



RETURN TO
” The Key Editor”
735 Windwood Drive
Walnut, Ca 91789

October 2020

ADDRESS CORRECTION REQUESTED Timely Mail, “RUSH”



THE KEY

San Gabriel Valley District
 Proud Member California Federation of Women’s Clubs
 and General Federation of Women’s Clubs



OCTOBER

Monday, Oct. 5 SGVD Executive Committee Meeting Zoom
 Friday, Oct. 9 SGVD Board Meeting - 9:30 a.m. Zoom
 Saturday, Oct. 10 Area B Meeting Zoom
 DVAC meetings will not resume until Further Notice.
 Friday, Oct. 23 SGVD Alumnae Affiliate Group Meeting Baldwin Park Woman's Club 3817 Baldwin Park Blvd.
 Baldwin Park - 11:00 a.m.(wear masks, social distancing, bring snack/lunch/drink). Questions: Rita Aleman,
 President meritamom@msn.com

NOVEMBER

Monday, Nov. 9 SGVD Executive Committee Meeting TBD
 Friday, Nov. 13 SGVD Board Meeting Covina Woman's Club 128 S. San Jose, Covina - 9:30 a.m.
 DVAC meetings will not resume until Further Notice.
 November, 14 or 21 Fall Council - Downey Women's Club 9813 Paramount Blvd. Downey- \$15? Lunch ?
 Tuesday, Nov. 17 Parliamentary Affiliate Group Meeting Baldwin Park Woman's Club 3817 Baldwin Park Blvd.
 Baldwin Park - 10:00 a.m. - Potluck

SGVD President . . . Rosette Clippinger ...909-525-8828...dbosette@aol.com

I hope this October 2020 Newsletter finds each of you happy, heathy, and safe! My heart goes out to each of our members during these horrible fires, and I wish that these days will soon be will be behind us. I know we are incredibly thankful for the firefighters and all the first responders battling these blazes.

On Saturday, September 12th, we had our drive-thru yearbook pickup which was a big success. Thank you to all that drove to the Covina Woman's Club parking to get their books, I loved seeing you all! And a special thank you to the Covina Woman's Club for letting us use their space to make the event possible.

I attended the California Federation of Women's Club State Board Zoom meeting on September 18, and 19 and I had the opportunity to chat with other district presidents, and exchange ideas. Our State CFWC President Pam Ament's theme is "Change is Beautiful." Change brings many wonderful things and change is a constant in life. Some of the President's Special Projects for 2020-2022 are: Military & Veterans, and Saving the Honeybees, which are dear and close to her heart.

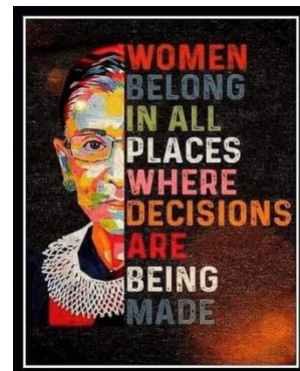
We have the Area B Conference coming up which will be held via Zoom on Saturday, October 10th from 9:30 a.m. to 1:00 p.m. You will have the opportunity to meet the California Federation of Women's Clubs (CFWC) officers; President, Pam Ament, 1st Vice President, Barbara Briley-Beard, 2nd Vice President, Sonya Matthies, and Area B Vice President, Patsy Wilson. Our meeting will give us inspiring speeches, Report Writing information, and the opportunity to ask questions.

Our State Leadership Chair Dorey Kelsey has put together eight Leadership kits, and Luanne will be posting them on our website. Thank you, Luanne!! Ladies, please be sure to check our website regularly - a lot of information is being updated there. Also check the CFWC's new website and the GFWC sites for even more news and information.

October is Domestic Violence and Breast Cancer Awareness month - both of which are incredibly important to many of us. Let us help spread awareness and do as much as we can to give back to these causes.

We will have our October board meeting via Zoom and I do hope you will all join us on October 19th. I look forward to seeing everyone.

