



MAY



“The KEY”

San Gabriel Valley District
Proud member of California Federation of Women’s Clubs
and General Federation of Women’s Clubs
Mailing Address: 1142 South Diamond Bar Blvd. #861,
Diamond Bar, Ca 91765
sgvd.org cfwc.org/gfwc/org

Building our success as Federated Sister’s Through Strength, Diversity and Joy!



District Calendar

MAY 2023

- Monday, May 1--SGVD Executive Committee Meeting, Double Tree Pomona, CA 10 a.m.
- Friday, May 12 --SGVD Board Meeting, Covina Woman's Club, 128 S. San Jose, Covina 9:30 a.m., Academic Scholarships presented
- Tuesday, May 16--SGVD Parliamentary Affiliate Group Meeting, Baldwin Park Woman's Club, 10 a.m. We will reviewing and voting on Proposed Amendments and Revisions on both our Bylaws and Standing Rules followed by a POT LUCK. All are welcome.
- Thursday May 18 to Saturday May 20-CFWC Annual Convention, Doubletree Hotel, Santa Ana
- Friday May 26--SGVD Alumnae Affiliate Meeting, Baldwin Park Woman's Club, 11 a.m.

JUNE 2023

- Monday, June 5--SGVD Executive Committee Meeting, Double Tree Pomona CA, 10 a.m.
- Friday, June 9--SGVD Board Meeting, Covina Woman's Club, 128 S. San Jose, Covina, CA 9:30 a.m.
- Monday, June 19--SGVD DVAC Meeting, Covina Woman's Club, 128 S. San Jose, Covina, CA at Noon
- Tuesday, June 20-- SGVD Past District Presidents Affiliate Group, location TBD, 11:30 a.m.
- June 9-13--GFWC Convention, Louisville Marriott Downtown, Louisville, Kentucky
- GFWC Annual Western States Region Conference (WSR) TBD in Oregon



Executive Board Messages

Hello Sister's in Federation,

Hello Sister's in Federation,

The month of May can feel like a distress signal of a Mayday Call. Thereafter, receiving CFWC-Presidents emailed dated April 8th along with my April 4th email may have been alarming. When we are elected to a presidency we select our own unique theme and with it our own unique focus on how we will do wonderful things to support our clubs within the San Gabriel Valley District and the Community. That is why I would like to turn the focus on the **“Process of Moving Forward and Not the Individual/Person”** all under transparency.

Giving respect is a vital part of any organization and growth. No leader is perfect, no organization operates flawlessly. All members hold a voice and a vote. Allowing the process of correcting mistakes shows strength in the ability to operate within established guidelines. Since perfection is not possible and the future is not predictable, procedures are in place to allow quick actions to be taken when necessary to then be ratified. This action should never be used for power and/or authority of abuse.

Taking an oath as President of the San Gabriel Valley District elected into office 2022-2024 with a majority vote of members, registered and recognized with the State of California, I would not place this organization and its status as a 501(c)3 California Corporation under any risk of losing this status willingly and/or unwillingly due to falsehoods and personality differences. We all stand in agreement that this has got to STOP! It appears that many of us have forgotten the words of the “COLLECT” and its true meaning. Don't worry, second chances happen each day, when the healing process is started. We will all get there.....

Thank you
Abbey Howell



President's Message
Abbey Howell...(909) 348-3779...abbshowell@yahoo.com



1st Vice President Message
Terry Perkins...H-(909) 895-7710...perkinstlee@gmail.com

Congratulations to all the clubs who worked so hard this past year on many wonderful projects. As a District overall, we completed 3065 projects, volunteered 11,352.3 hours, raised and donated \$732,359.57 in cash plus \$278,567.17 in-kind donations.

Congratulations to all of our clubs for doing such a terrific job writing their report narratives.

WOW!!! Great job SGVD Members!!!!!!

Food for Thought

“Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be.” Zig Ziglar



“The future depends on what you do today.” Mahatma Gandhi

Hope to see you at our CFWC Annual Convention @ Doubletree Hotel, Santa Ana --May 17-20,2023. Click the following address for the Convention Call. [2023 CFWC Convention Call](#). Hopefully you will be able to attend at least one day and be a part of the state organization in action.

