



# THE PARTY LINE

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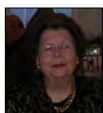
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## Governor McDonnell, Leading the Way

Between the heralds of winter, the sun shown down upon Virginians as Bob McDonnell received the oath of office to become the Commonwealth's 71st Governor. Governor McDonnell campaigned on kitchen table issues that resonated with Virginia's Electorate. Virginians gave him a landslide election which made him an instant Star in national circles.

Flashbacks to the victories of 1993 and the history making election of 1994, when Republicans took back the House of Representatives after 40 years of Democrats control became the subject on the talk shows.

On January 27, Governor Bob McDonnell was bestowed the honor of giving the nationally televised

*continued on page 2*



*WFRWC at the McDonnell Thank You Fairfax County Reception - l to r: Linda Bartlett, Julie Williams, Dottie O'Rourke, Maureen McDonnell, and Kara Reade.*

## The President's Box

*Super Delegation to VFRW 2010 Legislative Day*

A bright cold January 14th was the scene as we gathered ourselves for the drive to Richmond for a day of information and camaraderie with fellow republicans. Our merry band of Debbie Balancia, Diane Sellers, Joanne Piñero, Kari Reed, Dottie O'Rourke, Joanne Higgins and Arlene Storm was the largest group representing Western Fairfax in recent years at Legislative Day. Many thanks to Debbie Balancia and Joanne Higgins for taking on the driving chores.

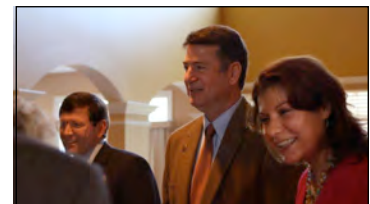
VFRW President Brenda Campbell opened our program by announcing that we were 285 strong for the day and that the VFRW membership had increased to 2591 for 2010. She confirmed that 54% of women had voted for our new governor and federation clubs had donated \$137,000 to campaigns.

Our first speaker was the new Secretary of Public Safety Marla Graff Decker who had been a Deputy Attorney General in AG McDonnell's administration. As the state's chief of police, she said that she was assuming office with a

*continued on page 3*

## Club Members Compete in Special Election

I am proud to report that a WFRWC member, Marianne Horinko, and two associate members, Stephen "Steve" Hunt and Will Nance, competed in a three-way primary to be the Republican Candidate in the special election to replace former State Senator Ken Cuccinelli.



*l to r: Steve Hunt, Governor George Allen, and Marianne Horinko*

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### *3-way Race... continued*

The race began with Cuccinelli's election as Attorney General on November 3, 2009. The next day, Horinko, Hunt, and Nance announced their candidacies. Horinko is a scientist and lawyer who runs her own environmental consulting firm, The Horinko Group. She formerly served in the Administrations of Presidents Bush 41 and 43, most notably as Acting Administrator of the Environmental Protection Agency. Hunt is a former Naval airman who is now a defense analyst for

SAIC and is a former Fairfax County School Board member. Nance is the executive director of Greenspring Village retirement home in Springfield. All three candidates are married.

The candidates each ran a fair and open race. The firehouse primary, held December 1, featured an exceptional turnout. Almost 2,000 voters waited over an hour in the cold to cast their ballots. Many more were deterred by excessive traffic and lack of parking at the sole polling place, Centreville High School. Nonetheless, spirits were

high and all shook hands after Hunt scored a victory.

All in all, it was a great showing of three candidates running a good race and then uniting behind the winner. Unfortunately, Hunt was defeated in a close race by Democrat David Marsden.

As we enter this election cycle, WFRWC members and associate members have a huge role to play in the upcoming primaries and campaigns.

*Julie Williams*  
*First Vice President.*

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### *McDonnell... continued*

Republican response to the State of the Union Address. The Governor felt it was important to have the chamber of the House of Delegates filled with Virginians from across the Commonwealth. I was honored to have been invited to witness such a historic event and was joined by VFRW officers Brenda Campbell, Fay Williamson, and Jenny Mundy.

The Governor addressed the issues which Virginians elected him to address. He spoke of the unemployment rate and the importance of job creation and

economic growth. He emphasized that regulation, and litigation kills jobs and hurt the middle class and what government should not do is pile on more taxation.

