



BUENA BRIEFS

**Member of General Federation of Women Clubs &
California Federation of Women's Club
SAN BUENAVENTURA WOMEN'S CLUB
MEETS 2nd TUESDAY OF EACH MONTH**

Poinsettia Pavilion

3451 Foothill Road, Ventura, CA 93003

Editor: Carla Kincaid

email: carlakincaid1028@gmail.com

Information Deadline: 20th each month

OCTOBER 2020—



**PRESIDENT, Mary Harrison
2020-2022**



Hello Again Everyone! Well, not much has changed again and it is now the middle of October. This is usually a very busy time of the year for our club and for us personally, getting ready for the holidays, but I have a feeling this time it will be quite different from normal. It is still quite unclear as to when we will be cleared for a general meeting in the near future. I am hoping for sooner rather than later. There is so much we will have to take care of at that first meeting!

Amy is working hard to get our yearbook finished! It has been difficult to finalize everything with so many things unknown! I have gotten most of the chairmanships filled but we still have two to fill: Communities & Identity; Legislation & Public Safety. If you are interested in either one, please let me know so I can let Amy know. Also we have quite a few ads for the yearbook but if you still know someone who would be interested just let me know as it is not too late because it the information has not gone to the printer's yet. Thanks for all your work on this, Amy!

I'm sure you got the e -blast information about the pandemic still keeping us at home, and wanting to keep in touch through e-mails. If you have information to share: recipes, tidbits, inspirations, etc. to share, just send the information to Rosemary as she will be doing this for us. Thank you, Rosemary!

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Even though we are not meeting, I hope all of you are working on your stat sheets. We only have the next three months to complete them. I know this is a tedious job but it is very important to our club!

I am so looking forward to our meetings again and seeing your wonderful smiling faces! Please continue to be observant of all the guidelines for staying safe and healthy!

Things to remember for October:

Breast Cancer Awareness Month – wear the color pink often;

Oct. 16 – National Boss Day;

October 17 – Sweetest Day; and of course

Halloween – October 31 Happy Halloween dear club members!

“Thought for Today” Our greatest glory consists not in never falling, but in rising every time we fall.

Enjoy the Fall season!!!

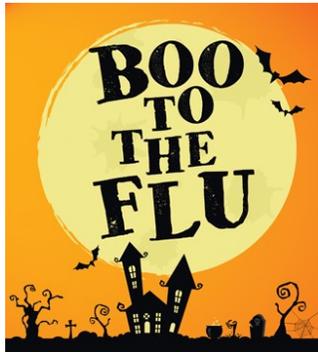
Mary Harrison
President



FLU SHOTS

FLU shots are available and it's useful to get them early before there is a rush.

As our Covid numbers are relatively low at the moment pharmacies and doctors offices are not too crowded but that can change quickly.



EVENING SECTION

Dark for
November &
December



If you are able to donate to the
Veteran's home in Ventura
SBWC

would like to continue donating to their facility.
Anything you can donate is very much appreciated.

In the past we have delivered donations in November,

but that could change because of Covid 19.
But we still want to be ready when they are accepting donations.

Donation Ideas are:

Toiletries,
Men's Large and X-Large T Shirts,
underwear, socks, Toothbrush,
Toothpaste, Shampoo, Lotion etc.

Please let Terri Davis
know if you have anything to donate and
she will make arrangements to pick it up.
(805)320-2702

SHOP FOR FUN-DOUGH \$\$

Fun Dough will be meeting at the

VFW

3801 Market Street

Ventura

No meeting in November

MESSAGE FROM RITA:

Another month and another cancellation. It's sad but it's what must happen to keep us all safe. Prayerfully we will meet in November and then every month for the remainder of the year.

Thanks to the Garden Club for supporting Pampered Chef and Origami Owl with shows this past month. Please continue to support every sponsor if possible and save those receipts.

If we meet in November, of course we will let you know what color to wear. We will also have a turn-in.

Stay safe, wash your hands and wear your mask.

Blessings,
Rita Trejo



REMEMBER THE PULL TABS?

Anita has new information regarding the pull tabs that we have collected for the Ronald McDonald House.

Start saving again. More information to follow in the next

Buena Brief's



WEAR A
MASK

BE
SAFE

Things that are canceled because of COVID 19

- Bunko
- Canasta
- Garden of Eatin'

Maybe in October



PRACTICE
KINDNESS



TIDBITS from SBWC October 16 2020

Dear Club Members,

I hope you are all coping with this pandemic we are all dealing with. I don't know of any of our members that have contracted Covid19 and I am keeping my fingers crossed that that is indeed the situation.

These e-mails are intended to encourage us all to share any bits of information we think our members may appreciate, so please contact me with any contributions you may have.

100 YEARS SINCE WOMEN WON THE WAR ON VOTING RIGHTS

Most of us know the stories of the women that suffered great hardship, indignities and brutalities in order that we might have the right to vote and be considered as equals to men in this regard. In order to be assured that your vote will be counted go to WheresMyBallot.sos.ca.gov to receive an automatic notification that your ballot has been received and will be counted. If there was a problem with anything on the outside envelope such as your signature, you would be notified and offered the opportunity to correct it or complete a new ballot. For this reason it is a good idea to vote early.

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HEALTH AND WELLNESS

Things to help during the pandemic which are worth repeating.

Eating healthy foods such as vegetable fruits and whole grains.

If the stress is getting to you contact your doctor for some help including a referral for therapy. Consider reducing your consumption of NEWS and stay away from the extreme sites. Make note of your emotional state when listening to news items, if one subject in particular upsets you can fast forward through that segment in the future.

Take a walk along the beach or sit in your car and watch the waves if walking is challenging for you. Keep in touch with friends and Club Members by phone or Zoom.

Smile, smiling really does release beneficial endorphins. Watch a TV show that makes you laugh before you go to bed at night.

Invite a friend to visit in your back yard if that is possible.

MORNING BEACH WALK

Would anyone like to meet for a walk along the beach? I have been doing that lately and I find it calming. Contact me if you are interested. Bring a light weight beach chair and sit and visit with other Club Members or sit on the sand. We can easily keep safe at the beach

CONGRATULATIONS TO VENTURA RESIDENTS

The Covid 19 infection rate in the County continues to fall very gradually. Now is not the time to be complacent. Continue with your mitigation strategies and be very cautious if you plan to get together with people outside your household for Halloween or Thanksgiving.

Stay Safe.....Rosemary Wilde

Below is a recipe for a healthy tasty soup to help boost your immune system.