GFWC Annual Convention, June 10-12, 2023 in Louisville, Kentucky. Early bird registration officially open! Click on the [register for the 2023 GFWC Annual Convention](#) to receive discounted rate. (To help you register, GFWC created a “[Registration: How To Guide](#),” which provides step-by-step instructions.) For complete information on the 2023 GFWC Annual Convention, see the “[Call to Convention](#).”



2nd Vice President Message
 Guadalupe Diaz...lupe6diaz@gmail.com.562-706-5586

Honoring Our Longtime Members



Duarte WC Ruby Shiroma 30 years, Kathleen Detker 35 years

Downey WC **JM Mackay 55 years, Barbara Sterling 52 years**, Cynthia Deack 37 years, Cheryll Olson 37 years , Linda Dong 37 years

Pio Pico WC Lucy Alvarado 29 year, Betty Bradley 36, Ricki Campos 32 years, Olivia Diaz 29, years, Mary Jones 45 years, Betty Lobato 36 years, Rachel Ortiz 39 years, Gloria Portugal 27 years, Bea Proo 37 years, Dolly Rodriguez 32 years, Grace Rodriguez 29 years, Dolores Ruedas 32 years, Dolores Solis 29 years

3rd Vice President Message

Gina Morales...emwc.ginamorales@gmail.com...626-371-4055



Hello,

Our annual Convention has passed and I am dead tired. I had 8k steps in by 11am, on Friday!! Let me begin with a gigantic THANK YOU to the convention committee! You accepted my invitation to join, came to the zoom meetings, answered emails and check-ins, called with ideas and made my job that much easier. To the Executive Committee, THANK YOU, convention is no easy task and each of you gave your all with your energy and support. My leadership abilities are nurtured with you as strong role models. "Lead by Example", is about words and actions, you set the bar high and I'm proud to follow.

Thank you members! I truly felt your positive energy during our convention. Guest speaker Ethyl Gardner spoke on true adversity and "If not you, WHO? If not now, WHEN? Her speech brought me to tears. She moves forward, smiles big and gives back when most people would have given up. Professor Jennifer "Fred: Mahkle, taught us how to change the words we use and to empower ourselves. She taught us that we are in control of how to communicate with others when we give too much of ourselves. To say that many of us fans love Fred is an understatement. Do not miss an opportunity to hear her speak. The Spirit Award competition warmed my heart. This is the BEST part of the convention for me. It displays that we work hard and play hard too.

El Monte participated, Diamond Bar brought out beautiful tiaras, GFWC Federated East Valley brought the support for sister clubs and created the first "Hard Hat area", and Pio Pico was definitely in the House!

I have received many compliments and hope to present an equally positive convention in 2024. Madam President, I have said this before and I will say it again, Thank you for both standing in front of me when I was unsure of myself and needing guidance and for standing beside me, pushing me to take the lead and supporting me with confidence. This convention is a success because of you.

Let's make the next convention bigger in attendance and grand in celebration, each of you put the work in at club level and YOU DESERVE IT!

All my best, Gina

Parliamentarian Message
Claudia Maidenberg ... 909-816-4652... c.maidenberg@verizon.net



The Natural Problem Solver – How to Become One

Everyone deals with problems in a different way. Have you ever wondered why or how some people are better at solving problems? There are many articles on the topic of social and emotional intelligence that explain the skills some of us have naturally and others work to develop that help us solve the problems we confront.

People with a high degree of emotional intelligence talk differently and have a natural ability to help resolve problems. Some of the tools they use involve asking questions that help connect with others. Some samples of how an emotionally intelligent person connects with others and helps to resolve conflict include saying things like:

Could you tell me more about that?

I hear you. I see what you mean.

I understand what you're saying but . . .

How do you feel about that?

I am not sure what's wrong. Could you explain the problem?

Great Job. I appreciate you.

You both have good points. Let's see how we can work together.

I'd love your input on this.

This situation makes me worried or confused or upset. (Focusing on the situation not the person in solving a problem.)