One of his most memorable quotes was from Thomas Jefferson who called for "A wise and frugal Government which shall leave men free to regulate their own pursuits of industry ....and shall not take from the mouth of labor the bread it has earned..." He was right. Our founding fathers had extreme foresight.

Virginia once again is a RED State but our work is far from over.

Republicans have the opportunity to gain control of both House of Representatives and the Senate in the 2010 elections. We, as a club and individuals, must work hard to re elect our 10<sup>th</sup> District Rep. Frank Wolf. Our Commonwealth has the opportunity to gain four Congressional seats in this election cycle. One key race is here in Northern Virginia. I encourage everyone to step up to the challenge and help continue the winning record.

*Anna Lee*  
*WFRWC Past President.*  
*VFRW State Central Member*

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### *First Honor Flight Guardian Training*

The first Honor Flight Guardian Training was held on Saturday, March 13, 2010 at American Legion Post 180 in Vienna, VA. Over 65 volunteers signed up and there were actually 80 in attendance.

Judi Wybenga, Heroes Welcome Dulles Honor Flight Coordinator, discussed pertinent topics and rules that all volunteers must understand and implement for this program to be successful. Her message was based on the primary

mission of a guardian: to "care for the Veteran as if he/she is family".

One of the key topics discussed was responsibility. For one day a guardian is to be a travel companion focused solely on the needs and comforts of his/her assigned Veteran. Every Veteran deserves to have a special worry-free day to visit the war memorials, Arlington Cemetery, and other DC attractions.

Safety is of the utmost importance. "Often people who

volunteer do not understand the nuances of caring for the elderly, even for a short time," states Wybenga. She wants volunteers to understand that "the role of the guardian is critical to the safety and well-being of our country's WWII Heroes." The average age of Veterans participating in this program is 85 and many may have traveled several hours to get to Washington. In addition to being a memorable and emotional day, it can also be a long and tiring day.

*continued on page 6*

### *The President's Box... continued*

"perfect storm" of crises and budget reductions. She is confident, however, in the support of her boss in appreciating the role of women in his office. (We can't help but remember the attempts during the campaign last summer to create a different "storm" of controversy about his attitudes toward women's capabilities!) Among her many goals to make Virginians safe are steps to reduce recidivism and target gang leaders. By assuring public safety for potential businesses, we can attract investment. She also plans to recruit six new women, half under age 25, particularly seeking those with strong republican values.

Janet Vestal Polarek, the new Secretary of the Commonwealth described the daunting task of having to find 14 departmental secretaries in just 72 days. By teaming with her outgoing counterpart, she will focus on those departments and key agency heads most crucial to maintain government function, all while screening 3000 applicants for 250 jobs. Additionally there are 4000 appointments to state Boards and Commissions to be considered over the next four years. A third of these will be appointed by the end of 2010, with all finished by completion of the Governor's term in 2014, and she wants VFRW members to apply. The list of

positions is available at [www.commonwealth.va.gov](http://www.commonwealth.va.gov).

After lunch, we were treated to remarks by Lt. Gov. Bill Bolling who reminded us that it is critical not just to win an election but to govern well. He was followed by House Speaker William J. Howell who addressed the Kaine proposals of a 17% income tax to balance the budget and giving felons voting rights. Sen. Jill Holtzman Vogel pronounced 2010 the year of the constitution with the 10th amendment remaining alive and well. She said that 80% of her constituent communication is about federal congressional actions. Del. Barbara Comstock closed by declaring that the "backbone of any campaign are republican women." She asked us to keep her informed and to be her eyes and ears on what was happening in our communities.

As we gathered for our drive home, we resisted the temptation to tour the beautiful renovation of our state capital as the crowds gathered for the inaugural festivities made even turning around a calculated risk. Deciding to save our viewing of this proud landmark for a warmer and less crowded day, we braved I-95 home, better informed about our new state administration and carrying cards and contacts for new friends.