"Fight for the things that you care about, but do it in a way that will lead others to join you." - Ruth Bader Ginsburg



SGVD 1ST VP/Dean ... Linda Koontz ...909-593-3906...luv2collect@gmail.com

REMEMBER THE THREE C's...COMMUNICATE, COMMUNICATE, COMMUNICATE

When I send an email blast to Presidents, Deans and District Program Chairmen, please communicate back to me: You can email me...Got It or Thanks, received. Any questions you have regarding my email, phone call or text...please don't hesitate to contact me right away. This way I know everyone received my information sent out. It is imperative everyone remember to answer emails, phone calls or text messages in a timely manner. I always plan on three days max to reply. You set the example. While we're on communicating...please when sending emails, please Blind Copy. This is also a request from our State President. Everyone does not need to see who you have emailed and it is for their safety as well. Too much hacking going on.

I attended our CFWC Fall Board meeting (via Zoom) September 18th from 9-5 and Saturday from 9:00-11:00. Lots of good information shared and let me remind you that not only is District hosting a report writing workshop (see below), but your State Chairmen will during their Area Conferences and "Meet Your Chairs" in October.

SAVE THE DATES:

•October 17th: Club Membership Chairmen and Presidents will pick up Membership Bags from Luanne and Linda between 10:00-11:00, back patio at Marie Callender's, 3117 E Garvey Ave N, West Covina. If your club does not have a Dean, please have Membership Chairman take the bags. Remember your mask and to social distance.

•October 24th Join us for our First Joint Membership/Report Writing Training workshop for Presidents, Deans, District Program Chairmen and Club reporting Chairmen. Luanne Arredondo will host this as a "Go to Meeting". Please download the app, if you don't already have it. All details regarding club check in and schedule were emailed by Luanne to Presidents & Membership Chairmen. I forwarded her email to Club Deans and District Program Chairmen. I look forward to working with all of you. Be well and stay safe.

CLUB NEWSLETTERS: Please email me your newsletter if I am not on your list. Thank you, Diamond Bar, Duarte, Sierra Madre and the Woman's Club of West Covina.

COVID PROJECTS: As I mentioned in my September Key message, I was going to share COVID projects done by clubs in the Key. I obtain my information by reading your projects in your newsletters or by emailing me what you've done. Congrats to the following clubs:

- 1) The Woman's Club of West Covina – Members were busy making masks.
- 2) GFWC La Verne-San Dimas Woman's Club – Members made masks and collected greeting cards, which were delivered by a member to several different convalescent homes. Let GFWC know what your club is doing during COVID and send pictures too!

PROGRAM CHAIRS: Not sure what a Program Chairman does? 1. Secures 3 judges (outside your SGVD) for club reports, 2. Judges names due to me by November 1st. 3. Writes the District Report which I turn in to state, 4. Participates in the District Convention with announcement and distribution of certificates. 5. Signs the certificates, along with President at February District Board and/or Spring Council. My certificate notebook will be complete before Convention.

PROCEDURE BOOKS: Last but certainly not least! Please start a Procedure Book or Procedure Page if you haven't already. We have chairmen who never received a Procedure Book or Procedure Page. This should be at the top of your "To Do List". Yes, I will be sending you what should be included in a Procedure Book. Please if you have any questions don't hesitate to call or email me.

Feeling like just talking? I am a good listener. Stay well and be safe. I miss all of you and send my love!

SGVD 3rd VP/Convention...Abbey Howell... (909) 348-3779...abbshowell@yahoo.com

It was wonderful to see so many Clubs and Members at the September 11th-Zoom District Board Meeting. I am very excited to announce a motion was passed, so that we are able to hold Live and Silent Auctions to benefit our District 2021-Convention Fundraising. The very first auction will take place online in October, featuring a *Dooney and Burke* Purse. Details will be forthcoming soon!

Mark your calendars the contract was signed - SGVD - 2021 Convention held at the Courtyard by Marriott, Monrovia, CA. April 16-17, 2021. Early check will be available April 15th. Hotel room accommodations can be made starting January 2021 information will be placed in the CALL.

Stay safe and Healthy - Hugs

SGVD Recording Secretary...Terry Perkins...(909) 895-7710...perkinstlee@gmail.com

We have had a challenging year!! We have met the challenges and accomplished much in spite of the limitations placed on us by the pandemic.

As we continue to have our meetings via zoom until we can again meet in person I know that SGVD members will continue its long and proud history of serving our communities and being involved in projects both national and international.

Remember that each of us has something to give, be it by word or action, which can make this world and our community a better place. We do make each other better!!



SGVD Corresponding Secretary..Bette Griffone. (909) 342-3598bgriffone@yahoo.co

Hi everyone, just wanted you to know I'll be sending out a few corrections for the new yearbook. I will send them to all the Presidents of the Clubs. There aren't very many and I appreciate the help I received from members who caught them.

