



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

February 2021

Volume 2, Number 2

February 2021

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



FEBRUARY

Monday, Feb. 1 SGVD Executive Committee Meeting -9:00 A.M.--zoom

Friday, Feb. 12 SGVD Board Meeting--9:30 A.M.--zoom

Monday, Feb. 15 DVAC meetings will not resume until Further Notice.

Tuesday, Feb. 16 SGVD Past District Pres. Affiliate Group meetings will not resume until Further Notice.

Friday, Feb. 16 SGVD Alumnae Affiliate Group Meeting via zoom- 11:00 a.m.

Feb. 24-28 CFWC Winter Board—zoom

MARCH

Monday, March 1 SGVD Executive Committee Meeting -9:00 A.M.--zoom

Thursday March 10 SGVD Art entries due via email to Terry Perkins-perkinstlee@gmail.com & Photography entries due via email to Sue Hogenaurer -hogenauersue@gmail.com. Friday

March 12 SGVD Board Meeting--9:30 A.M.--zoom

Monday, March 15 DVAC meetings will not resume until Further Notice.

Tuesday March 16 Parliamentary Affiliate Group via zoom- 10:00 a.m.

Wednesday March 24 SGVD Music Scholarship entries due via email to Terry Perkins-perkinstlee@gmail.com

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

Hello everyone and welcome to our February newsletter!

January was definitely a busy month for all of us, but I'm excited to get moving in this new year. The San Gabriel Valley District clubs started the year off by turning in all their reports via email. It was a lot to learn and a bit hectic at times, but all of the clubs are to be congratulated for going paperless and completing the annual reports! You deserve a round of applause for your accomplishment!

Our San Gabriel Valley District is extremely fortunate to have volunteers that continue to work hard all year long. Our volunteers make a huge difference in both our community and in people's lives on a daily basis. After reviewing all the reports that were turned in; I continue to be amazed at the great work that was accomplished and just how creative our members were during the pandemic year. Thank you all so much for the hard work and effort! Our members are truly the root of our organization - with good members, we can achieve anything! I would also like to give a special shout out to my Dean, Linda Koontz, and Membership Chair Luanne Arredondo who made the report writing much easier with their tireless efforts helping the clubs with workshops and guidance. Thank you, Linda and Luanne, - you are very much appreciated!

I wish you all a beautiful Valentine's month - filled with love and positivity!

“Spread love everywhere you go. Let no one ever come to you without leaving happier.



SGVD 1st VP/Dean

Linda Koontz...909-593-3906...luv2collect@gmail.com

WE DID IT...WE DID IT...WE DID IT...

I want to take this opportunity to thank all our clubs, Club Chairmen and District Chairmen for doing a wonderful job regarding our new way to turn in reports. Kudos to Kim Plater who suggested to me that clubs and District Chairmen email their reports. As with anything new, there were some glitches and believe or not several clubs liked the idea of emailing their reports and going thru this Pandemic also helped them to submit reports this cost-effective way...saving on paper, ink and postage!



A win-win for everyone. I will put my thinking cap for next year regarding receiving all the club attachments at once. My poor computer was screaming...what is going on!

All kidding aside I am thinking it makes more sense to have our District Program Chairmen send me their file with all club reports in their file. I will consult with Luanne who always has different ways of doing things which are not only cost effective but a lot easier too!

Tune in...for the possibility of “Summer Workshops”. I doubt anyone will be planning a trip somewhere. So why not educate ourselves in various workshops which will be beneficial to our members. Ideas: Report Writing - Still confused? How to create a zip file, Responsibilities of being a District Chairman, I am Club Dean...now what? I am Club President...now what? Getting your papers organized, etc. etc. Perhaps even some of our very own Program Chairmen to promote their program area! State is doing these and I say why not us! These are just some ideas that popped into my head...email me your ideas so I can share your ideas with our Executive Committee.

CLUB NEWSLETTERS: Please email me your newsletter if I am not on your list. Thank you to the following clubs: Diamond Bar, Duarte, Sierra Madre, Woman’s Club of West Covina, South Pasadena, GFWC Federated East Valley Woman’s Club, GFWC La Verne San Dimas, Baldwin Park, Hacienda Heights, Walnut Valley, La Crescenta.

KUDOS TO YOU...FROM YOUR DEAN?..... This section to continue in our March Key Please email me any special COVID projects you have done or planning to do, so I can add your club to this section.



