



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

March 2021

Volume 3, Number 3

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



## MARCH

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

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

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

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

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

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

## APRIL

**Thursday, April 1** SGVD Deadline for Academic Scholarship due via email to Diane Tobar --  
oma2jnc@gmail.com

**Monday, April 5** SGVD Executive Committee Meeting -9:00 A.M.--zoom

**Friday, April 15 & Saturday April 17** SGVD Convention -- zoom

**Saturday, April 24** GFWC Federation Day

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

Happy March Madness everyone! It's the month for the luck of the Irish and Daylight Savings!

It's hard to believe that one year has passed since the beginning of COVID. We have made it through with the help of Zoom, virtual technology and social distancing. I think that we have learned and experienced a lot in just one year - probably more so than in years past.

Let's talk about what we have going on in March! We have our board meeting coming up on March 12th at 9:30am. We also have our Art Competition on March 19th. Please be sure to sign in for the CFWC March Madness workshop series month! many new Zoom meetings to learn from. I encourage everyone to plan on attending our Zoom convention on April 16 and 17.

Hopefully it won't be long before we are able to meet in person again. In the meantime, please stay safe and healthy!

Happy St. Patrick's Day and don't forget to "spring ahead" for Daylight Savings on March 14th!

"A good laugh and long sleep are the two best cures for anything" - Irish Proverb



**SGVD 1<sup>st</sup> VP/Dean**  
**Linda Koontz...909-593-3906...luv2collect@gmail.com**

KINDNESS ANGEL: By the time you read my message another SGVD event will go down in the History Book...Our Kindness Angel Recognition on February 20th. A big Thank you to Kindness Angel Chairman, Pat Borchard for pulling off this event so we could all celebrate our Kindness Angels! Yes, we did not celebrate at our District Fashion Show, but we were going to recognize these special members for their random acts of kindness shared with others regardless. Why not drop Pat a note and share with her your appreciation of her time spent planning this event for all of us. Always nice to receive a Thank you for a job well done. KUDOS Pat!

Did you know?

March 18, 2021 marks the days of our first GFWC Convention. In 1888 and 1899, the first informal conventions of women's clubs met for three days in New York City. These meetings would eventually lead to the formation of the General Federation of Women's Clubs.

April 1-30 is National Volunteer Month

This is a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes. Why don't you plan a special Zoom recognition time to pat yourselves on the back and congratulate all your members for a job well done!

"SUMMER WORKSHOPS". I doubt anyone will be planning a trip somewhere. So why not educate yourselves in various workshops which will be beneficial to all our members. Ideas: Report Writing Still confused? How to create a zip file, Responsibilities of being a District Chairman and a Club Chairman, I am Club Dean...now what? Getting your papers organized, etc. etc. Perhaps even some of our very own Program Chairman will promote their program area! State is doing these and I say why not us! These are just some ideas that popped into my head...please email me your ideas sooner than later. CLUB NEWSLETTERS: Please email me your newsletter if I am not on your list. Thank you to the following clubs: Covina, Diamond Bar, Duarte, Sierra Madre, Woman's Club of West Covina, South Pasadena, GFWC Federated East Valley, GFWC La Verne San Dimas, Baldwin Park, Hacienda Heights, Walnut Valley, La Crescenta, Pio Pico. If you do not see your club name here, please add me to your email for a club newsletter.

ZOOM MEETINGS: Most of our clubs are doing Zoom meetings, which is wonderful! Has your club dropped off the map and not meeting because your members feel intimidated by Zoom? No need to feel intimidated because I would be more than happy to contact our CFWC Visual & Zoom Chairman, Debbie Pietraszko. She is very knowledgeable in Zoom and will be happy to share information with our clubs, so you club can join all the rest in Zooming!

KUDOS TO YOU...FROM YOUR DEAN" ..... This section to be continued with your emails on any special COVID project you have done or plan to do, so I can add your club to this section. Share your projects in this section so clubs can see all the possibilities out there for us to accomplish via Zoom!

CLUB INVITES...Please invite me to one of your Zoom meetings so I can see all the great projects you are accomplishing for your communities and beyond. I would be more than happy to speak on any subject as well. Big Thank you to Woman's Club of South Pasadena for their invite. I truly enjoyed seeing everyone and hearing what you have been doing during these trying times.

Remember to wear your mask, social distance and be safe! Send cards to those who are ill, need some cheering up or a friendly phone call from a friend.