I'm sorry

Thank you

These tools come from an article by Kathy and Ross Pettras. They are New York Times Best Selling authors.

SGVD Committee Chairmen Messages

ARTS & CULTURE

Creative Writing ... Laura Schano...lks423@att.net...626-309-1550

CLUB MEMBER CREATIVE WRITING CONTEST 2022/23

PROSE:

1st place: The Mousetrap Luz Palamiano Porlier Duarte Prose: Inspirational
2nd place: Music to My Ears Donna J. Clayton Covina Prose: Inspirational
1st place: 1984 OR 2022? Esthela Torres de Siegrist El Monte Prose: Essay
2nd place: COVID vs. Cooking Marilyn Marie Cruz Diamond Bar Prose: Essay
1st place: The Christmas Boxes Pat Huffman GFWC Federated East Valley Prose: Memoir
2nd place: How I Became a Military Mom Marilyn Marie Cruz Diamond Bar Prose: Memoir
1st place: Her Name was Rosemary Marilyn Marie Cruz Diamond Bar Prose: Short Story

POETRY:

1st place: "The Bench of Life" Grace H. Rodriguez Pio Pico Poetry: Inspirational
2nd place: "Women, We Certainly Are" Esthela Torres de Siegrist El Monte Poetry:
Inspirational
1st place: "Trees" Kathryn Collier Covina Poetry: Whimsical
1st place: "The Reason We Meet" Barbara Armstrong Diamond Bar Poetry: Limerick

*This list includes all submissions for 2022/23 *

STUDENT CREATIVE WRITING CONTEST 2022/23

PROSE: Category 2: Grade 4

1st place: Winter Matthew Christine St Andrew Pasadena
2nd place: My Wild Adventure Nicholas Mendoza St. Andrew Pasadena
3rd place: Blue Darryl Lawrence St. Andrew Pasadena
Honorable Mention: A Longer Winter Pablo Diaz St. Andrew Pasadena

Additional Participants:

A Very Cool Season Nicolas Bravo St. Andrew Pasadena
My Favorite Season Gabriel Reza St. Andrew Pasadena
Celebrating Winter Elias Estrada St. Andrew Pasadena
A Cool Winter Lucas Rivera St. Andrew Pasadena
My Favorite Season (2) Michael Ionata St. Andrew Pasadena
The Best Season Ever Landon Miesner St. Andrew Pasadena

POETRY: Category 4: Grade 12

1st place: "I Pray for My Brother" Alyssa Mireles Covina Unified Covina

Thank you to all who participated!

***Communications & Public Relations...Marilyn Cruz...
marilyncruz1@msn.com...909-730-4145***

So, here's my recall of some of our clubs April activities and future events...

GFWC La Verne San Dimas Woman's Club on a beautiful spring day over a dozen of their members banded together to make "Backpack Buddies" for local elementary school children! Over 300 back buddies will be distributed to local school children when requested. Everyone took part some crocheted the buddies, while others put on eyes, and some stitched on the mouth and stuffed them. The ladies enjoyed refreshments, got to know each other, and accomplished an outstanding one day project!

In addition GFWC LaVerne San Dimas delivered 500 flags to the San Dimas Fire Department to be properly destroyed. The flags were collected from club members and the communities.

GFWC Federated East Valley Woman's Club will have a hands-on project at their May 4th meeting. They will be making toiletry bags for WINGS. Another great one-day project!

The La Puente Valley Woman's Club Bingo Fundraiser in April had another great large fun turnout. The ladies provided a sub sandwiches with all the condiments! Outstanding job Ladies. I look forward to your next Fundraising Event the Loteria in May

But wait there's more...

What about the Diamond Bar Woman's Club being one of the recipients of a \$2,000 Community Grant from the local Walmart Neighborhood Store located in Diamond Bar.. Thank you Store Manager Do for supporting the General Federation Club. Congratulations!

So what are some of your club's one day projects or what's going on at your club? You tell me. I would love to brag about your club!

Until then stay safe, healthy and joyful... Spring has arrived everyone!

Education & Libraries...