We have all earned time so pamper yourself! Remember to wear your mask, social distance or better yet...stay home where you will be safe! Send cards to those who are ill or just need some cheering up from a friend. Have a very Happy Valentine’s Day and remember to pamper yourself in a nice Bubble Bath, take your phone off the hook and shut down your computer. We have all earned this time for ourselves!

Hugs, Linda

Luanne Arredondo...626-703-3041...wcwclub65@gamil.com

FOR THE LOVE OF MEMBERSHIP

Happy Valentine's Day Ladies! We have spent the last several months talking about Membership and Reports and have failed to talk about the biggest tool we have in our Membership toolkit - OUR LOVE OF CLUB MEMBERSHIP. So, as a way to show the love during this month of Valentines love I would like us to work on our virtual presence by creating Membership videos. We are going to start small and work our way up to something more dynamic.

Between February 1 and February 14 use your cell phones, laptop, or other smart device and record a 1-2-minute video of why you love membership in your club. Be sure to show your enthusiasm and speak from the heart - no cue cards needed. Tell your story. The hard part is keeping it down to only 1-2 minutes. Once you are done, text or email me your video. If you want to do it in front of a local landmark or in your backyard - choose the place that makes it easy for you. Get family to help you do the video unless you are a master at doing a Selfie video - don't forget to be creative. Send all videos to me no later than February 15.

Hugs to all - I remain an email, text, or phone call away.



Abbey Howell...(909) 348-3779...abbshowell@yahoo.com

Greetings to Each and Every one,

We have started off the year with a kind of cold numbing chill that seeps into your bones. However, the cold outside did not stop many of us from completing task and making plans. Big changes are likely coming into the New Year of 2021, along with this Covid-19 -Paramedic not easing up anytime soon. Don't give up, we will all bounce back.

I am very pleased to announce that the SGVD 65th Annual Convention is moving forward. We are on target with the release of the "CALL" for distribution on January 29, 2021. I would like to encourage all clubs that are meeting on zoom to please include a Save the Date on your Agenda for discussion.

Convention will be held April 16 through 17, 2021. Individual Zoom Registration Forms will be required, just like if you were attending an in-person convention. The only changes to this form, no food service and no registration fee will be charged. Delegate Cards for this Zoom Convention will become the Credentials Delegate Voting Registration Sheets

This information along with instructions will be distributed with the "CALL."

Please mark your calendars for these important Deadline Dates:

1. Credentials Delegate Voting Registration Sheets..... Due: March 12, 2021-US Mail
2. Zoom Convention Registration Form Due: March 12, -US Mail
3. The 65th Annual Zoom Convention Invite Due: April 1, 2021 Convention Host:
Abbey Howell

(Please print clearly your email address on the registration form.)

Thank you, to all the Committee Teams and Members for your support and dedication given to making this virtual Convention a success!

**Stay safe and Healthy
by wearing
your
MASK.....**



2021 SGVD Convention



M E M O

MEMORIAL PRESENTATION

OF MEMBERS
WHO HAVE PASSED AWAY
IN THE YEARS OF

2020, 2021

**65TH SGVD DISTRICT CONVENTION
APRIL 16-17, 2021**

Date: January 2021
To: Boards and Members of the San Gabriel Valley District
From: Petra Jimenez
Memorial Service Chair, 65th Convention, SGVD District

PLEASE SUBMIT THE NAMES OF YOUR CLUB MEMBERS WHO PASSED AWAY IN THE YEARS 2020-2021 FOR INCLUSION IN THE MEMORIAL. CUT-OFF DATE IS MARCH 31, 2021. (See SIDEBAR)

Please include:

Name of Club _____

Name of Deceased _____

Date of Death _____ Years of Membership _____

Biography of Her Contribution to your club _____

NOTE:

THE CUT-OFF DATE FOR SUBMISSION OF NAMES IS MARCH 31, 2021

PLEASE E-MAIL YOUR INFORMATION TO ME AT jpjimz@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

**65TH SGVD
DISTRICT
CONVENTION
APRIL 16-17
2021**

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

Maintain a Neutral Tone

Minutes are a legal document. They are used to establish an organization's historical record of activity. It is essential to maintain an even, professional tone. Never put inflammatory language in the minutes, even if the language of the meeting becomes heated.

You want to record the gist of the discussion objectively, which means mentioning the key points covered without assigning blame. For example, "The staff addressed board members' questions regarding the vendor's professionalism."

Picture a lawyer ten years down the road reading the minutes to find evidence of potential wrongdoing. You wouldn't want an embellishment in the form of a colorful adverb or a quip to cloud any account of what took place.

