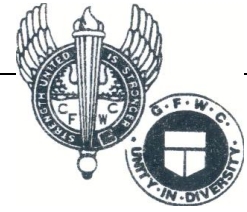


Ebell Echo

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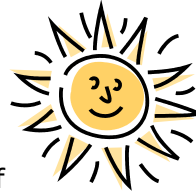
Mary Sprague
President

June 2010

Louise Moothart, Editor
Pat Bright, Publisher

PRESIDENT'S MESSAGE – Mary Sprague

Thank you to Michele Macnamara and Mary Vincello and their committee for a beautiful tea. The tea is special in that all of us have the opportunity to enjoy an afternoon of friends and family in the established way of an afternoon tea, a trip back to the past.



During the past month we have installed a new air conditioner over the foyer, repaired the air conditioner over the kitchen and had the new fire suppression system approved. While these have been an expense, they were things we could not avoid.

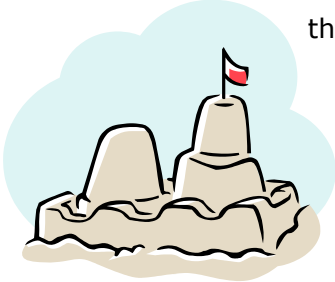
Congratulations to Shirl Slavens. Shirl won a first-place award at the state level, California Federation of Women's Clubs, for her chairmanship of Domestic Violence. While all of you are to be congratulated for your donations to this, Shirl does an excellent job of finding what is needed in our community and keeping the club involved.

At the June meeting we will be installing our new officers for the upcoming club year. Again congratulations to all of them and please give them your support and appreciation for volunteering their time and talents.

At this time I would like to thank all of you for allowing me to serve as your president for the last two years. It has been an honor to represent the Ebell Club of Fullerton and the members. All of you are very special to me and always remember if I can help you in any way, all you have to do is ask. Thanks.

Love, Mary

A reminder to all members. We now ask that **ALL** members call our Reservation Committee, Mary Savage and Joan Jones, and let them know **even if you are not going to make the meeting.** If you have a standing reservation you do not need to call but everyone else should notify the committee if they will be attending the meeting **OR NOT.** We want to stay in touch with all of our members.



GENERAL MEETING

11 AM, June 4

Social Hour: 10:15 a.m.

Greeter: Mary Vincello

Program:

Installation of the
2010-2011 Administration

General Chairman

Lynn Winkler

Decorations:

Barbara Willeford

Luncheon Committee

Fran Carey, Patti Oneal

Reservation Committee

Mary Savage 993-9234

Joan Jones 879-8528

If a member cannot work on her assigned day, she is obligated to get a substitute and notify the chairman.

Deadline for reservations or cancellations is 5 p.m.

Tuesday, June 1. All members with reservations who do not cancel by the above date will be charged for the lunch. The caterer charges the club for meals ordered and it is not fair for the club to pay the cost. Standing Rule #4 applies.



DEAN OF CHAIRMAN – Sharon Miller, 1st Vice President

Thank you to all the federation chairmen (program) who worked so hard this year to present us with opportunities to participate in their projects with our time and/or donations of one kind or another. Congratulations to those whose reports were chosen for awards.



Now is the time to sign up for next year and to come up with ideas which are different and contacts you may have with the City of Fullerton, the schools, library, hospital, the arts of Fullerton – any group which would like to do a joint project with the Ebell Club of Fullerton. **Marcia Willett is ready to sign you up for the 2010-2011 year! Give her a call and share your ideas with her.**

If you want to go to the national GFWC Convention June 12-15 it is being held at the Hilton Omaha, Omaha, Nebraska (you know the city that Cal State Fullerton's baseball team goes to play in the playoffs just about every year and many people from Fullerton go to support them). Call Mary Sprague for details if you want to go to convention.

MEMBERSHIP – Susan Hillman, 2nd Vice President

Patti Oneal and I met at Mountain View Park for Park Beautification. We picked up lots of cigarette butts and then enjoyed a glass of refreshment and watching the bunnies!! Sorry no one else could make it and next month I will be in Australia so if you go, you are on your own.

A special thank you for attending our May General Meeting goes to prospective members Sharon A. Miller and Janis Murray. Hope to see you at the June meeting.

It has been a fun year and I am sorry we have not grown more but I am sure Mary will make it happen in 2010-2011.



**Happy Musings
by Sally Huss**

Designate yourself
as a stress-free zone!

PROGRAM – Ruth Howard, 3rd Vice President

Installation of our 2010-2011 officers. Come to the meeting to congratulate and thank your new officers and enjoy a delightful lunch with your friends.

