



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

May 2021

Volume 5, Number 5

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



### MAY

**Monday, May 3** SGVD Executive Committee Meeting -9:00 A.M.—zoom

**Thursday--Saturday, May 13-15** CFWC Convention – held via Zoom

**Monday, May 17** DVAC meetings will not resume until Further Notice.

**Friday, May 21** SGVD Board Meeting SGVD Board Meeting -9:00 A.M.--zoom

**Tuesday May 19** Parliamentary Affiliate Group Meeting via zoom- 10:00 a.m.

**Friday May 28** SGVD Alumnae Affiliate Group Meeting via zoom - 11:00 a.m.

If you want to attend to please contact Rita Aleman. Dues paid members will receive the zoom invites.

### JUNE

**Monday, June 7** SGVD Executive Committee Meeting -9:00 A.M.--zoom

**Friday, June 11** SGVD Board Meeting SGVD Board Meeting -9:00 A.M -zoom

**Tuesday, June 15** SGVD Past Presidents Affiliate Meeting, Marie Calendars Azusa,  
1175 Alost, Glendora 11:30 am

**Monday, June 21** DVAC meetings TBA

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

This year Woman's Clubs around the world have read, researched and told the story of how women worked for and demanded equality and a voice in our world. For years we have been told, it could not be done. We did not have the mental acuity to deal with anything as complex as finances, running a business or organization, or even to vote. I am here to shout at the top of my lungs, **"Yes We Can!"** and the success of our convention is a testament to our abilities.

Through the planning, preparation, and practice, we anticipated the hidden hazards and adjusted ensure they were avoided or dealt with. We celebrated the awareness that perfection is not the cornerstone of success - dedication and teamwork is. At our convention, we reaffirmed our commitment to supporting each other and helping our communities deal with the real-life issues that negatively impact us all.

Clubs submitted reports outlining their work over the last year and its positive impact. We have increased our membership. More members are volunteering in efforts to support our communities. We also demonstrated our commitment to education by providing scholarships to help our children attend college. Even during a pandemic, we volunteered endless hours helping others. It was a joy to celebrate our joint success.

Each of the Clubs within the San Gabriel Valley District have their own unique way of generating ideas for more creative ways to accomplish the mission of the California Federation of Women's Clubs -- to provide education, training and interaction opportunities for volunteers who are committed to individual growth and community improvement to enrich the quality of life throughout California and the world.

Over the next few months, I will be talking with Club presidents to tap into their Club's special gifts and creative ideas for serving our communities and sharing them with everyone. Rewarding our successes is not meant to only acknowledge great performance, but to provide resources for members to spread ideas for others to follow. Look out for these success stories in our up-coming newsletters.

I would like to thank everyone who worked so diligently to ensure the success of our convention. Thank those of you who attended and participated. Please continue to spread the word - **Women's Clubs in the San Gabriel Valley District** are special!

We can and do demonstrate our dedication to paying it forward and supporting our communities."- Henry Ford



## SGVD 1<sup>st</sup> VP/Dean

Linda Koontz...909-593-3906 Cell 909-720-8550...luv2collect@gmail.com

Hope you had a fun & safe Easter with your family and friends and stayed safe while enjoying the Holiday. Convention 2021 is now just a Memory, however your awards I am sure are still being celebrated by your members! I congratulate all our clubs (even if you did not win an award or wrote a report), because in my book you are all WINNERS!!! You are winners in your communities and beyond for all you do, time given to your clubs and most of all your support, love and friendship you give to your sisters in Federation. As your Dean, I am so proud of all you've accomplished this year. I look forward to another great year working together, with our Chairmen and all our clubs as well. I know San Gabriel Valley District will shine at our State Convention and I wish all of you the very best!

Wishing you a Happy Mother's Day and Safe Memorial Day.

### **CHAIN OF COMMAND:**

Good Leadership should be practiced by following the Chain of Command. If you have a question regarding clarification of a project in a program area, reports, responsibilities of your Chairmanship etc etc...call me....your First VP/Dean of Chairmen. Question regarding meetings, calendar etc. etc. call your District President. Remember to always follow the chain of command.

### **PROCEDURE BOOKS/PROCEDURE PAGE** (worth repeating)

Have you started your Procedure Book/Procedure Page yet? Are you a Program Chairman, Contest Chairman, Project Chairman or Officer? Ask yourself how you would feel if you did not receive a Procedure Book/Procedure Page? Please make sure to include the following:

- Copy of your 2020 District Program Report.
- Copy of your script from 2021 Convention & winners,
- Copies of your District Board/Executive Committee reports.
- Suggestions for your chairmanship/office.
- Copies of handouts given to you at workshops.
- Copies of motions you've presented for District - wide projects.
- Copy of Budget
- Your timeline set for yourself.

### **CHAIRMENSIPS**

Not continuing another year in your Chairmanship? Please turn in your procedure book/page to me at our June District Executive Board meeting. I in turn will pass your book/page on to the next Chairman to serve for the second year of this administration. Interested in serving your District as a Program Chairman, Contest

Project Chairman.....please contact President Rosette and if there is an opening...before you say yes, please refer to your responsibilities as a Program Chairman below.

Responsibilities of a Program Chairmanship?

- Review your District Page in the yearbook.
- Make changes, verify with District President
- Calendar dates. Submit your changes to District Dean by June EC meeting.
- Report at District Board meetings (3 copies)

- Disseminate information from District Dean to our Clubs.
- Place message with Pertinent information in The Key.
- Secure 3 Judges (outside the District) for Judging end of the year reports.
- Write your end of the year District Report.
- You will serve as a voting delegate.