SGVD Corresponding Secretary
Betts Griffone...(909) 342-3598...bgriffone@yahoo.com

It has been over 10 months since this COVID nightmare began, but we seem to be trying hard to cope with it. I sort of compare my life right now to the movie Groundhog Day. Every day is pretty much like the day before.

I was very excited about the possibility of getting the vaccine, then they told us we were going to have to wait. So we wait.

We are going to get through this. We have to keep on doing the right things - keep our hands clean, wear our masks and keep doing that awful social distancing.

My grandkids came over last weekend, but before they did, they were tested. When everything came back free of the virus, they came out for three days. I hadn't been close to them for 6 months. It was so much fun. They did all the cooking and cleanup. The food was terrific. But even more important, i had a chance to really talk with them and play dopey games. It was great.

I'm not sure I could get through this without good friends and my family.

Hang in there everyone. Stay strong and most important value the people in your lives.

Yearbook Update

Duarte President – Carolina's new email is: forever46carolina@gmail.com.

SGVD Treasurer

Cheryl Linnborn....951-90-6441....c.linnborn@yahoo.com

Just a brief reminder that CFWC doesn't want dues submitted after December. If you are lucky enough to recruit new members in January and February, you should process them into your club. Then send me there contact information and dues along with your other club dues in March or April. You will use the Club Information Form at that time. You will mark them as a new member. If you have any questions, you may text or call me at 951 790-6441. Happy New Year! May we be able to return to some kind of normal soon.



SGVD Parliamentarian

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

I hope by now that all of our Clubs' Parliamentarians have purchased a copy of Robert's Rules of Order, 12th Edition. During this pandemic time it would be a good idea to identify areas of your Clubs' Bylaws allowing you to function with "electronic meetings". If your Bylaws do not address this issue it would be a good time to consider it now. Through electronic means, such as the Internet (i.e. emails) and telephone (i.e. texts or phone calls), your club could continue handling its business and other activities. You could conduct meetings on zoom or another application from the app Store. Zoom is available at no cost but would only allow a one-hour meeting. There is an application that would allow unlimited time for meetings but there is a small monthly charge for this. It is definitely worth looking into. Feel free to call me with questions.

Thank you to the clubs that have allowed me access to your up-to-date Bylaws and Standing Rules. 2020 has been a difficult time for all of us. Be proud of what you have been able to accomplish with your club and its members.

Wishing all of you a happy, healthy and safe 2021.

Birthdays, Care and Concern
Mavis Hansen...626-441-6231...hansenmavis625@gmail.com



The beautiful Amethyst is the birthstone for those born in February. A variety of quartz that is a spectacular purple color that ranges from a blend of deep violet to a lighter lilac hue. The Amethyst is thought to provide the wearer with stability, peace, courage, focus, royalty, romance and affection. The perfect gift to express love and affection.

The Birthday flowers for February are the Violet and Primrose. The Violet is a symbol of watchfulness, loyalty and faithfulness. The Primrose lets someone know that you can't live without them. February birthdays are either Aquarius or Pisces.

AQUARIUS (January 20 – February 18) are known for adaptability with a unique style, flowing personalities, charming and charismatic. You are powerful, self-disciplined and goal directed. You love meeting new people and new situations. Adding novelty and variety to your daily routine and obligations will renew your enthusiasm.

PISCES (February 19 – March 20) are ruled by their feelings. A dreamer, but with determination. You always emphasis camaraderie and teamwork which brings you many friends. You avoid those who upset you or have negative thoughts. Follow your intuition, but welcome the opportunity for change and accept help when offered.

Special days in February are: Groundhog Day on the 2nd, the very special Valentine's Day on the 14th, Presidents' Day on the 15th and Ash Wednesday on the 17th. February is the shortest month of the year with only 28 days, except every four years the 29th day is added.

Celebrities with February Birthdays are: Zsa Zsa Gabor (6), Garth Brooks (7), Jennifer Anniston (11) John Travolta (18), Ice-T (16) and Drew Barrymore on the 22nd.

AQUARIUS or PISCES
HAPPY BIRTHDAY!

Amenities & Protocol
Mary Jo Kolakoski...majo4ko@gmail.com...626-444-5717

Since we've been sitting at home for almost a year, it seems that we've forgotten some of the formal protocol procedures to be used in a meeting. Remember, even if you've just had breakfast with your best friend who also happens to be President of your organization, once you enter the meeting, he or she now becomes "Madam or Mr. President." Never address the presiding officer by his/her first name during a meeting. When another speaker is addressing the meeting, never butt in to express your opinion. Wait to be recognized by the presiding officer. You might say that protocol is just common courtesy but different organizations have different rules of protocol so familiarize yourself with the rules of your organization. This is especially important for new members.

