

CONNECTIONS

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The CWC is a 501(c)3
Non-Profit Corporation
Tax ID: 94-1295376

Letter from the President

Welcome back all our returning and new members to the 2022-2023 Carmel Woman's Club.

Many exciting events and activities have occurred since our last newsletter. One of which was the highly successful Lobster Fest in August that drew more than 125 attendees who enjoyed live music, Cajun food, and a wild silent auction. New friendships developed and new members joined our ranks. As a reminder, we encourage male members too, so please invite husbands, friends, and neighbors to be part of our club.

In collaboration with the First Baptist Church of Pacific Grove; the Monterey Bay chapter of Links, Incorporated; and Colleagues of The Arts; CWC hosted a musical extravaganza called, "The Stars Come Home". The event featured three internationally known performers who are former Monterey Peninsula residents. The talented trio included Marcus Nance, Leberta Loral, and Yolanda Mitchell West. Proceeds from the event benefitted each organization's scholarship program.

Our opening program of the year was a presentation by Dave Potter, mayor of Carmel-by-the-Sea, who gave a candid update of challenges the city faces and some of the future projects ahead. The talk was followed by a beautiful coffee/tea reception donated by our talented board members.

Another program featured Steve Snider, publisher of Carmel Magazine, who spoke about his background and the process he uses to select the celebrities who appear on the covers of his magazine.

Our sold-out Harvest Luncheon, attended by more than 125 members and guests, was a delightful affair. The room and tables were beautifully decorated. Attendees enjoyed a delicious lunch catered by Jeffrey's. A silent auction and exciting raffle prizes filled out the successful event raising funds for CWC's scholarship program and the club's community philanthropy.

Finally, it was my privilege to attend a workshop on sustainability and our community this past summer. In this issue are informative articles regarding sustainability and how we can become more informed about living "green". I hope you will become interested in this effort to help our community stay as beautiful as it is.

*And now, as the holidays are upon us,
I wish you all much joy
and happiness.*

Donna Jett
President



SUSTAINABILITY

What is it and what do we need to know about it? By Cheryl Carter

I have heard this word, sustainability, thrown around for years. In the simplest of definitions, I equated it to keeping something, anything really, the same. Recently, I decided to try to get a bit clearer about the meaning so I went to Wikipedia, which surprisingly had a pretty acceptable definition.

“Sustainability consists of fulfilling the needs of current generations without compromising the needs of future generations, while ensuring a balance between economic growth, environmental care, and social well-being.” Other relevant words: stewardship, diversity, wellbeing, innovation.

A few months ago, Donna Jett attended a presentation about sustainability by **Agnes Martelet** from the city of Carmel. Donna was very enthusiastic about all that she learned and suggested that I get in touch with Agnes, which I did! Agnes is the **Environmental Compliance Manager** for the city of Carmel. She has an undergraduate degree in environmental studies and a graduate degree in urban planning – she knows what she is talking about!

My first question was what does her job entail? Agnes sat back a little, took a deep breath and smiled before listing the components of her job which are so complex and multifaceted that I could hardly keep up with my notetaking.

She oversees the implementation of:

- The Clean Water Act which is a federal law.
- SB 1383 a state law that requires “All communities to provide food waste collection, both residential and business”. Another requirement of SB 1383 is that pre food waste (food that has not reached expiration but is no longer needed in restaurants or markets) can be and often is distributed to charities
- The Climate Committee’s Adaptation and Action Plans for the city
- Hazardous materials and their safe disposal
- Low impact development, which includes rainwater harvesting and gray water usage. (See CAL AM website for online workshops to increase awareness and understanding).



Agnes Martelet

Nearly three quarters of Agnes’ work is driven by federal and state requirements. The State actually drives a lot of the sustainability actions municipalities are taking. Each year, the city sends annual reports and metrics to the State as a way of maintaining accountability and compliance. The State can also audit a municipality annually. Coming in early 2023, there is an initiative where Carmel is partnering with the County to help drive the sustainability realm for the cities. There will be an additional focus on energy conservation at the community level with an online platform through the county of Monterey. Carmel City’s website will have a link tailored for Carmel residents.