**CONTEST CHAIRMEN:**

Any changes to the Contest forms must be presented by me for approval at the Executive Committee on June 7th per our Bylaws. Staying on a second year? Please check over your page and edit where you need to such as 2022 dates on your page.

**DISTRICT CONVENTION CERTIFICATES:**

President Rosette is hoping we will meet in person for our June 11th District Board meeting and at that time certificates will be presented to clubs in attendance. In the interest of time, all certificates (including Club Member and Citizen of the Year) have been placed in a manila envelope for each club. Any money awards were mailed to the Club Presidents, since District closes their books May 31st. We are hoping there will not have to be a drive thru on Saturday, June 12th. I know we will all keep positive thoughts we will see each other on June 11th.

**DISTRICT WORKSHOPS:**

I will be coordinating with your Second VP/Membership Luanne Arredondo to plan a Chairman’s workshop (understanding your responsibilities and reports) and a Q & A. There will also be a Report Writing Workshop for all Club Deans, Club Chairmen who write reports and others who are interested in the report writing process. I hope to schedule this for a Saturday (to include our working members) and hopefully during the month of July. We will also have a refresher of report writing in the month of October.

**CLUB NEWSLETTERS:** Please email me your newsletter if I am not on your list.



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**ADVOCATES FOR CHILDREN**

**CHAIRMAN, PATSY WILSON**

- Small:** 1<sup>st</sup> Whittier  
2<sup>nd</sup> GFWC Federated East Valley  
3<sup>rd</sup> Pasadena
- Med:** 1<sup>st</sup> Walnut Valley  
2<sup>nd</sup> Hacienda Heights  
3<sup>rd</sup> Arcadia
- Int:** 1<sup>st</sup> La Crescenta  
2<sup>nd</sup> The Woman's Club of W.C.  
3<sup>rd</sup> Monterey Park
- Large:** 1<sup>st</sup> Covina  
No 2<sup>nd</sup> & 3<sup>rd</sup>

**ARTS & CULTURE**

**CHAIRMAN, TERRY PERKINS**

- Small:** 1<sup>st</sup> GFWC Federated East Valley  
2<sup>nd</sup> Whittier  
No 3<sup>rd</sup>
- Med:** 1<sup>st</sup> Duarte  
2<sup>nd</sup> Diamond Bar  
3<sup>rd</sup> GFWC La Verne - San Dimas
- Int:** 1<sup>st</sup> The Woman's Club of W.C.  
2<sup>nd</sup> Baldwin Park  
3<sup>rd</sup> Monterey Park
- Large:** 1<sup>st</sup> Covina  
No 2<sup>nd</sup> & 3<sup>rd</sup>

**CIVIC ENGAGEMENT & OUTREACH**

**CHAIRMAN: SUSAN BROSCHÉ**

- Small:** 1<sup>st</sup> GFWC Federated East Valley  
2<sup>nd</sup> Whittier  
3<sup>rd</sup> Pasadena
- Med:** 1<sup>st</sup> Diamond Bar  
2<sup>nd</sup> GFWC La Verne-San Dimas  
3<sup>rd</sup> Walnut Valley
- Int:** 1<sup>st</sup> Monterey Park  
2<sup>nd</sup> Woman's Club of S. Pasadena  
3<sup>rd</sup> The Woman's Club of W.C.
- Large:** 1<sup>st</sup> Covina  
2<sup>nd</sup> Sierra Madre

**COMMUNICATIONS & PUBLIC RELATIONS**

**CHAIRMAN: YVETTE ROMO**

- Small:** 1<sup>st</sup> GFWC Federated East Valley  
2<sup>nd</sup> Pasadena  
No 3<sup>rd</sup>
- Med:** 1<sup>st</sup> Walnut Valley  
2<sup>nd</sup> Diamond Bar  
3<sup>rd</sup> Duarte
- Int:** 1<sup>st</sup> The Woman's Club of W.C.  
2<sup>nd</sup> La Crescenta  
3<sup>rd</sup> Woman's Club of S. Pasadena
- Large:** 1<sup>st</sup> Sierra Madre  
2<sup>nd</sup> Covina  
3<sup>rd</sup> Pio Pico

**(1 of 4)**

**NEWSLETTERS**

**CHAIRMAN: YVETTE ROMO**

- |   |   |
|---|---|
| <b>Small:</b> 1 <sup>st</sup> Pasadena<br>2 <sup>nd</sup> GFWC Federated East Valley  | <b>Medium:</b> 1 <sup>st</sup> Diamond Bar<br>2 <sup>nd</sup> Duarte<br>3 <sup>rd</sup> Walnut Valley |
| <b>Int:</b> 1 <sup>st</sup> Baldwin Park<br>2 <sup>nd</sup> Woman's Club of S. Pasadena<br>3 <sup>rd</sup> The Woman's Club of W.C. | <b>Large:</b> 1 <sup>st</sup> Covina<br>2 <sup>nd</sup> Sierra Madre                                  |

**DOMESTIC VIOLENCE & SEXUAL VIOLENCE AWARENESS AND PREVENTION**

**CHAIRMAN: LINDA VALLEJO**

- |   |   |
|---|---|
| <b>Small:</b> 1 <sup>st</sup> Whittier<br>2 <sup>nd</sup> GFWC Federated East Valley<br>3 <sup>rd</sup> Pasadena      | <b>Med:</b> 1 <sup>st</sup> Diamond Bar<br>2 <sup>nd</sup> Arcadia<br>3 <sup>rd</sup> GFWC La Verne-San Dimas |
| <b>Int:</b> 1 <sup>st</sup> The Woman's Club of W.C.<br>2 <sup>nd</sup> Monterey Park<br>3 <sup>rd</sup> La Crescenta | <b>Large:</b> 1 <sup>st</sup> Covina<br>2 <sup>nd</sup> Pio Pico  |

