

Nov 2020

MOSAIC

RWC Newsletter

Presidents' Message

Dear RWC members:

Thanksgiving is the time that we are reminded of our many blessings. This year has been difficult with the COVID19 pandemic. However, the Riverside Woman's Club is still active and helping each other and the community. We are thankful for our RWC members who are friends and like a family. Be Well, Stay Safe, enjoy the coming Holidays.

Marti and Erin

Your Presidents,
Marti and Erin



Hive Activity

Hives 03 met for lunch in Katherine W.'s backyard. They ate together and made tray treats for the residents of Valencia Gardens.

Hive 07 met for lunch at Andulka Park.

Hive activity will now be under the direction of Georgia A. She and the hive leaders are formulating plans to get the hives "buzzing" for the holidays. If you have a fun idea, share it with your hive leader!

Edited by Judith G. and Stephanie P.

The Latest Buzz!

Katherine W. shared some great ideas for connecting with your hive. Let us know if you plan something fun...6 ft. apart. of course!

1. Arrange a socially distanced picnic on one of the hive sister's lawns or a local park.
2. Bring one of your sisters her favorite treat. Buy for yourself, too, and have your snack together.
3. Go on a hike or neighborhood walk. Space yourselves out and enjoy the outside!
4. Do you know everyone in your hive? Reach out to get to know each other by making a phone call or sending a note.
5. Make a special dessert and deliver it to one or more of your hive sisters.

CONTACT US

www.RiversideWomansClub.com

www.facebook.com/RiversideWomansClub

Book and Puzzle Exchange By Georgia A.

Many of us are turning to reading actual books than ever before. We are running out of books and the libraries are closed. What to do? Continue to order books online?

The Riverside Woman's Club has a solution to the expense – A book and puzzle exchange for adults and children to be held monthly at the Clubhouse.

We have scheduled our first exchange on November 17, 2020, from 4:00-6:00 PM in the parlor.

Members can bring their books and puzzles to exchange with other members or exchange with the books RWC has collected.

Tables will be set up for fiction, non-fiction, adult, children, and jigsaw puzzles.

Please come by the Clubhouse on Nov. 17th and take a look at the book and puzzle offerings from fellow members.

Penny Pines

Darleen D. has encouraged us all to make our own Penny Pines containers to collect donations for the San Bernardino National Forest. We will be arranging for Hive collections periodically. Find an empty container and decorate it.

Take pictures of your Penny Pines jars and send them to Judith or Stephanie for the newsletter.

THINK By Terri L.

We are in some Challenging and Choppy Waters. This is the time to reflect are some common principles that all of us know, but oftentimes we need to be reminded. In this article, I will be using the initials of the word THINK.

T – Is it True? Whatever I am speaking is it true? I rely on my own Truth, no one else.

H – Is it Helpful? It is not helpful to gang up on people. It is not my area to vent to people. If we cannot have an adult conversation or we cannot help someone, we should not engage.

I – is it Inspiring? Am I inspiring someone or scaring someone? If we move through fear, we are manifesting fear.

N – Is it Necessary? Everything you say might not be necessary.

K – Is it Kind? Is it attacking, fear-driven, angry? What I am about to say, is it Kind? When I say things in a direct way, maybe analyze it before saying it. Are my words harmful?

In the next coming weeks let us reflect on these principles and how it impacts our lives.



UCR Medical School By Tinka F.