*Dottie O'Rourke*

## *March Fundraiser*

"A little rain and mist did not dampen the spirits and fun at the Western Fairfax Republican Women's Club Annual Fundraiser and Membership dinner on Saturday, March 13th. Several guests became members at the dinner, and a good number of husbands were present. Following the warm welcome and introduction by Dottie O'Rourke, President of WFRWC, everyone enjoyed a delicious meal with a "wee bit o' Irish flair," with Corn Beef and Cabbage prepared by Dottie O'Rourke, of course. Other side dishes accompanying the main event were expertly prepared by other WFRWC members, including the desserts invitingly displayed on the dessert table.



*Congressman Wolf with Kelly Kaar, Vic & Debbie Balancia, and Steve Hunt and his wife, Monique*

Dottie introduced the many guests, including the keynote speaker, Congressman Frank Wolf, who was accompanied by his lovely wife Carolyn. The ladies of WFRWC were honored to

*continued on page 7*

## *Why Go To The VFRW Board of Directors Meeting?*

The Virginia Federation of Republican Women Board of Directors meets in regular quarterly sessions to conduct the business of the state organization. Usually the first, third and fourth of these meetings is held at the Embassy Suites Hotel in Richmond with the second held in conjunction with the state convention. In addition to the

voting members of the board, presidents of local republican women's clubs are invited to attend these meetings as non-voting guests. Why would anyone drive all the way to Richmond, spend \$25 for lunch, listen to a lot of dull reports, drive all the way home and not even have a vote? Well, it's not exactly like that.

First of all, this is the VFRW and very little of what we do is dull. True, a few of the detailed accounts can make ones eyes glaze over, but generally we can get some very good ideas from what other clubs are doing to raise money and reach out to their communities. And it feels really great to have other clubs come up at lunch

*continued on page 4*

## VFRW Board meeting... continued

to ask about our activities and to say how much they like our ideas.

So, what happened at the February 20th Board Meeting? Call to order just after 10 a.m. by President Brenda Campbell. Following the invocation, pledge of allegiance and procedural business requirements, we heard a report on the 2009 campaign, including that \$137,000 club contribution figure. Reports from 1st VP Fay Williamson on Legislative Day and Inauguration programs and from 2nd VP Miki Miller on membership numbers completed the block.

We next heard from Recording Secretary Linda Bartlett who reported two recommendations from the Executive Board. The first was to hold the 2011 Convention at the new Hilton Richmond Hotel & Spa at Short Pump (very new, luxurious, well located, nicely priced, free parking). The second was a \$1000 contribution to NFRW Building Fund for the renovation of the national headquarters in Alexandria. Both were unanimously approved.

Committee/Chair reports from By-Laws, Campaign Activities, Finance were given concisely and professionally. The President's Luncheon in November 2009 raised \$7059.24 with 100% of 10th District Club support, including WFRWC.

At President Campbell's request, VFRW Parliamentarian Jan Schar made a presentation on Protocol and Robert's Rules of Order, similar to the program she gave our club and definitely worth repeating!

Two of 11 district representative reports preceded a delicious and bountiful buffet lunch, with the other nine reports following our meal. As with all federation functions, meals are a wonderful opportunity to meet new people and share conversation, ideas and experiences.

In the unfinished business, discussion of a dues increase for VFRW resulted in a 23 to 1 recommendation that the Convention will consider a dues increase of \$3 per member for 2011. Announcements included scheduled President and Treasurers Workshops in three areas of the state.

So why did I go? And why did I enjoy the experience? First, these ladies are always great company with wonderful ideas. Second, Brenda Campbell

conducts a really good meeting and I learn just from listening, and that's even before we get into the content. These meetings let us learn how our organization works and reinforce how much influence the Federation has with our elected officials. Confused about by-laws or parliamentary procedure? Watch

them put to use by really qualified ladies and the clouds will clear. If you are a member of a federation club, you are interested in republican politics from a woman's perspective. The more involved you become with the organization, the more you will get from your experience. Whether you think you may want to seek a committee or board position in your club or just want to learn more, think about joining in the trek to Richmond some Saturday.