**EDUCATION & LIBRARIES**

**CHAIRMAN: ESTHELA TORRES de SIEGRIST**

- |  |  |
|--|--|
| <b>Small:</b> 1 <sup>st</sup> Whittier<br>2 <sup>nd</sup> Pasadena<br>No 3 <sup>rd</sup>                                 |  |
| <b>Med.</b> 1 <sup>st</sup> El Monte<br>2 <sup>nd</sup> Hacienda Heights<br>3 <sup>rd</sup> Diamond Bar                  |  |
| <b>Hon. Men.</b> GFWC La Verne-San Dimas   |  |
| <b>Int:</b> 1 <sup>st</sup> Woman's Club of S. Pasadena<br>2 <sup>nd</sup> Monterey Park<br>3 <sup>rd</sup> La Crescenta |  |
| <b>Hon. Men.</b> The Woman's Club of W.C.  |  |
| <b>Large:</b> 1 <sup>st</sup> Pio Pico<br>2 <sup>nd</sup> Covina<br>3 <sup>rd</sup> Sierra Madre                         |  |

**ENVIRONMENT**

**CHAIRMAN: PAT BORCHARD**

- |   |          |
|---|----------|
| <b>Small</b> 1 <sup>st</sup> GFWC Federated East Valley<br>2 <sup>nd</sup> Pasadena<br>3 <sup>rd</sup> Whittier       |          |
| <b>Med:</b> 1 <sup>st</sup> Duarte<br>2 <sup>nd</sup> GFWC La Verne-San Dimas<br>3 <sup>rd</sup> El Monte             |          |
| <b>Hon. Men.</b> Arcadia, Hacienda Heights,<br>Diamond Bar  |          |
| <b>Int:</b> 1 <sup>st</sup> La Crescenta<br>2 <sup>nd</sup> Monterey Park<br>3 <sup>rd</sup> The Woman's Club of W.C. |          |
| <b>Hon. Men.</b> Baldwin Park   |          |
| <b>Large:</b> 1 <sup>st</sup> Covina<br>2 <sup>nd</sup> Sierra Madre<br>3 <sup>rd</sup> Pio Pico                      | (2 of 4) |

**FUNDRAISING**

**CHAIRMAN: RACHEL COWELL**

- Small:** 1<sup>st</sup> Pasadena  
2<sup>nd</sup> GFWC Federated East Valley  
3<sup>rd</sup> Whittier
- Med:** 1<sup>st</sup> Arcadia  
2<sup>nd</sup> Diamond Bar  
3<sup>rd</sup> Duarte
- Int:** 1<sup>st</sup> Woman’s Club of S. Pasadena  
2<sup>nd</sup> Baldwin Park  
3<sup>rd</sup> La Crescenta
- Large:** 1<sup>st</sup> Covina  
2<sup>nd</sup> Sierra Madre  
No 3<sup>rd</sup>

**HEALTH & WELLNESS**

**CHAIRMAN: CHRISTINA COOK**

- Small:** 1<sup>st</sup> Pasadena  
2<sup>nd</sup> GFWC Federated East Valley  
3<sup>rd</sup> Whittier
- Med:** 1<sup>st</sup> Walnut Valley  
2<sup>nd</sup> Hacienda Heights  
3<sup>rd</sup> El Monte
- Int:** 1<sup>st</sup> Woman’s Club of S. Pasadena  
2<sup>nd</sup> Monterey Park  
3<sup>rd</sup> Baldwin Park
- Hon.Men.** The Woman’s Club Of W.C.
- Large:** 1<sup>st</sup> Covina  
2<sup>nd</sup> Pio Pico  
No 3<sup>rd</sup>

**LEGISLATION & PUBLIC POLICY**

**CHAIRMAN: ALICE SLAUGHTER**

- Small:** 1<sup>st</sup> GFWC Federated East Valley
- Med:** 1<sup>st</sup> GFWC La Verne-San Dimas
- Int:** 1<sup>st</sup> The Woman’s Club of W.C.
- Large:** 1<sup>st</sup> Covina

**WOMEN’S HISTORY & RESOURCE CENTER**

**CHAIRMAN: KIM PLATER**

- Small:** 1<sup>st</sup> Pasadena  
No 2<sup>nd</sup> & 3<sup>rd</sup>
- Med:** 1<sup>st</sup> Arcadia  
2<sup>nd</sup> Diamond Bar  
3<sup>rd</sup> Walnut Valley
- Int:** 1<sup>st</sup> Baldwin Park  
2<sup>nd</sup> La Crescenta  
3<sup>rd</sup> Monterey park
- Large:** 1<sup>st</sup> Covina  
2<sup>nd</sup> Pio Pico  
3<sup>rd</sup> Sierra Madre

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**PAST DISTRICT PRESIDENTS' LEADERSHIP SWEEPSTAKES WINNER  
COVINA WOMAN'S CLUB & \$100 check**