Esthela Torres de Siegrist... hetds@yahoo.com..626-622-1794

Let's Enjoy the Month of May

May Has Decked the World

by Annette Wynne

May has decked the world,
that we May bring the brave on land or sea
Earth's glory on Memorial Day,
The lovely meadow gifts of May.
Brave dead, who saved our country,
we Come with flowers;
O living brave, on land or sea,
We wave the bright Red, White and Blue
And bring May meadow gifts to you!

In May, we will have more and more sunshine—THANK God! Birds will be singing and flowers will be blooming.

The word “May” is named after the Roman Goddess “Maia,” the guardian of plants. The Lily of the Valley is May’s flower and May’s birthstone is the emerald. May is Jewish-American Heritage Month and Asian Pacific Heritage Month.



In Hawaii, May 1 is Lei Day, a legal holiday to celebrate the “aloha” spirit with garlands and wreaths of Hawaiian flowers: given as a greeting, for a farewell, and to show affection. Lei Day is celebrated with music, games, parties, exhibits, and lei-making demonstrations and contests.

In Mexico, May 5 (“El Cinco de Mayo”) is celebrated in remembrance of the Mexican defeat of the invading French Army at Puebla, the beginning of the expulsion of the French from Mexico. May 14 is when we celebrate and appreciate our mothers on Mother’s Day.

HAPPY MOTHER’S DAY to ALL MOMS, GRANDMOMS, and GREAT GRANDMOMS: ONE AND ALL!

On May 20, we celebrate Armed Forces Day to honor all those who served or are serving in the military in defense of our beloved country. May 29 is Memorial Day, time to continue the tradition of raising our nation’s flag.

As always, it is a wonderful habit to spend time by turning off the tv and reading a new book, or rereading one of your favorite books. You can even obtain audio-books from your local library at no charge. Here is the link for the Los Angeles County Library System:

<https://lacountylibrary.org/> to learn about the treasure house of services available to the public, such as: Learn about Hip Hop History; Borrow Tools! Attend a Virtual Book Talk; Older Adults Resources “Kanopy—free videos online” Online Learning.

With your LA County Library card, access FREE library resources on your computer or device. Download or stream eBooks, audiobooks, magazines, movies, and more! You can also get help with homework, learn a language, or take an online class!



Go, Libraries!

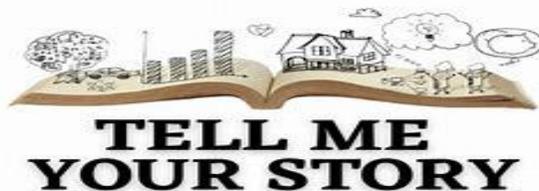
Academic Scholarship Contest
Susan Brosche... susanbrosche@gmail.com 909-374-2106

For Club Presidents and Education Chairmen,

The San Gabriel Valley District offers up to four scholarships of \$500 to graduating seniors intending to enroll in a college or university and one scholarship of \$500 to an adult returning to school. Students planning to pursue any area of study, excluding music, may apply.

Applications and instructions for applying are available in the district handbook, pages 47-50

Women's History & Resource Center
Patsy Wilson... pwilson11@verizon.net...909-393-6434
Kim Plater... kimplater@aol.com.....909-620-7235



Sometimes I think we lose track of why we joined our woman's club. I would like to continue hearing from our members the answers to the following questions, and I would like to share them with our District. Send me an email (kimplater@aol.com) or a note to Kim Plater 10 Comanche Circle, Pomona, Ca. 91766. I will include these stories in the WHRC District Newsletter and occasionally the Key. I will also share them with your President so 30 years from now someone will find a treasure trove of stories from your club, buried on a back shelf in a cupboard. How fun.

Why did you join your Club (name)?

Why do you come to District Meetings and/or read the Key?

What year did you join?

How did you find out about your club, did someone tell you about it, if so who?

What does it mean to you to belong to a club?

Are there any funny stories, touching moments, exciting projects, that you remember?

How has Covid affected you at Club and at home?

Remember club members in the 1910's we're going through a lot of things we are facing today (pandemic and flu outbreaks, wars, financial woes, political differences etc.) And most of these women were not allowed to VOTE and enjoy equal rights (which has still not passed as an amendment). Start writing yourself back into history and let's continue the fight for equal rights.