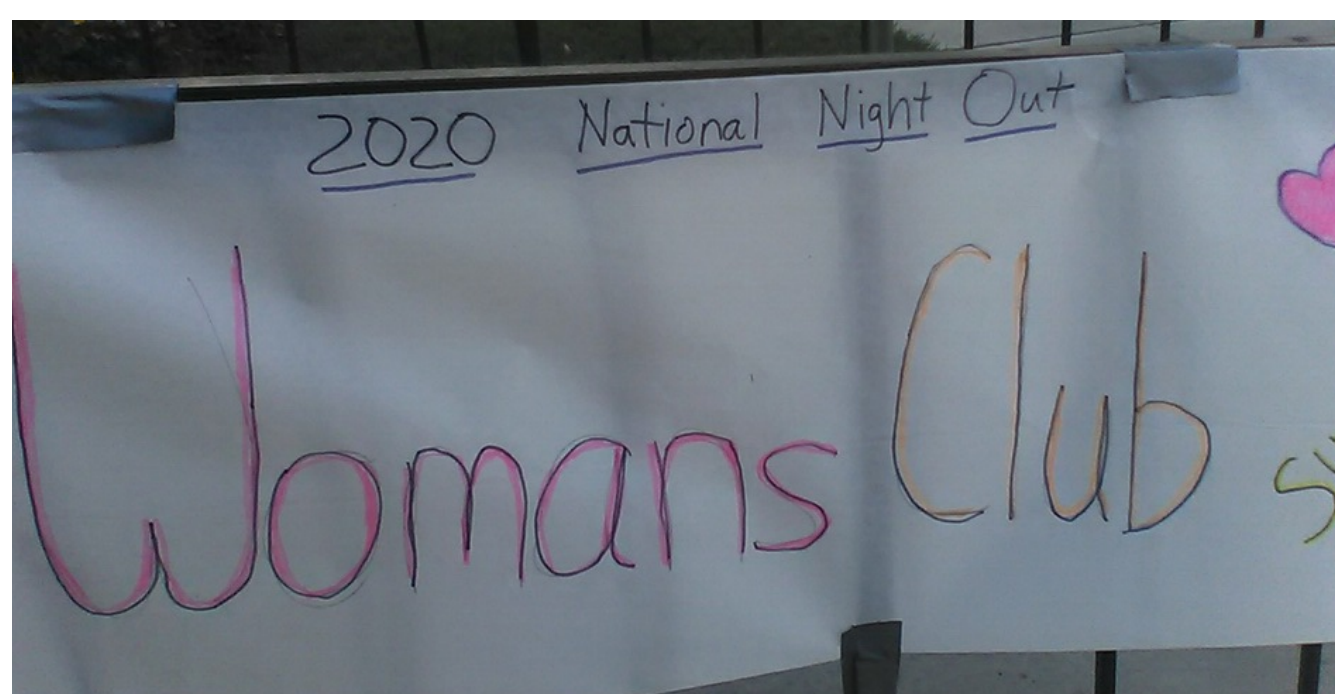
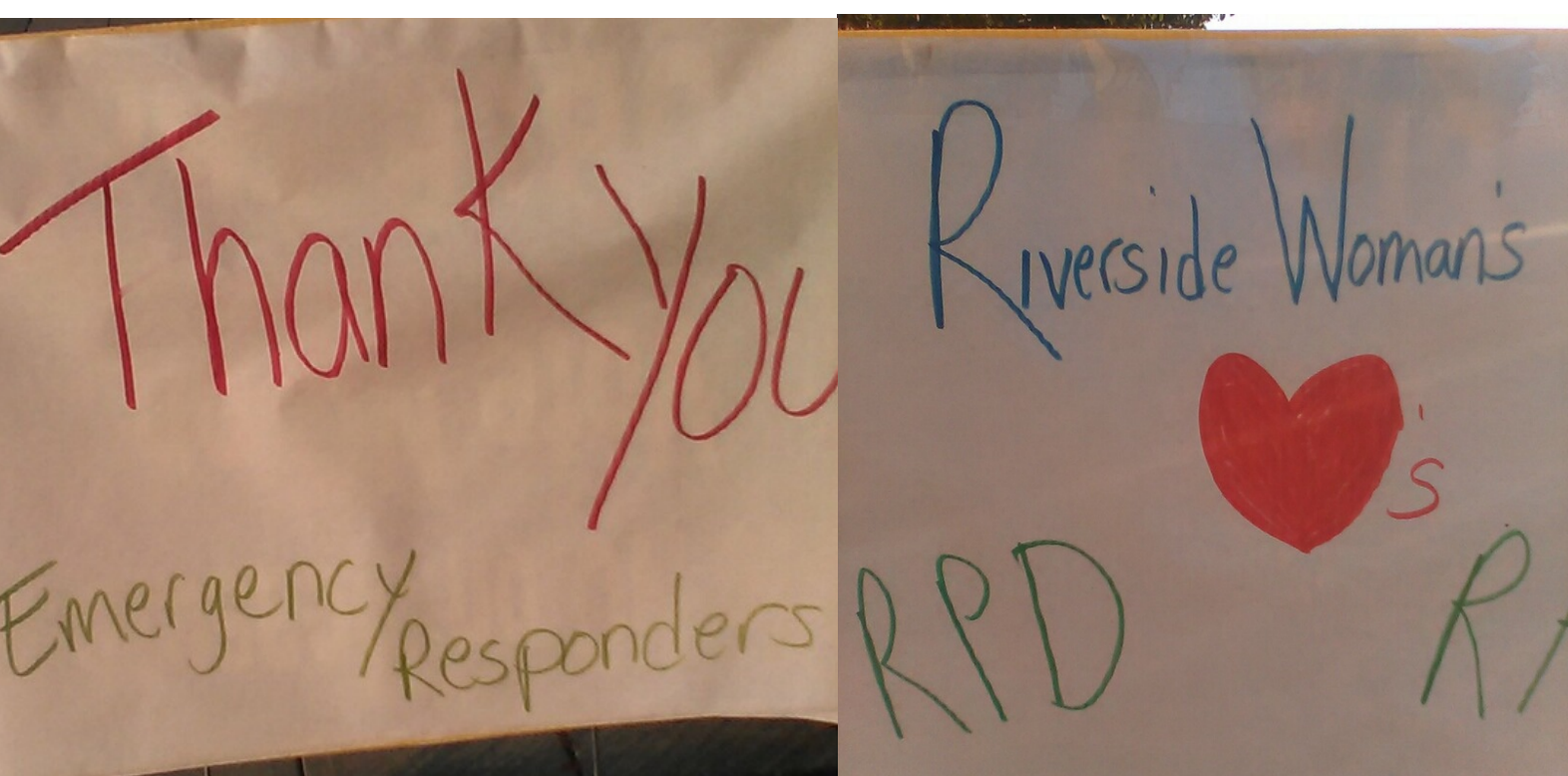
UC RIVERSIDE SCHOOL OF MEDICINE:

"During a time of cuts, we secured the final piece of funding to expand the UC Riverside School of Medicine. This \$25 million in ongoing operational funding, coupled with the \$93.6 million in funding for a new facility authorized in last year's budget, is the final step to double enrollment from 250 to 500 medical students, thus establishing a fully realized medical school in our region. This is a victory for our community, which faces a dire shortage of primary care physicians at a time when they are needed most."

Looks like they will be able to double their enrollment, and we may have more young women participate in our Doctor's Corner.

National Night Out

Members of our women's club shared the evening with other riverside celebrants to recognize our first responders on National Night Out. The event was successful as Riverside residents paid homage to the RPD and RFD as they did a drive-by.



Business Meeting Attendance By Georgia A.

The Membership Committee has planned a ZOOM Award to members for perfect attendance at three consecutive ZOOM Business Meetings.

After the meetings, those of you attending three consecutive meetings will go into a drawing for an award!

We are awarding the winner a Small Box of See's Candy and a Small Bottle of Champagne!! (If the winner prefers sugar and alcohol-free, that will be available.)

We hope that you will be excited to be part of the ZOOM Meetings and earn a chance to win a prize!

Leadership Changes

Hi ladies. Well in spite of all the bad news we are hearing and reading about, I have good news. Darlene D. has agreed to be our Environment Program Leader! Darlene, Peggy, Tinka, and a few others are the Garden Club members. Yayyy to all of them. Secondly, Kelli J. has agreed to be the Domestic Violence Program Leader. She will be coordinating the Christmas Adopt a Families once approved by the membership. She comes with much experience in the realm of domestic violence and to my great benefit, massive computer skills! I am so thrilled about getting more of us involved. Once again we are "growing better together".

Member Photos

Nancy M., winner of the October raffle prize!