When discussing recycling and composting, I found out that I had a lot of misinformation. Agnes commented that, “Recycling stumps everyone.” That made me feel a little better. She also said that the Carmel community is more greatly involved and interested in recycling, so getting the word out is a bit easier. But she also made it clear that the city’s job is not in marketing.

All in all, this is a lot of information related to environmental sustainability. Too much to be explained in this article. The good news is anything that you would like to know regarding what the city is doing about environment compliance can be found by going to their website **ci.carmel.ca.us** then search “environmental plan”.

So, what can the CWC do for the city? We can get the word out! Everything you need to know about recycling and composting is there on the website. If each of us (we are more than 300 strong) encourage five (5) people to recycle and compost then we will have done a great service to our community and to our environment! Let’s give it a try!

Members Sustainability Suggestions

You can get free composting containers in Monterey at City Hall.

- **Carol Sasso**

When I have left over pieces of vegetables, i.e., peels, ends, cores, onion skin, etc., I put them in a freezer bag. When I have a full bag, I put it all in a Crockpot with water and cook for a few hours. I strain out the vegetables and save several jars of vegetable broth to use later. I then freeze the jars. It cuts down on garbage and the cooked vegetables compost quickly.

- **Barbara Siebeneick**

I do a fair amount of cooking and find that my food stuffs garbage (i.e., egg shells, cooked meat trimmings, etc.) adds up pretty quickly. I buy small three-gallon compostable bags to use in half of my kitchen waste can. When it is time to empty the food stuff bag, I tie it closed and toss it in my yard waste can. You can purchase a brand called, “Repurpose” at Safeway or doggy pick-up bags in bulk at Costco.*

** Please check with the waste removal company as not all compostable bags are allowed.*

- **Susan Gardner McFarland**

My hubby had a lot of expensive neckties. I gave them all to a quilter who made them into a quilt.

- **Gin D**

Inspired by a CWC member, I stopped purchasing paper plates and cups. Another small step, I added the scrap bucket and enjoy scrapping to aid the environment and add to the compost/yard waste container. “One starfish at a time”... it will help your community and contribute to the air we breathe on our planet.

- **Donna Jett**

I purchased a Lomi Home Composter. It is a machine about the size of an air fryer that sits on a small table in my garage. I put all kitchen scraps (including cooked meat), plate scrapings, and dead flowers into the machine. There are different settings, but in about four hours it turns the waste to DIRT. It literally cooks it, grinds it, and makes it into a fine meal that I then mix with soil and put in my yard on my plants. My dogs are not interested in it. It is a great answer to what to do with compostable waste. The website, newsletter, and emails share many tips on compostable products and how best to utilize the Lomi. I am a big fan.

- **Vicki McMillan**

Let's Go Green!

When Donna asked me to lead the CWC towards a greener future, I thought “but I’m not a scientist, I don’t have statistics. HOWEVER, to be a conscientious and caring inhabitant of our beautiful planet we must all start small with what we can do right now to reduce our footprint and help make our environment healthier. We have all heard the calls of alarm concerning climate change. It often sounds catastrophic and overwhelming, so below are my personal simple suggestions to get started.

Just 5% of plastic products are recycled in America and many common items just aren’t able to be recycled at all, according to a new study released by Greenpeace, USA. The study estimates the US produced about 51 million tons of plastic waste in 2021 but just 2.4 million tons of that was reprocessed.

Let's get started!

1. Lose the plastic toothpaste tubes. I use a product called “Bites” bitetoothpastebits.com. Easy to use and they come in little recyclable jars which you can use over and over as they send paper packages of refills. There are other similar products available as well.
2. Lose the single-use plastic bottles of shampoo and rinse. I use a shampoo bar from LUSH-seaweed and sea salt, wonderful lather (and no overwhelming scent!). Rinse bars are available, too. Very easy for travel, too! No liquids to separate at the TSA security check!
3. Stop using those giant plastic bottles of laundry detergent, use boxed detergent or try an Ecoegg: www.ecoegg.com
4. No more plastic (or glass) bottles of sparkling water- use a SodaStream. We love ours!
5. Recycle your wine bottle corks at an outside bin to the left of the entrance to Del Monte Whole Foods.
6. Don't forget to bring your own shopping bags to the market and on shopping sprees ;-)
7. I reuse my plastic bags and haven't bought plastic wrap in years. Beeswax covered cloth works quite well to cover or wrap food.