Tune in next month for additional tips on protocol.

Academic & Returning Student Scholarships
Diane Tovar...(909) 909-860-7360...oma2jnc@gmail.com

Happy 2021! It's time to leave 2020 behind and look forward to a happier tomorrow.

Although we have experienced many changes in the past year, the needs of our communities continue and the work of our Federation continues. The education of young people continues to be a priority and the need for financial assistance is perhaps even greater than ever.

SGVD has again budgeted money for academic and returning student scholarships. It's time for the clubs to start the process for 2021.

You can find all the information for requirements, applications, and deadlines on pages 43 - 46 in the SGVD 2020-2021 yearbook. The list of accepted forms to verify legal residence is on page 85.

Please read the information carefully. Failure to meet all of the requirements could result in the disqualification of your student. In some cases, the dates listed on the district calendar do not agree with those listed on pages 43-46. In that case, please adhere to the dates listed with the contest rules. I'm looking forward to the day when we can all meet together in person again. Stay safe!



Arts and Culture
Terry Perkins...(909) 895-7710...perkinstlee@gmail.com and

Thank you for the Wonderful arts and culture reports. You did a fantastic job of keeping the arts alive during difficult times.



Art & Photo Contests
Terry Perkins...(909) 895-7710...perkinstlee@gmail.com and
Sue Hogenaur...hogenaur@sue@gmail.com...909-379-8613

ART CONTEST 2021

The SGVD Art Contest will be held virtually this year.

Instructions and forms are on the SGVD Website.

Each member from each club who wishes to participate will submit a photo of their entry and email it to: Terry Perkins-- perkinstlee@gmail.com.

Each student entry must be submitted individually and emailed to: Terry Perkins perkinstlee@gmail.com.

The deadline for receiving entries will be March 10, 2021. Photos taken during 2019 and 2020 are eligible. The art work will be judged on March 19 and winners announced.

Club Member

1. All work must have been completed in 2019-202
2. Each club member will be limited to one entry per category.
3. Prepare one Club member Art Entry Form for each piece. Type or print legibly.

Novice: Painting three years or less

Advanced: Painting more than three years

PAINTING CATEGORIES:

Category 1	Portrait	Watercolor, Oil or Other Medium
Category 2	Scenic	Watercolor, Oil or Other Medium
Category 3	Still Life	Watercolor, Oil or Other Medium
Category 4	China Painting	

STUDENT ART CONTEST

1. All work must have been completed in 2019-2020
2. Each club will be limited to twelve (12) entries; one per student.
3. Each student a photo of their entry and email it to: Terry Perkins perkinstlee@gmail.com.

STUDENT ART CATEGORIES

Grades K-1	Grades 2-3
Grades 4-5	Grades 6-8
Grades 9-12	Graduating Senior (plans to enroll in college)
Special Education K-8	
Special Education 9-12	

Photography Contest 2021

The SGVD Photography Contest will be held virtually this year.
Instructions and forms are on the SGVD Website.

Each member from each club who wishes to participate will submit a photo of their entry and email it to: Sue Hogenaurer -hogenauersue@gmail.com.

The deadline for receiving the email entries will be March 10, 2021. Photos taken during 2019 and 2020 are eligible.

CATEGORIES

1. THE WORLD IN PICTURES: These photographs showcase the people, places, and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:
 - a. Our World Up Close—Create a visual that offers a novel viewpoint or macro image that takes the viewer into a whole new, tiny world.
 - b. Natural Wonders—Use wide angles and panoramas, or moody landscape images, to showcase mountains, meadows, sandhills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.
 - c. Reflections—Feature a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.
2. GFWC LIVING THE VOLUNTEER SPIRIT: These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one-on-one.

The photos will be judged on March 19 and winners announced.

Craft Contest

Marianne Jennings...818) 398-7723...fajmlj@aol.com

We have reached the point when it is time to decide whether or not we will be able to move forward with our San Gabriel Valley District 2021 Craft Contest. Thank you for those very few clubs that communicated interest in submitting items to this event. Unfortunately, it appears now, that this is the time to move our 2021 Craft Contest to January 28, 2022. That is the bad news. But, wait, there is good news. The good news is that all those lovely creations will now be eligible for each of you to submit to the SGVD 2022 Craft Contest. Yes, this will definitely require a much larger venue. But, for good reason. So please don't pack those items up. Don't give them away unless you can borrow them back in January 2022. Take loving care of them and be ready to bring them out for our next Craft Contest.