**LEADERSHIP  
CHAIRMAN, TAMI MILLER**

<b>Small:</b> 1 <sup>st</sup> GFWC Federated East Valley Woman's Club 2 <sup>nd</sup> Pasadena Woman's Club No 3 <sup>rd</sup>	<b>Med:</b> 1 <sup>st</sup> GFWC La Verne-San Dimas 2 <sup>nd</sup> Diamond Bar 3 <sup>rd</sup> Duarte
<b>Int:</b> 1 <sup>st</sup> Baldwin Park 2 <sup>nd</sup> La Crescenta 3 <sup>rd</sup> The Woman's Club of W.C.	<b>Large:</b> 1 <sup>st</sup> Covina 2 <sup>nd</sup> Sierra Madre 3 <sup>rd</sup> Pio Pico

**MEMBERSHIP INCREASE  
MONTEBELLO WOMAN'S CLUB & \$50 check**

**MEMBERSHIP  
SECOND VICE PRESIDENT, LUANNE ARREDONDO**

<b>Small:</b> 1 <sup>st</sup> GFWC Federated East Valley 2 <sup>nd</sup> Santa Fe Springs No 3 <sup>rd</sup>	<b>Med:</b> 1 <sup>st</sup> GFWC La Verne-San Dimas 2 <sup>nd</sup> Diamond Bar 3 <sup>rd</sup> Duarte Hon. Men. Hacienda Heights Hon. Men. Walnut Valley
<b>Int:</b> 1 <sup>st</sup> La Crescenta 2 <sup>nd</sup> The Woman's Club of W. C. 3 <sup>rd</sup> South Pasadena Hon. Men. Monterey Park	<b>Large:</b> 1 <sup>st</sup> Covina 2 <sup>nd</sup> Sierra Madre 3 <sup>rd</sup> Pio Pico

**All First Place Membership Reports  
receive a \$25 check  
CONGRATULATIONS WITH HUGS  
FIRST VP/DEAN OF CHAIRMEN, LINDA**

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## **SGVD 2nd VP/Membership**

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

### **Membership Bloom**

This is the time of year when we see membership blooming with new members coming in, seasoned members renewing. It is a flutter of excitement. Let's use this time to survey our members about their needs within the club. Use your member surveys to help you identify what is important to your members. Things may have changed since the Pandemic began and we want to remain vibrant and engaging. Work with your leadership to review club dynamics and club projects.

Now is also the time to begin thinking about the reopening and the structure of your club meetings. Some members will be excited to come back and meet in person, while others will prefer to remain online. How will you respond to the hybrid needs?

As always, I am only a phone call, email, or text away.

Finally, if you have not yet turned in your Club Information forms, you can find them online at SGVD.org. I will be calling on clubs this week to remind them that I need 5 copies of the roster and the form, (with payment) before end of April.

# YES WE CAN !



## **SGVD 3rd VP/Convention**

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

Hello Sister's in Federation,

We are back to business; the Convention is over and each of you that attended played apart in the success of this historical 65th San Gabriel Valley District Convention! As Federated Sister's we have

found kindness within an incredible amount of strength along with the resiliency during these difficult times. I applaud you.

As we look forward to 2022 SGVD 66<sup>th</sup> Annual Convention and it being an election year the planning process has started in two phases, hotel and menu choices and much more. I know it's tough to believe, but its nearly time to secure the venue and begin the important work of Convention Committee Volunteers.

Looking into May, Save the Dates on your Calendar:

May 21, 2021 - 2021 Convention Wrap-Up Report, presented at the District Board Meeting,

May 24, 2021 - 2021 Convention Committee Close-out Report Meeting held on Zoom @11:00 AM

The President’s Colorful Live Auction Room 65th Convention Virtual – April 16, 2021

Auctioneer host: Abbey Howell

1. Patsy Wilson	Bella & Jack Necklace	\$40.00
2. Marilyn Cruz	Palmer Pampering Basket	\$45.00
3. Cilca-Refugio Rodriquez	Michael Kors Wristlet	\$95.00
4. Nancy Anzalone	Dooney & Burke Purse	\$185.00
5. Terry Perkins	Royal Tea Set	\$40.00
6. Victoria Rocha	Port Wine Set	\$75.00
7. Patsy Wilson	Color with Kindness Necklace	\$65.00
8. Lupe Diaz	Slow Cooker/Target gift Card	\$65.00
9. Kind-Doner	Kindness Gift	\$40.00

**Total fundraising collected \$ 650.00**

“Thank you to each and every one that supported this event.”



**AND WE DO!!!!!!!!!!!!!!!!!!!!!!  
WE DID!!!!!!!!!!!!!!!!!!!!!!**

## SGVD Treasurer....Cheryl Linnborn... (951) 790-6441



Dues may now be submitted to Luanne Arredondo. Please send five (5) copies of the **Club Information Form** and five (5) copies of your roster. The **Club Information Form** is now available on the CFWC website at [www.cfwc.org](http://www.cfwc.org).

Please indicated in some way your **new members** you have inducted since December. You may bold them, use an asterisk, you may also put them on a separate sheet of paper. Indicate them however you want, it's important that you do this.

On the Club Information Form, it asks for District dues. Please include \$2 per member in your calculation for the District.

Mail your **five Club Information Forms, five rosters** and check to Luanne Arredondo, 6280 Lee Court, Chino 91710.

## SGVD Recording Secretary

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

### **Proofread with Care**

Be sure to have someone proofread the minutes for you so that all names are spelled correctly, the correct date of the meeting is recorded, and that your minutes read clearly.

Spell out acronyms the first time they're used. Remember that the notes may be reviewed by others for whom the acronyms are unfamiliar. Stay consistent in headings, punctuation, and formatting. The minutes should be professional.

### **Distribute Broadly**

Once approved, email minutes to the full board — not just the attendees — for review. Your minutes will help keep those who were absent apprised of important actions and decisions.

