



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

April 2021

Volume 4, Number 4

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



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 9 SGVD Art & Photography Contests Presentation of Entries - 9:30 A.M.-zoom

Friday, April 15 & Saturday April 17 SGVD Convention – zoom

Friday, April 23 Music 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.

Wednesday, April 28 Club Presidents Meeting with SGVD President 4:00 P.M.-zoom

Saturday, April 24 GFWC Federation Day

MAY

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

Friday, May 14 SGVD Board Meeting SGVD Board Meeting -9:00 A.M.--zoom

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

Friday May 28 SGVD Alumnae Affiliate Group Meeting Baldwin Park Woman's Club 3817 Baldwin Park Blvd. Baldwin Park - 11:00 a.m.

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

Thursday--Saturday, May13-15 CFWC Convention – held via Zoom

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

Celebrating Our Success

I am looking forward to celebrating the success stories of the philanthropic efforts of our Clubs in the San Gabriel Valley District at our upcoming convention. As women we spend our lives taking care of our families. In that process we have come to the understanding that no matter the circumstances we will find a way forward. This year has proven to be a testament to our collective creativity, ingenuity and determination. Despite the restrictions the pandemic has placed upon us, we have accomplished great things and our communities are far better off due in no small part to our efforts.

Our generation of women has learned the valuable lesson that education opens the doors to our ability to be strong and independent people who have a wide range of choices in what we do with our lives. This understanding is demonstrated by the focus on scholarships projects throughout the Clubs in our District. Our Clubs gave scholarships for high achieving students, talented artists and musicians, hardworking students planning for community colleges, students who volunteer in their community as well as those intending to peruse certificates in trades. By honoring this wide variety of post-secondary educational pursuits we demonstrate our support for the next generation and their efforts to join the adult world as productive members of our community.

At times some Clubs may feel they do not have the resources to compete in doing good works in our communities and this can be challenging. I want to stress that helping others is far more than just the statistics on volunteer hours and funds raised. They do not fully demonstrate all the thought, energy and grit that went into the success of each project and its impact in solving a problem or fulfilling a need. You are all to be commended for your contributions and I look forward to celebrating our success at Convention.

"Coming together is a beginning; keeping together is progress; working together is success." - Henry Ford



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

Hope you had a fun & safe St. Patrick's Day

Well it is almost here!!! Convention 2021 is right around the corner and I hope you and all your members are ready to do some celebrating! Remember no cost this year, which means there is no excuse not to attend.

A couple of reminders from your Dean:

Did you know it is protocol to make a copy of your club certificate for the Club President's scrapbook, but the Chairman who wrote that winning report should have the original.

Everyone should have received a Convention Call (which your President should have forwarded) to all members, or by virtue of your position. Helpful...please highlight the day you will be presenting your awards for your program.

The certificates are in the process of being signed by our President. Some Chairmen have asked me to sign their name for them and that is not a problem. Some I still have not heard from regarding the signing of your certificate...please call me so we can make arrangements.

PROCEDURE BOOKS:

You should be working on putting together your procedure book regardless if you are continuing on for a second year in your chairmanship or not.

Copy of your Program Report turned in to District.

Copy of your script from 2021 Convention & winners

Copies of your District Board reports.

Suggestions for your chairmanship.

Copies of any handouts given to you from workshops.

Copies of motions you've presented for District - wide projects.

Your timeline set for yourself.

Will send you more suggestions in the coming months. Not continuing another year in your Chairmanship...procedure books are to be turned in to me in order to turn them over to the next Chairman to finish out this administration. Not a Chairman, but interested? Call Rosette and then me. I will explain exactly what your responsibilities are before saying yes

DISTRICT CONVENTION:

I will be emailing you a copy of your script which will include the stats from your clubs and winners to announce. PLEASE DO NOT DEVIATE FROM THE SCRIPT. By following your script things will run smoothly and in a timely manner, which our members will appreciate.

Clubs within my area may arrange for pickup of certificates or I can arrange for a day to meet somewhere.

Clubs living a distance away will have their certificates mailed to them including "Club Member" and "Citizen of the Year" if you submitted someone.

FRIENDLY REMINDER

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!

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

CLUB NEWSLETTERS: Please email me your newsletter if I am not on your list. 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. Wishing all of you a Happy and safe Easter

SGVD 2nd VP/Membership

Luanne Arredondo...626-703-3041...wcvclub65@gamil.com

Happy Spring to all of you! Two important items

1) 2021-2022 Club Dues Submission: In the last two District Board meetings there have been questions regarding submission of your 2021-2022 Club dues and Information forms. Please see below.