**SGVD 2nd VP/Membership**  
**Luanne Arredondo...626-703-3041...wvclub65@gamil.com**

I hope you are all ready to jump into Spring and Membership. I only have a few reminders for you this month:

- 1) Be sure to take the tips and tools discussed at our Fireside Chat on Feb 13 and put them to use in the next couple of months. This is a great time to bring in new members.
- 2) As mentioned on the District Call, email me your new members but wait to turn in your payments and member forms in late March/Early April.
- 3) Host an online Spring party with your club members. Pick your favorite restaurant and have everyone order in and use the time to socialize, play games, and continue to stay connected.

Membership is all about active engagement, enthusiasm for your club  
and being a Federation Woman. Who better to share that story but you!



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

Welcome to March Madness..... Here's another event to place on your Calendars:  
Thursday – March 18, 2021 @ 4:30 P.M. – Workshop Hosted by Abbey Howell  
Convention Zoom Procedures & Protocols. This workshop is open to all. Please  
bring all your questions to this hands on workshop event. Send me an email to receive  
your zoom invite, if you would like to attend. Email: abbshowell@yahoo.com

2022 – SGVD Prospective Hotel Listings, were discussed at the February District Board Meeting and  
were revised with complete meal cost and hotel cost. This information was  
sent out to all Club Presidents. The Convention Hotel-Stay Survey was also included. When discussions  
take place with your members, please provide them with the survey questions.

I am available to attend your Zoom Club Meetings to answer any question that your members may have  
in reference to Convention. You may contact me at (909) 348-3779 anytime.

**Important Deadline Dates:**

Please review of the Zoom Delegate Registration Rules. Due: March 12, 2021

Zoom Registration Forms, Due: March 12, 2021

Citizen of the Year, Club Member of the Year and Membership Awardee, Chairmen please email me your  
award candidate's names and clubs for the Program. Due: April 1, 2021

Delegates, the Prospective Hotel Listing will be voted on April 17, 2021 at Convention  
2021– 65th SGVD Zoom Confidential Convention Survey's will be sent with your invite.

Due: April 24, 2021. Please return US mail to Terry Perkins: 735 Windwood Dr. Walnut, CA 91789 –  
The results of the Convention Survey will be published in May.

SGVD 65th Zoom Convention Invites will be sent out via email by: April 10, 2021



2021 SGVD Convention



M E M O

# MEMORIAL PRESENTATION

OF MEMBERS  
WHO HAVE PASSED AWAY  
IN THE YEARS OF

# 2020, 2021

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

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

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

Please include:

Name of Club \_\_\_\_\_

Name of Deceased \_\_\_\_\_

Date of Death \_\_\_\_\_ Years of Membership \_\_\_\_\_

Biography of Her Contribution to your club \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Note

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

PLEASE E-MAIL YOUR  
INFORMATION TO ME AT

[jjjimz@yahoo.com](mailto:jjjimz@yahoo.com)

OR MAIL YOUR  
INFORMATION TO:

PETRA JIMENEZ,  
6718 LOCH ALENE AVE.  
PICO RIVERA, CA  
90660

OR CALL

ROSALIE BARCO AT  
(626) 434-6143

[AUNTIEROSEXX@GMAIL.COM](mailto:AUNTIEROSEXX@GMAIL.COM)

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

### **SGVD Recording Secretary**

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

#### **Record Votes**

The primary purpose of minutes is to record any votes a board or organization takes. Solid record-keeping requires mentioning which participant makes a motion, what the motion states verbatim, and which participant seconds the motion.

For example, "Vice President Cindy Jacobsen made a motion to dedicate 50 percent, or \$50,000, of the proceeds from the ZZZ Foundation gift to the CCC scholarship fund. President Roger McGowan seconded the motion."

This vote tabulation should be expressed in neutral language as well: "The Board voted unanimously to amend the charter in the following way," or "The decision to provide \$1,000 to the tree-planting effort passed 4 to 1. Most Boards try to get a vote passed unanimously. Sometimes in order to help the Board attain a more cohesive outcome, a Board member may abstain from voting: *The motion passed 17 to 1 with one abstention.*

### **SGVD Corresponding Secretary**

**Betts Griffone...(909) 342-3598...bgriffone@yahoo.com**

Well, it's our one-year anniversary since this whole Pandemic thing started. Not an auspicious day, but we have at least come through it. Some of us have had a much more difficult time than others. Hopefully, with the vaccine we will see the end of it soon. Until that time be proud of yourselves. You have stayed strong in the face of terrible events. We are a sisterhood of strong women. We have proved that this year. It will be fun to see everyone when we do start meeting again. Let's all look forward to that. Wear or masks, keep our distance and get the vaccine when it is possible. I want to see all your smiling faces. Stay safe, Betts

### **SGVD Parliamentarian**

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

While we are all gearing down due to not needing to commute to meetings, take advantage of this time and consider familiarizing yourself with the Bylaws and Standing Rules that your Club has in place. If you do not have a copy of these documents, consider contacting your Club President or Parliamentarian and ask them to send you a copy. This could be an easy challenge for them being that emailing is an easy process to forward these documents.

