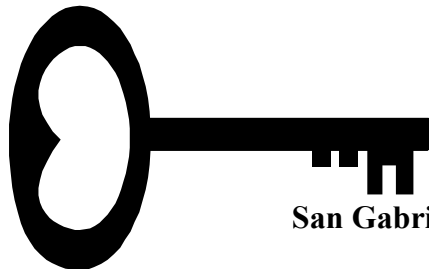
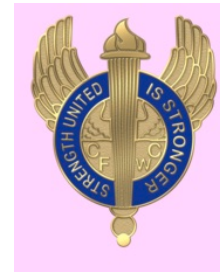


THE KEY



San Gabriel Valley District

A NEWSLETTER SERVING THE MEMBERSHIP OF SAN GABRIEL VALLEY DISTRICT
AFFILIATED WITH CALIFORNIA FEDERATION OF WOMEN'S CLUBS AND GENERAL
FEDERATION OF WOMEN'S CLUBS, INTERNATIONAL



February 2020

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perkinstlee@gmail.com
Distribution:
US Mail: Pat Huffman

FEBRUARY 2020

- 3 SGVD Executive Committee Meeting, Peppertree @ 9:00am
- 14 **SGVD Board Meeting**, La Crescenta Woman's Club, 9:30 AM -
- 17 DVAC Meeting, Covina Woman's Club, Noon
- 18 SGVD Past District Presidents Affiliate Group, Marie Callender's Azusa, 11:30 AM
- 22 **SGVD Fashion Show**, The Ritz Gardens, 11201 1st Ave, Whittier 10 AM - 2 PM, \$35
(includes lunch) Reservations required, Kindness Angels Honored
- 25 SGVD Alumnae Affiliate Group Meeting Baldwin Park Woman's Club 11:00
- 27-29 CFWC Board Meeting at Crowne Plaza Hotel, Sacramento

MARCH 2020

- 2 SGVD Executive Committee Meeting, Peppertree @ 9:00am
 - 12 SGVD Art & Photo Contest turn-in at Covina Woman's Club, 9:30 - 11:30 AM
 - 13 **SGVD Spring Council**, Covina Woman's Club, 9:30 AM, **Student Music Scholarship Contest, Art & Photography**, \$15 (includes lunch) Reservations required **Deadline for Clubwoman and Citizen of the Year entries**
 - 16 DVAC Meeting, Covina Woman's Club, Noon
 - 17 SGVD Parliamentary Affiliate Group Meeting, Baldwin Park Woman's Club, 10 AM
(all are invited)
-

SGVD President . . . Rita Aleman...909-284-2384...meritamom@msn.com

Hello Members,

I have been busy these past few weeks. Preparing for the Birthday Council and for the SGVD 64th Convention. As I watched all the clubs within the district put their best effort in getting their reports in on time, I can say thank you for a job well done. I have been reading the reports turned in and I have found them to be most informative.

As this Month moves ahead, I look forward to the February 14th District Board Meeting at La Crescenta Woman's Club.

I would like to acknowledge two members of the San Gabriel Valley District, Kim Plater-Covina Woman's Club and Lupe Diaz-PioPico Woman's Club, who both paid to be able to walk, with a total of 100 women, in the Rose Parade. They followed the float which will now be recorded as 100 years after women's right to vote, centennial historic suffrage right to vote memory. The walk actually turned out to be 8 miles of walking! The women each had a story which will be shared at the February District meeting, so you might want to come and listen. Great job ladies! Thank you for all your support and I look forward to this 2020 year!

SGVD 1ST Vice President...Rosette Clippinger...909-525-8828

Happy Heart and Valentine's Month to everyone!

Kudos to all the Clubs who submitted their wonderful Reports! Also, a big thank you to our District Chairmen for your hard and dedicated work - getting the judges, and writing the District Reports.

We have had incredible teamwork with so many of our projects. You have all contributed to making this a joyous year of giving.

I will be reporting to the State Board at the February meeting in Sacramento.

Your work is greatly appreciated and I am truly blessed to be able to collaborate with such a group of wonderful ladies.

Great job!!!

SGVD 2nd Vice President ...Terry Perkins...909-89-7710

Today is the first day of February.

May this new month start with a new sun of success for you.

May every ray of the new sun prove a happiness for you.

Life is too short,
Enjoy and have fun,
Forgive your friends,
Love by heart,
Laugh out loud,
Do everything that



makes you smile.
Enjoy the New Month.
It Is February...