I am hoping that all of you are staying healthy and safe.

Music Scholarship

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

The contest judges will be judging your talents through a virtual event. The entry Forms and instructions were emailed to your club president. The entry forms are also on the SGVD Website.

MUSIC SCHOLARSHIP COMPETITION CLUB INSTRUCTIONS

This is a contest for talented young musicians from the San Gabriel Valley who are graduating high school seniors planning to continue their music education and/or continue in a musical career. Scholarships in the amount of \$500 each will be awarded.

Club Instructions:

1. Before submitting entrants, read the student pages and make sure students understand the requirements.
2. Clubs must submit the entry forms via email to SGVD Music Chairman, Terry Perkins, by **Wednesday, March 24, 2021**. Please email to perkinstlee@gmail.com.
3. Scholarship video recording must be emailed DIRECTLY BY CONTESTANT to Committee Member Joanne Karr by **Friday, April 23, 2021**. Please email to JKarrWVWC@gmail.com.
4. Club Chairman is responsible for the distribution of rules to students.
5. Club Chairman is responsible for verifying approval of entrant by student's music teacher through contact information (phone or email) provided by student.
6. 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.
7. Entries may be shared at Club and/or District meetings in June, 2021.
8. Club chairman must ensure that SGVD Financial Secretary receives the name, address, and proof of recipients' continuing music education by **November 1, 2021**, in order to facilitate scholarship payment.
9. Each club may enter only one contestant in each of the four (4) categories as follows:
 - A. Classical Instrumental
 - B. Classical Voice
 - C. Pop Instrumental
 - D. Pop Voice

MUSIC SCHOLARSHIP COMPETITION STUDENT INSTRUCTIONS

This is a contest for talented young musicians from the San Gabriel Valley who are graduating high school seniors planning to continue their music education and/or continue in a musical career.

Scholarships in the amount of \$500 each will be awarded.

Entry form must be emailed to SGVD Music Chairman, Terry Perkins, by **Wednesday, March 24, 2021**. Please email to perkinstlee@gmail.com.

Scholarship video recording must be emailed to Committee Member Joanne Karr by **Friday, April 23, 2021**. Please email to JKarrWVWC@gmail.com.

Competition Rules:

1. Students may enter only one category:
 - A. Classical Instrumental
 - B. Classical Vocal
 - C. Pop Instrumental
 - D. Pop Vocal
2. Each contestant must be a graduation high school senior planning to continue their music education and/or continue in a musical career and must be recommended by his/her music teacher.
3. Contestants must be amateur (earnings not to exceed \$2,000 annually).
4. Contestants must dress appropriately for the performance.
5. All music must be memorized by the contestant. The use of any score will be cause for disqualification.
6. 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.
7. Proof of recipients' continuing music education (college registration/transcript) must be provided to the Club Chairman by **October 20, 2021**, for submission to SGVD Financial Secretary by **November 1, 2021**, in order to facilitate scholarship payment. If the recipient is not attending college, the scholarship may be used in other ways providing proof that he/she is furthering a musical career is submitted. Scholarship will then be presented.
8. Entries may be shared at Club and/or District meetings in June, 2021.
9. There is no entry fee for contestants.

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Three (3) minutes shall be allowed for each solo. Judges are instructed to deduct points for overtime. This will be strictly enforced.

Musical Ability: 30 Points – Level of Accomplishment, Tone Quality, Technical Ability

Interpretation: 20 Points – Phrasing & Expression

Repertoire: 20 Points – Quality of Selection, Appropriateness to Perform

Performance: 30 Points – Stage Presence and Poise

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San Gabriel Valley District of Women's Clubs
MUSIC SCHOLARSHIP COMPETITION ENTRY FORM

Students:

- Please complete this form and return to your **sponsoring club** by _____
- Scholarship video recording must be completed and emailed DIRECTLY to Committee Member Joanne Karr by **Friday, April 23, 2021**. Please email to JKarrWVWC@gmail.com. (Instructions for submission attached.)

Sponsoring Women's Club: _____
Club Chairman: _____
Club Chairman Phone: _____ Email: _____

Please Type or Print Legibly

Applicant must meet the following minimum requirements:

3.0 GPA

Provide a photocopy of legal presence in the USA and residency in the San Gabriel Valley District. (List of acceptable verification attached.)

Be a graduating high school senior entering college or university in the fall or furthering his/her musical career at that time.