This is also a nice time to consider asking your club members to send your club President and/or Parliamentarian questions and/or suggestions regarding your Club's Bylaws and Standing Rules. Ideally Clubs will review these documents once every year or two to be sure to keep up with the changing of time. Do consider updating your Bylaws to include electronic communications (i.e. Online meetings, emailing and texting club communications).

With the SGVD 2021 Convention right around the corner, please share the Proposed Bylaws and Standing Rules Amendments which was sent to each Club President which will be voted on at the convention. The Delegates representing your club will want to know in advance how the club members would wish them to vote.

Stay well and know that many of us are just a phone call or email away.

## Birthdays, Care and Concern

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



**The gorgeous Aquamarine is the birthstone for those born in March. A gemstone with the beautiful coloring of light blues or blue greens. It is said to cure heart, liver or stomach diseases. It calms the heart, relieves stress, brings peace and clears the mind. Sailors refer to it as the mermaids' stone, a talisman of good luck.**

**The flower for those born in the month of March is the beautiful Daffodil, also known as Jonquil or Narcissus. This flower symbolizes unequalled love, new beginnings and will bring joy forever.**

**March Birthdays are either Pisces or Aquarius  
Pisces: March 1 – 20                      Aries: March 21 – 31**

**PISCES are known for their optimistic ambition and determination. A dreamer with a loving and peace seeking personality. One of the most empathetic persons who will do whatever they can to make sure that those around them are happy. Artistic, sensitive, overly trusting and with a strong intuition.**

**ARIES are hard to go unnoticed because of their fiery and passionate dispositions. Motivated and confident with a cheerful nature and relentless determination. Uncomplicated and direct in their approach they make excellent leaders. Optimistic, honest and frustrated with too many details.**

**MARCH is between winter and spring when we await positive changes and say goodbye to the cold days. Challenging for many but a harbinger of better tomorrows. A time to spend with those you love.**

**SPECIAL DAYS in March are Daylight Savings Time, Saint Patrick's Day, The first day of Spring, Passover and Palm Sunday.**

**CELEBRITIES celebrating March Birthdays are: Justin Biber, George Harrison and Elizabeth Taylor.**

**PISCES OR ARIES  
Stay safe, stay well.**

**HAPPY BIRTHDAY!**

### **Amenities & Protocol**

**Mary Jo Kolakoski...majo4ko@gmail.com...626-444-5717**

Last month I discussed a few protocol issues for members attending a meeting. This month I will point out protocol for the presiding officer. First and foremost, Be On Time for your meeting. That means you need to arrive 15 to 30 minutes prior to the scheduled start time. You need that time to organize your notes, set out any pertinent material, and confer with speakers so that everyone is prepared to begin. It isn't fair to your members if they are all there on time and you aren't ready to call the meeting to order. Respect the members' time. They may have other commitments for later that will require them to leave if the meeting runs too long because it was late starting. Do not hold up starting the meeting because someone hasn't arrived yet. That sets a precedent, and they'll only start coming later and later. Once the meeting is in session, it is the presiding officer's duty to control the flow of information. If a member is speaking and another person interrupts to make a comment, it is the presiding officer's duty to declare that the remarks are out of order and state that the former speaker still has the floor. Remind everyone that they must wait to be recognized before speaking. There'll be more on Protocol next month. Don't miss it.

### **Academic & Returning Student Scholarships**

**Diane Tobar...(909) 909-860-7360...oma2jnc@gmail.com**

If you are planning to submit an applicant for the Academic Scholarship or the Returning to School Scholarship, it is time to get the applications to the students. Guidelines and applications are available in your District Yearbook on pages 43 - 46. Please double check that all the required items are included in the packet. You will need to submit three (3) copies.

Deadline for students to submit the application to your club is April 1, 2021.

Normally the applications would be in my hands no later than the May 14, 2021 District Board Meeting. Because we are still in uncertain times, please mail the completed packets to me:

Diane Tobar, 1462 Winterwood Lane, Diamond Bar, CA 91765.

