I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold, service was joy.”

Rabindranath Tagore

VOLUNTEERS WANTED:
We are looking for individuals available to volunteer on Saturdays.
If you are reliable, consistent, and friendly, we could use you to cashier, greet customers & wrap items.

Shifts are: 10am-1pm & 1pm-4pm.

5 Reasons to Volunteer:
1. Develop new skills
2. Help a cause that lights you up
3. Meet new people
4. Connect with your community
5. Expand your horizons

When was the last time you visited The Shop? Come on by, we would love to have you. Mention that you read about us in our newsletter and you will be able to dip into our “mystery gift bag” - everyone is a winner. We are still located at:

6030 El Tordo Rancho Santa Fe, California     Phone : 760.756.1192

Some say she was the “backbone” of The Country Friends - the leader who kept the integrity and vision of the organization upright.

Some say she was the “heart and soul” of The Country Friends, the constant beat of compassion and determination to make a difference and to be of service to those who needed it the most.

She was the light that shined so bright, with that mischievous sparkle in her eyes, a stellar example of a woman who walked through life with dignity, ease and grace.

We say she was all that and her legacy will live on in each of our hearts and in the thousands of hearts that she touched over the years.
**Spotlight on Palomar Child Abuse Program**

On October 8, 2010 we heard the news of a man hopping the fence of an elementary school and opening up fire on a crowded playground. As horrifying as it is to hear about the heinous crime, most of us were shocked when we heard that this was local, in Carlsbad at Kelly Elementary School. This became very personal for most of us, it was our city, our children! Because of the Forensic Health Services provided by Palomar (POMERADO), the Kelly School children’s testimony allowed law enforcement to gather physical evidence to convict the perpetrator for the max sentence of 189 years to life in prison.

"The Forensic Health Service at Palomar was so key in assisting our school and our children after the shooting. They responded in an acute timely fashion and came directly to our school which was pivotal in allowing our children to stay in a familiar environment. My gratitude for the assistance that Palomar provided is immeasurable."

- Tressie Armstrong
  Kelly Elementary School Principal, Survivor

This figure, bravely facing down the fearsome dragon while the sun shines, was drawn by a boy while telling his story of abuse at the Child Abuse Program in North San Diego County Forensic Health Services at Palomar Health.

Palomar (Pomerado) Health System’s ten-woman team provides all North San Diego communities the medico-legal services we hope we never need: the foster child (health) assessments, child abuse program forensic interviews, and the sexual assault (SART) exams.

**2014 ART OF FASHION COMMITTEE**

**2014 ART OF FASHION CHAIR**

Andrea Naversen Wait

“When The Country Friends asked me to chair the Art of Fashion for a second time, I agreed because I wanted to honor the memory of Jean Newman, my beloved friend and mentor. Over the years she has been like a mother to me, offering advice and counsel and a warm smile whenever I needed it. We all miss her so much, and I am so proud to be able to honor her and the 28 other women who have served so selflessly as presidents of The Country Friends over the past 60 years.”

Children are likely to live up to what you believe of them.

– Lady Bird Johnson, Former US First Lady

*Welcome to The 2014 Newest Human Care Agencies*
- Lighbridge Hospice
- Palomar Child Abuse Program
- Street of Dreams
- San Diego Food Bank
- St. Vincent De Paul Village
- Support the Enlisted Project

*MEMBERSHIP REPORT*
515 members includes:
- 290 Life Members
- 151 General Members
- 47 Benefactor Members
- 27 Supporting Members

For More Information or tickets visit www.thecountryfriends.org or call 858.756.1192 ext. 4

**2014 ART OF FASHION COMMITTEE**

First time ever honoring past presidents.

10th year partnering with South Coast Plaza

In honor of our 60th Diamond Anniversary Jeweler JOHN MATTY CO is donating an extraordinary Shield Cut Diamond Necklace containing 60 Diamonds.

$25,000 Retail Value

**UPCOMING EVENTS**

Benefiting the Country Friends

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For More Information or tickets visit www.thecountryfriends.org or call 858.756.1192 ext. 4

Jody Pinchin, Photographer