Anyone who sends me a story will receive a history related gift.

Several members have already picked up their gifts. It is first come, first serve. I will not be able to attend the Convention; however, either Terry Perkins or Ina Ruan will let you pick your gift from the HISTORY GIFT BOX. You don't want to miss this opportunity.

Here is a story you will appreciate about one of our Club members. I am sure others will relate to this story. Thank you, Rosie, for sharing it with us.

My name is Rosie Gaither and I'm a fairly new member to GFWC Federated East Valley Woman's Club.

I joined the club after I lost my husband David in October of 2020. Rita Aleman was the membership chairman at that time and knew about my loss, so she encouraged me to join the club as a way to keep busy and focus on things other than the grief I was experiencing.

I didn't have any reason at that point to keep me from joining, as I traveled my new journey without my partner in life. So, I agreed to join the club and it has helped me to focus on getting involved with the many projects that our club participates in.

It took a lot for me to agree to join because I always did everything with my husband, so filling the void was definitely a challenge, but it actually changed my mindset as he was all about giving back. He coached sports for all the time we were together, and we were married for 46 years. Guess you could say he inspired me to help and give to others.

I joined our club GFWC Federated East Valley Woman's Club in February of 2021, and being a member has meant a lot because I get to bond with Women who have been in Federation for quite some time. I'm able to share in some of their experiences. Including the fact that some of us have lost our spouses, so that in itself allow us to share what we're going through and can relate!

I enjoy attending the district meetings and have made friends with members from other clubs as well. Also reading the District Newsletter is informative on what is going on outside or our own club.

Our Club participated this past Christmas with hosting a Santa's workshop where classes of 2nd graders from local schools got to shop for a loved one that cares for them. They didn't have to pay for any of the gifts as they were all donated previously. Seeing their little faces light up when they got to pick gifts for their loved ones and having it gift wrapped warmed my heart. It was definitely very touching to see, and I look forward to doing it again this year!

COVID and 2020 left a mark on me that I will never forget as it took my husband and changed my life forever. It made my worst nightmare a reality that I still have trouble accepting.

How courageous of you Rosie. You have touched mine and several other member's hearts who have suffered or are suffering from the effects of Covid. Kim

Birthdays Care & Concern ... Mavis Hansen...
newmavis07@outlook.com...626-441-6231



MAY BIRTHDAYS
TAURUS May 1-21 THE BULL

The Taurus show a great interest in all physical matters, such as the body, food and sports. Setting up and giving shape to projects is one of their great strengths. They have the wonderful capacity to share and trade. A taurus greatly enjoys repose and comfort. Because they are acute observers and valuable advisors, they make excellent team members. Although they will protect their own interests first, they also care deeply for those around them. They live for the people they love!

COLORS: All shades of blue and deep green.

GEMSTONES: Rose Quartz, Emerald and Lapis Lazuli.

TAURUS NOTABLES: Fred Astaire, John Brown, Duke Ellington, Ella Fitzgerald, Martha Graham, Coretta Scott King, Karl Marx, Shirley McLaine, Golda Meier, Jack Nicholson and William Shakespeare

GEMINI MAY 22-31 THE TWINS

A Gemini has a desire to integrate socially, but also to break away from parental and other authority. Outspoken, but not rebellious, they revel in their own individuality and value personal freedom above all else. Geminis are attracted to excitement and change. They become bored easily and prefer going out to seek excitement rather than staying home with simple pleasures and security. They have nervous energy to burn and like being part of a group where they liven up any social event.

COLORS: Yellow and light green.

GEMSTONES: Citrine, Amber and Tourmaline. **GEMINI NOTABLES:** Laurie Anderson, Sir Arthur Conan Doyle, Jacques-yves Cousteau, Anne Frank, Judy Garland, Jim Thorpe, Henry Kissinger, Marilyn Monroe, Queen Victoria and John Wayne.

May Flower is the Lily of the Valley Symbol of happiness, humility and sweetness.