Applications should be postmarked no later than May 1, 2021.

Recipients will be awarded at the June 11, 2021 District Board Meeting.

Stay safe!



## **Arts and Culture**

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

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

### **Art Contests**

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

#### **Art Contests 2021**

The SGVD Club Member and Student Art Contest will be held virtually this year.

Instructions and forms are on the SGVD Website.

- Each member from each club who wishes to participate will submit a photo of their artwork and email it to: Terry Perkins-- [perkinstlee@gmail.com](mailto:perkinstlee@gmail.com).
- Each student photo of their artwork must be submitted individually and emailed to: Terry Perkins [perkinstlee@gmail.com](mailto:perkinstlee@gmail.com).

The deadline for receiving entries will be March 10, 2021.

Photos taken during 2019 and 2020 are eligible.

The art work will be judged on March 19 and winners announced in April.



#### **Photography Contests 2021**

**Sue Hogenaur...hogenausue@gmail.com...909-379-8613**

#### **Photography Contest 2021**

The SGVD Club Member and Student Photography Contest will be held virtually this year.

Instructions and forms are on the SGVD Website.

- Each member from each club who wishes to participate will submit a copy of their photo and email it to: Sue Hogenaurer [hogenausue@gmail.com](mailto:hogenausue@gmail.com).
- Each student entry must be submitted individually and emailed to: Sue Hogenaurer [hogenausue@gmail.com](mailto:hogenausue@gmail.com).

The deadline for receiving the email entries will be March 10, 2021.

Photos taken during 2019 and 2020 are eligible.

The photos will be judged on March 19 and winners announced in April

### **Creative Writing Contest**

**Laura Schano...626.807-3291...LKS423@att.net**

This contest year we had a total of 39 Creative Writing entries from current Elementary School students. The students contributed poetry and short stories. (4) volunteer non – club member judges used a 3 column scale,

1-10 points to decide 1st, 2nd and 3rd places. We really appreciate President, our District Administration, Teachers,

Contestants, Judges, and Club Members! We thank them ALL for their continued support.

1st place

Category 1 Grades K-2	Short Story:	Lucia Ochoa	“The One Happy Dog”
Category 2 Grades 3-5	Short Story:	Kelsey Lee	“What I Want to Do in 2021!”
Category 2 Grades 3-5	Poetry:	Julia Reilly	“The Beach”
Category 3 Grades 6-8	Short Story:	Teresa Reilly	“Allison Frost, An Elf’s Story”
Category 3 Grades 6-8	Poetry:	Connor Hussain	“Complex Systems”

2nd place

Category 1 Grades K-2	Short Story:	Isabelle Gil	“The Story of Crystal Ruth”
Category 2 Grades 3-5	Short Story:	Julianna Arias	“Santa’s New Job at Red Robin”
Category 2 Grades 3-5	Poetry:	David Asmar	“I am David”
Category 3 Grades 6-8	Short Story:	Victoria, Reilly	“Holly, An Elf’s Story”
Category 3 Grades 6-8	Poetry:	Elizabeth Razo	“The Wave”

3rd place

Category 1 Grades K-2	Short Story:	Kristen Guarna	“If Kristen Lived in a Snow Globe”
Category 2 Grades 3-5	Short Story:	Siena Olega	“Santa’s New Job in Hollywood”
Category 2 Grades 3-5	Poetry:	Haseenie Lao	“I am Haseenie”
Category 3 Grades 6-8	Short Story:	Griffin Lee	“Lamruil, An Elf’s Story”
Category 3 Grades 6-8	Poetry:	Luna Costello	“A Roller Coaster”



Note: Ribbons & Certificates for the 1st , 2nd , 3rd place and donated Gift Cards for all participants were awarded to students.

One of the Winning Poems





Connor Hussain, Stelekites, Perpetua, 7th 36 B  
6243 Honey Way, San Gabriel, Ca. 91745  
(626) 676-2705, Complex Systems # 26/1/10

