for the beginning of two hours of merriment as we watched the Cornley University Drama Society's newest production, The Murder at Haversham Manor, where things are quickly going from bad to utterly disastrous. This 1920s whodunit had everything you never wanted in a show: an unconscious leading lady, a corpse that can't play dead, actors who trip over everything (including their lines), and a set that continues to fall apart. As we left, I decided we should all be very healthy this week because we had enough laughter to fill the recommendation for at least seven days.





## Activity Group Reports Continued Still

### Noble Grapes

Submitted by Pam Gill

G'day, Mates! The Noble Grapes gathered Down Under at the home of Vicky and Bill Babb to enjoy some wonderful wines from Australia and New Zealand!

The Australian wine industry is one of the world's largest exporters of wine, coming from more than 60 regions. The most widely cultivated grape variety in Australia is Shiraz. The Marlborough region at the top of New Zealand's South Island is synonymous with one grape variety, Sauvignon Blanc. These are typically light to medium in body, tending toward a grassy character and grapefruit taste.



### Easy Hiking Group

Submitted by Barb Nicholls

The "Easy" Hiking Group may be renamed after taking a wrong turn that ended up into a seven mile hike. Pictured are the Wednesday Warriors before the hike.

Thankfully, it was a nice day with a breeze and the terrain was fairly level.



### Monday Morning Walkers

Submitted by Morgan Bartlett

13!!!! This morning we had 13 walkers in our walking group.

It was a pleasure meeting some newer members. It's a great way to start your week. Feel

free to join us, Monday mornings at 7:30 at Moon Valley Park.

## Another page of Activity Group Reports

### Museum & Special Events Group

Submitted by Rosalie Welty

The Museum & Special Events Group attended the Swedish Christmas Market in Scottsdale where we enjoyed browsing through all the charming Christmas figures, linens, and home-made Swedish food,

Lunch was at the Stone and Vine Restaurant, where we had delicious meals. It was a pleasant way to start off the Christmas Holidays.



### Bunco Bees

Submitted by Koni Gould



The Bunco Bees had a blast at their November meeting. Kate won the jackpot (a whopping \$33) for left, right, center! Thanks for a fun night!

### MVWC Garden Group

Submitted by Jackie Gentner

On November 4th, the MVWC Garden Group visited the Uptown Farmers



Market at 5757 N Central, Phoenix, AZ 85012. This Farmers Market is a food-based market and gathering place that is dedicated to Arizona local farmers that includes produce, foods, and handcrafted goods.

We all purchased some great produce, honey, spices, oils and other essential items.

After our visit to the Farmers Market we went to the Brunch Snob and had a scrumptious lunch. This restaurant was fabulous! We had a great day!





## End of Activity Group Reports

### MVWC Baking Group

Submitted by Morgan Bartlett

In **November**, the MVWC Baking Group was hosted by Pat Schlossberg. The seasonal desserts that were made were beyond incredible. There were many new members who have more than doubled the size of the baking group compared to last year.

The MVWC Baking Group was hosted on **December 5th** by Patricia King and the theme for the month was celebrating your heritage by making food from your region or culture. Once again, we had fantastic participation followed by absolutely delicious desserts. We even learned a lot from one of our newest members, Heather who is a professional baker! Next month, our secret ingredient will be baking with Yeast.



### MVWC Garden Group

Submitted by Jackie Gentner

The MVWC Garden Group visited the home of Tom and Barb Gatz on November 17, to tour their beautiful and amazing Secret Garden. Their home is located on a cul-de-sac lot, so they have a larger piece of property than most neighbors. The whole back and side yards are filled with beautiful plants of all varieties, along with decorative displays showcasing planters, pots, statues, vases, waterfalls, and garden beds. Wow! This was an amazing outing! Tom was very patient with our group and answered all our gardening questions. In addition to being a great host and extremely knowledgeable in all aspects of plant life, Tom conducted a presentation for us on caring for Bonsai Plants and Bonsai Tree Sculpting. Tom and Barb also provided us with snacks, lemonade and water. Jan Lippert also brought us a slew of scrumptious home-



made goodies. OH SO GOOD! Everyone who attended this outing commented on what a great experience this event was and that they were so glad that they had the opportunity to participate.



## Get to Know Your Club Secretary: Wendy Caporaso

Club Secretary Wendy Caporaso was born and raised in New Jersey. She spent her career specializing in process/procedure design and training and system implementations for order to cash functions. After 25 years working in the pharmaceutical industry and 10 years working for Mars Wrigley, Wendy retired. She spent the next three years volunteering at her church's Food Pantry which fed approximately 55 families per week. Then the pandemic hit, and Wendy found herself stuck in the house all alone for months. To stay busy, she began cleaning out closets, the attic, the basement and garage. Wendy's daughter Melissa Saenz had transferred to AZ for work, and was always asking her to move there as well. Up to this point, Wendy hadn't been ready to relocate. But after all of that cleaning and isolation, Wendy decided it was time to head West. In October of 2020, she arrived in Phoenix and stayed with Melissa until she found her own home in May of 2021. After settling in, she was ready to start new activities and make new friends.

Melissa saw a posting on Nextdoor advertising the MVWC, and suggested that Wendy check it out. Betsy Ingram invited her to lunch, and the rest is history. Wendy has now been a member for two and a half years, and Melissa is a member too! In addition to serving on the Board, Wendy is active in the Walking Group, Garden Club, American Mahjongg, Hong Kong Mahjongg, and Bunco. She is happy that she has made so many great friends in the Club. Wendy is an avid Arizona Diamondbacks fan, and had a great time following the team's journey to the World Series this year. She also enjoys traveling with Melissa and her husband, working in her garden, playing games and cooking. She hopes to eventually learn to play golf. In addition to her daughter Melissa, Wendy has one stepson, Donald, who lives in NJ.





### December Birthdays

Patti Chandler  
Claudia Clair  
Diana Fihn  
Patti Garrity  
Jackie Gentner  
Pam Gill  
Susan Hertel  
Betsy Ingram  
Mary Joy Kenderdine  
Patricia King  
Vicki Lamb  
Cheryl Lisker  
Santhe Louisiana  
Mary Lynott  
Ginger McDonnell  
Lilly Norman  
Jackie Norvell  
Anne-Marie Olson  
Moj Saberi  
Audrey Sangerman  
Sue Sherman  
Connie Vogt



**Lois Barker** is a fly-fisherwoman and likes to drive on the road less traveled.



**Beth Curlee** is an ex-librarian and has read any book that has librarian or library in the title.



**Betsy Ingram** does furniture refinishing, painting and upcycling.

We currently have 264 amazing members in our club!

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)



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](http://medicare.gov)

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)

President	Pam Gill
Vice President	Morgan Bartlett
Treasurer	Lorraine Strang-Grogan
Secretary	Wendy Caporaso
<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**

**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 **Get Well** card was sent to **Santhe Louisiana** after her hospitalization.

A **Get Well** card was also sent to **Sheila Mehlem** after she fractured her fibula.

**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