*Dottie O'Rourke, President.*



*Will Estrata, Director of Federal Relations at the Home School Legal Defense Association (HSLDA)*

## Homeschooling 101

What do Sally Ride, Albert Einstein, Irving Berlin, Thomas Edison, FDR, George Patton, C.S. Lewis, Sandra Day O'Connor, Abe Lincoln, Chris Williams, Stephen Williams, Liz Piñero, and Emily Piñero have in common? They were all homeschooled. Many of this country's great leaders, scientists, artists, and citizens have been homeschooled. Today's homeschoolers are winning the Scripps National Spelling Bee, National Geographic Bee, graduating from A-list colleges, joining the armed forces, and contributing to society in many ways.

What exactly is homeschooling? Why on earth would anyone want to homeschool? How many children are homeschooled in the US? Is it legal? What about socialization? Can homeschooled children get into college? These are just a few of the questions most people have about homeschooling.

Our February meeting welcomed William A. Estrada to shed some light on the concept and practice

*continued on page 5*

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## Homeschooling 101... continued

of homeschooling. Both Estrada and his wife were homeschooled in Pennsylvania. He is now a successful lawyer and is the Director of Federal Relations at the Home School Legal Defense Association (HSLDA). HSDLA's purpose is "to preserve and advance the constitutional rights of parents to direct their child's education" relying on parental rights and religious freedom. Federal Relations lobbies on Capitol Hill, provides a "watchdog" to oversee federal bills, and networks with organizations and parents to keep them updated on current policy.

Homeschooling is a traditional at home method of education that has been experiencing a resurgence in the US since the 1970s. Statistics show approximately 2 million children are currently homeschooled. It is legal in all 50 states, with each state maintaining its own regulations.

Parents choose homeschooling for a variety of reasons, often unique to their family needs. Academic excellence, special needs, spiritual emphasis, and pursuing special talents such as sports or the arts are some of the top motivating factors. Others wish to educate their children in an environment free of drugs, bullying, and guns.

Contrary to popular belief, the homeschool experience often provides a much more expanded social experience. A study conducted by Dr. Brian D. Ray in *Home Education Across the United States* (1997) states that of today's homeschooled youth 33% are

involved in some kind of volunteer work, 35% are in bible clubs, 42% take classes outside of the home, 47% participate in music classes, 48% participate in group sports, 84% participate in field trips and almost 90% engage in regular activities with people outside of the family. Dr. Ray also points out that 98% of homeschoolers are involved in two or more such activities. These studies support that homeschoolers are usually very well adjusted socially and emotionally through their interactions and community activities with family, friends, and others of various ages and backgrounds.

*Homeschooling Grows Up* (Dr. Ray, 2003) includes a recent survey that found 74% of homeschooled students are college-bound vs. 46% of the general population. HSDLA has a list of over 700 colleges, universities, and military academies that are seeking out homeschooled students because of their accomplishments.

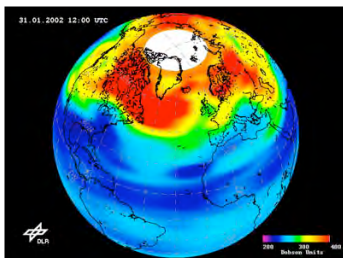
The presentation concluded with a question and answer session with a 'panel of experts' made up of Mr. Estrada and several of our members. Joanne Piñero, who taught her two daughters for 9 and 11 years, cited academic excellence and flexibility to travel and pursue individual interests as her motivations. Her girls participated in homeschool co-ops, organized sports, musicals, Girl Scouts, volunteer opportunities, and part-time jobs. Both benefited from attending college classes as high school juniors and seniors. Liz and



Emily are currently both very successful at their colleges. Julie Williams homeschooled her two sons out of necessity when a move to a different state would have resulted in gaps in their educational continuity. Chris will graduate from Liberty University in May and Stephen is currently serving our country as a Ranger in the Army. Dottie O'Rourke spoke on behalf of the Ashburn homeschoolers, a group of students with whom she interacts on a regular basis, while volunteering at the Sully Historic Site. Many have chosen to homeschool because there is no parochial school in their area and because of the flexibility for volunteerism.