At the start of the next meeting, call for the approval of the minutes. Note any revisions. Try to work out the agreed-upon changes in the meeting so that you don't spend a huge amount of time on revisions. Ask for a motion to approve the minutes with the agreed-upon changes. Once an attendee offers a motion, ask for another person in the meeting to "second" the motion. They say, "All approved." Always ask if there is anyone who does not approve. Assuming not, then say: "The minutes from our last meeting are approved once the agreed-upon changes have been made."

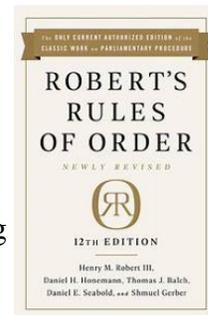


"The cow mooed, the pig oinked, the chicken clucked, I baaed and then we adjourned."

## **SGVD Parliamentarian**

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

Now would be a great time to gift a copy of Robert's Rules of Order 12th Edition to your current or incoming Club Parliamentarian. This book would allow this officer to spend their "free time" this summer to glean a wealth of information to help your club gain a better understanding of protocol and parliamentary procedure. And to extend on this, if your club has a newsletter, what better way for your Parliamentarian to share in your newsletter what is learned from this book. Opening this book and reading it can be overwhelming. It is best to refer to the index, find what the reader can relate to and choose from there.



Though Spring has just begun, it's not too soon to consider summer plans for your club. Consider putting together a Bylaw Committee and asking your club members to spend the next couple months reading their club bylaws and submitting their questions and suggestions to your parliamentarian to share with this committee.

## **Birthdays, Care and Concern**

**Mavis Hansen...626-441-6231...hansenmavis625@gmail.com**



May Birthdays are either Taurus or Gemini

Taurus May 1-20 Gemini & May 21-30 TAURUS have earthy and realistic ways of living. Smart, ambitious and trustworthy who love experiencing the finer things in life and doing things in style. Blessings and recognition await. GEMINI are known for their social and trend-setting nature. Experts at avoiding conflict, exceptionally loyal, very social, independent, observant and smooth talkers. You will find new friends soon. FLOWERS for those born in May are the Lilly of the Valley and the Hawthorne. Both fragrant, beautiful green with white blossoms. The Lilly of the Valley signifies humility, purity and sweetness. The Hawthorn conveys good wishes and represents hope and supreme happiness. THE EMERALD is the beautiful gemstone for those born in the month of May. Beautiful and bright green, it was one of Cleopatra's favorite gems. Associated with fertility, rebirth and love, it signifies wisdom, growth and patience. SPECIAL DAYS in May are Mothers Day, May Day, Cinco de Mayo, International Nurses Day and Memorial Day. CELEBRATIES born in April are Archie, son of Prince Harry and Megan Markel, Pierce Brosnan, George Cloony, Audrey Hepburn, Jack Nicholson, Barbara Streisand, Al Pacino, Harry S. Truman, Mark Zuckerberg and Queen Elizabeth II.

TAURUS or GEMINI Enjoy your special day HAPPY BIRTHDAY

**Education & Libraries**

## Esthela Torres de Siegrist...626-442-0354... hetds@yahoo.com

### Bells, Giant, Majestic Trees, White Lines, and Women's Clubs”

You may rightfully ask, what do these four items have in common? Well, let me tell you a personal story. My husband and I recently drove to Oregon and during our return drive along the Redwood Highway, along Highway One and 101, and on into Carmel By the Sea to view the Carmel Mission, we both witnessed actual evidence of just three of the many contributions to the good life that have been made by so many members of our Federation of Women's Clubs.



First of all, there's the survival of the majestic redwoods and the giant sequoias. Much is owed to the efforts of our Federation of Women's Clubs to protect these wonderful giants, a gift to all from nature, ensuring the life of these trees for posterity and future generations.

#### California Federation Women's Clubs Grove

Second, there are those 550 historic “mission bells” from Los Angeles to San Francisco that commemorate the Camino Real (the King's Highway) all along Highway 101. In 1906 it was Mrs. A. S.C. Forest and members of the California Federation of Women's Clubs who made the installation of these bells a reality.



Third, there's the white dividing lines that we all take for granted. We have Dr. June McCarroll and her Indio Women's Club's members to thank for the dividing lines. One day, in 1917, the good doctor was driving to her office near Indio, California. Suddenly a truck forced her off the undivided, no dividing line highway. As Dr. McCarroll recalled years later: “My Model T Ford and I found ourselves face to face with a huge truck on the paved, undivided highway. It did not take me long to choose between a sandy berth to the right and a ten-ton truck to the left! Then I had my idea of a white line painted down the center of highways and roads as a safety measure.” Because the local elected officials decided to ignore her idea, she took a paint brush, cans of white paint, and painted a very, very long white line to divide the nearby highway. Joined by her fellow Indio Women's Club's members and linking with other women's clubs throughout California, they succeeded in 1924 in having the California Legislature require white lines to be painted along all highways and roads in the state.



## Environment

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

What a pleasure it was to announce the award recipients for the Environment Program Area. You should all be very proud of yourselves for the work you to Reduce-Reuse-Recycle. Even during a pandemic, you continued doing your part to take care of and preserve our planet.

Here are some of the projects that were reported in our SGVD reports...