Reflect on how you spent last 31 days.
Think of one major event that you happy about.
List 10 things you want to do this month.
Then, be prepared to move forward...
Welcome to February.

Honor Your 25 year Members at SGVD Convention

I need to receive the names of your 25 year members by March 13, 2020.

IMPORTANT REMINDER: Please remember that after April each year, clubs are to turn in (5) five copies of the New and/late paying Member Form along with a club roster **highlighting only new members.**

The Data Blank Form is only used in April.

SGVD 3rd VP/Convention ... Linda Koontz ... 909-593-3906

Happy Valentine's Day! Convention is getting closer and closer and if you don't want to miss out on a great Convention...please don't procrastinate in making your room reservations as soon as possible. Please use the link below, copy and insert in your search bar. You will see how easy it is to book your room. Please CALENDAR THE DATES: Early Birds April 16th Convention starts April 17-18, 2020. You may also call 1-888-236-2427 but make sure you tell them group rate for SGV. Yes it is only SGV.

LINK TO BOOK YOUR ROOM:

<https://www.marriott.com/events/start.mi?id=1562022811157&key=GRP>

Book room by MARCH 16TH (rates go up after)

CONVENTION ADS: Please start working on your convention ads now. Remember Convention will be Installation Year and we will recognize our Club Member of the Year, Citizen of the Year, Incoming Club & District Administration, Outgoing Club & District Administration. Also, we will recognize our Kindness Angel at our Fashion Show. Why not recognize these special members with a Congratulatory ad. You must send "camera ready" to Pat Huffman: pat@edmarkgraphicsinc.com. Questions call Pat at 626-335-2345. You need to send your check payable to: SGVD Convention for your ad to Rosette Clippenger, 24315 Delta Dr., Diamond Bar, CA 91765. Checks need to be received before placing your ad no later than March 9th. Ad sizes provide for a small border and prices are as follows. Club Full Page \$25, 7 ½ X 10; Half Page \$15, 4 ½ X 7 ¼. Business Ads: Full Page \$50, 7 ½ X 10 and Half Page \$25 is 4 ½ X 7 ¼. I encourage you to solicit your local business that your club does business with for their support.

MEMORIAL: Please remember to get names of members who have passed since Convention 2019 to our Spiritual Values Chairman, Petra Jimenez by Spring Council, March 13th. Reminding all of you early, so there are no last minute names coming in to Petra. Remember we are all working with deadlines and want our 2020 Convention to be a smashing success!

REMINDER: Convention Committee Meeting, Final planning - Thursday, March 19th, 2020, 9:30 at the Peppertree in Glendora. Please come prepared to report, that everything you're responsible for is meeting our timeline.

DELEGATES: Please check with Rita Even, our Credentials Chairman regarding delegates for your club. Remember it is Election Year at Spring Council and your delegates will also be voting at Convention as well.

MEMO

MEMORIAL PRESENTATION

OF MEMBERS
WHO HAVE PASSED AWAY
THIS LAST YEAR
2019-2020

**64TH SGVD DISTRICT CONVENTION
APRIL 17-18, 2020**

Date: October, 2019
To: Boards and Members of the San Gabriel Valley District
From: Petra Jimenez
Memorial Service Chair, 64th Convention, SGVD District

PLEASE SUBMIT THE NAMES OF YOUR CLUB MEMBERS WHO PASSED AWAY THIS YEAR (2019-2020) FOR INCLUSION IN THE MEMORIAL. CUT-OFF DATE IS 03-13-2020. (See SIDEBAR)

Please include:
Name of Club _____
Name of Deceased _____
Date of Death _____ Years of Membership _____
Biography of Her Contribution to your club _____

(Volunteer, Chairperson, Club board member, crafts, cherished memories, etc.)

NOTE:

THE CUT-OFF DATE FOR SUBMISSION OF NAMES IS MARCH 13, 2020

PLEASE E-MAIL YOUR INFORMATION TO ME AT jjjimz@yahoo.com

OR MAIL YOUR INFORMATION TO:
PETRA JIMENEZ,
6718 LOCH ALENE AVE.
PICO RIVERA, CA 90660

OR CALL
ROSALIE BARCO AT (626) 434-6143
AUNTIEROSEXX@GMAIL.COM

SGVD Recording Secretary....Abbey Howell... (909) 348-3779

San Gabriel Valley District - Club Recording Secretaries, I would like to purpose a question to you; have you filled your position to your club?

