



GFWC Contemporary Women of North County

Current 2023 Projects

Service Projects:

● **Military Projects:**

- **Adopt-a-Squadron** – We adopted a Marine squadron ([HMLA 369](#)) and their families at Camp Pendleton. We participate in numerous activities to support the single Marines and the married Marine families. Chair: [Jean S](#)
- **Fisher House** provides housing for military families while a loved one is in the hospital. Chair: [Jean S](#)
- **Operation Helo Babies** – We collect baby clothes & supplies and put together a 'Baby-Shower-In-a-Box' for the new mothers in our Adopted Squadron families. Chair: [Joy S](#) & [Barbara M](#)
- **Santa Fly-In** – We provide small gifts for the children and provide cookies and icing for the children to decorate (with members help) Chair: [Jean S](#)
- **Easter & Halloween Cookie Decorating** – We provide cookies and icing for the children to decorate (with members help) Chair: [Jean S](#)

- **Blankets for kids** – Members make 'No-Sew' fleece blankets in fun prints for Oceanside Police to give to foster children. Chair: [Debby W](#)

- **Canine Companions** trains dogs to give independence to disabled individuals. We bake & serve cookies at the graduation ceremony, and make a cash donation. Chair: [Kathleen K](#)

- **Foundation for Women Warriors** is dedicated to honoring and empowering women veterans. We volunteer our time to help in their warehouse. Chair: [Debby W](#)

- **Interfaith Community Services** is a facility offering a variety of services for the unhoused in North County San Diego. We have several volunteer projects:

- Members collect small hotel-size toiletries, and during a pre meeting activity, we bag toiletries which are provided to Interfaith (*Save all your hotel toiletries for Gina!*) Chair: [Gina E](#)

- Again, as a pre meeting activity, members prepare sack lunches which are delivered to Interfaith for the homeless. Chair: [Gina E](#)

- **Lasagna Love** – Members get together monthly to make lasagna dinners for families in need and for the homeless shelter at [Interfaith](#) (Haven House).

Co-chairs: [Gina E](#) and [Jackie M](#)

- **Jared Box Project** - Members donate toys, games, and coloring books to go into small plastic boxes that are given to hospitalized children. Chair: [Debby W](#)
- **Letter writing** - Members write cheery notes and letters for [Meals-on-Wheels](#) recipients. Chair: [Debby W](#)
- **Operation Smile** – Each year CWONC makes a donation to pay for cleft surgery to transform the life of a child with a birth defect. Chair: [Marianne F](#)

- **Relay for Life** – CWONC has a team each year at the relay to help raise funds for the [American Cancer Society](#). Chair: [Marianne F](#)
- **Scholarships** – CWONC helps deserving young women pay for their college education and career training. Chair: [Ann L](#)
- **Sew-In** – Members get together to make a variety of sewn items for different charities. Sewing skills are not required! Chair: [Kathy M](#) & [Marianne V](#)
- **Twisted Stitchers** – Members crochet, knit caps, scarves and blankets, and sew quilt lap blankets to donate to various charities. Chair: [Kathy M](#) & [Marianne V](#)
- **Vista Community Clinic** – CWONC members make tooth fairy pillows and small bears for the children receiving dental or medical treatment at the clinic. Chair: [Kathy M](#)
- **Vista Lions Club** collects used eyeglasses for recycling and distribution locally. Our members work with volunteer doctors and Lions Club members for the eye exams and distribution of the used eyeglasses. Chair: [Anita H](#)

Fundraising:

- **San Diego County Fair** – Our biggest fund-raiser! Members volunteer their time at various events and the Fair pays CWONC directly. Co-chairs: [Ann L](#) and [Marianne F](#).
- **See's Candy Sales** – CWONC receives a percentage when members make a purchase during the Easter & Christmas holiday seasons. Chair: [Anita H](#)
- **Recycling** – Bring your aluminum & plastic water & soda bottles(with CRV) to each meeting to give to [Kathy M](#)
- **Major Market**- Save your receipts from arguably the best grocery store in Escondido! Turn in your receipts to [Pam I](#), and CWONC receives 1% of total purchases.

Fun stuff:

- **Book Club** – The group selects a new book each month and meets on the 1st Monday of the month. Contact [Gina E](#).
- **Game/Bunco Group** – Meets monthly for fun & games! Contact [Pam I](#).
- **Creative Group** –We select a theme every month for each participant to create a work of art in her choice of medium. We are currently meeting on Zoom. Contact [Marianne F](#)
- **Movie Group** – Meets the last Tuesday of the month. Contact [Cheryl M](#)

Miscellaneous:

- **Membership** – We're always looking for new members! Bring a friend to our meeting. Co-chair: [Joy S](#) and [Kathy M](#)
- **Publicity** – Keep CWONC in the news! Send your project summaries and photos to [Jeanne H](#) and [Kathleen K](#).
- **Website/Facebook** - To add information or photos to our website or Facebook page, contact [Kathy M](#). We have two different **Facebook** accounts: This is our [public account](#) for all to see. We also have a [private account](#) for member access only.

- **Guest Speakers** – If you have suggestions for a guest speaker for one of our meetings, please contact [Marianne F](#)
- **Door Prizes** – If you have an item you'd like to donate for the door prize drawing at our monthly meeting, please contact [Marianne F](#) (handmade items, re-gifted or new items)
- If you know of a member who is ill or going through a difficult time, please notify [Barbara D](#). Barbara sends greeting cards and well wishes on behalf of CWONC.

Current CWONC Executive Board:

- o President: [Marianne F](#)
- o 1st Vice President/Dean: [Anita H](#)
- o 2nd Vice President/District Liaison: [Bonnie W](#)
- o 3rd Vice President/Ways & Means: [Jean S](#)
- o Co-secretaries: [Kathleen K](#) and [Barbara M](#)
- o Treasurer: [Jeanne H](#)
- o Past President: [Debby W](#)