I will be getting in touch with those presidents and chairmen who didn't get their copies of the yearbook and make arrangements to follow through with that.

I appreciate all of you who came to our drive-through. It was a success and during this difficult time, we have to be innovative.

Hope to see all of you soon, Betts

SGVD Parliamentarian..Marianne Jennings..(818) 398-7323..fajmlj@aol.com

Welcome to a new month and welcome to new and ongoing Club Parliamentarians. I encourage you to consider joining our November Parliamentary Affiliate Group Zoom meeting on Tuesday, November 17th at 10 a.m. If you would like to receive an invitation to the zoom meeting, please send me an email to fajmlj@aol.com and let me know your name and your club name. If you are new to the “zoom world” I would be happy to set up a practice meeting with you. This is our “new normal” and we are quickly getting used to it. You can zoom by way of desk top computers, laptop computers, iPads and iPhones. It is important that your members receive you club yearbook and that it includes your Club Bylaws and Standing Rules. Be sure to include at the end of these that it gives the “Revised” date(s). Do not hesitate to call me if you have any questions and I would be very happy to work with you. Wishing you well through this difficult time. Virtual hugs to all.
Marianne Jennings (correct cell #) 818-398-7323

Birthdays, Care and Concern...Mavis Hansen...626-4416231...hansenmavis625@gmail.com

HAPPY OCTOBER BIRTHDAYS

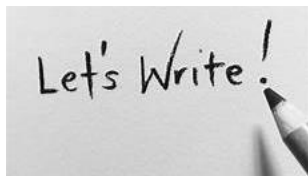


If you were born in October from the 1st to the 22. Your Zodiac sign is LIBRA
And your sign is The Scales. Your birthstone is the Sapphire.
You are rational, social and friendly, with a love of relationships and communication.
You are a great thinker, love to give advice and read good books.
If you were born October 23 to the end of the month, your Zodiac sign is SCORPIO
And your sign is a scorpion. Your birthstone is the Opal.
You are emotional and sensitive, very intuitive and mysterious. You enjoy intimacy and always support your loved ones.
Libra or Scorpio, YOU are wished a very “HAPPY BIRTHDAY”

P.S.: I have a very fun email card for anyone that I would like to send while we are not gathering and able to receive a hand delivered card. Let me know by Email with the members name, email address, birthdate (year not required) and club they belong to and they will receive their Happy Birthday wishes on their birthday.

P.S.S. please use the Email shown above, as the email printed on page 9 of the new SGVD yearbook is NOT correct.

Creative Writing Contest...Laura Schano...626.807-3291...LKS423@att.net



CREATIVE WRITING CONTEST RULES FOR CLUB MEMBER AND STUDENT COMPETITION

1. Authors must be amateur; earnings not to exceed \$500 annually. Entries may not have been published prior to competition and must be original works by the author. Entries must be typed, double-spaced, minimum margins of (1) inch, 8½x11-inch white paper, one side only.
2. Entries must be written during the Contest Year, 2020.
3. Word limit for Prose is 2,000 words.
4. Poetry minimum length of (8) lines and maximum of (30) lines.
5. Place author's name, address, telephone number, name of Club and District or School, Title of entry, and number of words (prose) or number of lines (poetry) on top right-hand corner of each page.
6. Submit (4) copies of entry on or before January 15, 2021 by placing it in the SGVD WRITING folder in box during District Board meetings or mailing or emailing to Creative Writing chairperson, Laura Schano.
7. Submit (1) Creative Arts Waiver and (1) Publicity release;
(1) Minors release (if applicable)for EACH ENTRY.
8. One First place winner in each category will be sent to CFWC for further competition.

Categories for Club Member Competition

1. PROSE: Short Story, Essay, Memoir, Inspirational, Skit/Play, or Children's Story
2. POETRY: Haiku, Whimsical, Limerick, Inspirational, or Poetry for Children

Categories for Student Competition

Each student may enter (1) short story and one (1) poem for competition. The grade divisions are set forth by CFWC and judging is done accordingly.

Category 1 – Grades K, 1, 2

Category 2 – Grades 3, 4, 5

Category 3 – Grades 6, 7, 8

Category 4 – Grades 9, 10, 11, 12

Student entries may be sent in one of two ways:

Email : Laura Schano LKS423@att.net including your name, teacher & school; observing items 1-5 listed above under Rules for Club Members & Student Competition.