By ensuring your clubs minutes are effectively organized for the year, and all motion slips are closed out and in a binder for review. If you are able to answer these question yes, welcome to 2020 knowing that your job as Recording Secretary just became easier in maintaining effective records for your Club!

As a District Officer and Chairman, I would welcome an invite to visit any of the clubs in the San Gabriel Valley District to cover any questions you may have on minute taking and/or fundraising.

SGVD Corresponding Secretary....Marianne Jennings... (818) 398-7323

Last month many hugs with sympathy, thinking of you and get well wishes were sent out to our federated members in need of our concern. Please continue to let me know when you are aware of a need for a card.

If any information in the SGVD Yearbook regarding your club changes, please let me know so it can be updated in the 2020-2021 yearbook. And if your club is still needing to submit your club's yearbook please bring it to the SGVD Birthday Council January 24th.

CORRECTIONS FOR THE SGVD YEARBOOK 2019-20

Please check the District Yearbook and email me if you need to correct something about your club, your name, your address, etc.

SGVD Parliamentarian . . . Mary Jo Kolakoski... 626-444-571

You will see the Nominating Committee's slate of officers for election in March at the Spring Council elsewhere in this newsletter. If you wish to make a nomination from the floor at that time, you must have available copies of the Club's endorsement for that position in addition to a list of the individual's qualifications. Copies must be presented to the Parliamentarian, Recording Secretary, and Nominating Committee Chairman for review before the name is placed on the ballot.



Notice

ELECTION OF EXECUTIVE COMMITTEE (OFFICERS) FOR 2020-22

Please Note: March 13, 2020 Spring Council

Voting hours will be from 11:00 - 2:15pm

Voting instructions will be given at the Spring Council.

Slate of Officers

President--Rosette Clippinger

1st Vice President—Linda Koontz

2nd Vice President—Luanne Arredondo

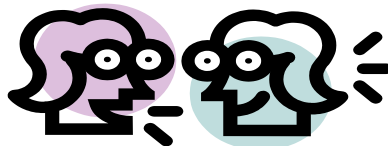
3rd Vice President – Abbey Howell

Recording Secretary –Terry Perkins

Financial Secretary—DeDee Attebery

Treasurer—Cheryl Linnborn

CHAIRMEN'S CHATS



ADVOCATES FOR CHILDREN ... Esthela Torres de Siegrist ...626-442-0354



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The Information Explosion

Our children and youth are our future. Yes, they most certainly are! Their world, our world is changing at a pace never experienced before. The quantity of information is exploding and access to it is instantly at one's fingertips by a smartphone or computer. Because it appears on the NET, it's not necessarily true nor factual.

Technology allows for acquiring and sharing Information. Yet, children and youth...all of us... must learn how to evaluate all information—what's true?...what's false?...is there a built-in bias...a special point of view?

Communication is instant, but how reliable? How safe? Is privacy protected? Teachers are discovering that due to the "Cut and Paste" facility in Word, children are frequently "borrowing word for word" someone else's writing and innocently include it in their own compositions. More and more scams are being perpetrated via e-mail, phone calls, and text messages.

In short, like in everything in life "caution is in order."

AMENITIES and PROTECOLLinda Koontz909-593-3906

LINDA'S TIDBITS

Happy Valentine's Day! This is the time of the year where protocol and amenities will be put to good use and are you prepared? Are you ready to put yourself to the test of what is proper protocol and amenities? With Installations coming up, are you wondering who to invite according to Protocol? How do you seat special guests at the Head Table or special seating? What is the proper way to thank people for gifts...email or written? Always a hand written note is proper protocol. Never too late to say Thank you even if you forgot...we all lead busy lives. The person who took the time to shop and pick out something special for you deserves a note of appreciation.

Do you like Linda's Tidbits? Then email me your protocol or amenity question and I will answer it in my next Key message for all to read. Please don't hesitate to invite me to speak on protocol and amenities. Many of you know I am a Protocol person and am eager to share my knowledge on what is right and what is wrong.

ARTS.....Terry Perkins....909-895-7710

We had some wonderful projects in 2019. Great reports and activities.



