



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

June 2021

Volume 6, Number 6

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



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 -Covina Woman's Club, 128 South San Jose, Covina
Tuesday, June 15 SGVD Past Presidents Affiliate Meeting, Marie Calendars Azusa, 1175 Alost, Glendora 11:30 am
Monday, June 21 DVAC meeting-Covina Woman's Club, 128 South San Jose, Covina-12PM

August

- Friday, Aug. 27-30** GFWC Convention @ Atlanta, Georgia / Atlanta Marriott Marquis Hotel

September

- Monday, Sept.6** SGVD Executive Committee Meeting -9:00 A.M.--TBA
Friday, Sept. 10 SGVD Board Meeting SGVD Board Meeting -9:00 A.M -Covina Woman's Club, 128 South San Jose, Covina-noon
Monday, Sept. 20 DVAC meeting -Covina Woman's Club, 128 South San Jose, Covina-12PM
Tuesday, Sept. 21 Parliamentary Affiliate Group Meeting - Baldwin Park Woman's Club, 3817 Baldwin Park Blvd. Baldwin Park- 10:00 a.m. - Potluck
Thursday, Sept.2 -4 CFWC Board Meeting @ San Diego / Four Points by Sheraton Hotel
Thursday, Sept.9 -12 Western States Region Conference (WSR) – Colorado

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

The GFWC-California Federation of Women's Clubs 118th annual convention was held May 13-15, 2021. The San Gabriel Valley District had 31 delegates and a total of 42 members attend and represent us at this event.

We will be well represented at the State level. Alice Slaughter selected to represent us on the State Nominating Committee and Kim Plater will represent us on the State Election Committee.

Convention attendees had the opportunity to participate in a wide variety of relevant workshops. I was able to share the many accomplishments of the Clubs in the San Gabriel Valley District and as well as the side benefit of the last year as a way that brought so many of us into the 21st century use of technology to improve our lives.



I would like to congratulate the Club and members in our District that earned awards for projects at the State level:

Throughout the State, Women's Clubs conducted 265 projects, members volunteered 38,888 hours and \$457,544 was spent in support of our philanthropic efforts. We are proud of the six District Clubs that were recognized at the State level and the three awards won by our District.

As life returns to normal over the next year, I am looking forward to seeing everyone. After over a year in isolation, we have come to appreciate the simple joys of life. We have come to understand our time is far too short to dwell on anything that does not enrich our lives. Join me in a renewed commitment to working together and supporting each other. Remember to talk to your women's club sisters as you would talk to someone you love.



SGVD 1st VP/Dean

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

Hope you enjoyed your Memorial Day weekend with family and friends and you stayed safe as well. As your Dean, I am so proud of all you've accomplished this past year...especially as we all went thru and still going thru the Pandemic. I believe we will see the rainbow after this storm and before this year is over, if we all get vaccinated and still wear masks in crowded places. I look forward to our second year of this administration working together, with our Chairmen, Deans and all our clubs as well.



PROCEDURE BOOKS/PROCEDURE PAGE

A friendly reminder...as I reported at our May District Board, you need to have your Procedure Book/Procedure Page ready to turn in to me at our June 11th Board meeting if you are a **Program Chairman, Contest Chairman, or a Project Chairman** and if you are not continuing for a second year. Please make sure to let President Rosette know, as well as myself as your Dean of Chairmen. Please include the following in your **Procedure Book** if turning in at our June District Board.

- Copy of your 2020 District Program Report.
- Copy of your script from 2021 Convention & winners.
- Copies of your District Board reports.
- Suggestions for your chairmanship.
- Copies of handouts given to you at workshops.
- Copies of motions you presented for **District - wide** projects.
- Monies spent
- Your timeline set for yourself.
- Your stats from **January 1 thru May 31st** (if not doing a second year).
This is so important for whoever takes over your chairmanship from June 1st thru December 31 to include in their end of the year report.