Please check entry category:

- ____ Classical Instrumental (Instrument name _____)
____ Pop Instrumental (Instrument name _____)
____ Classical Vocal
____ Pop Vocal

Title of Entry Composition: _____

Student Name: _____

Student Phone: _____ Student Email: _____

Student Address: _____

Student Birthplace: _____

Plans for musical future (see eligibility requirements): _____

Musical Background/Training: _____

Student Signature (acknowledging all rules & requirements): _____

Date signed: _____

Name of high school: _____

Address of high school: _____

Name of Music Teacher approving entry: _____

Email and/or phone contact for Music Teacher: _____

(Entry form continued)



ELIGIBILITY REQUIREMENTS:

1. Attending high school as a graduating senior.
2. Parent/Guardian signature is required.
3. Plan to attend an accredited college/university or music school and pursue a music major/minor or further music education courses or plan to further a career in music.
4. Proof of registration/transcript at an accredited college/university or music school showing enrollment in music classes or of furthering a career in music must be submitted by November 1, 2021, to the sponsoring Club Chairman, who will submit that proof to the SGVD Financial Secretary for payment.

I have read the eligibility requirements and understand that I must be pursuing music studies or a musical career to receive the scholarship.

Signature of Student: _____

Print Parent's/Guardian's name: _____

Parent's/Guardian's Signature: _____

Acceptable documents for verification of legal presence in the United States:

1. Birth Certificate
2. Certificate of US Citizenship (Federal Form N-560)
3. Unexpired US Passport
4. Valid permanent resident card (issued by Dept. of Homeland Security/US Citizenship & Immigration Services), Non-expired I-551 (issued 1977-1989) cards are acceptable.
5. US Certificate of Naturalization (Federal Form N550)
6. Valid State ID Card or Driver's License
7. Documentation of approved deferred action status, including DACA Program Deferred Action for Childhood Arrivals.

Instructions for video submissions:

- Please record your submission in landscape mode with a smart phone or other video/sound recording device.
- For vocal submissions, you may use any accompaniment available, listening to such accompaniment through headphones, earbuds, etc., so only your voice is recorded.
- The submission must be an unedited, single take, no more than three (3) minutes in length.
- The submission should be sent as an attachment to an email. The subject of the email should include your full name. The body of the email should include your full name, the category of your entry, the name of your sponsoring club, and your phone number.
- The submission should be attached compressed in a zip file.
- Submission emails with attachments must be sent directly to Committee Member Joanne Karr, JKarrWVWC@gmail.com, by **Friday, April 23, 2021**.



Club Member of the Year...Gina Morales
626-371-4055... emwc.ginamorales@gmail.com

This is a reminder that all Club Member of the Year submissions are due to me by **March 12, 2021**. Your narratives should be 50 words of how your candidate contributed to your club during the year 2020 only. If needed, I will email the correct Application Form to Club Presidents upon request. Please feel free to contact me with any questions.

Thoughts of health and peace to all, Gina Morales

Domestic & Sexual Violence Awareness & Prevention
Linda Vallejo...562-639-6546...linda.valejo@aol.com

Please use the following website as a useful tool for finding domestic violence organizations in your community. <https://www.cpedv.org/domestic-violence-organizations-california>

Education & Libraries
Esthela Torres de Siegrist...626-442-0354... hetds@yahoo.com

“Some Wonderful Educational Resources for You, Me, and Our Students”

As your San Gabriel Valley District Education and Library Chairwoman, it was my distinct privilege to review the many wonderful Education and Library Reports submitted by 15 of our Clubs. This horrible pandemic did not prevent any of our clubs from continuing to serve the needs of our student, who are destined to be our country’s future.

It was G.K. Chesterton who opined, “Education is simply the soul of a society as it passes from one generation to another.” And, yes, that is the very reason we must continue enthusiastically to educate our youth and ourselves.

There is great news concerning the Los Angeles County Public Library System. Many services have continued and many new ones have been added, such as the loan of “free” chrome books, wifi hot spots, curbside book pickups, and much, much more. Just go to this website, and open it:

<https://lacountylibrary.org/>

Once there you will discover the riches waiting for all of us, even thousands of movies and television programs for free for your entertainment and enlightenment.

There are even free e-books you can obtain and many county libraries have sidewalk service. You can even obtain your free digital library card online. Remember to share this website with others:

<https://lacountylibrary.org/>

Loaners



19th Amendment Library Ca



Keep safe, one and all...and enjoy a wonderful 2021!