SGVD Clubwoman Photo Contest Winners
South Pasadena Women's Club---January 9, 2020

CATEGORY 1 - NATURAL HISTORY

Name	Club	Entry #	Place
Rose Gant	Duarte Women's Club	16	1st Place
Joanne Karr	Walnut Valley Women's Club	7	2nd Place
Marie Montanez	Monterey Park Women's Club	8	3rd Place
Claudia Heller	Duarte Women's Club	13	Hon Mention

CATEGORY 2 - SCENIC

Name	Club	Entry #	Place
Rose Gant	Duarte Women's Club	15	1st Place
Claudia Heller	Duarte Women's Club	12	2nd Place
Luz Porlier	Duarte Women's Club	18	3rd Place
Emma Lestina	La Crescenta Women's Club	24	Hon Mention

CATEGORY 3 - FEATURE

Name	Club	Entry #	Place
Rose Gant	Duarte Women's Club	14	1st Place
Marie Montanez	Monterey Park Women's Club	4	2nd Place
Joanne Karr	Walnut Valley Women's Club	8	3rd Place
Luz Porlier	Duarte Women's Club		

CATEGORY 4 - VOLUNTEERS IN ACTION

Name	Club	Entry #	Place
Marie Montanez	Monterey Park Women's Club	5	1st Place
Shari Kovach	Walnut Valley Women's Club	11	2nd Place
Luz Porlier	Duarte Women's Club	19	3rd Place
Cecilia Montanez	Monterey Park Women's Club	1	Hon Mention

CATEGORY - STILL LIFE

Shari Kovach	Walnut Valley Women's Club	10	1st Place
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STATE 1st PLACE NATURAL HISTORY

Rose Gant	Duarte Women's Club	17	
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There were entries from five (5) clubs: Duarte, La Crescenta, Monterey Park, Pasadena and Walnut. Duarte had four 1st place winners, one 2nd Place, two 3rd Place and two Honorable Mentions La Crescenta had 1 Honorable Mention Monterey Park had one 1st Place, one 2nd Place, one 3rd Place and one Honorable Mention Walnut had one 1st place, one 2nd Place, one 3rd Place

CLUBMEMBER OF THE YEAR *Marian Hallin ~626-282-9210*

All clubs now have a short time to choose a Member of the Year, write a 50-word essay telling why the person was chosen and then fill out the application, have it signed by your President and submit it at Spring Council on March 13, 2020. Please understand that this date is necessary for preparing on how many members are to be honored and have their names printed in the Convention Program. It can be embarrassing to miss anyone or to add them at a later date without this timely deadline.

I sincerely hope that all clubs will consider entering a Member to be honored. Every club has special people that deserve recognition and this is a perfect time to share your appreciation with not only your own club but with all of the participating clubs in SGVD.

You will find instructions in the SGVD 2019-2020 Yearbook on pages 61 and 62. Reading these will help you in completing the necessary information. I will be out of State in February on the

date of the SGVD Meeting but will be glad to assist you in anyway, if help is needed. My email address is: marianlea@aol.com. My telephone number is: 626-282-9210.

DOMESTIC VIOLENCE.....Mavis Hansen ...626-441-6231



THANK YOU to the 15 clubs that turned in reports. It is very heartwarming to read these reports and see the many hours and monies spent to help those who are trying to make a better life for themselves and their children. THANK YOU to the report writers who let us know of the many ways, events, fundraisers and programs that provide support for victims and their children and also for those that provide awareness and prevention.

Many of the clubs attend DVAC (Domestic Violence Action Coalition) and help support with donations of various items, money and time to work on projects and events, such as Court attendance whenever needed. Many of the clubs also give financial help to shelters, churches or organizations that assist individuals and families in their healing. Some clubs have partnered with BACA (Bikers Against Child Abuse) or DVAC by having them as speakers and then given them a donation. Many of the clubs provide hygiene kits or baskets, back packs and purses filled with various items. One of the clubs had a “Baby Shower” complete with games and refreshments.

Everyone had lots of fun and the many “gifts” were donated to a foster care home where babies were taken when removed from a domestic violence situation. One of the clubs has a Thrift Store, another collects shoes and nearly everyone wears a purple ribbon during the month of October, Domestic Violence Awareness month. There are so many wonderful ways to provide support. If your club is not one that has participated or has a Domestic Violence Awareness and Prevention Chairman, WHY NOT?

FUNDRAISING –FASHION SHOW.... Abbey Howell... (909) 348-3779

The Fashion Show Meeting was held on January 6, 2020 with all of the Committee Chairmen covering a great deal of information from all area of this event. We are excited and looking forward to *La Vi En Rose* - Fashion Show by Magnolia Boutique February 22, 2020 at the Ritz Gardens, Whittier, CA.