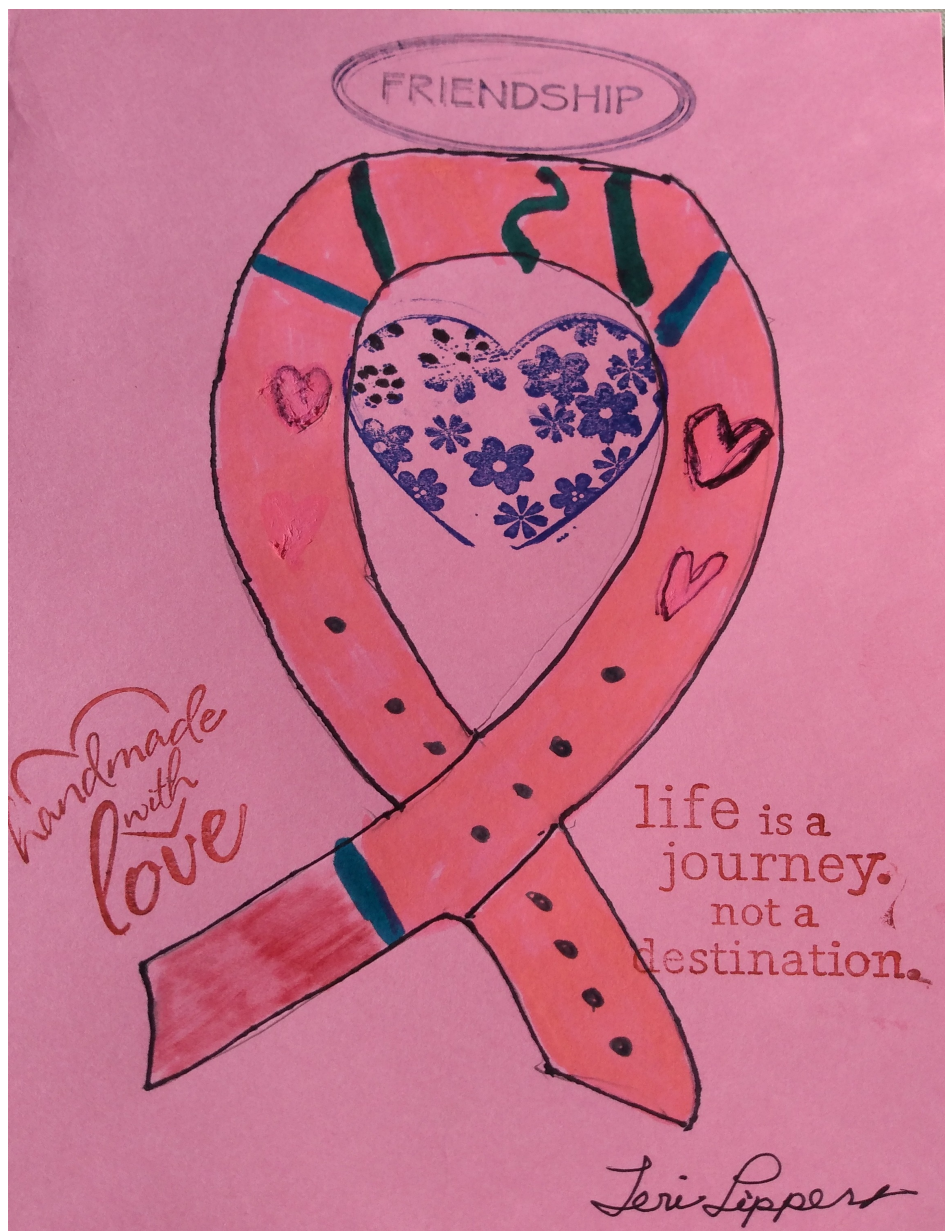
Georgia A., winner of the October raffle prize!



Christine B.'s beautifully painted pumpkin.