Mail: (4) copies to Laura Schano 426 N. California Street
San Gabriel, CA 91775 (626) 807-3291

Awards

Winners will receive certificates at 2021 District Convention

One First Place Winner will be selected from each category and sent to CFWC for further competition.



Domestic Violence

Know what the signs are

October is Domestic Violence Awareness Month (DVAM). Domestic violence is a serious violent crime that includes both physical and emotional abuse. It is frequently hidden from public view. Many victims suffer in silence, afraid to seek help or not knowing where to turn. The traumatic effects of domestic violence also extend beyond the abused person, impacting family members and communities. Children often witness the violence or become victims themselves. Stalking is a common and very dangerous tactic used by perpetrators of domestic violence, and can pose challenges for victims seeking help. (<https://www.justice.gov/ovw/blog/october-domestic-violence-awareness-month>)

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What are the signs of Domestic Abuse?

They're not always as obvious as you might think. That's because domestic abuse is about controlling someone's mind and emotions as much as hurting their body. Being abused can leave you scared and confused. It can be hard for you to see your partner's actions for what they really are.

Usually, physical abuse isn't what comes first. The abuse can creep up slowly. A putdown here or there. An odd excuse to keep you away from family or friends. The violence often ramps up once you've been cut off from other people. By then, you feel trapped.

Your partner bullies, threatens, or controls you:

- ▶ Accuses you of having an affair
- ▶ Blames you for abuse
- ▶ Criticizes you
- ▶ Tells you what to wear and how you should look
- ▶ Threatens to kill you or someone close to you
- ▶ Throws things or punches walls when angry
- ▶ Yells at you and makes you feel small

Your partner cuts you off from family and friends:

- ▶ Keeps close tabs on where you go and whom you go with
- ▶ Makes you ask to visit family
- ▶ Embarrasses you in front of others

Your partner controls your money

- ▶ Keeps cash and credit cards from you
- ▶ Steals money from you or your friends
- ▶ Keeps you from working
- ▶ Puts you on an allowance and explain every dollar you spent
- ▶ Won't let you have money for basic needs like food and clothes

Your partner physically abuses you:

- ▶ Abandons you in a unknown places
- ▶ Attacks you with weapons
- ▶ Keeps you from eating, sleeping, or getting medical care
- ▶ Locks you in or out of your house
- ▶ Punches, pushes, kicks, bites, pulls hair

Your partner sexually abuses you:

- ▶ Forces you to have sex
- ▶ Makes you dress in a sexual way

- ▶ Makes you feel like you owe them sex
- ▶ Tries to give you an STD
- ▶ Won't use condoms or other birth control

Signs Someone You Know Is Being Abused

Keep an eye out for things like:

- Excuses for injuries
- Personality changes, like low self-esteem in someone who was always confident
- Constantly checking in with their partner
- Never having money on hand
- Overly worried about pleasing partner
- Skipping out on work, school, or social outings for no clear reason
- Wearing clothes that don't fit the season, like long sleeves in summer to cover bruises

Make sure you have an emergency escape plan:

- ▶ Hide a set of car keys.
- ▶ Pack a bag with keys, extra clothes, important papers, money, and medicines. You might keep it at a friend's house.
- ▶ Have a plan for calling the police in an emergency. You might have a code word so your kids, family, friends, or co-workers know you're in danger.
- ▶ Know where you'll go and how you'll get there.

What to Do if You Think Someone Is Being Abused

Say something. You might have your doubts. But if you're thinking about it, there's usually a reason. Someone's life could be in danger.

- ▶ When you talk to the person, you can:
- ▶ Ask if anything is wrong
- ▶ Talk specifically about what concerns you
- ▶ Listen carefully
- ▶ Let the person know you're always there to talk and that your conversations are always private
- ▶ Offer to help
- ▶ Support the person's choices

October 2020

Health and Wellness

San Gabriel Valley District Women's Club

Wow! What an incredible September we had! With record breaking heat, devastating fires, and still dealing with COVID-19 it is even more important to keep healthy. Flu season is around the corner. Do I recommend getting the Flu Shot? YES! Prevention is so important. Take a family member with you.