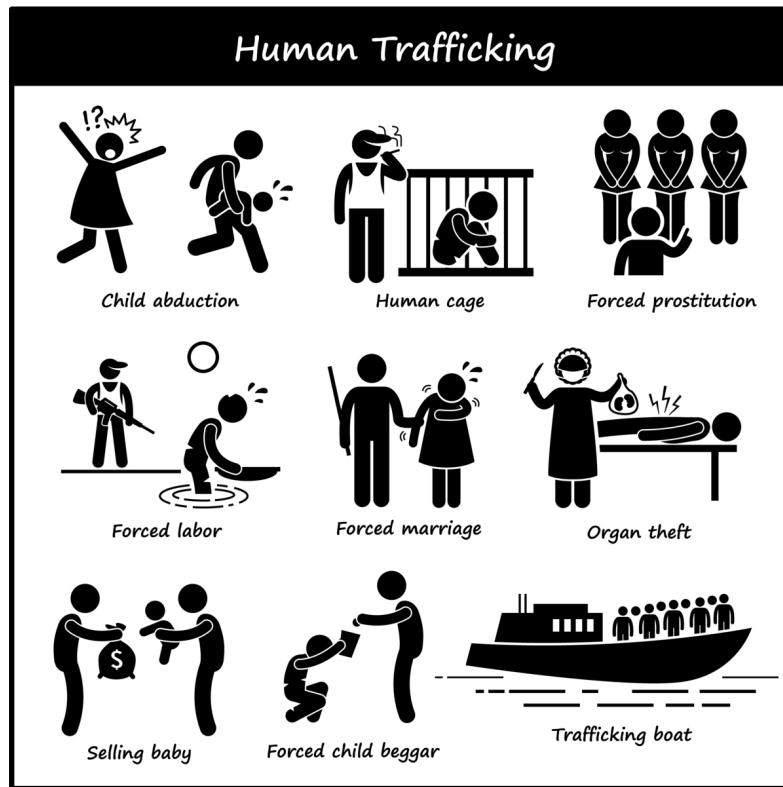
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Reminder: All Fashion Show Reservations are due with club payments by: January 24, 2020 Birthday Council, please see Chairman Beverly Clifton -Ticket Sales, Chairman Marianne Jennings for Opportunity Cash Tickets.

We will have floor hostesses handling all ticket sales at the event. If by chance you missed ordered your drink tickets, they will also be available to purchase at the event, see Chairman Fred Aleman. New for this year, we will have a "Silent Auction Area" managed by Chairman Rosette Clippinger. Our color theme: Pink, Silver and White

This promises to be an afternoon to remember - Hoping to see you there!

INTERNATIONAL OUTREACH.....Tina Ly.....626-234-7754.



For more than six decades, the General Federation of Women’s Clubs has supported UNICEF, the United Nations Children’s Fund, in its efforts to ensure the world’s most vulnerable children have access to health, immunization, clean water, nutrition, education, emergency and disaster relief, and more. Today, 10 million (25%) of victims of modern slavery are children. The newest partnership with UNICEF USA focuses on the End Trafficking project. This initiative raises awareness about child trafficking while mobilizing communities to take meaningful action to help protect children domestically and internationally. You can help combat child trafficking by urging your elected officials to support the

Congressional Resolution to End Violence Against Children Globally. Contact them via this link from UNICEF <https://www.unicefusa.org/stories/its-time-end-violence-against-children/36871>

KINDNESS ANGEL CHAIRMAN... Pat Borchard...909-576-4382



Just wanted to say thank you to the following clubs that submitted their Kindness Angel narratives with picture at the District Board meeting, January 10th or at least by the deadline for Key messages(January 15th). Diamond Bar Woman’s Club, Covina Woman’s Club, West Covina Woman’s Club, El Monte Woman’s Club, Downey Woman’s Club, Charter Oak Woman’s Club, Duarte Woman’s Club, Woman’s Club of South Pasadena, GFWC La Verme-San Dimas Club, Baldwin Park Woman’s Club, Sierra Madre’s Woman’s Club, Hacienda Heights Woman’s Club, La Crescenta Woman’s Club, Walnut Valley Woman’s Club, GFWC Federated East Valley Woman’s Club. I know that at the time of this message I should be receiving a few more “angel” narratives by the deadline of January 17th. This is the most participation we have had in years and I am so very excited to honor your angels and to share their “Random Acts of Kindness”. See you all at the Fashion Show!