Connor Hussain #15  
Literature 7  
12-15-20

### Complex Systems

Smooth, curvy body

Long, slender neck

Matte black on polished brown

Four delicate but tough strings carefully wound to the perfect tension

Pegs to bridge, bridge to tailpiece

Too loose, they may unravel over time

Too tight, they will snap and break

Hours upon hours, years upon years

Must compromise and find the perfect balance

Dedicated practice to hone this complex art

The ear must be trained to acquire essential skills needed

Develop the skills that few can perfect

Before every practice, lesson, or concert

Skills are tested and can flourish with great success

Frustration, anger, distress

Joy, excitement, innovation

Emotions may flood in unexpected moments

Facial expression, tone of voice, volume of speech

Too much wrong emotion, the communication breaks down

Hours upon hours, years upon years

Must compromise and find the perfect balance

Dedicated practice to hone this complex art

The brain must be trained to acquire essential conversation skills needed

Develop the art that few can perfect

Before every debate, argument, or conversation

Skills are tested and can flourish with great success

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

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

**MUSIC SCHOLARSHIP COMPETITION**  
**CLUB INSTRUCTIONS**

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

**Club Instructions:**

1. Before submitting entrants, read the student pages and make sure students understand the requirements.
2. Clubs must submit the entry forms via email to SGVD Music Chairman, Terry Perkins, by **Wednesday, March 24, 2021**. Please email to [perkinstlee@gmail.com](mailto:perkinstlee@gmail.com).
3. Scholarship video recording must be emailed DIRECTLY BY CONTESTANT to Committee Member Joanne Karr by **Friday, April 23, 2021**. Please email to [JKarrWVWC@gmail.com](mailto:JKarrWVWC@gmail.com).
- 4.

**MUSIC SCHOLARSHIP COMPETITION**  
**STUDENT INSTRUCTIONS**

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

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

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



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

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

Thoughts of health and peace to all!!

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

Most of us already know that during the COVID lockdown, being cooped up in one's home without anyone to visit is driving us crazy. According to the NO MORE BLOG "Domestic violence is all about power and control, and in an isolated environment, control is more easily exerted by abusers, with fewer and fewer avenues for accountability for their actions." The article cautions us to be mindful of our surrounds and "if you know or suspect that somebody suffers from domestic violence, please contact them, and keep that vital line of support open."

During my search on Domestic Violence, the BLOG website provided a quick escape feature, the feature is in an orange circular bubble, that tells the reader to press the "ESC" key to quickly escape from the site. The wording is as follows "[PRESS "ESC" TO QUICK ESCAP A new tab will open and this page will redirect to Google.]" The key also has a hidden link, so when it is hit, the page immediately disappears.

To my amazement, the ESC key worked, I also learned that the link within the page gives the reader the ability to immediately remove any researched information that lead the viewer to inquire about Domestic Violence resources. I hope that you will keep your eyes and ears open if there is someone in need of a listening ear.

Electronically retrieved on 22 Feb 2021 from: <https://nomore.org/listening-from-home/>



**1 IN 3 WOMEN**  
experience  
sexual assault  
or domestic  
violence at  
some point in  
their lives.



**1 IN 6 MEN**  
experience  
sexual abuse  
before the  
age of 18.



**65% OF VICTIMS**  
who come  
forward say  
no one  
helped them.

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

**Education is the Key to a Full Life—the Pathway for our Youth**

I encourage all our clubs to collaborate with their local high schools, the local American Legion Post and the American Legion Auxiliary Unit to participate in the Annual California American Legion Auxiliary Girls' State Program and the Annual California American Legion Boys' State Programs. All American Legion Posts and Auxiliary Units are listed in your local telephone directory and online via Google or Safari.

Both aforementioned youth leadership programs began in the 1930's during the Great Depression and are designed to train high-achieving 11<sup>th</sup>-grade young women and young men to be future leaders. After an interview process, students are selected as Delegates. Each high school can send one Girl Delegate and up to five Boy Delegates.

Prior to our COVID pandemic, every year over 500 11<sup>th</sup> grade girls from all over California would undergo leadership training for an entire week at Claremont-Mckenna College. Over 1200 11<sup>th</sup> grade boys would do the same for one week at CSU, Sacramento and would even visit our state capitol and meet with the California Assembly and Senate Members and, on occasion even meet with the Governor.

- To view the Girls' State Program, go to <https://www.cagirlsstate.org/>
- To view the Boys' State Program, go to: <https://boysstatecalifornia.org/>
- To view the Virtual Girls' State 2020 Session visit: <https://www.cagirlsstate.org/77th-session-2020>
- This year, both the Girls' State and Boys' State Programs will be Virtual; the Boys for the first time ever.



**Do I have additional great news? YES, I do!**

Our wonderful county libraries are still operational. Online services include free videos, e-books and even hard-bound books for checkout (these can be picked up in curbside service, and returned in a drop box).

