

HAPPY NEW YEAR

GFWC Menifee/Sun City January Newsletter 2020

GFWC – January Message from the President

I would like to thank you all for your support in 2019 and look forward to serving you in 2020!

It is a time for new beginnings! It is the time to learn from our mistakes, yes they are lessons! It is the time to reflect and expect different results by changing some of what we have been accustomed to in order to improve performance and obtain expected results! It is the time of year when people make resolutions, set different goals, do vision boards and set out with renewed vigor to accomplish their dreams. In order for dreams to become reality though, one thing has to definitely happen. Action! I encourage you to Dream, don't just settle for small stuff..Dream big, and expect your Dream to come through! This year, I would like to focus on the word Commitment. First I am committed to the Almighty, my family and community! We all have to prioritize where we spend our time. 2019 was a rough year for many of our members. If you would like to offer some more time apart from showing up at the monthly meetings I would be happy to hear from you! We will continue to meet at the Webb Hall on the second Monday of the Month. Registration starts at 10:30 am and the meeting starts at 11:00am. Board meetings are on the fourth Monday at 10 am in the East Room. Please mark your calendar! We need a minimum of 25 to plan a catered meal. The caterer and speaker desire a headcount 2 weeks before the meeting in order to have a meeting without hiccups! Next meeting will be on January 13, 2020. Next Board Meeting will be on January 27, 2020. I am asking each member to introduce at least one person to the Club. This year let us also plan to visit other clubs and attend district meetings. We can learn from them and also build more friendships. We can volunteer and have fun doing so! Looking forward to a productive and rewarding year! Together we can achieve more!



Sally Renouf-1/2
Lynne Hartung- 1/12
Sonya Matthies-1/21
Sheila Neal-1/21
Elin Saldana-1/25

Join us for our first members meeting of 2020 at Webb Hall, January 13, 2020
RSVP-Lunch is \$12 and needs to be paid in advance

Winter Wonderland BRUNCH

Date: January 13th, 2020

Time: 11:00 AM - 1:30 PM

Location: Webb Hall, 26850 Sun City Blvd., Menifee, CA 92586

Cost: \$12.00

Prepaid Admission only

Payment will not be accepted at the door

You can pay through our website at:

www.gfwcmenifeesuncity.com

OR Send the check payable to:

GFWC Menifee/Sun City Woman's Club

The mailing address is:

GFWC Menifee/Sun City Woman's Club

P.O. Box 846, Sun City, CA 92586

Please do not mail cash.

Luncheon Hosted by:

Deborah Irish

Guest Speaker:

Samantha Rodriguez
with the city of Menifee

Menu:

Strada, Fruit kabob's,
Croissants, Danish, Pasta
Salad, Cupcakes

Topic: Emergency Preparedness

RSVP:

Deborah Irish by Monday, by December 2nd

Email: Deborahs.art.uncorked@gmail.com

Call/Text: 951-536-3580



SUE TALK WITH ROBBIE MOTTER

Have you ever done something that was totally out of your comfort zone and when you achieved it you felt relieved and wondered why you even stressed about it and did not do it sooner?

It is an accomplishment to do Sue Talk as you have to be invited and try out, Sue stands for Successful, Unstoppable, Empowering .12 minutes, no notes, no props and in sequence as you write the script based on the topic they have for each event and they approve it and it has to be no more than 12 minutes. Well I stepped out of my comfort zone December 5th at the Hilton Hotel in Costa Mesa and did a SUE TALK. Below are the photos of me taken at Sue Talk at the Hilton in Costa Mesa Dec 5th 2019 and they were taken on stage the night I did my talk, which turned out to be a big success.



24 of my nafe members were there to support me and they said I nailed it, of course I thought I sucked until I heard the tape and then said "I did nail it, what a relief." It was the first time I ever memorized a talk so it was totally out of my comfort zone. I was sleeping with earphones, I recorded it and it was playing constantly and so much more to try and learn it word for word and it was stressful to make sure I had it all in proper sequence 12 minutes, no notes, no props and had to be in total sequence, hardest thing I ever did, but everyone said I did great even the people who formed Sue Talk so that made me happy and I wondered why I stressed out so much about it as it was my story. Prior to this talk I had done hundreds and hundreds of talks all over the country over the years but never ever had to memorize a talk. I just spoke from my heart with key points of what I wanted to get across on numerous topics to a variety of audiences of all sizes including an event at the LA Convention Center whose audience was in the thousands. But this was the first time I had to experience no notes, no props and it had to be in total sequence it really was stressing me out. I was sorry many times I said yes, but I remembered that I am always pushing my nafe members to never give up so had to keep going I could not quit as I have to walk my talk so I kept going. You know how sometimes when we don't want to do something we do other things, well one day I just decorated my whole house for the holidays instead of studying the speech but then the days were getting close and I knew I could no longer get diverted from the task at hand. Many of my friends and nafe members over the years since Sue started were selected to be a Sue Talk speaker but they too speak from their heart and also had done hundreds of talks and found it very hard as well, but so satisfying when they accomplished the task, but also glad when it was over even though it's an outstanding event.. But sometimes we all just need to step out of our comfort zone. SO that is why after so many years of being asked I said YES this year.

When we did the sound check the night of the event I could not even remember my topic, but I was the first speaker and when I walked on the stage to a room of over 300 and the lights on it all came back and I did my talk and it was exactly 12 minutes and I was so relieved but elated that I did it and glad that I was the first speaker. After the talk was over it gave me an idea for this years 2020 nafe networks in So CA. I plan to have everyone of our members in all 11 networks at our January 2020 meetings select something they want to do but its been out of their comfort zone and write it down and describe what it is and why they feel it is out of their comfort zone. My goal as the nafe Global Coordinator for 2020 in is to help my nafe California networks achieve that goal and move them out of their comfort zone to accomplishment. Last year through my nafe and Global Society for Female Entrepreneurs non profit we worked on helping them reach their goals and had an 85% success rate from our 11 Ca networks. They identified their goals in January and every month they had to give us an update after their 30 second commercial of what they had done to move it forward. We helped them meet people they needed to meet to move forward, helped them with collaborations, mentoring etc what ever it took to move them forward. They loved it and felt what we did kept them on target for success. So it was great to see what they accomplished. I am so excited to see what we can do in 2020 with moving them out of their comfort zone and achieving that dream. I always believe that "Together we can do more." Soon we will be adding Palm Springs nafe so that will give us another nafe network in So Cal and make the count 12 to work with, plus we have others going in around the country in other states. Even though I was stressed out for a few months I am glad I did the Sue Talk and happy that they invited me as I felt a sense of accomplishment and knowing that I can and will accomplish what ever I want to do even at being 83 (will be 84 in March), nothing is impossible so I have to see for me what else I can accomplish. Someone said I should do a Ted talk now that I have my talk in place, but I don't think so, as this one kept me totally stressed until it was done. It wasn't so much the talk it was keeping it word for word from the written script in sequence with no notes, no props nothing... Sue Talk always has 5 presenters 4 women and 1 man and they do them annually in LA, Orange County, San Diego and in 2020 hey are adding the Inland Empire, this was their 8th year and they have been asking me every year and I always said no but this year the CEO said she would not take a no so I said yes. They are like Ted and Ted x Talks which are mostly men and a few women. Sue Talk is women and 1 man. Orange County had a large audience 300 I think and big stage. Mostly women but some men. They are done by the Connected Women of Influence and actually the founder is also one of my nafe members and a long time member Michelle Bergquist they work with corporate women and have a San Diego, Orange County and LA Chapter and in 2020 will launch Inland Empire, So what is something that you want to do that is outside your COMFORT ZONE, remember nothing is impossible, you just have to step out and do it. So take on the challenge and do something outside your comfort zone in 2020 you will be so glad you did, I sure was and wish I had said yes years earlier instead of stressing about it.

By Robbie Motter, nafe (National Association of Female Executives) Global Coordinator GSFE (Global Society for Female Entrepreneurs) Founder & CEO a 501 c3 non profit



SHARE THE GIFT OF MEMBERSHIP

Your gift of GFWC membership needs to be shared. The new neighbor who has just moved into the community, the retired school teacher, that friendly face at the hair salon, and that list may go on and on. For example, GFWC Membership Committee Member Valerie Barnes was one of the 10 ladies recruited by her neighbor 54 years ago. This was the gift that has kept on giving and giving! The membership of Valerie's neighbor has multiplied and allowed communities to experience the volunteer service of GFWC. Invite those around you to join GFWC!



"JUST A THOUGHT...AS WE CELEBRATE THIS HOLIDAY SEASON, MAY YOUR HOME BE FILLED WITH LOVE AND LIGHT, MAKING EACH DAY BRIGHT.WE HOPE THAT YOU CAN TAKE A BIT OF TIME EACH DAY TO REFLECT ON THE TRUE SPIRIT OF THE HOLIDAYS AND SHARE YOUR JOY WITH YOUR FAMILY AND FRIENDS."

Please bring Men's and women's razors, deodorant, wet wipes to January's meeting



Valley Resource Center

Strengthening Communities Together

Adopt-A-Troop Military Care Package Program

Want to show your support for troops deployed overseas?
Please visit www.ValleyResourceCenter.org or call (951) 384-0110 for a list of drop-off locations in your area, make a donation, or to volunteer.

To find out how your organization can get involved or to refer a deployed family member or friend for care packages please email us at:
military@valleyresourcecenter.org

Most Needed Items:

Food/Nutrition – Protein/Granola/Nutrition bars (Cliff Bars), Chips, Trail Mix/Nuts, Cup of Noodles, Fruit Snacks, Cereal, Crackers, Pretzels, Beef Jerky, Cookies, Gum, Coffee & K-Cups, Powdered Drink Mixes

Toiletries – Razors (Mens & Womens), Travel-size Q-Tips, Foot Powder, Hand Sanitizer, Toothpaste/Toothbrush, Eye Drops, Chapstick, Deodorant (Men's & Women's), Lotion, Travel-size tissues, Hair Ties



Support – USB Drives, Headphones, USB Drives, Socks, Flip Flops, Letters of Support & Appreciation

Thank You for Supporting Our Troops!

The Valley Resource Center is a 501c3 nonprofit organization – EIN #37-1841663



Supporting our armed forces with love, care and respect for their sacrifice and commitment to protecting us all. Help us show these brave men and women our appreciation for what they do and that they are never forgotten.

December's Meeting Flashback