Environment

Pat Borchard...909-576-4382 ...peb1956@verizon.net

Thank you for submitting your Environment reports. Reports have been sent off to the judges and I look forward to announcing the winners at our Zoom Convention.

I want to encourage all of you to subscribe to CFWC Quick Bytes and to GFWC News & Notes. My message this month includes information from both newsletters. The GFWC "President's Pick" for a project of merit was awarded to the Woman's Club of Coconut Grove(Florida). It was selected by the GFWC President for its individual merit plus adaptability for use by other clubs. The goal of this project, was to share information via their website/social media, related to eliminate/minimize/and ban single use plastics and to promote awareness of the damage caused by single use plastics. Did you know that 10% of all single use plastics are recycled? On average plastic bags are utilized for 12 minutes but take more than 5 years to degrade. Thousands of animals are killed or harmed each year by ingesting or becoming entangled in plastics, with sea turtles and manatees among the most vulnerable. In this time of Covid, perhaps clubs can develop a section of their webpage or post on social media information to inform the public about the damage single use plastics cause.

I encourage you to take a look at the CFWC Quick Bytes article, from 1/16/2021, related to the Asian Giant Hornet, by our CFWC Environment Chairman, Jane Thomey. Here is some information in brief. This hornet has arrived in the Pacific Northwest. As pollinators they serve an essential function to fruiting and flowering plants and as predators they control populations of unwanted insects. It is only when they are provoked that they become aggressors. Unfortunately, they thrive on honeybees. They are fond of honey and it takes only a small number of hornets to slaughter a bee colony. It is estimated that if left unchecked the Giant Hornet could reach northern California in 20 years.





Health & Wellness Community
Christina Cook...714-914-7937...christinacook1@mac.com

Have an idea? Email: christinacook1@mac.com

February 2021

Health and Wellness

San Gabriel Valley District Women's Club

Stop the spread  Wash your mask regularly  Wear your mask

February Observances include American Heart Month. One way to help with preventing heart disease is by getting more movement. Commit to walking to the end of your block once a day. Take your pup with you or your grandkids for a stroll. They need the movement just as much as you do.



What does dental health have to do with heart health? The American Heart Association published a Statement in April 2012 supporting an association between gum disease and heart disease. The article noted that current scientific data do not indicate if regular brushing and flossing or treatment of gum disease will decrease the incidence, rate or severity of the narrowing of the arteries (called atherosclerosis) that can lead to heart attacks and strokes. However, many studies show an as-yet-unexplained association between gum disease and several serious health conditions, including heart disease, even after adjusting for common risk factors. courtesy of ada.org

**February 2021
Health
Observances**

American Heart Month

Age-Related Macular Degeneration (AMD) / Low Vision Awareness Month

International Prenatal Infection Prevention Month

National Children's Dental Health Month

Weeks to Note:

Congenital Heart Defect Awareness Week; February 7 - 14

National Eating Disorder Awareness Week; February 22 - 26

Eating disorders tend to develop during the teenage and young adult years, and they are much more common in girls and women. No one knows the precise cause of eating disorders, but they seem to coexist with psychological and medical issues such as low self-esteem, depression, anxiety, trouble coping with emotions, and substance abuse. For some people, a preoccupation with food becomes a way to gain control over one aspect of their lives. Although it may start out as simply eating a bit more or less than usual, the behavior can spiral out of control and take over the person's life. Eating disorders are a serious medical problem that can have long-term health consequences if left untreated. It's common for people with eating disorders to hide their unhealthy behaviors, so it can be difficult to recognize the signs of an eating disorder, especially early on. courtesy of WebMD

Game Time! Football Deviled Eggs:

recipe courtesy of Optavia

Ingredients:

- 6 hardboiled eggs
- 2 T reduced fat mayonnaise
- 2 T nonfat or low-fat Plain Greek Yogurt
- 1 t Dijon Mustard
- 1 t pickle juice
- 1/2 t Worcestershire Sauce
- 1/4 t hot sauce
- 1/8 t Salt
- 1/8 t Pepper
- Chives for garnish

Instructions

- 1- Boil eggs
- 2- Let eggs cool, shell, and remove yolks
- 3- Set aside egg white halves
- 4- In a medium-sized bowl, mix yolks and the rest of the ingredients until smooth
- 5- Pipe or spoon mixture into egg white halves
- 6- Use Chives to create the Football Stripes on the eggs





LA County residents 65 years & older are now eligible for a free COVID-19 vaccination.

Visit VaccinateLACounty.com to schedule an appointment.