The links are listed below:

Los Angeles County Public Library System:

<https://lacountylibrary.org/>

San Bernardino County Public Library System:

<https://sbclib.polarislibrary.com/polaris/>

In closing, thank you for all your wonderful Education and Library Reports. They were outstanding.

Keep safe and get your COVID vaccination as soon as possible!

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

Have an idea? Email: [christinacook1@mac.com](mailto:christinacook1@mac.com)

March 2021

# Health and Wellness

San Gabriel Valley District Women's Club

Stop the spread



Wash your mask regularly



Wear your mask

**March Madness:**

The City of Santa Fe Springs Department of Community Services, Family & Human Services Division is partnering with Cedars Sinai to present a six-week workshop series on Healthy Habits for Families. Workshops take place every Wednesday, starting March 3, 2021 to April 7, 2021 from 3:00 – 4:00 p.m. Virtual nutritional workshops will discuss subjects on portion control, physical activity, chronic disease management and so much more.

**Zoom Link:** <https://cedars-sinai.zoom.us/j/93429820792#success>

**Zoom ID:** 934 2982 0792

For more info, please contact Santa Fe Springs caseworkers by calling (562) 692-0261.



**March 2021  
Health  
Observances**

Celebrate National  
Nutrition Month in  
March with a healthy  
dinner at your club's  
monthly meeting. (via  
Zoom)



**Endometriosis** (en-doe-me-tree-O-sis) is an often painful disorder in which tissue similar to the tissue that normally lines the inside of your uterus — the endometrium — grows outside your uterus. Endometriosis most commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis. Rarely, endometrial tissue may spread beyond pelvic organs.

With endometriosis, the endometrial-like tissue acts as endometrial tissue would — it thickens, breaks down and bleeds with each menstrual cycle. But because this tissue has no way to exit your body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — abnormal bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other. Endometriosis can cause pain — sometimes severe — especially during menstrual periods. Fertility problems also may develop. Fortunately, effective treatments are available. courtesy of MayoClinic.org

National  
Endometriosis  
Awareness Month

Women's History  
Month

Colorectal Cancer  
Awareness Month

Colorectal Cancer  
Tests Save Lives

3/10 National  
Women and Girls  
HIV/AIDS  
Awareness Day

National Women  
and Girls HIV/AIDS  
Awareness Day -  
March 1



**ZUCCHINI NOODLES WITH CHICKEN, SPINACH AND PARMESAN**

Courtesy of Lisa Bryan [www.downshiftology.com](http://www.downshiftology.com)

- 3 boneless skinless chicken breasts
- 4 tablespoons avocado oil, divided
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried parsley
- 1 tsp dried thyme
- 1 tsp dried rosemary
- salt and pepper, to taste
- 3 large zucchini, spiralized
- 2 cloves garlic, minced
- 4 cups baby spinach
- 1/4 cup shredded parmesan cheese

- 1- Preheat your oven to 425 ° F.
- 2- Place the chicken breasts in a baking dish and coat both sides with 2 tablespoons of the avocado oil. Sprinkle the dried garlic, other herbs and salt and pepper on both sides of the chicken. Cook the chicken for 20-30 minutes or until a digital thermometer reaches 165 ° F. Remove the chicken from the oven, let sit for 2-3 minutes, then dice it up.
- 3- Heat 2 tablespoons of avocado oil in a large sauté pan on medium heat. Add the minced garlic and stir for 30 seconds. Then add the baby spinach and stir until it's wilted down, about 3-4 minutes.
- 4- Once all of the spinach has wilted down, add the zucchini noodles and diced chicken. Stir together for 1-2 minutes.
- 5- Add a portion of the zucchini noodles to plate and sprinkle with fresh parmesan cheese and cracked black pepper.

Cut out and stick to 3X5 index card

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

It was a pleasure to honor and recognize our club kindness angel recipients on February 20, 2021. You are all a blessing in our clubs and your kindness has touched many. Congratulations to all of you.



Congratulations to our Kindness Angels

Sue Hogenauer	Walnut Valley Woman's Club
Joan Doner	Diamond Bar Woman's Club
Sylvia Rodriguez	Woman's Club of West Covina
Kathy Kuhn	GFWC La Verne-San Dimas Woman's Club
Bettie Nixon	Baldwin Park Woman's Club
Tzeitel Paras-Caracci	Duarte Woman's Club
Brenda Newbold	Covina Woman's Club
Cathi Eredia	El Monte Women's Club
Gayle Licher	Sierra Madre Woman's Club
Pat Borchard	GFWC Federated East Valley Woman's Club
Tamara Hughes	La Crescenta Woman's Club
Judith Kurose	Monterey Park Woman's Club
Martha Rounds	Montebello Woman's Club
Liz Calvert	The Woman's Club of South Pasadena

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

I would like to thank the thirteen clubs that submitted a Leadership Report. I enjoyed reading all of them. Each club had a different approach of good leadership skills. There is no perfect method. Know your membership and start looking for those members who are ready to move up to an officer's position.