1. Recycling of plastic bottles and ink cartridges, funds generated were used to purchase school supplies for foster kids.
2. Support of Heifer International with a monetary donation which was tripled by them to support Honey Bee Hives.
3. Donations of used coffee cups to Corky's restaurants so those cups would not be tossed into landfills.
4. Donations of blankets, towels, etc. to a local Humane Society to be used in the kennels of animals.
5. Bring your own cups to club general meetings and district meetings.
6. Support of a Friendship Garden of a Garden club
7. Arbor Day donation
8. Participating in Nature Walks and Tours
9. Creation of a Monarch Butterfly Garden and other pollinators.
10. Recycling of Clothing and household items with those donations being given to a local Epilepsy Foundation.
11. Donation to a Marine Mammal Care Center.
12. Penny Pines Donations.

From our CFWC Environment Chairman, Jane Thomey. In her message she described several projects that other clubs are doing throughout California.

Marina District clubs collect plastic bottle caps to be repurposed into Buddy Benches that are intended to take a stance against childhood loneliness.

The melted bottle caps the GFWC Mira Mesa Woman's Club collects provide income that is donated to a Puerta Vallarta hospital.

The Los Cerritos District participates in a RubbermaidCorp sponsored recycle program.

Several clubs donate mascara wands to the Wildlife refuge. They are used to clean away oil, larvae, fly eggs, mites and other contaminants from rescued animals.

These are only a few of the many worthwhile projects that she mentioned.

In the most recent GFWC News & Notes, GFWC Karen Martinek, Environment Community Service Program Chairman reported this information, National Geographic states that since the invention of plastics in the 1950's, approximately 8.3 billion tons of plastic has been produced. Of that plastic, only 9% has been recycled.

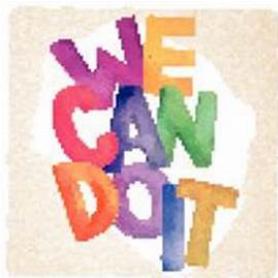
As we celebrate Earth Day, here are some of her suggestions to eliminate plastic on beaches, roads, and rivers.

1. Go plogging (picking up trash while you are jogging)
2. Plan roadside and beach cleanups to keep plastics out of sewers and oceans.
3. Participate in ocean cleanups or donate to them.
4. Clean plastics from rivers to keep plastics from dumping into the oceans.
5. \*Upcycle your plastic bags and plastic bottles.

\*Upcycling, also known as creative reuse, such as taking a stack of old newspapers and fold them to create a biodegradable flower pot.

6. Support banning single use plastics, such as straws.
7. Join a plastics' recycle program, such as with these companies, Trex or Terracycle.

Submit your successful projects to [PR@GFWC.org](mailto:PR@GFWC.org).



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

May 2021

# Health and Wellness

San Gabriel Valley District Women's Club



Let's get ready to celebrate Summer! As we close down April with a fun Easter, vaccinations opened up to everyone over the age of 16, and hybrid school (finally). I am celebrating! My daughter and I took a much needed break enjoying the beaches and sunshine of Waikiki, quarantined upon returning home, and realized that micro-vacations are the the way to go!!! We need to get away. As our world eases up on stay-at-home orders, I strongly recommend that you still take this seriously, and if you feel any symptoms, please get tested. CVS and Walgreens offer free testing. Check your city's website for further information. They may be able to find some resources for you.

### May 2021 Health Observances

American Stroke Month

Lupus Awareness Month

National Arthritis Awareness Month

National Osteoporosis Awareness and Prevention Month

National Teen Pregnancy Prevention Month

Preeclampsia Awareness Month

5/10-5/16 National Women's Health Week May

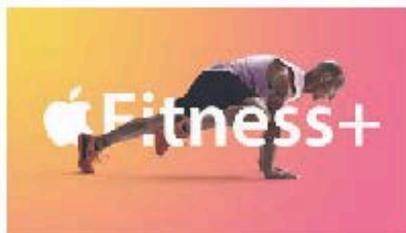
National Women's Health Week

5/11 National Women's Check-Up Day

5/12 Fibromyalgia Awareness Day

5/31 World No Tobacco Day

I know I keep talking about Apple Fitness +, but I am telling you, it is getting better! Apple announced new programs for pregnant moms, older generations, and lots of workouts for beginners. So, no matter what your fitness level, Apple Fitness+ will be there to support you all the way. Get up and get moving!



### Shrimp Lettuce Wraps

© eSociety of Optavia

**Ingredients:**

- 2 lbs of raw shrimp peeled and deveined
- 1 Tbsp Old Bay Blackened Seasoning
- 4 tsp olive oil, divided
- 6 oz avocado
- 2 Tbsp lime juice, divided
- 1 1/2 cups of diced tomato
- 1/4 cup diced green bell pepper
- 1/4 cup chopped red onion
- 1/4 cup cilantro
- 1 chopped jalapeno
- 12 large romaine lettuce leaf

**Directions:**

1. Place shrimp and Old Bay seasoning in a re-sealable plastic bag (you may need to divide shrimp into two batches) Shake contents of bag to distribute seasoning evenly.
2. Heat two teaspoons of olive oil in large skillet, add half of the shrimp in a single layer. Cook 2-3 minutes per side, until shrimp are pink and cooked through. Repeat with remaining olive oil and shrimp.

**Avocado Crema recipe**

1. Combine Greek yogurt avocado and one tablespoon of lime juice in blender or food processor. Blend until smooth

**Tomato Salsa**

1. Stir tomatoes, bell pepper, onion cilantro, jalapeno pepper, and lime juice

Spread ingredients onto lettuce leaves evenly. ENJOY!

## **Leadership/LEADS**

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

Congratulations to all the clubs for their hard work and submitting reports. All the reports showed your efforts to groom your members to be leaders. It was very challenging to pick the winners.