The evening meeting proved to be both informative and interesting. We would like to thank Mr. Estrada for his presentation to our group. And we also thank our panelists for sharing their experiences. For additional information about homeschooling and the laws pertaining to homeschooling you may contact [www.hslda.org](http://www.hslda.org)

*Joanne Piñero*



## Cold Facts About Global Warming

With fact after fact drawn from respected and peer reviewed studies, Lord Monckton proceeded to shoot holes in the popular thinking about global warming. Lord Monckton, who is probably Al Gore's primary challenger on the facts about global warming, presented his views as the featured speaker at the Bull Run Republican Women's Club meeting on March 10 in Manassas. Some attendees had a chance to

*continued on page 6*

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### *Honor Flights... continued*

One of the most common, often preventable, mishaps is an accidental fall. Special attention must be paid to mobility issues. Helping with stairs, boarding and disembarking planes and buses, and simply offering a steady hand while walking to a monument are all possible duties of the guardian. If a wheelchair is required, guardians must know how to use it correctly.

Joan Dempsey, a registered nurse and volunteer EMT with the Vienna Volunteer Fire Department, covered medical topics, such as medications, dehydration, fatigue, and dizziness. Guardians voice gentle reminders to their Veteran to drink enough water, use sunscreen, make periodic restroom visits, and take necessary breaks throughout the day.

Additional topics discussed were meeting at and returning to the airport, being a good listener, and adhering to the rules such as be on time and *NEVER LOSE YOUR*

*VETERAN*. In essence, a good Honor Flight guardian is a responsible individual willing and able to provide a Veteran with a safe, memorable experience in our nation's capitol that honors their service to our country.

Every hub under the Honor Flight Network is now requiring all volunteers to be trained, even those who have previously helped in a guardian capacity. "The better prepared the guardians are, the safer and more enjoyable the trip will be for the Veterans," says Wybenga.

To date, the Network has brought 35,996 WWII Veterans to visit their Memorial. Thousands of volunteers all over the country are participating to make this program a success.

WFRWC members and associate members who recently attended training were Joanne Piñero, Emily Piñero, and Kathy Anastas. Detailed information was provided to the volunteers in a six-page summary.

The new hub is working diligently at getting off the ground. As a new hub in the network, Wybenga cites that within the Washington Metropolitan area there are several areas in need of assistance. Several committees including Public Relations, Communications, School Liaison, World War II Volunteer Coordination, Web Design, and Fund Raising could all use your help as a volunteer. They are also in need of funding for t-shirts, water, flags, and other supplies for the trainings and program participants. Another critical need is finding someone to provide pro-bono legal advice.

For additional information, to register for training or to make contributions please visit the website at [www.honorflight.org](http://www.honorflight.org) or contact Judi Wybenga at [heroeswelcomeiad@gmail.com](mailto:heroeswelcomeiad@gmail.com). Let's all do our part to honor our Veterans in the manner they deserve.

*Joanne Piñero*

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### *Global Warming... continued*

meet and greet with Lord and Lady Monckton before the actual speech. In attendance were members of the club, other guests, including several political and government VIPs.

Global warming proponents claim that human activity, mainly burning of fossil fuels, is increasing the carbon dioxide concentration level in the atmosphere, which supposedly increases global temperature. This increase in temperature is reported to lead to drastic changes, such as rising sea level, species extinctions, and food crop destruction. Carbon dioxide is known as a "greenhouse gas", and is one of several gases that are effective in trapping solar radiation. Global climactic temperature changes can affect weather and ocean temperatures. Changing ocean temperatures affect seawater circulation, which in turn affects climate.

That carbon dioxide is a greenhouse gas is not the question. What leads to controversy are the other questions such as how much does carbon dioxide concentration actually affect climate? Even if it does, how severe are the changes? How much of an effect on life on earth would these changes actually have?

"Science is not a belief system, it is about diligent

study". With that statement, Lord Monckton delivered his remarks. The bulk of the presentation included examples of facts often presented to support global warming, countered with how the data are misrepresented, flawed, or outright wrong. He included examples of scientific data such as arctic ice cap melting claims, sea level rise claims, and species extinction. One example showed how increases in carbon dioxide actually occur after temperature rises, not the reverse as claimed by Gore. Hence carbon dioxide is not clearly the sole reason for temperature rises. Another example is proof of increases in polar caps, recent global cooling, as well as periods of warming before the industrial revolution. He also had economic examples, showing the true cost of cap and trade legislation and other proposed "fixes." Several of the examples came from data used in Al Gore's film "An Inconvenient Truth".