Go to www.vaccinatelacounty.com

If you don't have access to a computer, please call (633)540-0473 to book an appointment or assistance between 8:00 a.m. to 8:30 p.m.

Kindness Angel

Pat Borchard...909-576-4382 ...peb1956@verizon.net

Happy Valentine's Day to all of you. Thank you to the 14 clubs who submitted their Kindness Angel narratives by the designated deadline of January 9th. It is greatly appreciated. I am always touched by the kindness you all share with others. So, as I announced at the January District Board meeting, the Kindness Angel Ceremony will take place on February 20th, via Zoom, from 9:30 to 10:30am. President Rosette and I may plan a fun activity for you, as well. Presidents, please keep a eye open for the email that will have the link for the meeting and invite your Kindness Angel to participate. If you would like to email your Kindness Angel's address to me, I can mail their certificate and small gift item. Thank you!

Leadership/LEADS

Tami Miller...909-596-4084...tamgram8@yahoo.com

What kind of leader are you?

Do you lead by example?

Or are you always the exception to the rule?

I would like to address meeting deadlines.....

The Dictionary states the following:

Deadline: A time limit as for completion of a task

Procrastinate: to put off something out of habitual, carelessness or laziness

Disclaimer: I am guilty of all of this at one time or another.

Remember when you were in school and that book report was due the next day? You had the assignment for over a week but the night before it was due you were scrambling to get it done. Well we are not in school anymore. We are leaders of one for the greatest Woman's Organization.

Make meeting club deadlines one of your New Year's Resolutions. Remember when you are late meeting a deadline, you are actually saying, "My time is more important that yours." There are always going to be circumstances when it is difficult. Let the person who is waiting for you know situation.

Ladies, we don't need to make this so hard on ourselves. So, meet those deadlines with a smile of accomplishment.

Legislation & Public Policy

Alice Slaughter...909-624-7456...kenalice2@earthlink.net

We are living in very historical times. With the pandemic and the election and the attack on the Capital Building we have a lot to digest. In years to come our clubs will be looking back and reporting on the events of the end of 2020 and the beginning of 2021.

It is with great pleasure that I have GOOD news: The funding of the Women's History Museum has been approved by Congress. Below is the announcement I found in the *NEWS and Notes*. New American Women's History Museum Congress approved the Smithsonian America Women's History Museum Act as part of the FY 2021 Consolidated Appropriations Bill. The original bills, (H.R. 1980, S. 959), were sponsored by Rep. Carolyn Maloney (D-NY) and Senators Susan Collins (R-ME) and Dianne Feinstein (D-CA), respectively. The language authorizes the Smithsonian to establish a council to recommend a site, the design, and the construction of the museum on or near the National Mall.

Stay Well!!!!!!!



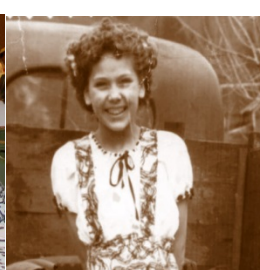
Presidents Scrapbook

Pat Borchard...909-576-4382 ...peb1956@verizon.net

Just a friendly reminder to keep your items for President Rosette's scrapbook for next year. As I shared with you at the January District Board meeting, you will receive two (2) pages next year to complete for her scrapbooks, so keep collecting those memories.



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



Can you name these women that all have a connection to the San Gabriel Valley District? The one who comes closest will win a gift from me. You can include "tidbit" information about them for extra points. You can get another extra point if you can tell me what 8 of these women have in common. If you win, you will love the gift!
Email: kimplater@aol.com or you can call me 909-620-7235

This is a fun game to play in your club newsletter. You can also take "tidbit" information about your members and do a "match the tidbit with the member." This is a short version from Covina Woman's Club's Calendar Marker

Tidbit History Game (Sample)

1. Who wears a thong?
2. Who plays the saxophone and cello?
3. Who just had a baby?
4. Whose dad made her prom dress?
5. Who married a younger man?

No, I am not going to give you names. What happens in Covina Woman's Club stays in Covina Woman's Club. You can have this as a segment in your club newsletter every month.



Have Fun With History

ADS↓



The Woman's Club of West Covina
St Patrick's Day Fundraiser
Win a \$500.00 Stater Bros. Gift Card
\$5.00 per ticket

Proceeds help our local philanthropies.

Contact: Elizabeth Mullender
Emgilmore1@hotmail.com
562-233-2001

Drawing date: March 17, 2021.



Follow the Gold and buy your tickets today!



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