Good leaders have the following skills: Communication, problem solving, giving and receiving feedback, motivation, and gratitude. Don't forget to thank a member for completing the smallest task.

Encourage report writing. Be proud of what your club has accomplished by doing an annual report.

I look forward to hear from Patti Hennings after she has attended the LEAD Seminar at the State Board Meeting. Again, congratulations' Patti for representing San Gabriel Valley District.

## **Legislation & Public Policy**

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

# **POLICY & LEGISLATION**

### **The Difference between Policy and Legislation**

Key Difference: A policy is a document that outlines what a government is going to do and what it can achieve for the society as a whole. It also outlines any and all methods and principles that the government or any entity, for that matter, will use to achieve its directive. Legislation is another term meaning statutory law. These laws have been enacted by a legislature or the governing body of a country. Legislation can also mean the process of making the law.

Policies and legislations are an important aspect of a society; these ensure that a person know how to act in a society. It also regulates and ensures that everyone follows the rules and law that should be followed. These laws are made to treat every person as equal and so that no person can consider himself above the law based on his social standing. Policies and legislations are similar in nature and because of this they are often confused; however, they have distinct differences.

A policy is a document that outlines what a government is going to do and what it can achieve for the society as a whole. It also outlines any and all methods and principles that the government or any entity, for that matter, will use to achieve its directive. Essentially, a policy sets out the goals and planned activities of an entity, whereas a law may be needed to pass to enable government to put in place the necessary institutional and legal frameworks to achieve their aims as set out in the policy. A policy is an informal document that just lists and states what must be done and what is intended to be done in the future.

### **Women's History & Resource Center**

**Kim Plater... (609)620-7235... kimplater@aol.com**

### **Women's History Month**

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

One of my favorite California Federation women is Clara Bradley Baker Wheeler Burdette. (Just her name alone fascinated me at first sight.) Clara was an American clubwoman and philanthropist based in Pasadena, California. She was the first president of the California Federation of Women's Clubs. (1900-1902). I often write and talk about her but in addition to all she did for the California Federation of Women's Club, did you know that: Clara was a founder, second president, and life member of the [Ebell Club](#) in Los Angeles; She was director of the [Southwest Museum](#) (most of us from Southern California have been there), and the Pasadena Humane Society. After suffrage was gained, she was an organizer of the national [League of Women Voters](#) and the Women's Legislative Council of California. During [World War I](#), she was involved with flood conservation in California, and was California field secretary for the [Council of National Defense](#). In 1926, she was awarded an honorary doctorate from Syracuse University. Clara was also active in her community and played an active role in the building of the Woman's Hospital in Pasadena and she built the Ebell Club in Los Angeles.

What does CFWC's first President (1900-1902) Clara Burdette, tuberculosis, the year 1945, the Canyon Woman's Club of Orange County, cancer, CFWC Past President Toby Kahan and the City of Hope have in common?

During the 1880's [tuberculosis](#) was a concern worldwide. It impacted everyone's life, including Clara Burdette's. In 1876 Clara married Nathaniel Milman Wheeler who suffered from TB. In 1885 they moved to Los Angeles in the hope of improving his health in a drier climate.

Eventually, a movement to house and quarantine TB sufferers in areas around the southern California foothills became popular. Unfortunately, "Milman" died before the facilities were built. A few years later, suffering from ill health herself Clara moved to Duarte and lived in a small "home" in hopes of improving her health. Duarte was known during those years as a fresh-air community.

After 14 months, Clara returned to Pasadena and became active in civic organizations including the Ebell Club in Los Angeles. Under her leadership clubs expanded their mission to address such community issues as tuberculosis. In 1907 CFWC adopted this resolution: "To endorse all endeavors toward education of the public for the prevention and cure of tuberculosis and the establishment of a state sanatoria." By 1910 clubs developed "health sections" that addressed "open air schools" and TB. These are the same "Health" sections we have today.

During the same era, the Jewish Consumptive Relief Association was chartered with the intent of raising money to establish a free [sanatorium](#) in Duarte. Its nickname was the "City of Hope."

