

A monthly newsletter of The Aronos Research Club, Inc.
Proud members of GFWC & CFWC



Aronos Research Club, Founded 1915
37 Elkin St., Sonora CA 95370
Phone: (209) 770-1144

Our Aronos Gold Newsletter Won!

Our Newsletter won first place award at the State California Federation of Women's Clubs Conference!

Thanks to our Editor, Pam Overholtzer, for spiffing our newsletter up enough to win this honor ... Best Newsletter in the State in the small club division! Go Aronos and Go Sonora!

Contra Dances - Every 3rd Saturday of the Month
Next dance is September 19th - 7 pm!

You can now use our Zeffy portal to donate to the Contra Dances. This QR code is also available at the door for donations. You can go to the website and link via QR to Zeffy to make any donations to Contra or to our Scholarship Fund. Dances are growing in size with the Contra Band and Caller Nick. A special thank you to Rachel Phillips from Hughson who substituted for Nick at our August 15th dance!



Talk With a Doc at the Aronos Club
Food As Medicine!

Dr. Pericles Loannides, local oncologist and nutrition expert, is offering a special presentation on Saturday, October 17th from 9 to 10:30 am. at the Aronos. His presentation includes how to eat yourself to better health and what to eat to recover from illness. This is a casual and informative event and questions will be taken at the end. It is FREE but seating is limited and Registration required. Email: chrismontesano@gmail.com

Upcoming Events

September 4th - 10 am - History Mystery Walks begin in Columbia
September 8th Week - Installation of New HVAC System
September 14th - 10:30 am - House Committee
September 15th - 11 am - Welcome Back Potluck & General Meeting
September 19th - 7 pm - Contra/Barn Dance
September 21st - 10:30 am - Health & Wellness Committee
October 6th - 10 am - Board Meeting
October 7th - 10am to 12 pm - Coffee with a Cop
October 10th - 10 am - CFWC Area B Meeting Diamond Bar
October 17th - 9 am - A Talk with a Doc
October 17th - 7 pm - Contra/Barn Dance
November 7th - 2 pm - ACTS Fundraiser BINGO
November 12th - San Joaquin Valley District Meeting
October 20th - 10 am - General Meeting - First Presentation on Curacao

HVAC

We got the HVAC GRANT!

Aronos Research Clubhouse will be getting a NEW Heating and Air Conditioning System (HVAC)!

We received a \$15,000 Grant funded by the Sonora Area Foundation through its supporting organization, The Irving J. Symons Foundation for Tuolumne County. Through other fundraising activities, we have raised an additional \$10,000 to help fund this project. A special thank you to all of you who gave so generously to make this happen! The new unit to be installed week of September 8th with insulation to follow!

Save the Date!!!

FALL FUNDRAISER IS BINGO!

Saturday, November 7th — 2 to 4 pm

*"Let's Give Teachers **More** Than Just Another Apple!"*



This is our annual ACTS fundraiser for the Aronos Club Teacher Support mini-grants to local elementary teachers.

Tickets will be \$25/each and available soon. Last year we played Bunco and everyone enjoyed it, so we thought we would try BINGO this year, which we haven't done in many years!

Come support our local teachers!

Gentle Movement, Balance, Relaxation, Connection
Monday, Wednesday and Fridays - 9 am

Free classes sponsored by Aronos Health & Wellness Committee

The Aronos Research Club, Inc., is a proud member of the General Federation of Women's Clubs (GFWC) and the California Federation of Women's Clubs (CFWC). We are in Area "B" in the San Joaquin Valley District. Meetings are held the 1st and 3rd Tuesdays of the month September through May at 10:00 A.M.

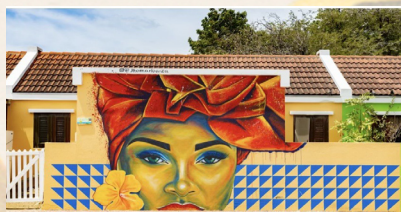


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Recording Secretary • Dennis Wiebe
Treasurer • Shelly Stewart
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Civic Engagement & Outreach Chair • Dennis Wiebe
Domestic & Sexual Violence & Awareness • Cathie Petithomme
Curacao Study Chair • Elena Linehan
Contra Barn Dance Chairs • Sue Endter & Wayne Mullen

Curacao

Be sure to mark the third Tuesdays on your calendar to attend the General Meeting where we will be presenting some fascinating information on the Caribbean island nation of Curacao. It is a spunky little country with a colorful past and colorful present. You'll hear about its history, its existence as a territory of the Netherlands, their environmental challenges, the way their children learn five languages before adulthood -- plus you'll learn about Blue Curacao liqueur, their vibrant art scene and their affiliation with the General Federation of Women's Club. We promise to keep it fun and lively. Looking forward to seeing you there. Call Elena Linehan 209-532-7241 to secure your spot on the calendar!



Aronos Yard Sale News

With your help we raised over \$1600 to help maintain and sustain our Clubhouse!

Dear House Committee Members and Volunteers from this Yard Sale: This Fundraiser was specifically planned to help with the maintenance and expenses of this building. Combined with what we may get from rentals and our HVAC Grant, WE DID IT!

MANY special thank-yous to Karen, Chris, Elaine, Joyce, Dennis, Pauline, Sandra, Cathie, Sue, Donna, Tommy, Trish Adams, Stephanie Bushnell, and Roy who helped clean the yard, driveway and sidewalks.

To all of you who donated your beautiful items and then stopped by during the sale to offer your help and ... to buy even more! This Event took a great team to make happen, so a BIG HOORAY goes out to all of you!



Aronos Research Club
Scan the QR Code to make a donation



Meadow View Wildflowers

are going strong with multiple activities every week on Tuesday and Thursday afternoons. We are **currently looking for more volunteers** as we need to develop a regular schedule of volunteers. Last week we had the "Therapy Dogs" visit! So much FUN ... and rewarding!



Crafts on Wheels Continues

With the hard work of *Chis Halley and her team* we have distributed **over 400 art projects to home-bound seniors** over the last year! This project was funded by Chicken Rancheria and Adventist Health. We will be meeting soon to evaluate this project and make plans for next year.

Coffee with a Cop Coming UP!

Wednesday, October 7th -10 to 12 pm, Noon
Come meet our Sonora Police Department and Tuolumne County Sheriff. Join your neighbors and local law enforcement for coffee, conversation and community. Enjoy coffee and pastries!

History Mystery Walks Resume for the Autumn!

Created by the Aronos Research Club with help from Blue Zones Project, we have begun our 4th series of 10 walks each - this fall we are in Columbia. Our goal is simple: learn a little local history, enjoy some exercise and meet new people. Walks are Fridays at 10 am, Sept. 4 thru Nov. 6 - meet by main parking lot. Our first speaker, Robbie Bergstrom, Columbia State Park Gen. Mgr., told us about the Wilson McConnell House, formation of the State Park and the groups who support our Columbia State Park. **FREE & all are welcome!**



A few more thanks are due to Stephanie who made the new tiebacks for our curtains -- they look wonderful and we sold those old green bows. Thanks, Stephanie!

Be sure to follow us on facebook and our website for more happenings!...



We accept tax deductible donations which help fund building projects, scholarships and our Aronos Club Teacher Support Program.

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