PLEASE REMEMBER:

Before you say **YES** on chairing a project or program chairmanship, **ALWAYS ASK** what are the responsibilities; securing judges for reports, disseminating information passed on to you from me to clubs etc. etc. Please contact President Rosette, since she appoints all Chairmen including program and administrative. Please remember to let our President know if you are not continuing to serve a second year in your chairmanship and me as Dean also.

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 at District Board meetings and Convention.

CONTEST CHAIRMEN:

Any changes to the Contest forms must be emailed to me so I can get approved by 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:

As I reported at our May 21st District Board meeting certificates from District Convention will be handed out to either the **Club President** or **Dean** at our June 11th District Board meeting at Covina Woman's Club. Any money awards were mailed to the Club Presidents, since District closes their books May 31st.

DISTRICT WORKSHOPS:

I will be coordinating with Luanne Arredondo our Second VP/Membership to plan a Chairman's workshop (**understanding your responsibilities and reports**) with 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. This will be scheduled 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.

Wishing you a Happy and Safe Memorial Day.
Hugs, Linda



SGVD 2nd VP/Membership

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

LET'S GET SOCIAL



While most clubs will go dark for the summer, this is actually the best time to kick your membership efforts into high gear and get Social.

Social media has revolutionized the way we connect with members and prospective members alike. Our pictures, online posts, likes and dislikes can effectively impact an individuals' decision to connect. Social media has become a portal of membership advocacy and engagement.

Social media is not as simple as having a presence. Use the month of June to define your strategy, break it down into executable steps, and put a team together to get the job done. Not sure where to begin – no worries. Keep an eye out for our June Membership Fireside chat where we will show you how to turn the following elements in to new members for your club and

engage your current membership.

- Hashtags and mentions
- Listen and Sharing
- Pictures and videos
- Frequency of posts
- Pinning and promoting your posts

SGVD 3rd VP/Convention

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

Hello June,

Please don't start with the gloom. Summer is nearly here and we are very much looking forward to going out and enjoying our self just a bit. We have worked harder than any previous years, trying to for full planned projects and programs. It was a pleasure to host 187 members at the 65th SGVD Annual Convention. Many of you expressed your enjoyment with kind words and cards, which I appreciate.

Well the work has already started, SAVE the Date: Thursday- April 21 – April 23, 2022 SGVD 66th Annual Convention will be held at the Courtyard Monrovia, CA. Hopefully it will be in person. In the meantime, let's all do our part and get vaccinated and wear your mask. Remain socially vigilant.

I had the pleasure of attending the GFWC California Federation of Women's Club, 118th Annual Zoom Convention. The District showed up in record numbers for Area B. 61-Members registered with 31-Voting Club Delegates that helped our very own Alice Slaughter and Kim Plater become Area B Representatives for the CFWC Nominations Committee and Election Committee, Congratulations!

Best wishes for all to enjoy the summer with your family and friends, remain safe.



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

Final Hints for Good Minute Taking

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."



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

Hi everyone. It finally looks like we might be on our way to more normal times. Let's all hope, but still be very careful. This Pandemic has gone on way too long.

We had a very successful Convention this month. We Should thank our President, Rosette and Abbey Howell, 3rd Vice President and Convention Chair and the many people who helped produce this first of its kind meeting. Now we know we can do anything we set our minds to. Congratulations!

At this time, I've been working on templates and letters that I will be sending to our Presidents, Vice Presidents and Chairmen. I hope when you receive this, you will fill them out and send them back to me - either email or snail mail. I would like to get the yearbook updated as soon as possible.

Next year is going to be much better than this year has been. We will be meeting in person, we hope. It will be great to see all of you.