Lord Monckton feels that this fear mongering of impending doom over global warming is, in part, a disguised attempt to undermine our freedoms, and he feels that all should challenge claims with questionable or unfounded facts. Reactions of the crowd throughout his presentation clearly indicated he was among friendly supporters.

*Edwin Piñero*

## WFRWC's MAY Meeting

**We are pleased to announce that Retired Major General Richard Secord will speak at our meeting on Thursday, May 20<sup>th</sup>.**

General Secord is a proud graduate of West Point and holds a Master's in International Affairs from George Washington University. During his numerous military assignments, General Secord served as the US Commander in Iran and commanded units from various levels including flight through squadron and wing level in the USAF. He gained considerable notoriety as the "Man In Charge of Operations" in President's Reagan's "so-called" Iran/Contra Affair. He will be speak on Obama's Foreign Policy in the Middle East. This will be a scorcher!

When: Thursday, May 20th

Where: Fairfax County Govt Center (Sully District Station) • 4900 Stonecroft Blvd, Chantilly, VA

Time: 6:30pm - Social • 7:00pm - Meeting and speaker presentation

*Bring a friend and your questions! Thank you so much and see you there!*

### *March Fundraiser... continued*

have the support and presence from other Women's Republican Clubs such as Linda Porter, of Loudoun County Republican Women's Club, as well as Lynn Falk and Donna Curtin of the Clifton Republican Women.

The group was pleased to have several elected officials and candidates at the dinner. As the General Assembly was still in extended session, our friends in the House of Delegates sent their regrets. All guests were warmly welcomed by the WFRWC members.

Mr. Wolf's speech received a rousing ovation as it focused on the dismal state of the economy in our country. Mr. Wolf elaborated on the prospects that our children and grandchildren will be responsible for the burden of debt visited upon our future citizens by the wild and irresponsible spending of the present administration. Mr Wolf also engaged the gathering with his stories of foreign travel and belief in promoting religious freedom and democracy around the globe.

The silent auction began with bidding in earnest. It was like Christmas in March as selections were made for family members, as well as for ourselves! Gorgeous themed baskets filled with rich products lined the auction tables as well as gift

certificates for dinners at a variety of restaurants, spas, and books signed by the authors, bottles of vino and other great gifts were there for the bidding. The silent auction was a successful fundraiser with items representing a wide spectrum of interests. We would like to extend gratitude to the restaurants which generously donated gift certificates for our door prize drawing. These establishments include Great American Restaurants, Uncle Julio's Rio Grande, Bonefish Grill of Fairfax, T.G.I. Friday's of Fairfax and Olive Garden of Fairfax & Manassas.

The person putting this successful event together was Club Chairman of Fundraising this year, Johanna Ashworth (with special thanks to husband Nate for his great help), and she was assisted by Diane Driscoll, Lois & Ron Koch, Kara Reade, Joanne Higgins, Diane Moccio, Virginia Olander, Julie Williams, Joanne & Ed Pinero and Liz Wheeless. A special thank you also goes to Lynn Dysart for donating many dessert items from her business A Bit More. For those of you who pitched in to help where ever you noticed something needed to be done, thank you also!

The entire WFRWC contributed to this effort and it was a beautiful

success. Jeanne Pujanauski, Kelly Kaar, Kara Reade and Ina Faye Nichols received guests at the front door and introduced them to the new and elegant GOP pin for sale. It is of gold and inlaid with rhinestones; how could the people resist - the pins became big sellers of the evening. Also on display that night was the club's fundraiser cookbook that features many of the delicious recipes which we were treated to on the buffet including Dottie's corned beef, potato salad and hot wine punch. If you are interested in purchasing the elegant WFRWC fundraising pin and/or the cookbook, please contact Johanna Ashworth for information.

This Western Fairfax Republican Women's Club has a big heart for helping worthy candidates get elected; reaching out to the community to help make others' lives better, such as support for the Alternative House, and Scholarships to students starting in the next steps of their lives - college and of course, there is the social aspect where each member contributes with giving of themselves, some through resources, and all through loving and caring for each other.

WFRWC - you are winners!"