WAYS & MEANS – Mary Vincello, 4th Vice President

This is this chairman's last report for Ways & Means. Thank you to everyone for all of your support. This was a very rewarding chairmanship.

Warm regards, Mary

DOMESTIC VIOLENCE – Shirl Slavens, Chairman

As usual the project for Crittenton Home Services had great support from **you members!**

Our guest, Marilyn Salzman, from Crittenton Home Services said there is a real need for laundry detergent and hand soap as there are many children and teenagers living on the premises. You gave 165# of detergent, 60 bars of hand soap and three bottles of hand sanitizer.

Members who forgot their donations gave \$47 cash and the club gave \$100 that was primarily from the sale of calendars and opportunity drawings.



INSPIRATION – Sue Miller

The following was read at the May General Meeting and we feel it is worth repeating.

Tableau at Twilight**By Ogden Nash**

I sit in the dusk. I am all alone.
 Enter a child and an ice cream cone.
 A parent is easily beguiled
 By sight of the coniferous child.
 The friendly embers warmer gleam;
 The cone begins to drip ice cream.
 Cones are composed of many a vitamin.
 My lap is not the place to bitamin.
 Although my raiment is not chinchilla,
 I flinch to see it become vanilla.
 Coniferous child, when vanilla melts,
 I'd rather it melted somewhere else.
 Exit child with remains of cone.
 I sit in the dusk. I am all alone.
 Muttering spells like an angry Druid.
 Alone, in the dusk with the cleaning fluid.

**EDUCATION IN THE COMMUNITY – Barbara Willeford, Chairman**

You have been great with your **cooperation** for the library projects – your helping hands are necessary. One person alone can get things done but great satisfaction comes in knowing **as a club everyone made the effort to be part of helping.**

PLACEMAT PROJECT

Please save your used **greeting cards** all summer and bring them to the September meeting. All you need to bring is the front of the card. They will be used to make placemats for the Buena Park Day Care Center and the Terrace View Rehabilitation Center in Fullerton.

SECTIONS**Canasta – LaVerne Holmes**1st Wednesday - DARK**Bridge & Canasta – Ruth Howard**2nd Monday – DARK**Gourmet – Alma Hall Bean**2nd Tuesday – DARK**Crafts – Bev Nihei**

9:30 a.m. Clubhouse Apartment

June 9 (2nd Wednesday)June 23 (4th Wednesday)

We have a large number of quilts ready to tie - we welcome help! It really is fun – like the old-fashioned spelling bees. Come join us for a pleasant morning.

Bookworms – Sue Miller3rd Friday – DARK**JUNE CALENDAR**

- 4 General Meeting – Installation
- 9 Crafts
- 11-15 GFWC Convention, Nebraska
- 23 Crafts
- 23 Executive Board Meeting

From Your Editor

This is the last Echo for 2009-2010 club year. It has been a fun and productive year. Sharan and I enjoy producing the Echo. We will need Echo info by the first week in August for the September issue. Looking forward to receiving info from all the wonderful new officers and chairmen.

Louise Moothart
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www.ebellfullerton.com



WOMEN'S HEALTH: Restless Leg Syndrome – Joan North, Chairman

With Restless Leg Syndrome you develop an overwhelming urge to move your legs – to move your legs while you are sitting or lying down, typically in the evening. People describe the sensation as a deep-seated creeping, crawling, tingling, burning, aching feeling in the calves, thighs or feet. Severity of the symptoms can range from mildly bothersome to incapacitating.

Although an underlying condition isn't usually found, your doctor may test for an iron deficiency. If you have milder RLS symptoms which occur intermittently, you may be able to calm it by:

- Taking a warm bath, massaging your legs, stretching, walking or riding an exercise bicycle.
- Keeping your mind occupied with knitting, crossword puzzles or conversation while sitting or leading up to bedtime.
- Reducing or eliminating alcohol, tobacco and caffeine use.
- Finding ways to relax and reduce stress.

There are also drug options which you can discuss with your doctor.



BIRTHDAYS

JUNE

7 Terri Wolfe
9 Beverly Travers
10 Marcia Willett
14 Abbie Macy
19 June Paperman
29 Doris Wood

JULY

2 Sue Miller
2 Louise Moothart
20 Ruth Kohler
25 Kathleen Pritchard

AUGUST

3 Patti Oneal
15 Hazel Morgan
18 Pat Bright
21 Morene Crowther
26 Bettye Hodges





HAVE A WONDERFUL SUMMER!!

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**Together
we make
a difference.**