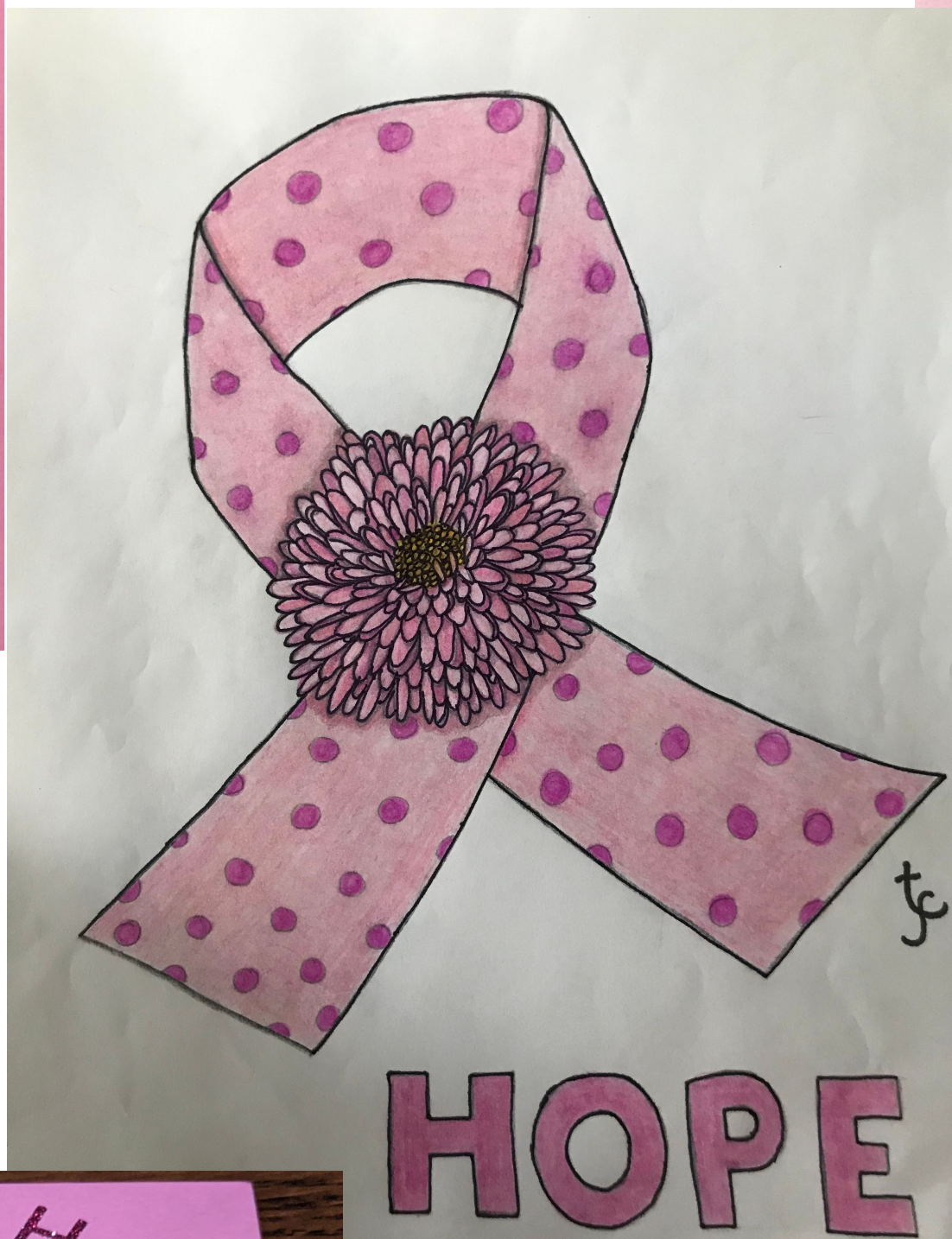
Pink on Parade Entries

Look at these gorgeous entries to the Pink on Parade design contest! Congratulations to these ladies who spent their time, talent, and energy to bring breast cancer awareness to the forefront.