*Ina Faye Nichols, Recording Secretary*

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## Rhinestone Elephant Pin

\$20 / Member • \$25 / Non Member

This elegant pin was designed by Sahar Hekmati of the Georgia Federation.

Sahar is originally from Afghanistan. She was recently awarded a Commendation from the Governor of the State of Georgia for her outstanding efforts, promoting conservative values, and encouraging others to do the same.

For more information, go to [www.wfrwc.org](http://www.wfrwc.org) or, see the Order form on Page 10



This pin is 10 Karat Gold Overlay, with Rhinestones.

\*\*The appraised value is \$52\*\*

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## Spring into shape: 8 week weight loss walking plan.

*This is an article from the 3/19 Examiner by Cheryl M. Brown.*

Walking is the easiest and cheapest way to lose weight and stay in shape. But before starting with a weight loss walking plan there are two things to consider: First, a good pair of shoes specifically made for walking or running is a must. The shoes should have protective cushioning to circumvent injury and aid in arch support. And even more important than the proper shoe, is to start out slow, and consult a physician first, especially if you are not used to being physically active.

The great thing about walking is that it will burn calories with less effort and a lot easier on the knees and feet than jogging or running. Walking also increases metabolism which is a major part of weight loss efforts. But the best part is, an increased metabolism will keep burning calories for ten to

twelve hours after a brisk two mile walk.

Don't forget to warm up and cool down with some stretching or light walking for about five minutes. When walking, find a pace you can keep for the length of the walk. The pace should never be over-exerting. Breathing should be a little heavier, speaking should not be labored, but singing should be very difficult to do. The first week will help in establishing an initial pace which will most likely increase over time.

### 8 Week Weight Loss Walking Plan

Week 1: Walk four times this week for a minimum of 15 minutes and no longer than 30 minutes.

Week 2: Walk three times this week for 30 minutes each time.

Week 3: Walk three times this week for 35 minutes each time.

Week 4: Walk four times this week for 35 minutes each time.

Week 5: Walk three times this week for 40 minutes each time.

Week 6: Walk four times this week for 40 minutes each time.

Week 7: Walk five times this week for 45 minutes each time.

Week 8: Walk five times this week for 45 minutes each time.

Continue walking five times a week for 40-45 minutes each time until the desired amount of weight is lost. Then walk four to five times a week for a minimum of 30 minutes each time to maintain. After completing this 8 week weight loss plan, you will have lost weight, gained more energy and stamina, firmed your lower body muscles and will be able to walk faster and farther than you ever thought possible. Good luck!

## Patriotism on the Move

On March 19<sup>th</sup>, a beautiful spring day, several members of WFRWC joined other Patriots from the FCRC, As A Mom and Tea Party activists to counter protest an ObamaCare pep rally at the Patriot Center of the GMU campus. We were there to voice our concerns about the health care reform bill before Congress. Many came prepared with homemade signs and copies of the Constitution



to educate those attending the rally about issues in the bill that the current administration and the press were hiding from the public. Spike Williams brought a huge banner declaring, "Mr. Obama, tear down this bill!"

We congregated in a designated area at the main entrance near a line of people waiting to get into the rally. In discussions with rally attendees about what really was in the bill, the kool-aid drinkers



could only say that we were the ones uniformed or lying. This was in spite of the fact that several protesters had actually read the actual bill, not just press releases or executive summaries.



A few Obama supporters tried to confront our peaceful demonstrators in the designated area to agitate and cause a reaction, but the police responded quickly and made them leave our area.

After the rally attendees had entered the building, the protesters proceeded to the Patriot Center entrance. As the motorcade entered, the President got to see all our signs and the glorious banner. Gee, he didn't wave.