LEADERSHIP CHAIRMAN.... Toby Kahan ...909-720-3532

Reports are in and thank you for submitting your Club Leadership Report. The Past District Presidents will be reading them and selecting a sweepstakes winner to present at the district convention in April.

As Leadership Chairman, I would be happy to come and visit your club to speak or discuss with you ways to resolve problems. Through my years in Federation I've experienced a lot and can possibly be of help to you and your members.

Many clubs this month will be meeting to form a slate for the 2020 Administration. Why not consider stepping up into the next leadership position. Studies have shown that a part of your mind loves to be busy working on significant tasks that can really make a difference. Your job is to feed this part of your mind continually and what better way to do that than by taking an Office or Chairmanship in your club or our District. I have always found it challenging and rewarding and you will too.

MUSIC SCHOLARSHIP COMPETITION ...Terry Perkins...909-895-7710



CLUB INSTRUCTIONS

A contest for talented young musicians graduating from schools of the San Gabriel Valley will be held at the Covina Woman's Club Friday, March 13, 2020. Scholarships in the amount of \$500 each will be awarded. Music Scholarship Forms were due at Birthday Council



Because I only received forms from two clubs, I will be willing to accept complete forms with all required documentation in my hands at Board Meeting on Feb. 14, 2020.

Remember:

1. Sponsoring club should make luncheon reservations for contestants and accompanists, and submit payment for reservations by District reservations deadline.
2. Special seating will be provided for students/family/accompanists not staying for lunch.
3. A club representative must arrive no later than 8:30 A.M. on Friday, March 13, 2020, to greet the club's student and escort him/her to his/her seat.
4. Club chairman must see that the SGVD Financial Secretary receives the name, address and proof of student continuing his/her music education in order to facilitate scholarship payment.
5. Club chairman is responsible for the distribution of rules to students.
7. Judges may choose four (4) winners; one in each category. Judges may decide if there is no winner in a category. Decision of the judges will be final.
8. Winners may be invited to perform at District Convention in April 2020.

SGVD President's Scrapbook Chairman...Pat Borchard...909-576-4382

Scrapbook pages for President Rita's scrapbook were distributed at the January 24, 2020 Birthday Council. Each club and section will receive one (1) page to embellish, decorate, create (front and back), for this scrapbook. Each plastic sleeve will have scrapbook pages included. Please use what you are given.



Please do not use a different plastic sleeve since all sleeves are not created equal.

Be as creative as you wish. Include pictures of club activities that our SGVD President may have attended or just include pictures of your club's activities. Make the page a memory for our District President. The turn in **deadline for your scrapbook page is no later than March 13, 2020, at Spring Council.** I cannot accept your page at convention. If you happen to have your page completed by the SGVD Fashion Show, you may turn it over to me then. Hope all of you will take the time and have fun creating a memory page for President Rita. Please call if you have any questions.

WOMEN'S HISTORY/RESOURCE CENTER...Diane Sexton...626-316-004

Go Red For Women's Hearts

Did You Know that millions of women are affected by heart disease each year?

Did You Know that heart disease is the No. 1 killer of women in the United States?

Did You Know that more women die of heart disease than men?

Did You Know that symptoms in women are not the same as those in men?

Because heart disease is the No. 1 killer of women, it's critical that we learn the warning signs and symptoms and we need to learn about our family history. The more we know about heart disease the better our chance of fighting it and surviving if we should have a surprise attack. Educating ourselves of the symptoms and prevention measures will drastically lower our risk of heart disease.

The Warning Signs and Symptoms of Heart Disease

- Breaking out in a cold sweat, nausea, or lightheadedness
- Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath
- Unusual fatigue
- Vomiting

If you experience any of these warning signs or symptoms

- Do not wait to call for help. Call 911 and follow the operator's instructions and get to the hospital right away.
- Do not drive yourself or have someone else drive you to the hospital unless you have no other choice.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

Why it's important to know the symptoms of a heart attack

Women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. That's why it's crucial to learn about heart disease (and stroke), know your numbers, live a heart-healthy lifestyle and be aware of the risk factors.

The good news is we're never too young or too old to take care of our hearts. We can start NOW to prevent heart disease and reduce the risk of the disease today and later in life. You've heard the following lifestyle tips often in the past and they are offered here as a gentle reminder about how to live a long and healthy life.