Summer is coming to a close, and winter is approaching. The best thing you can do for yourself to ward off "winter blues" is to go outside and get some sun! Call your friends. Join the community Zoom calls to see how everyone is doing. Santa Fe Springs Parks and Rec offer Virtual Bingo, Virtual Coffee and Tea Chat, and share fun life hacks to the community. Volunteer! Take a walk.



BREAST SELF EXAMINATION

Cut this out and tape it somewhere. Self-Exam Once a Month

Breast Cancer Awareness

This month is breast cancer awareness month. Men and women are both at risk of developing breast cancer. Here is a poster to remind everyone how to perform a self-exam at home. If, for any reason, you feel something unusual, be sure to contact your physician. Encourage everyone to do this! Prevention and early detection can save your life!

**October 2020
Health
Observances**

- Breast Cancer
800-227-2345

- Bullying Prevention
877-602-8559

- Domestic Violence
303-839-1852

- Down Syndrome
800-221-4602

- Eczema Awareness
800-727-8462

- Health Literacy
526-690-4001

- Mental Illness Week
October 4 - 10
800-950-NAMI

- Psoriasis Day
October 29
info@ifpa-pso.com

Cauliflower Crust Chicken Pot Pie

© 2020 Optavia LLC

<p>Ingredients:</p> <ul style="list-style-type: none"> 4 C riced cauliflower 1/2 C water 1/4 C grated parmesan cheese 1 egg 1/4 tsp salt and pepper, divided 1 1/4 lb boneless, skinless chicken thighs cut into bite-sized cubes 1/2 C celery 1/2 C cut green beans 1/2 C diced kabocha squash 1/2 C quartered button mushrooms 1-2 sprigs fresh thyme 1 C chicken broth 1 C unsweetened almond milk 	<p>Directions:</p> <ol style="list-style-type: none"> 1. Preheat oven to 400 2. Microwave cauliflower and water for 5 min or until tender. Drain and allow to cool. Place in cheesecloth to squeeze excess liquid. 3. Mix 3/4 of cauliflower with parmesan cheese and egg. The other 1/4 will be used later. 4. Line a baking sheet with parchment paper and place mixture into 4 circles that will fit inside your serving bowls. Bake until centers are dry and crust is golden brown. 5. Add the remaining ingredients to an Instant Pot including the 1/4 of cauliflower. Using Meat/Stew mode put timer at 10 min- No instant pot? Place ingredients inside slow cooker and cook on low for 2 hours. 6. Ladle filling into bowls and top with cauliflower crust.
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Leadership/LEADS...Tami Miller...909-596-4084...tamgram8@yahoo.com

It is time to select your LEADS Candidate. This is a fantastic opportunity for one of your members. I know because I was the District LEADS Candidate last year. It was a great learning experience. I know it's the beginning of a new term but it's never too early to start building your bench.

Who is the member that steps forward to help during the pandemic?
Who always comes to the meeting early and helps set-up and stays after to help?
Who leads by example?
This might be your candidate.

Your candidate will receive training from our expert staff.
She will meet other candidates and have a chance to share the Club experience.
She will bring back new knowledge to share with your club.

By this time all Presidents should have received my email with the LEADS Application attachment along with additional information for completion. You will find the same on the District and GFWC Websites. The Application deadline is November 13th at the District Board meeting. Please don't wait until then. The judges will need time to review the applicants and select the one to represent our San Gabriel Valley District.

Because most of our meetings are ZOOM, I suggest you mail your applications direct to me. Tami Miller – 1270 Deventer Dr, La Verne, CA 91750.

And please do not hesitate to email me with any questions. I look forward to hear from you.



Legislation & Public Policy...Alice Slaughter...909-624-7456...kenalice2@earthlink.net

Voting Information Center

Up-to-date info and official resources to help you prepare for the general election

Make Sure You're Registered to Vote

Register to vote, or check to make sure your registration is correct and up to date.

To register online in California, the deadline is Oct 19. California also allows registration in person before or on Election Day.

Source: [State of California](#) via [Ballotpedia](#)

[Register to Vote](#)

Check Voter Registration

Vote by Mail

All active registered voters in California will be mailed a ballot automatically. Make sure your registration is up to date now. Ballots will start to be mailed out by Oct 5.

Source: [State of California](#) via [Ballotpedia](#)

See Deadlines

In the military or overseas?

Members of the military, their families, and US citizens living overseas can request a ballot to vote from anywhere in the world.

Serve as a Poll Worker

You may be able to help solve a poll worker shortage in your community.

