



# **GFWC Contemporary Women of North County**

## **CWONC PROJECTS - QUICK REFERENCE 2018-2019**

### **Fundraisers (Contact our Ways & Means Officers – Jean Smithers)**

**San Diego County Fair (CWONC fundraiser)** - CWONC assists as Student Showcase Clerks helping the Judges compile scores for student submitted photo and multimedia projects. We also assist with wine tastings, craft beer judging and serving participants at the Beer Fest. CWONC is paid per volunteer and volunteers also receive free tickets to the Fair.

**San Marcos Music Festival** – CWONC assists at the Music Fest and serves beer.

### **Community Service Projects (Contact our Dean – Claudia Giardina)**

#### **The Arts**

**Palomar District Art Festival (Members and Students) – Goals** - Encourage members & students to develop creative writing skills; enhance creative opportunities of member photographers and crafters who engage in artistic expression; recognize member and student achievements. The Art Festival is a competition and member/students enter projects in the following arts-creative writing; crafts and photography.

**San Diego Symphony Bayside Summer Nights** – CWONC members attend at least one San Diego Symphony concert at the Embarcadero during the summer to support the arts.

#### **Conservation**

**Recycling** – Bring aluminum cans and plastic bottles to the meeting. Kathy M will recycle these to put the money in our Ronald McDonald Fund to help pay for the cost of one meal for parents of the children in Rady Hospital.

#### **Education**

**Scholarship – CWONC** - CWONC provides scholarships to applicants currently attending Palomar or Mira Costa College.

#### **Homelife**

**AniMeals (Meals on Wheels for pets)** – Members collect pet food at Petco and provide the food for packaging for pets of seniors receiving Meals on Wheels.

**Interfaith Community Services** – CWONC provides small travel size soaps, shampoos, etc.to be given to homeless participants. CWONC also made lunches for participants.

**Canine Companions for Independence** – CWONC provides cookies for the puppy graduation/turn-ins twice a year. One of our members is a puppy raiser for this worthwhile organization that provides trained dogs for handicapped individuals.



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**Ronald McDonald House** - CWONC members volunteer at their facility to prepare and serve meals to these parents and family members. CWONC also contributes the money from our recycling project and from our Bunco games to Ronald McDonald House's food program to pay for one meal per year at their facility. Meals are provided to parents of children at Rady Hospital who are suffering from life threatening diseases.

**San Diego Humane Society** - CWONC helps with the Paws in the Park fundraiser and collects used towels, blankets etc. for humane society pets.

**Solutions for Change** - CWONC members volunteer at their facility to prepare and serve meals. They provide transformational housing for families getting job skills training and counseling services.

**VA Clinic/Hospital** - CWONC makes crocheted, knitted and quilted lap blankets at our Twisted Stitches Meeting to donate to the VA Clinic in Oceanside and the VA Hospital

**Vista Community Clinic** – CWONC provides blankets, small bears and other items for the clinic.

## **International Outreach**

**Operation Smile** – CWONC holds a sew-in three times a year to make surgery gowns, no-no arm bands and small stuffed animals for the children receiving surgery for cleft palates and other surgeries.

**Heifer International** – CWONC donates to this worthy organization for their “Send a Girl to School” program.

## **Public Issues**

**Adopt a Squadron** – CWONC has adopted the HMLA 369 – Light Helicopter Squadron out of Camp Pendleton. We have conducted a sock drive, two beach bashes (with the cooperation of other organizations) and Easter Eggstravaganza Event.

**Operation HeloBabies** - A way for citizens to show their support of our troops by holding “virtual” baby showers for the wives of deployed servicemen. CWONC sends gifts of baby clothes, blankets, etc.

## **Other Volunteer Opportunities**

**Sew - In** - We conduct a sew-in 3-time a year for members and the public to join us and prepare, sew items and finish projects for our various charities (Operation Smile, Vista Community Clinic, etc.)

**Twisted Stitches** – A group of members who meet monthly to have a productive quilting, knitting & crocheting social meeting to make blankets and other items for the VA Clinic, HeloBabies, and other community projects. Also, a bit of socializing goes on.