Tips on Prevention or Risk Reduction of Heart Disease

- **Quit---or don't start ---smoking**
- Eat a healthy diet of fruits and vegetables, lean proteins, whole grains
- Exercise regularly
- Lower or manage your blood sugar, blood pressure, and cholesterol
- Maintain a healthy weight
- Practice stress management techniques
- Know your family history
- Learn from your primary care giver about your personal risk

Moving More*

Physical activity reduces women's risk for heart disease and stroke. It not only ensures women live longer and healthier, but also improves risk factors for cardiovascular disease, such as high blood pressure and high cholesterol.

Eating Smart*

Did you know that close to 45 percent of U.S. deaths caused by heart disease and Type 2 diabetes are because of poor dietary habits, such as high sodium intake, high sugary drink consumption and low intake of fruits and vegetables.

- Too much sodium can raise blood pressure – high blood pressure raises the risk of heart disease by 17 percent.
- Sugary drink consumption is directly linked to Type 2 diabetes and heart disease. In fact, having one more sugary drink each day can increase women's risk of heart disease by 17 percent.

Educating Ourselves, Eating Smart and Moving More are some of the things we can do for ourselves, our family and friends. But, there's more. As Club members we can reach out to our local communities and become advocates who educate other women advocate for heart disease.

Share Your Story

My story is that I am one of those women who is small, always exercised, and (mostly) ate a healthy diet, no drugs and minimal alcohol intake as my lifestyle. While power walking around the Rose Bowl one late morning, enjoying the beauty and glory of the day with a face full of

smiles, I was struck with a dull pain in my chest and struggled with breathing and loss of energy. “Gee whiz,” I thought. “I must be getting bronchitis”, a recurring problem in my past, but I didn’t have the usual bronchitis symptoms. Arrogance about my excellent health almost killed me. I remember thinking, “dang, this getting older is for the beans.”

When I finally arrived home, I told my husband that I had a hard time climbing the 100 ft hill to get home and that I might be coming down with something nasty. To make a long story short, a female cardiologist told my husband, “It can’t be her heart. Look at her, she’s barely over 100 lbs. It was several more weeks before I had emergency surgery and came away with three stents in my arteries.

The lesson here is that I didn’t realize what the symptoms were AND a female cardiologist missed them totally as well. My heart disease was/is a direct result of only two factors, heredity and age.

Do You Have a Story to Share?

If so, share it with your club members and reach out to your community and become an advocate. You don’t have to be a heart surgeon to make a difference. Together, we women can accomplish much and perhaps save a life.

In closing, if you want to learn more about the “Go Red for Women” movement, visit their website and learn ideas on how to transform your community.

SGVD WEBSITE ... Terry Perkins ~Webmaster...perkinstlee@gmail.com

Remember—The KEY is now available on the website. You can download your copy there. Please visit our website and check to make sure your club information is correct.

<https://sangabrielvalleydistrict.org/>



Click on MORE and scroll down to KEY, click an open the current month.

If you have a website and/or Facebook page please let me know the addresses to add to the website. Thank You.

****For those who want to receive the KEY via US mail next year, please snail mail me the names and checks (\$6).

Terry Perkins
735 Windwood Drive
Walnut, Ca 91789

CLUB & AFFILATE ANNOUNCMENTS



SGVD ALUMNAE AFFILIATE – Mary Jo Kolakoski, President

The Alumnae Affiliate will meet on Friday, February 25, at 11:00 a.m. at the Baldwin Park Woman' Club. The meeting is open to any past or present member of the SGVD Executive Board. It's a time to meet old friends and renew acquaintances. It is informal and fun. For those who may want to join, the dues are only \$10 for the year. The program in February will be an auction so bring your unwanted Christmas gifts and anything else that may be slightly used and is in good condition. We will have a potluck luncheon and a few good laughs. See you there.

Care and Share Table

Material for Sewing	Yarn	Rolling Suitcases
Men's Baseball Hats	Pull Tabs	Used Eyeglasses
Phone Books	Old Cell Phones	Box Tops for Education
Used Hearing Aids	Toys	Magazines
Empty Inkjet Cartridges	Picture Frames	Gently used Household Items
Gently used Designer Clothing	Gently used Purses and Purse Items	

NO BATTERIES OR PRESCRIPTION BOTTLES PLEASE