In 1945, with tuberculosis becoming less prevalent, the sanatorium was transformed into a medical center. It formally changed its name to City of Hope National Medical Center. It continues to expand and is best known for its cancer research and treatment programs.

Just as community health issues were changing, in 1939, CFWC President Mrs. Thomas Richards appointed a cancer chairman at the State level. By 1945 \$3,000 was donated to the American Cancer Society and a cancer hospital. In 1961, CFWC encouraged clubs to support GFWC's "Pap Smear Project" for the detection of uterine cancer. The Canyon Women's Club in Orange County was the first in the nation to report that 100% of its members had had the Pap Smear Test. In 1971 clubs were encouraged to become involved with their community health centers and with cancer research. They donated "gifts" to the City of Hope under the leadership of CFWC President Mrs. Paul J. Turkis. Today clubs continue their support of cancer awareness and in 2016 CFWC President Toby Kahan selected cancer research and the City of Hope as her President's Project. Toby said, "every single one of us has been touched by cancer. Many of us have lost a loved one, some of us are battling the disease, and all of us hope for a cure. I chose City of Hope Research Center because of the work they are doing to treat cancer patients

and more importantly to find a cure. I encourage CFWC to support City of Hope during this administration." (References: Wikipedia, CFWC History Highlights, Becoming Citizens)

History Quiz: Can you identify these children connected with CFWC and the above story? First to email or call me wins a prize.



### **Know Your CFWC and GFWC initials**

Our Federation assume that all of us know what the multitude of initials we use stand for. Here is a reminder for those new to the organization.

**GFWC:** General Federation of Woman’s Clubs, our headquarters located in Washington, D.C.

**WHRC:** Women’s History and Resource Center, located at our headquarters. It is also a “reporting category” for year end reports that contains information about a club’s support for women’s history projects.

**ILTS:** Incoming Leaders Training Seminar, focuses on introducing incoming Regional Presidents, State Presidents, and State Directors of Junior Clubs to the resources available to them from GFWC.

**LEADS:** Leadership, Education And Development Seminar, is a National and State Federation Leadership program intended to identify GFWC members at the grass-roots level who have the potential and the desire to assume leadership positions in GFWC beyond their club. The LEADS program is held annually the day before the official opening of the GFWC Annual Convention.

**WSR:** Western States Region – States are divided into 8 regions. California and 10 other states are in WSR.

**CFWC:** California Federation of Women’s Clubs – Every state has a State Federation.

**Answers to the February 2021 Quiz:** L- R: Toby Kahan, Zona Wilt, Margery Spillman (Past District Presidents); Denise Bressler (“Remember My Name – Victim of Family Violence – belonged to multiple clubs); Clara Burdette, 1st President of CFWC (1900 – 1902); Mary-Dea McCrory (Past District President -Verdugo Metropolitan District), Carol Huntwork (District Credentials), Linda Koontz (Past District President); Thelma Bay (Past District President); Rosemary Morabito (Past District President)



## CLUB BRAGS

Women's Club of West Covina would like to mention that one of our members checked into the GFWC program: *Shot@Life*, which works with the UN, marketing and movement building partners( Bill & Melinda gates Foundation and Walgreens) to ensure children around the globe have access to the vaccines they need.

She went through an interview process and was chosen to be a champion representative at a virtual conference for 2 days in Washington D.C. She was chosen out of a pool of 4,000 interviews.

We are very proud of club member, Luanne Arredondo, and her commitment to GFWC, SGVD and our club.  
Nancy Anzalone -President, WCWC

Walnut Valley Women's Club would like to congratulate one our members on being elected to the Walnut Valley Scholl District Board and chosen as President of the School Board for 2021-2924: Layla-Abou-Taleb.

ADS



23

**Wistaria  
Thrift Shop's  
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*(Rain Date TBD)*

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*Other Hours: Call for Info. 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](#)



**SGVD PARLIAMENTARY AFFILIATE GROUP MEETING**

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**Our next meeting will be held on TUESDAY, MARCH 16<sup>TH</sup>**

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**\*\*\*ATTENTION\*\*\***  
**We will be meeting at 10:00 A.M. ON ZOOM**

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***If you wish to attend but did not receive a Zoom Invitation  
please call me at 818-398-7323 or send me an email: fajmlj@aol.com.***





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

Proceeds help our local philanthropies.

Contact: Elizabeth Mullender  
[Emgilmore1@hotmail.com](mailto:Emgilmore1@hotmail.com)  
562-233-2001

Drawing date: March 17, 2021.



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