Challenge yourselves! See how much you can reduce and reuse!!! Ask if there are alternatives to plastic wrapped vegetables or go to the farmer's market. Bring your own containers to buy from bulk. The planet, the children and the animals will thank you!!!

Questions? Call me - Robin Winfield (831) 601-0725



RECYCLING

YES ✓	NO ✗
Paper	Batteries
Cardboard	Plastic Bags
Metal	Plastic Film
Aluminum	Electronics
Glass	Drink Pouches
Plastic containers with numbers 1, 2, 5	Clothing, Textiles, Carpet Polystyrene, Tires



COMPOSTING

YES ✓	NO ✗
Fruits & Vegetables	Liquids
Dairy	Paper
Grains	Metal
Coffee Grounds	Glass
Cooked Meats	Raw Meat
Grass Clippings, Flowers & Vegetation	Plastic (including compostable bags)

Lobster Fest 2022

This year's Lobster Fest was the best yet from the standpoint of fund-raising for scholarships and fun-raising in general! We had 127 guests who enjoyed meeting new friends and old, bidding on amazing auction items, and getting their hands dirty eating delicious lobster, sausage, shrimp, and all the accompanying works. Guests loved the decorations. The lobster shack on the stage, designed by Debbie Lent and constructed by Ross Haisley, was such a hit it was purchased by a new member, Tara Ryan. Even the décor raised money!

Speaking of money, the Lobster Fest 2022 had a net income of \$20,469.00. That is more than double the income from the last Lobster Fest event in 2019.

Deb Aitchison headed the committee including Lendy Haisley, Debra Nichols, Debbie Lent, Tonya Antle, Cheryl Carter, Teresa Basham, and Tina DeMaria. Special thanks go out to Wendy Fields and Robin Winfield for the photography during the event; Doug and Teresa Basham, Paul Barber, Steve and Wil Aitchison, and Ginny Heidinger for bartending services; Loreen Kinney for checking in guests; Diane Danvers Simmons for selling new CWC logo bags; and Mike Lent, Jamey DeMaria, Mike Marotta, and Dave Daley for providing festive music during the cocktail hour.



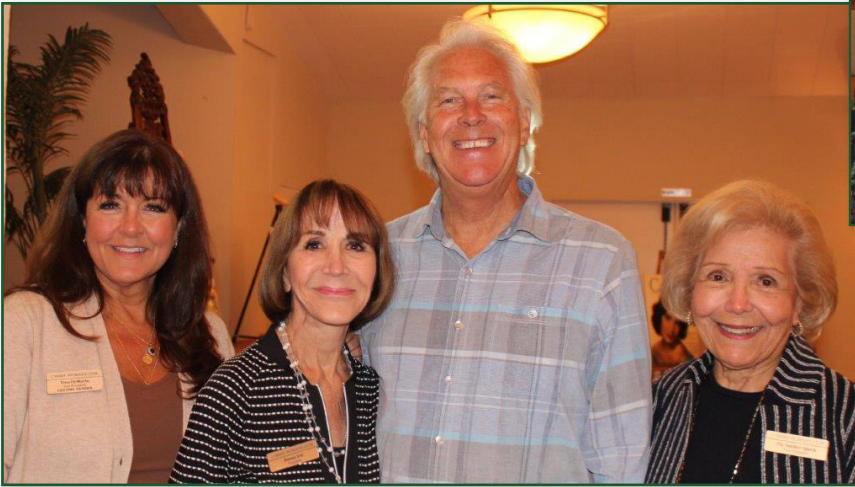
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STEVE & DEB AITCHISON & DOUG & TERESA BASHAM	
CHERYL CARTER	
JAMEY & TINA DE MARIA	
CATHERINE MCCAULEY	



DAVE POTTER



STEVE SNIDER



FIRST ANNUAL COMMUNITY CONNECTION DAY

The first annual Community Connection Day occurred on September 22, 2022 in Devendorf Park. This event was sponsored by the Community Activities Commission of the City of Carmel-By-The-Sea for service clubs and organizations to inform and engage the community about what services they provide. Sometimes they even get a few new members!