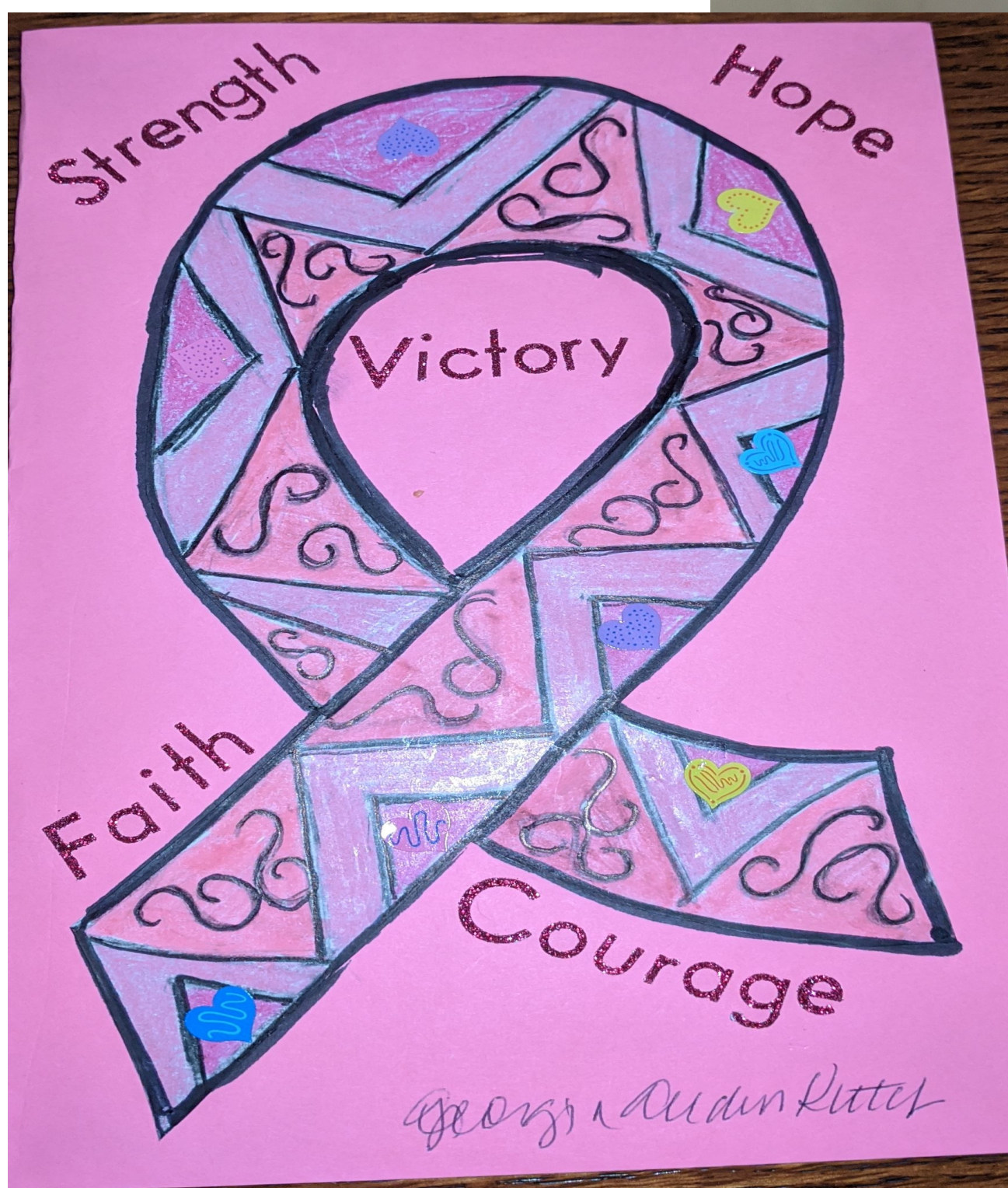


Terri L.

Tinka F.



Jo T.



Georgia A.



Lois B.

Volunteers in Action

Four members of the Riverside Woman's Club met at one of their homes and enjoyed the socialization and outdoors. They made and assembled tray treats for 60 patients at Valencia Gardens. In addition, they addressed birthday cards for those patients having an October birthday. They plan to repeat their work for each holiday to brighten the patients' spirits.



Leadership Lounge

by Terri L., Club Trainer and Leadership Program Lead

Every month, there will be a Leadership column in the newsletter. Unlock your personal potential and leadership abilities by being proactive about your personal wellness. Think about the areas of your life that you need to focus on to make yourself healthy, resilient, and happy. For the next few months, I will present four key principles for improving our personal well-being. Try a 21-day challenge!

Move and Feed Your Body

1. Neuroplasticity of the brain through exercise

2. Water, Healthy Food, Nutrients

□

3. Make and keep doctor's appointments

4. Physical goals – realistic, fun, activities

Let us see how many of these elements we can achieve within the next 21 days. Next month we will have our last category, "Be Your Own Champion."

The True Way to Life is to enjoy every moment as it passes and surely it is in the everyday things around us that the beauty of life lies

Laura Ingalls Wilder, writer

Email Etiquette

1. Use the Subject Field to enter a clear, concise indication of the email topic.

□2. To avoid confusion or misunderstandings of email communications, clearly explain the nature of your email. The Who, What, Where, When, and Why template for Press Releases works just as well for email communications. Oftentimes, the writer tends to be brief in an email communication omitting critical information. If one of the writer's goals is to encourage the reader to attend a meeting or an event, make sure to motivate the reader by including information that will stimulate interest. Also, it would not hurt to send a follow-up reminder email one week prior to the meeting and/or event.