You are Caught Up for Now

Check back later for more updates.

Recent Election Posts

Get the latest from election officials.

[Counties will mail ballots to voters in CA no later than October 5th, and voters will be able to cast their ballot early, in-person at their county registrar's office. Make sure you're ready! Verify your status: <https://VoterStatus.sos.ca.gov> #VoteSafeCA #VoteCalifornia](#)

Facts About Voting

Avoid confusion about the election.

[Both voting in person and voting by mail have a long history of trustworthiness in the US.](#)



[You have options to vote safely during COVID-19.](#)



[You should check your voter registration even if you've voted before.](#)



Women's History & Resource Center...Kim Plater... (609)620-7235... kimplater@aol.com

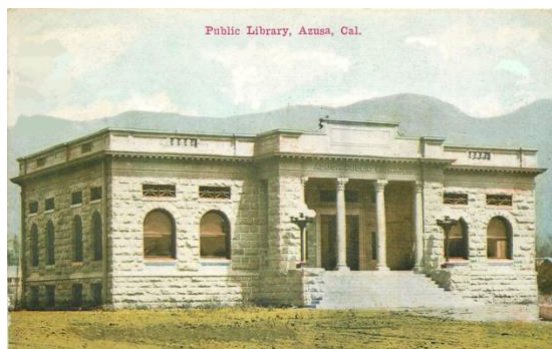
Meet Mrs. Josiah Evans Cowles (Ione)

From 1905 to 1906 Mrs. Josiah Evans Cowles of Los Angeles served as the fifth President of the California Federation of Women's Clubs. During her tenure the California Federation ranked 8th in size in the General Federation, and was from five to seven years younger than the seven larger state federations. There were 143 clubs and over 10,700 members!

During the 1906 State Convention, the California Federation's Civic Committee supported legislation and policy development for street sweeping and sprinkling, proper disposal of garbage; the enactment of the anti-expectoration law and its enforcement; proper sewage treatment; proper ventilation in school rooms and care of playground equipment. Additionally, the Federation supported the development and enactment of the Child Labor Law. Additionally, higher education for women was urged and appeals were made for clubs to assist those seeking industrial training and employment. Most notably, 70 of the 99 libraries circulating in 45 counties were club sponsored. Along with travelling libraries, clubs supported the building of libraries.



Project Idea: Check your city or library archives, Wikipedia Carnegie Libraries, along with your club histories (yearbooks, financial records, convention minutes, etc.) to see if you can find any records to indicate club support for a library or "reading room." Many clubs partnered with the Andrew Carnegie Foundation to build a library. Most of these libraries were very similar looking. Here is a picture from the City of Azusa. Did the Azusa Woman's Club become involved in supporting it? What do they do today with their library?



With this information, share it with your club in your newsletter, at a club or zoom meeting and write an article for your local newspaper.

CFWC Yearbook Orders ...Pat Borchard...909-576-438... peb1956@verizon.net

The deadline to order additional flash drives and hard copies of the CFWC yearbook has come and gone. Thank you so very much to the following clubs for responding to my emails by letting

Messages from Clubs

LOST ART:

Pasadena Woman's Club is trying to find the 1st place art by Member Jacqueline Armstrong.

It was left at Spring Council and has been misplaced. (Acrylic Painting-Scenic River Landscape)

Please let me know if you have any information.

Thanks!

PWC President Laura Schano

(626) 807-3291



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ADS

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Sierra Madre Woman's Club

Wistaria Shop

550 West Sierra Madre Boulevard
Sierra Madre, CA 91024

The best little thrift shop in the San Gabriel Valley

***Bring a friend and discover the fun of
Thrift Shopping. Find eclectic and unusual
items not for sale in any other store***

Clothing for the Whole Family, Jewelry, Hats, Belts, Shoes,
Linens plain and fancy for Bed, Bath, Table and Kitchen,
Books, Cards, Shop and Garden Items, Electronics, Tools,
Kitchen Necessities, Small Appliances, Bric-a-brac, Toys,
Vintage & Collectible Items, and Much More!

Open Monday, Thursday, Friday

September 7, 2020 to May 21, 2021

10 a.m. to 3 p.m.

If LA Co Health Dept Permits

Saturday Schedules TBD

Always Call for latest information 626-355-7739

GFWCSierraMadreWomansClub.org

[SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

Completely staffed by volunteers
All proceeds from our shop benefit local charities