Please stay safe and send the updates as soon as you can. The best to all of you, Betts

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

To all Club Presidents, please take time to read the GFWC Clubwoman Magazine. It is a quarterly publication and has helpful items addressing Parliamentary Tips for Conducting Meetings. It reminds us to use Roberts Rules of Order (RRO), 12th Edition, Newly Revised to answer some commonly asked questions about meeting agendas. Do you know which comes first, the Collect, Invocation, or Pledge of Allegiance? Which agenda items do not need motions? What should the minutes contain? These answers are also in the GFWC Clubwoman Magazine, Spring 2021. Take time this summer to become more aware of your Bylaws and Standing Rules. I encourage you to also ask your members to do the same and communicate with your Club's Parliamentarian with suggestions. Do note when your bylaws and standing rules were last revised.

Remember, when voting on a motion, the chair calls first for the affirmative vote, and all who wish to vote in favor of the motion so indicate in the manner specified; then the chair calls for the negative vote. The chair does not call for abstentions in taking a vote, since the number of members who respond to such a call is meaningless. To "abstain" is not to be included as an affirmative nor negative vote (RRO 4:35).

Hoping this is helpful and gives you food for thought during our summer break. Wishing all of you good health and happy trails during our time off for good behavior.

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



The Music Scholarship competition was held via a virtual event. I want to thank Joanne Karr, Walnut Valley Women's Club member who coordinated the competition. The judges choose Carleen Jimenez, a senior at West Covina High School as the winner for 2021. She will perform at the SD 5/26/21oard Meeting on June 11th. I hope as many of you as can will attend and hear her sing.

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

SGVD January 2022 Crafts Contest will definitely take place Friday, January 28th. Please mark your calendar accordingly. We were very disappointed that we had to cancel this past January Craft Contest due to Covid-19. We look forward to viewing all the crafts that have been completed between January 30, 2019 and January 27, 2022. Thank you for your patience as we move into the "new normal" for this type of event.



Birthdays, Care and Concern

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



June Birthdays are either Gemini or Cancer Gemini: June 1-21 Cancer: June 22-30 GEMINI desire to integrate socially. Enjoy adventure, excitement and change. Are not rebellious, but do not like authority and would rather assert their own personal freedom and individuality. Gemini symbol is the Twin

CANCER are very private persons, often unusual and set apart from others. They have deep, emotional friendships which are of the utmost importance. They are very protective and at times aggressive. Cancer symbol is the Crab FLOWERS for those born in June are the beautiful Rose and also Honeysuckle, both lovely to smell and signify Love and Romance. JUNE GEMSTONE is the Pearl, smooth and creamy, and also the Moonstone, pale blue and cream and Alexandrite with deep colors of purple, turquoise and Amber. SPECIAL DAYS in June are Flag Day on June 14th and Fathers Day on June 20th, which is also The First Day of Summer.

CELEBRITIES with Gemini and Cancer birthdays are: Queen Victoria, John Wayne, Anne Frank, Marilyn Monroe, Judy Garland, Rembrandt, Della Reese, Mike Tyson, Meryl Street, Pearl Buck and Princess Diana. GEMINI or CANCER HAPPY BIRTHDAY!

Education & Libraries

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

"It's All About June"

May has passed and June is upon us. June is named for Juno, Jupiter's wife, the goddess of marriage. Its name comes from the Latin word, "iuniores". It means the "younger" one, while "may" means "the older one. June has the year's longest daylight hours in the Northern Hemisphere, but has the shortest daylight hours in the Southern Hemisphere. June's birth flower is the rose and the honeysuckle. June's birthstone is the pearl, moonstone, and Alexandrite.

When we think of WWII, we must never forget June 6, 1944—the Invasion of Normandy, which signified the beginning of the end for Nazi Germany. Here are the main holidays in June: Flag Day, Father's Day, National Rose Month, and National Candy Month.

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

June 2021

Health and Wellness

San Gabriel Valley District Women's Club



Welcome to JUNE! Let's celebrate all our families who are graduating and all the dads out there. Still proceed with caution while you are out and about. Here is some information from cdc.gov: For now, if you've been fully vaccinated: You will still need to follow guidance at your workplace and local businesses. If you travel, you should still take steps to protect yourself and others. You will still be required to wear a

mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.