Please submit the following items for RECEIPT BY APRIL 30, 2021 to Lu Arredondo, 6280 Lee Ct, Chino, CA 91710.

5 copies of your club roster

5 copies of your club information form

Check made payable to San Gabriel Valley District Woman's Clubs

Feel free to email me at wcvclu65@gmail.com if you have any questions. Many thanks!

2) GFWC CA Clubwoman Magazine: As the new CA Clubwoman Editor, I am looking for pictures of your events and activities to publish in the Magazine. IF you have short articles you would like to include - they are welcome as well. Please send all submissions to cfwccommunications@gmail.com. Once reviewed, I will email a response indicating receipt and date for publication. With all the amazing things your clubs and members do, wouldn't it be nice to be featured in the Magazine? I look forward to showcasing your efforts soon.

SPECIAL ANNOUNCEMENTS

Membership Commercial Project - The membership Chairs along with myself are creating a 2-min video that expresses our excitement and love of being a member of the General Federation and our local clubs. The rough draft was done via ZOOM and some were submitted via text and email. They will be streamed together to create a rough draft in preparation and practice for going into the studio to do it in a more formal setting. The project is titled Federation Proud. We hope to have the project completed before the summer break. We are all super excited about the project.



Shot @ Life Champion - I applied and was selected to serve as a Shot@Life Champion by Shot@Life, one of our GFWC Affiliate Groups. In addition, I applied and was selected to serve as a Champion Advocate at the recent Summit in Washington DC held virtually on ZOOM and Hop-in platforms. The Summit started on Sunday February 21 and concluded on Wednesday February 24th. During the Summit we heard and were able to interact with Dr. Tedros Adhanom Ghebreyesus, Director General of the World Health Organization, Gargee Ghosh, Head of World-wide Government Relations, Economic policy, and philanthropic partnerships with the Bill and Melinda Gates Foundation, John Nkengasong, Director Africa CDC, and Niesha Foster, head of global vaccinations with Pfizer Inc. In addition to these great speakers we advocated with Congressional leaders from across the US for maintaining level funding for Global Health Vaccination Programs. I have been asked to come back next year as a result of my performance this year. Finally, I have a meeting with GFWC President Marian St. Clair on Thursday March 4 to discuss the Summit and next steps as a GFWC Shot@Life Champion.

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

Hello Sister's in Federation,

April is upon us, it brings Shower along with Blooming Flowers. Thereafter follows the spring cleaning. I find myself looking forward to updating my calendar, not giving so much attention to April. Don't get me wrong, there is a long list to do in April. The many months of planning preceding the big announcement that the San Gabriel Valley District 65th Annual Convention would not be an in person event. We were all taken back, but safety and health comes first!

Well life has us here, at this stage and time when the new normal takes us deeply into Zooming. I must say we are ready. April 16 -17, 2021 our District will make history as we proceed ahead opening each Session of Convention with a full program for the two hosting days. This can only happen when you have great people working as a team with you. We started in August 2020 with an approved Convention Budget and Convention Committee, building a New 2021 Convention Portfolio so that each committee volunteer knew exactly what would be expected of them, along with the Executive Committee. We had a host of Zoom meetings, including Protocols and Procedures that would be helpful at Convention, along with holding an Un-dressed Rehearsal of the Program. I would say now it's time to enjoy the event and relax.

Gentle Reminder: The Zoom Convention will open for early bird check-in at 8:30 A.M. Please provide the following information when you're checking in: Your Club, Your Name, and Delegate Number. If you are not a club delegate, state that you're a member and/or guest. This will help to speed up the process for our Credentials Team. Read the Courtesy Convention Zoom Rules prior to arriving. The "CHAT AREA" will not be allowed for any socializing, refer to the zoom rules for reference. The daily Sessions will start at 10:00 AM. Until 3:00 P.M. Please refer to your Convention Program for special events that will take place after each session. Complete and return your Convention Survey by the deadline.

Thank you!



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

OR MAIL YOUR INFORMATION TO:

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

OR CALL
ROSALIE BARCO AT
(626) 434-6143
AUNTIEROSEXX@GMAIL.COM

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

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

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

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

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

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

SGVD Recording Secretary

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

Pare Down Notes Post-Meeting

Following the meeting, read through your notes while all the discussions remain fresh in your mind and make any needed revisions. Then, **pare the meeting minutes down to their essentials, providing a brief account of the discussion that summarizes arguments made for and against a decision.**

People often speak colloquially or in idioms, as in: "This isn't even in the ballpark" or "You're beginning to sound like a broken record." **While you may be tempted to keep the exact language in the minutes to add color, resist.**

Additionally, if any presentations are part of the meeting, **do not include** information from the PowerPoint in the minutes. However, you will want to **record the key points** from the post-presentation discussion.