Fall Harvest Luncheon

The Carmel Woman's Club building was transformed into a beautiful dining room filled with autumn colors and décor. The centerpieces, gorgeous pumpkins adorned with succulents and moss courtesy of Lendy Haisley, were for sale - yet another creative way to add to our scholarship fund.

Members and their guests enjoyed the delicious meal by Jeffrey's. New friendships were made and old friends were able to reconnect. A good time was had by all. Thank you to all the hardworking members who made the day so very special – Tina DeMaria, Mary Luster, Deb Aitchison, Lendy Haisley, Deb Lent, Donna Jett, and Debbie Basham.



Craftapalooza

Craftapalooza was held concurrently with events at Sunset Center, Church of the Wayfarer, and All Saints Church. This year, CWC added a food truck, TOASTED, which made the event more festive – and more delicious.



MEMBERSHIP REPORT

Membership at the Carmel Woman's Club continues to grow! We presently have 317 members, 18 of which are Lifetime at \$1,000 each.

Do you know someone who has yet to renew their membership or would like to become a new member? If so, please refer them to our website carmelwomansclubca.org. Once there, they can access our membership form as well as learn about all of the wonderful things our club has to offer. Or, bring a guest to any of our programs where they may also become a member.

We look forward to seeing you soon!

Paula Hazdovac Russey

Membership Chair



JUST A REMINDER

PRIVACY

Although we are social beings and have joined a club to be social as well as philanthropic, there is our personal privacy to be considered. Going forward, in most cases there will not be names associated with photos in the CWC newsletter or the CWC website unless absolutely necessary. This includes Facebook. If names are used, then they will most likely just be first names only.

NON SOLICITATION

Members are discouraged from soliciting contacts, business opportunities, or personal opportunities from our guest speakers or our membership directory.

THE NEW CWC LOGO BAGS

The new logo bags have arrived in natural, navy blue or black. They are \$60.00 each. The Goldilocks size (*not too big nor too small*) is perfect for holding folders on your way to a meeting; or a picnic lunch on the beach or in the park with a friend.



ADD CWC TO YOUR AMAZON SMILE CHARITY CHOICE

If you are not using Amazon Smile then you are missing a great opportunity to help support any charity of your choice, perhaps CWC. Once you have declared which charity you choose, all you need to do is sign in to Amazon Smile each time instead of your regular Amazon. Your account and all other information are the same. When you sign in through Amazon Smile, Amazon donates a percentage of your sale to your charity of choice. Just think, if each of us made CWC our charity of choice, the benefits could run into the thousands of dollars at no cost to members.



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CWC Annual Giving Recipients 2022

As 2022 draws to a close, the Carmel Woman's Club provided grants totaling **\$6,600.00** to the following local non-profits:

Blind & Visually Impaired Center
The Carmel Foundation
Carmel Youth Center
Gathering For Women
Kernes Adaptive Aquatics
Pacific Repertory Theatre

Carl Cherry Center for the Arts
Carmel Valley Angel Project
CASA of Monterey County
Girls Inc of Monterey County
Monterey Sober Living for Women
Salvation Army of the Monterey Peninsula

2023 CWC Programs and Events

Monday, January 16, 2023
2:00 Wanda Vollmer, Disaster Prep

Monday, March 20, 2023
2:00 Program & Tea

Monday, May 15, 2023
2:00 Program & Tea

Monday, February 6, 2023
2:00 Program & Tea

Monday, April 3, 2023
2:00 Program & Tea

Monday, June 5, 2023
12:00 Annual Meeting & Pot Luck

Monday, February 20, 2023
2:00 Program & Tea

Monday, April 17, 2023
2:00 Program & Tea

Monday, March 6, 2023
2:00 Program & Tea

Monday, May 1, 2023
11:30 Fashion Show Luncheon