I hope you are thinking about who your leaders will be for the next term. Leaders need to be good communicators in all formats, email, videos, texting, messaging, presentations, and chat programs. The ways of the good old days no longer exist. You and your new leaders have to be willing to make changes. The saying, "We have always done it that way," is a saying for the past.

At the same time, I must remind you, we are volunteers and give our time freely. Be conscious of the feelings of your members, they can walk away at any time. There is a new normal on how people think and how we teach our leaders. They must feel like they are worthy of being a leader and that you believe in them to take on some of the new tasks.

CFWC sent a few hand-outs for the May Convention. One of the Leaderships hand-out talked about Soft-Leadership, a way for the future. It helps to manage emotions, egos and feelings of the members we work with. We have diversity in our clubs and need to be aware of how our members think.

So, I did some research on Soft-Leadership. The days of command-and-control leadership doesn't work anymore because of the change of the times. It has been replaced with trust-and-track leadership. In the world of technologies, it is rapidly changing. We need to reinvent our leadership skills. I'm sure many of you have already experienced this.

Some of you are forming your nominating committee for the next term. Keep this in mind when choosing your new leaders.

## **President's Scrapbook**

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

Things are opening up in California and I am optimistic that we will have an in person convention next year, so continue to save those pictures and your club's memories for President Rosette's scrapbooks that will be presented to her at our next convention. I will provide you with pages for her scrapbook in January 2022.

## **Kindness Angel Chairman:**

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

Happy Mother's Day to all of you! Whether you are a mother, grandmother, great grandmother, Godmother, step-mother, or adoptive mother, I hope you will take the day to celebrate you by relaxing, resting and being kind to yourself. You deserve it!

**Women's History & Resource Center**  
**Kim Plater... (909)620-7235... kimplater@aol.com**

At the fabulous SGVD Convention (April 16 – 17) members had the opportunity to participate in two full days of activities on Zoom. On Friday I presented a history program. It was titled “The Cougar and the President.” For those of you who heard my presentation I am offering you a chance to win a prize by participating in this history quiz. (Those who did not attend, can access the Convention on the SGVD website and view the presentation). Return your answers to me by May 7. The winner(s) will receive a gift from me – I know you will really like it. Several SGVD members who have participated in other quizzes are thrilled with it. Email answers to [kimplater@aol.com](mailto:kimplater@aol.com).

1. The 3 primary characters in the story were:
  - a. Aimee Semple McPherson, President Herbert Hoover, Milman Wheeler
  - b. Al Capone, President Herbert Hoover, 1<sup>st</sup> CFWC President Clara Burdette
  - c. 1<sup>st</sup> CFWC President Clara Burdette, President Franklin Roosevelt, Eleanor Roosevelt
  - d. Past CFWC President Toby Kahan, 1<sup>st</sup> CFWC President Clara Burdette, Snoop Dog
  - e. None of the above
  
2. The story was set in which primary eras:
  - a. 1850 to 1890
  - b. 1890 to 1940
  - c. 1940 to 1980
  - d. 1980 to Present
  
3. How many husbands did our primary female character have?
  - a. One
  - b. Two
  - c. Three
  - d. Four
  - e. None
  
4. With which organizations was our primary character involved?
  - a. Democratic Party, City of Hope, SGVD, Library 2000
  - b. Independent Party, Red Cross, GFWC, White Cane
  - c. Republican Party, USO, CFWC. Equal Rights Amendment
  - d. Republican Party, Save the Redwoods, GFWC, LA Athletic Club
  
5. A minor character in the story was Marge Bellamy, a famous movie actress. She was having an affair and shot her lover. How many times did she shoot?
  - a. None, the gun misfired.
  - b. 2
  - c. 4
  - d. 6
  
6. Which “headline” best describes our primary character?
  - a. “A tea held at (our primary character’s home) 200 club members attend.”

- b. “President comes to town. (Our primary character) plans an affair.”
- c. “Gangster plans attack in Eagle Rock; warning to (our primary character)”
- d. (Our primary character) packs house at Temple Auditorium; preforms miracles.
- e. (Our primary character) kisses paramour in Pasadena Playhouse balcony

Each year clubs are asked to submit WHRC reports. Only 10 clubs submitted reports in 2020. This coming year, my goal as your WHRC chair, is to increase club’s participation in the WHRC category – knowing and understanding about our history can increase your membership and retain your members. Each club that heard my presentation at Convention can include this in their report. I also encourage you to invite me to your club to present the program or show the Convention video presentation. Time needed: 30 minutes.

## Did You Know?

Phoebe Apperson Hurst was extremely active with the GFWC and CFWC and was an active member of the Baha’i faith. She was also the mother to William Randolph Hurst, newspaper magnet and president of the Friday Morning Club in Los Angeles.

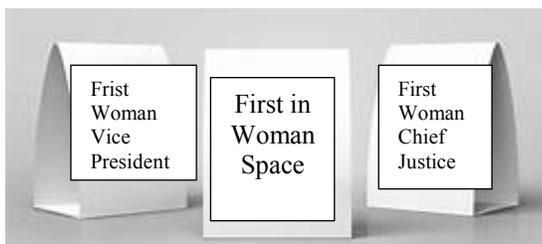
The celebration of the 100<sup>th</sup> anniversary of women obtaining the right to vote has officially been extended to 2021, due to the pandemic.

Julia Ward Howe, President of the founder and later President of the New England Club and the Century Club in San Francisco wrote the Battle Hymn of the Republic.

Past CFWC President Toby Kahan in 2000 was appointed the chair for the California Federation and led a campaign, Libraries 2000. This was a GFWC Project to raise money for libraries. She raised over \$1 million dollars.