SGVD Corresponding Secretary

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

Hi, this was a busy month sending out cards to members who are facing health and family challenges. But there were also some very happy cards to women who have something to be proud of. Among those who need our concern and healing thoughts: Denise Stephens who recently lost her mother, Eileen Ansari who is having great difficulties walking, Jeanette Shapiro who has had a recurrence of her cancer, Arlene Brit who is housebound and Carol Darling who was in the hospital and now is in assisted living. Ladies, please know our thoughts are with you. Those who deserve a high five include Layla Abou-Taleb, who was chosen President of the Walnut School Board and Gayle Pacheco, who was selected as one of the International Women's Day City of Walnut Honorees.

Congratulations Ladies! Keep up the good work. You make us proud.

Thanks to Terry Perkins and Claudia Maidenberg for sending this information. Keep the info coming!

SGVD Parliamentarian

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

Our SGVD 65th Convention is less than a month away. By now you have submitted your members names chosen as delegates. Please be sure that your Club delegates have received a copy of the Proposed Bylaws and Standing Rules Amendments which will be discussed and voted on at this Convention. These Proposed Bylaw and Standing Rule Amendments are included in the CALL which all Club Presidents have received.

As a member SGVD leadership, I am here to help you.

Birthdays, Care and Concern

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



April Birthdays are either Aries or Taurus

Aries: April 1 - 19 Taurus: April 20 - 30

ARIES are known to be courageous, confident, enthusiastic, honest and generous. Aries are a»lazing friends and good leaders. They love to bring joy to others without expecting anything in return.

Joyous moments await you thi s year.

TAURUS are seen as devoted, patient, practical, reliable and very responsible. Taurus have the ability to use their wisdom to resolve issues. Establishing a good relationship will bring a friend forever.

Financial prospects will be very encouraging.

CELEBRATIES sharing April Birthdays are: Alec Baldwin, Lon Chaney, Jackie Chan, Leonardo DaVmci, Robert Downey Jr., Kate Hudson, David Letterman, Eddie Murphy, Jack Nicholson, Al Pacino and Queen Elizabeth 11 on April 24.

SPECIAL DAYS in April this year are Saint Patrick's Day, the first day of Spring and Palm Sunday.

FLOWERS for those born in April are the Daisy and the Sweet Pea. The Daisy symbolizes Purity, innocence, fertility, love, motherhood and romance.

The beautiful and fragrant Sweet Pea signifies blissful pleasure and a fond remembrance of a loved one.

THE DIAMOND is the April Birthstone which symbolizes eternal love and commitment. It is recognized around the world as the traditional gemstone for a traditional wedding ring.

ARIES or TAURUS

Stay Safe, Stay Well

HAPPY BIRTHDAY!

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

THE INFORMATION THAT WAS IN THE DISTRICT CALENDAR AND PRINTED IN THE MARCH KEY IS WRONG!!!

HERE ARE THE CORRECT DATES:

APRIL 1, 2021 – DEADLINE FOR APPLICANTS TO TURN IN THEIR PACKETS TO THEIR CLUB
MAY 1, 2021 – DEADLINE FOR CLUBS TO MAIL THREE (3) COPIES OF THE COMPLETED
PACKETS TO ME; PACKETS SHOULD SHOW A POSTMARK NO LATER THAN MAY 1, 2021.

DO NOT EMAIL THE PACKETS TO ME.

MAIL THREE COPIES OF EACH PACKET TO ME: DIANE TOBAR, 1462 WINTERWOOD LANE,
DIAMOND BAR 91765.

CHECK THE CONTEST PAGES IN YOUR DISTRICT YEARBOOK FOR OTHER DETAILS.

DOUBLE CHECK THAT YOU HAVE ALL THE ITEMS REQUIRED; IT WOULD BE AWFUL TO
HAVE A CANDIDATE DISQUALIFIED FOR AN INCOMPLETE PACKET.

JUNE 11, 2021 – RECIPIENTS OF THE SCHOLARSHIPS WILL BE RECOGNIZED AT THE
DISTRICT BOARD MEETING. THANK YOU!



Arts and Culture

Art Contests

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

This year five (5) clubs chose to participate in the Art Contest via email. There were 56 student entries and 6 club member entries.

Art Contests WINNERS 2021

K-1st grades

PasWC Juanpablo Alvarez - First Place

PasWC London Martinets - Second Place

PasWC Kristen Guarna - Third Place

PasWC Janie Leong - