



Volume 13, September 2011

Pat Amtower, Editor

For Your Calendar

- September 12, 2011 9:30 AM**
General Meeting
The Inn in the Garden Room
- September 19, 2011 9:30 AM**
Grants Committee Kick-Off
The Inn in the Garden Room
- November 7, 2011 6-8 PM**
Annual Membership Meeting
The Inn in the Garden Room
- February 6, 2011 9:30 AM**
General Meeting
The Inn in the Garden Room

Your Leadership

- Advisory Committee Chair**
Donna Walker 756-6150
donnajwalker@msn.com
- Advisory Committee Chair-Elect**
Victoria Hanlon 759-6887
vshanlon@gmail.com
- Grant Committee Chair**
Donna Vance 756-2956
Vance1798@cox.net
- Grant Committee Vice Chair**
Kate Williams 756-5877
Kmwilliams@aol.com
- Membership Committee Chair**
Connie Pittard 756-6815
cpittard@aol.com
- Membership Committee Vice Chair**
Carol Linovitz 756-0478
clinovitz@hotmail.com
- Publicity Committee Co-Chairs:**
Dawn Hummel 756-8842
dawnhummel1@cox.net
Jinda Schatz 523-1695
jindasingh@aol.com

Welcome Back!



School days are beginning for our children and grandchildren. Summer vacations are coming to an end. The members of RSF Women's Fund are ready for the start of all the Fall activities! The grant cycle has already begun with the request for LOI's.

In just a couple of weeks, the Grant Committee will have its kick-off meeting to begin another productive and meaningful year of grant making. If you are interested and have not already signed up to participate on a Work Group (*Education and Research* or *Arts and Culture*), please let Donna Vance know. She will be happy to answer all your questions and direct you to an area where your talents can be used!

In addition to the grant process, new member recruitment events, volunteer activities, and Annual Meeting planning are underway. If you are interested in serving on one of these committees, please contact the committee chair listed in the leadership column of this newsletter

In anticipation of the RSFWF tenth anniversary in 2014 and achieving the two million dollar grant award level prior to that milestone, Sharon Considine has taken on the new role of RSFWF Historian. Please see her article in this newsletter for details. How exciting to think about the great accomplishments of this organization in just a few short years. Thank you for your involvement and support of this project.

Remember, do a little or do a lot. Either way your impact is felt in the community through your membership in the RSF Women's Fund! We look forward to seeing you at the General Meeting, Monday, September 12th at 9:30 AM to kick-off our Fall program. *Bring a friend and introduce her to the Women's Fund!*

Donna Walker
Advisory Committee Chair

Publicity Committee

Vice Chairs:

Nancy Jo Cappetta 756-9097
njcap@mac.com
Gillian Gillies 759-4628
gilliangillies@att.net

Volunteer Committee Chair

Cathy Hopf 759-0887
cathyhopf@yahoo.com

Volunteer Committee

Vice Chair

Becky Horowitz 756-4077
beckyorowitz@gmail.com

Historian

Sharon Considine 756-7786
sweet1shar@aol.com

Financial Advisors

Candise Holmlund 756-9685
cholmlund@roadrunner.com
Sue Sanderson 759-0256
scanderson@aol.com

At Large

Judy Arendsee 756-1533
jarendsee@yahoo.com

Nancy Lawton 756-0125
tomlawton@msn.com

Kathy Yash 756-1690
kyash@sbcglobal.net

Mary Ann Smith 756-7589
vearlsmith@cox.net

Founder

Gayle Gillies Mize 756-0095
gsgillies@pacbell.net

Program Administrator

Nancy Hashim
womensfund@rsffoundation.org
P. O. Box 811
Phone: 858-756-0249
Fax: 858-756-6561

Editor

Pat Amtower 756-9252
pcamtower@gmail.com

September 12 General Meeting

The guest speaker for our first meeting is Danielle Weiss, M.D.



Dr. Weiss is a Stanford trained Endocrinologist who specializes in metabolism, weight control, diabetes, hormonal issues and longevity.

Vitamin D is the "hot" vitamin of the moment....both literally and figuratively! What makes this sunshine vitamin so important? Find out on September 12th why everyone should take "Vitamin D, a hormone in disguise."

Also get "The Skinny on Fat." What do we need to know about the one thing we love to hate....fat? Well, for one thing some fats are essential for good health. But how do you have more than a fat chance of success with weight issues and the changes in metabolism that occur at different stages of life? How do you achieve your personal metabolic balance, improve your energy levels and enhance your longevity? Come find out from Dr. Weiss!

Also for the September 12 General Meeting, our members are invited to help two of our current Grantee Organizations:

Burn Institute and CSUSM Ace Scholars

These organizations need school/art supplies for the youths in their programs. Members can purchase \$25 worth according to this suggestion:

last name A-M--please buy plain printer paper, pencils, wire-bound notebooks, pads of lined paper, ball point pens;

last names from N-Z--please buy lined filler paper, file folders with pockets, highlighters, smaller note pads, coloring books.

Bring them to the meeting where Cathy Hopf and Becky Horowitz will collect them. Cash is also accepted!

For any questions, call Cathy at (858) 759-0887 or email at cathyhopf@yahoo.com.

New Position: Historian!

As the newly appointed Historian for our RSF Women's Fund, I would like to ask the assistance of all our members in the gathering of information from the prior seven years of our group's activities, pictures, newspaper articles: basically any items that you might have stashed away in a drawer that I could use in the formation of a historical perspective for all our members.

Also, is there anyone of our members who loves to use their camera and would be willing to take photos at our upcoming General Meetings?

In the past, the group has relied on the Rancho Santa Fe Review and other newspaper photographers to capture these events. With our own photographer, I could have easy access to the photos in the future for our historical compilation. And finally, I really could use an assistant in the coming months. If any of you are so inclined to tackle this wonderful project with me, please call (756-7786 or email me (sweet1shar@aol.com)).

Sharon Considine
Historian

New Member Profile



Jori Potiker Brown has recently joined the Rancho Santa Fe Women's Fund. Jori is already known by those of you with children as she has spent many years on the boards of local organizations including the Rancho Santa School Foundation and Voices for Children. We in Ranch Santa Fe are fortunate that she decided to move here with her family. Having served for many years as Senior Vice President of Operations for Entertainment Publications in

Detroit, she brings many new and wonderful life experiences. We are fortunate to have her skill set in the organization! Jori and husband, Michael, have three children, Abrielle and twins, Mika and Seth. Be sure to welcome her at our General Meeting on Monday, September 12!



Summer Volunteer Program

Annabel Moore, Victoria Hanlon, Becky Horowitz and I attended the last session of a joint program between ARTS: A Reason to Survive and the San Diego Armed Services YMCA. Kids, age 7-12, were part of the Camp Hero program of the San Diego Armed Services YMCA. The goal of this summer program was to create a mural. The mural is a series of collages that each participant created and presents the values most important to the program.

The mural will be placed in the lobby of the San Diego Armed Services YMCA. Unfortunately due to budget and staffing restraints, only 70 of over 200 applicants could be admitted to the program. RSFWF funded this during last year's cycle.

Upcoming Volunteer Events

At the November 7th Meeting, members are invited to donate items to Dress For Success.

This organization was one of our finalists in the 2011 grant cycle but did not receive a grant. As a way to support this very important organization, the RSFWF will hold a clothing drive. Members are encouraged to donate gently used, work appropriate clothing and accessories (or cash) to this very worthy cause. More details will follow—but hold on to anything that you may be considering discarding until this event!

Cathy Hopf and Becky Horowitz
Volunteer Committee