You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.

People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.



June is PTSD Awareness Month. Please get help or guide your loved ones to seek help if they are victims of PTSD. PTSD is stress related to a form of trauma. FOR 24/7 HELP, PLEASE CALL OUR HELP LINE AT (800) 854-7771

Zucchini Fritters

slightly adapted from Medifast

Ingredients:

- 2 whole eggs
- 4 egg whites
- 1 cup zucchini, grated
- 1/2 cup red peppers, chopped
- 1 tbsp onion, thinly sliced
- 1 tsp olive oil
- 1/4 tsp freshly ground pepper
- 1/4 tsp onion powder
- 1/8 tsp garlic powder
- 1/8 tsp salt

Directions:

- 1- Grate zucchini; Add onion, garlic powder, black pepper, onion powder, salt, whole eggs and egg whites.
- 2- Heat olive oil in a small skillet over medium-high heat. Drop 2-3 tbsp of mixture (per zucchini fritter) into warm skillet. When brown on one side, turn and cook the other side.
- 3- Stack on an oven-safe plate or dish and keep in warm oven until whole batch is done.

1 Lean, 3 Greens, 3 Condiments and 1 Healthy Fat

**June 2021
Health
Observances**

Alzheimer's & Brain Awareness Month

Cataract Awareness Month

Men's Health Month

Myasthenia Gravis Awareness Month

National Aphasia Awareness Month

National Congenital Cytomegalovirus Awareness Month

National Migraine and Headache Awareness Month

National Scleroderma Awareness Month

PTSD Awareness Month

Scoliosis Awareness Month

Leadership/LEADS

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

Last month I addressed, Soft Leadership. It is the leadership style for our digital age.

Soft Leadership has three aspects to become a successful leader.

- *How you communicate with others.
- *How you make decisions.
- *How you take action.

Within those aspects there are 11 C's of soft leadership: character, charisma, conscience, conviction, courage, communication, compassion, commitment, consistency, consideration and contribution. It is highly challenging for anyone to cultivate all 11 characteristics. I have underlined 6 that I consider key must haves.

Soft Leadership skills focuses on the personality, attitude, and behavior of people and calls for making others feel more important. It will help us be leaders with pleasing and polite communications. These skills will help you to give your members a win-win attitude, constantly motivating, aligning their energies and efforts, appreciate their contributions in accomplishing goals and objective.

You may already have some of these skills but have not been using them due to virtual meetings. I just needed to give you a friendly reminder to exercise them.

Communication: This is both verbal and in writing. Have you ever received an email from someone and you feel like they are upset with you, or they don't have confidence in your judgment that you can handle the task at hand? During the pandemic we have resulted to electronic communication the majority of time, and need to be aware of how the reader is receiving your email. The mask is no longer a requirement if you have been vaccinated, but ZOOM is not going away. It is the new way to connect with other members and will continue to be useful.

Part of communication is to be a good listener. Listening to member's ideas or feedback is important. In turn, it gives them a sense of engagement. It will encourage them to be proactive, and it will give them a sense of being a worthy part of your membership. Your trust in them will motivate them to become more involved in projects and other club activities.

Many clubs are preparing for a change in leadership and forming nomination committees. As Pam said during the convention, "Breathing is not the only requirement to be a leader." If you are called on to take a leadership role considered it an honor. You have been recognized as the person to help lead your club. You will not be alone. There will be several club leaders to be there to assist you in this new assignment.

Step up and be proud that your club respects your leadership skills.



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

In the April Issue of the Key there was a history quiz. I received several responses. The winner of the quiz was Lu Arredondo. She will be receiving a gift for her participation. Due to the size of it, I will give it to her at the SGVD meeting in May. The answers to the following questions were:

1. The 3 primary characters in the story about Mrs. Burdette were:
 - b. Al Capone, President Herbert Hoover, 1st CFWC President Clara Burdette
2. The story was set in which primary eras:
 - b. 1890 to 1940
3. How many husbands did our primary female character have?
 - c. Three
4. With which organizations was our primary character involved?
 - 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?
 - d. 6
6. Which "headline" best describes our primary character?
 - b. "President comes to town. (Our primary character) plans an affair."