ADS





Spring Tea



GFWC Federated East Valley Woman's Club

Saturday~May 6th, 2023

11:30 am – 2:00 pm

**Where: 3605 Leicester
(personal residence)
Claremont, CA**

Cost: \$35 per person

**Includes sandwiches, scones, dessert and all the tea you can drink!
Due to limited seating RSVP with payment and reservation slip by May 1, 2023**

Contact Cynthia Vasquez 909-226-8244

**Make check payable to FEVWC and mail to:
Cynthia Vasquez-12327 Wintergreen St. Rancho Cucamonga, CA 91739**

Monies raised will be used to support our various philanthropic projects

RESERVATION SLIP

Name: _____ Phone: _____

\$35ppX _____ Total: \$ _____

Indicate any food allergies: _____

Duarte Woman's Club
Third Annual Memorial Day Flags of Honor 2023
In honor of ALL VETERANS



Flag Display at Thorsen Park, Encanto Parkway, Duarte
Display will be from May 25 through May 29

Dedicate a flag to your beloved veteran. Please pay \$10 for each veteran you wish to honor. Include name of veteran and branch of service of your veteran. (You may even specify WWI; WWII; Korean War; Vietnam War; etc., if you so wish)

Make check payable to Duarte Woman's Club, PO Box 88, Duarte CA. 91009-0088

Proceeds from the funds will be used for scholarships. Duarte Woman's Club is a 501 © (3) organization.

For more information, call 626/359-6549; or 626/807-1173.

Email: antieann45@gmail.com



**SGVD
ALUMNAE AFFILIATE**

Meeting: Friday, May 26, 2023

11:00 A.M.

Baldwin Park Woman's Club

3817 Baldwin Park Boulevard, Baldwin Park, California

**ALL NON MEMBERS ARE INVITED
TO OUR LAST MEETING OF THE CLUB YEAR.
COME JOIN US FOR FRIENDSHIP & FUN
A DELICIOUS POTLUCK LUNCH
AND
PARTICIPATE IN OUR ANNUAL
"WHITE ELEPHANT AUCTION"
WITH TREASURES GALORE!**

Membership is open to any club member who has served as a Federation Board Member.

Meetings are held on the 4th Friday of October, February and May.

Lunch is Potluck. Dues are ten Dollars per year. Guests always welcome.

We gather in friendship and always have fun!



ALL AMERICAN

Game Day

Friday, June 16, 2023

11 am to 2 pm

\$15, includes lunch



Let's start off with an all American lunch of dogs and chili with potatoe and macaroni salad and homemade cakes. After lunch we'll play a new game forming teams and play Team Trivia. Catagories of Trivia include Old World Movie Stars, Customs and Traditions, Best TV Shows Ever, American Inventions and a Mystery category. RSVP by June 10th, call or text Maureen Foster Davis at 951-674-8407 or email at maureenfosterdavis@gmail.com. Monies raised will fund Conservation projects.

Ice Cream Social

Friday, July 14, 2023

11 am to 2 pm

\$15 per person

includes a make your own

Ice Cream Sundae Bar and games for prizes.

You may bring your own lunch while we play a few games of Bingo and California Trivia! Bring a friend or two and make it a date! Walk ins are welcome! All ages are encouraged. This event supports Student Programs.



BALDWIN PARK WOMAN'S CLUB

SUMMER 2023 EVENTS

All events are held at the clubhouse located at
3817 Baldwin Park Blvd
626-337-4192



and Taco Bar

Friday, August 18, 2023

11am to 2 pm

\$15 per person

includes Taco Bar and Bingo with prizes
\$10 Taco Bar only (Chicken & Beef)



We hope you'll join us for great food and a great time!

Please RSVP by August 14th to reserve seats and we can plan for food. Call or text Maureen Foster Davis at 951-674-8407 or email at maureenfosterdavis@gmail.com.

Can't attend these events? Consider a donation in any amount, mark in the memo section if you want to donate to a specific cause like Domestic Violence Survivors, Veteran's, Student Programs, or simply donate and we'll put it to good use! Make checks payable and mail to: **BPWC, PO Box 263, Baldwin Park, CA 91706.** Your donation is 100% tax deductible!