On June 9, 1909, Alice Huyler Ramsey (1887 – 1983) and three female friends began a 3,800-mile journey from Hell’s Gate in Manhattan, New York to San Francisco, in a Maxwell 30 touring car. It took 59 days. She was the first woman to accomplish this feat. Alice was the only one who knew how to drive a car (she was 22 years old). Alice later moved to Covina and was a member of the Covina Woman’s Club. She was honored by the American Automobile Association for her accomplishment.

Project Ideas: Make “table tents” with these facts or ones for your club and place them at the tables at your first in-person meeting.



## GFWC CA Clubwoman Subscription Form

Club Presidents,

Below this message you will find the 2021-2022 GFWC CA Clubwoman Subscription form. Please forward to your club members. You can mail me 1 form with a member listing/addresses for those wishing to have a hard copy of the magazine mailed to them. Send a separate list of those wishing to receive the FREE digital copy of the magazine. Checks should be made payable to CFWC with Clubwoman Magazine indicated in the Memo. Checks and Subscriptions should be mailed to Lu Arredondo, Editor 6280 Lee Ct, Chino, CA 91710. The July issue will go out the first week of July. Any questions should be directed to [cfwcommunications@gmail.com](mailto:cfwcommunications@gmail.com).

I will confirm subscriptions upon receipt.

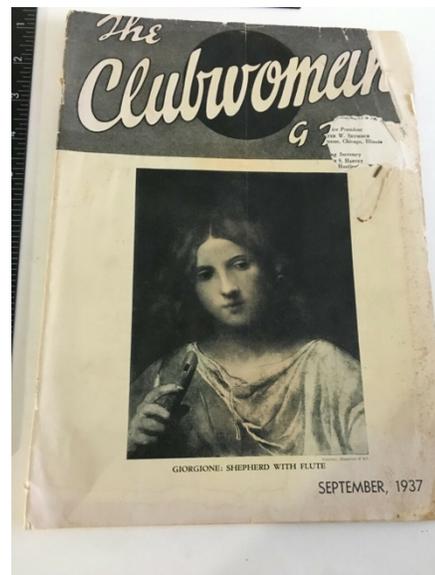
Warm regards and hugs to all.

Lu Arredondo

Editor

### **Vtg The Clubwoman GFWC September 1937 Magazine Giorgione Shepherd With Flute**

Used with some wear on eBay for \$15.80



Subscription Form next page

***For information about membership options  
visit [cfwc.org](http://cfwc.org)***

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_____ 100% Club Subscribed - Attach list of club members to form)	

***GFWC California Clubwoman (USPS 085-180) is published by the GFWC California Federation of Women’s Clubs four times a year—Spring, Summer, Fall and Winter.***

**Member Rates**

**Yearly Member printed copy rate:** \$8.00 for individual member; \$6.00 for 100% club participation

**Yearly Member Digital copy rate:** Free

**Two-year Member subscription rate:** \$15.00 for an individual member.

**Non-Member Rates**

**Yearly printed copy rate:** \$20.00

**Yearly Digital copy rate:** \$10.00

**Two-year subscription rate:** \$30.00

Make check payable to GFWC/CFWC and mail to Lu Arredondo, Editor, 6280 Lee Ct, Chino CA 91710. Confirmation of receipt will be sent via email upon receipt. Please send all email correspondence to [cfwccommunications@gmail.com](mailto:cfwccommunications@gmail.com) using CA Clubwoman in the subject line.

**ADS**

*GFWC Federated East Valley Woman's Club*

**Yard Sale**  
**Saturday, May 22, 2021**

**2649 Crooked Creek**  
**Diamond Bar 91765**

**7:30am to 3:00pm**



**All proceeds will benefit our philanthropic projects.**

Santa's Workshop...CHiPs for Kids...House of Ruth...  
Inland Valley Hope Partners...Adopt-A-Famiy...Inland Valley  
Humane Society...City of Hope...Shoes That Fit...  
Penny Pines...Making Spirits Bright for Military Families



GFWC **Sierra Madre Woman's Club**

# **Wistaria Thrift Shop**



**550 W. Sierra Madre Boulevard  
Sierra Madre, 91024**

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**Open Monday, Thursday Friday, 1<sup>st</sup> & 3<sup>rd</sup> Saturdays**

10 a.m. to 3 p.m.

**Masks & Social Distancing Continue**

## **May Madness - Bargains Galore!**

## **June 5, Brown Bag Sale -9 a.m.-2 p.m.**

**Always Call for Latest Information**

### **626-355-7739**

*Donations: Clean, Reusable Items Accepted Saturdays 8-11 am only.*

Bookmark / Link to Us

[GFWC Sierra Madre Womans Club.org](http://GFWC Sierra Madre Womans Club.org)



[Sierra Madre Womans Club](#)

### *Sierra Madre Woman's Club: Ongoing Activities: May - June 2021*

Apr 21	11 am, Book Club: Book "Before We Were Yours", Lisa Wingate - Zoom	May 19	11 am, Book Club: "Whistling Past the Graveyard", Susan Crandall, Zoom?
Apr 21	6:30 pm 3 <sup>rd</sup> Wed Evening Meeting: Zoom	May 19	6:30 pm, Evening Meeting : Zoom?
May 5	10 am Board Meeting; Live & Zoom	May 29	7:30 am Mt Wilson Trail Race: Oranges ?
May 12	1 pm, Meeting: Scholarship Awards - Live	May 26	1 pm, Social & Installation : Live
<b>June 5 Wistaria Shop's End of Year Brown Bag Sale - 9 am-1 pm</b>			