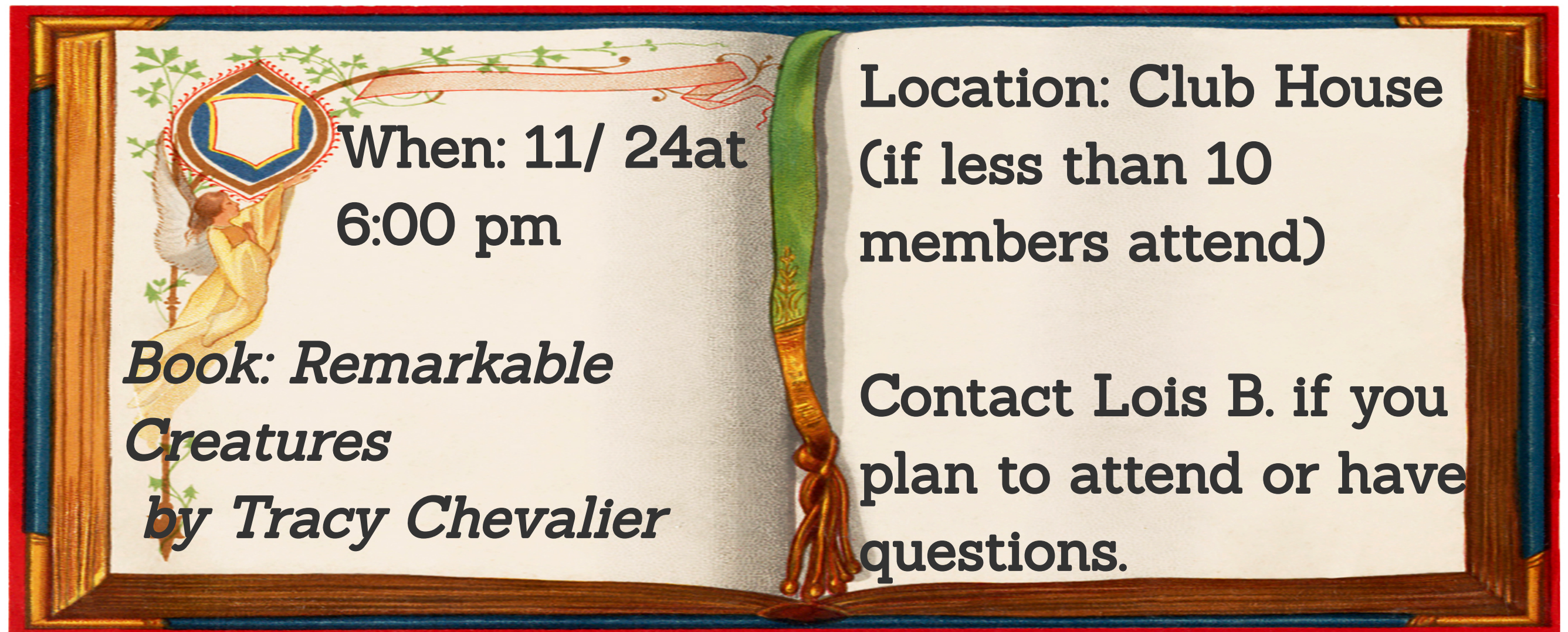
□3. Keep attachments to less than 1 MB (if possible). It will transmit faster and avoid "time-outs."

□4. Forward a message only if you think it is useful.

□5. It's courteous to write a personal comment at the top of your forwarded email to the recipient.

□6. Always respond to emails promptly, even if it is to say "I don't know, but I will find out". Follow through.