*Jeanne Pujanauski*

## Chicken, Artichoke, and Mushroom Fettuccine

Prep: 7 minutes  
Cook Time: 13 minutes  
Yield: 5 servings

- 1 (9 ounce) package of fresh fettuccine
- 1 (8 ounce) can of pre-sliced mushrooms
- 1 small red bell pepper sliced
- 2 TB light stick butter
- 1 TB all purpose flour
- 1 cup fat free milk
- 1/8 tsp salt
- 1/4 tsp black pepper
- 2 cups shredded skinless rotisserie chicken
- 1 (14 ounce) can artichoke hearts, drained and cut
- 2 TB fresh lemon juice
- 1/4 cup chopped green onions (optional)
- Shredded Parmesan cheese (optional)

## Calendar

**May 12 LCRWC First Ladies' Tea**

**May 20 Club Meeting**

Speaker: MajGen Richard Secord - "Obama's Foreign Policy in the Middle East"  
Sully Gov't Ctr; 6:30 p.m.

**May 22 NFRW Campaign Management School**

Illinois - see [nfrw.org](http://nfrw.org)

**May 31 Memorial Day**

**June 17 Club Meeting**

Speaker: Chairman Pat Mullins from RVP  
Sully Gov't Center  
6:30 p.m.

**June 19 John Frey's Annual Pig-Out BBQ**

**July 4 Independence Day**

**July 15 No Club Meeting this Month**



Cook pasta, drain and keep warm.

While pasta cooks, heat large non-stick skillet over medium heat. Coat pan with cooking spray. Add mushrooms and red bell pepper and sauté for 5 minutes. Remove from pan and keep warm.

Add butter to pan, cook until melted. Add flour and stir with a whisk; cook 1 minute or until bubbly. Add milk, salt and pepper; cook 3 minutes or until thick, stirring constantly.

Add reserved mushroom mixture, chicken, and artichoke hearts to pan, stirring gently. Cook 3 minutes or until thoroughly heated. Add lemon juice and, if desired, green onions. Toss chicken mixture with pasta.



# WFRWC 2010 Rhinestone Elephant Pin



Date: \_\_\_\_\_

Purchaser:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number (best contact number): \_\_\_\_\_

Email Address: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_

( ) I would like to order the WFRWC Rhinestone Elephant Pin  
\_\_\_\_\_ pin(s) at the **\$20 member rate** each for a total owed of \$ \_\_\_\_\_

( ) I would like to order the WFRWC Rhinestone Elephant Pin  
\_\_\_\_\_ pin(s) at the **\$25 non-member rate** each for a total owed of \$ \_\_\_\_\_

The 2010 WFRWC Rhinestone Elephant Pins are here! Please place your order now ☺

**Please send your order and payment (checks made payable to WFRWC) to:**

**Johanna Ashworth**  
**14604 Winterfield Drive**  
**Centreville, VA 20120**  
[johanna@ncsweb.us](mailto:johanna@ncsweb.us)

(Office Use Only)

Date Order Received: \_\_\_\_\_

Number of Pins Ordered: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_

Check #: \_\_\_\_\_



# Western Fairfax Republican Women's Club



Name: \_\_\_\_\_ Spouse: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Numbers: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Email Address: \_\_\_\_\_ Fax: \_\_\_\_\_

Birthday: \_\_\_\_\_ (Month) \_\_\_\_\_ (Day)

Yes, I am willing to have my address, telephone and email information published in the 2010 WFRWC Directory and on the Members' Only section of the WFRWC website.

Congressional District: \_\_\_\_\_ County: \_\_\_\_\_

Magisterial District: \_\_\_\_\_ Precinct: \_\_\_\_\_

\*\*\*\*\*

Regular Membership    Annual Dues \$40/year    \_\_\_\_\_ NEW    \_\_\_\_\_ RENEWAL

\*Associate Membership    Annual Dues \$25/year    \_\_\_\_\_ NEW    \_\_\_\_\_ RENEWAL

\* I am a regular member in the \_\_\_\_\_ Women's Club

Please make your check payable to WFRWC and mail along with your membership application to:

Kara Reade  
12931 B Grays Pointe Road  
Fairfax,, VA 22033

*Regular Members shall hold membership in only one Republican Women's Club, shall be eligible to make motions and vote, to hold office, to serve on committees and act as a delegate to the state (VFRW) and national (NFRW) conventions. A Regular Member in good standing is one whose current dues are paid.*

*An Associate Member is a member of another Republican Federal Club. Associate members cannot be counted toward delegate representation, hold office or vote, serve as a committee chairman, or act as a delegate to the state and national conventions. Republican men are welcome to become Associate Members.*