Just based on the answers alone, don't you wish you had attended Convention and heard the story of CFWC 1st President Clara Burdette and what she was doing with 3 husbands, Al Capone and President Herbert Hoover? Invite me to your club for a presentation of this story (30 minutes) kimplater@aol.com. I also have another story you may enjoy called Julia Ward Howe, abolitionist, suffragist, and writer. She was a GFWC clubwoman and California clubwoman. She wrote the "Battle Hymn of the Republic."

Quotes for Women

I participated in a History Auction and won a wonderful book. The title is: Quotes for Women by Women, collected and edited by Camille Arbogast. Here are a few quotes that I am sure you will enjoy.

"It seems that life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained." Marie Curie, winner of the 1903 Nobel Prize in Physics and the 1911 Nobel Prize in Chemistry, letter to her brother, March 18, 1894

"Optimism is the faith that leads to achievement; nothing can be one without hope." Helen Keller, humanitarian, Optimism, 1903

"I would venture to guess that Anon; who wrote so many poems without signing them, was often a woman." Virginia Woolf, writer, A Room of One's Own, 1929

"Nothing is impossible, the word itself says, 'I'm possible'" Audrey Hepburn, actress, humanitarian, 1962

"Don't be limited by others' limited imaginations." Mae C. Jemison, first female African American astronaut, in the New York Times, March 3, 1993.

"When I'm tired, I rest. I say, 'I can't be a superwoman today.'" Jada Pinkett Smith, actress, Redbook interview, January 2009

Quiz of the Month

In 1911 Madame Currie received the Nobel Prize in Chemistry. What was her accomplishment for which she received the Prize?

She almost did not receive the Prize because she was involved in a scandal (oh my!). What was the scandal?

You can find the answers “on-line”. She had an interesting life. I encourage to you to read about it and share a portion with your club.

Submit your answers to kimplater@aol.com by June 10.

CLUB - AFFILIATE NEWS

SGVD Parliamentary Affiliate Group held their elections for 2021-2022 at the Baldwin Park Club House on Tuesday, May 18, 2021. The officers are as follows:

Marianne Jennings -President, Zita Rodriguez-Vice President, Shirley Vanderbeck-Recording Secretary, Margarita Vargas Treasurer

We welcome anyone interested to come and learn more about your Bylaws and join a fun group September 21, 2021. For more information please call Marianne Jennings at (818)398-7323.



ADS



Sierra Madre Woman's Club
550 W. Sierra Madre Blvd

Save the Date

For our BIG Year-End



Fill it up! 626-355-7739

SMWC's Summer Activities

Wed 6/2: 10 am Board Meeting	Wed., 7/28 Ice Cream Social w/ Games
Sat, 6/5 9 am – 1 pm Shop's Brown Bag Sale	Wed., 8/4 10 am Board Meeting
Fri, 6/11 9:30 AM SGVD's Last Board Meeting (Covina)	Wed., 8/18 11 am Book Club 6:30 pm Evening Meeting
Wed., 6/16 11 am Book Club 6:30 pm Evening Meeting	Wed, 8/25 TBD Shop's Orientation Luncheon
Mon, 7/5 8 – 10 AM July 4th Open House	Wed, 9/1 10 am Board Meeting
Wed, 7/7 10 am Board Meeting	Thurs 9/2 10 a-3 p Shop's Grand Re-Opening
Wed., 7/21 11 am Book Club	Wed., 9/15 11 am Book Club 6:30 pm Evening Meeting
Wed., 7/21 6:30 pm Evening Meeting	Wed, 9/22 1 pm Fall Blue & Gold Tea