Book Club Corner

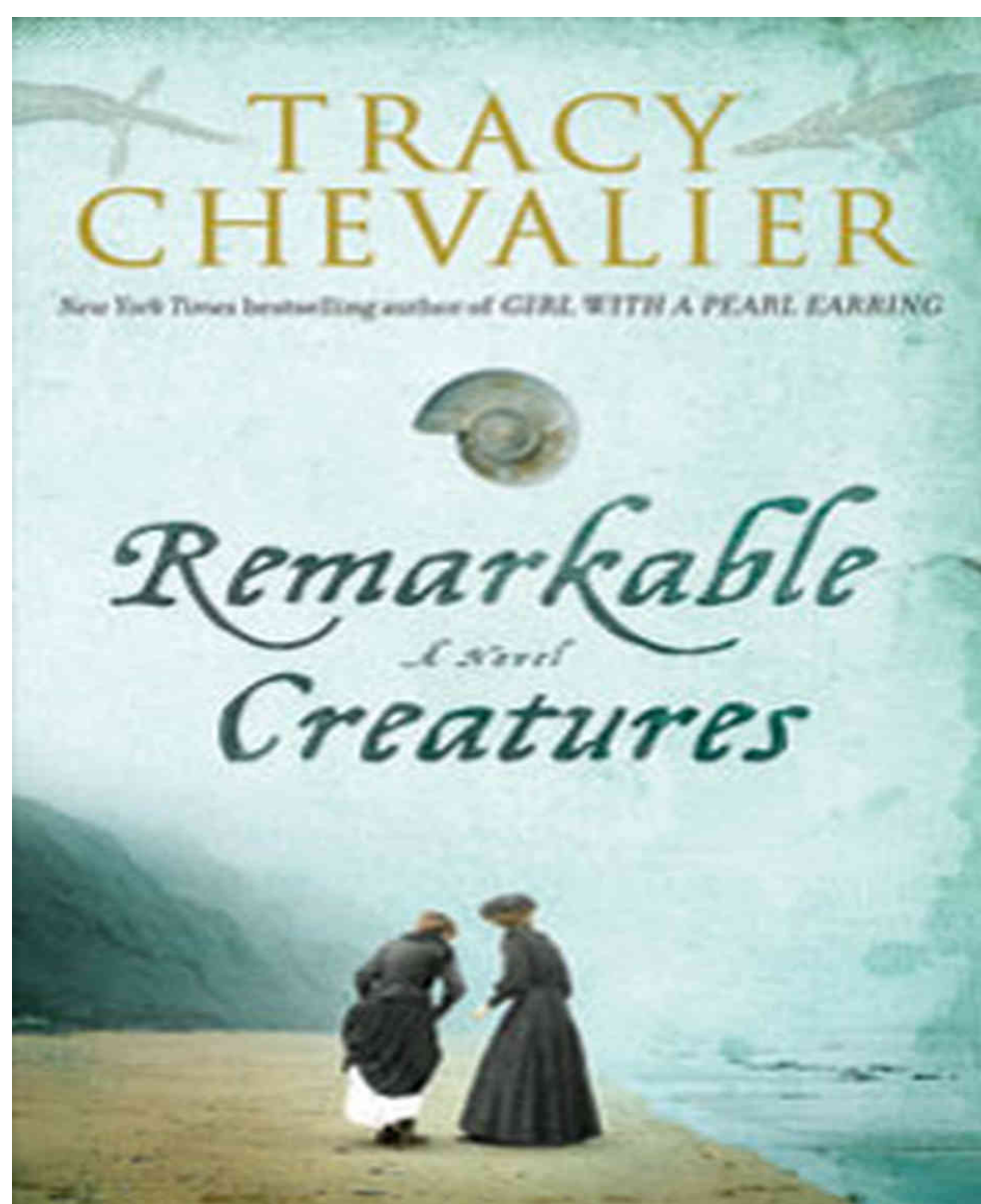


Remarkable Creatures Summary

Remarkable Creatures is a historical novel about Mary Anning, who has a talent for finding fossils, and whose discovery of ancient marine reptiles (such as ichthyosaur) shakes the scientific community and leads to new ways of thinking about the creation of the world.

Working in an arena dominated by middle-class men, however, Mary finds herself out of step with her working-class background. In danger of being an outcast in her community, she takes solace in an unlikely friendship with Elizabeth Philpot, a prickly London spinster with her own passion for fossils.

The strong bond between Mary and Elizabeth sees them through struggles with poverty, rivalry, and ostracism, as well as the physical dangers of their chosen obsession. It reminds us that friendship can outlast storms and landslides, anger, and jealousy.



If you are practicing the 21-day Challenges Terri has been presenting, you can use this worksheet to track your new habits.

SublimeReflection.com

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November Coloring Page

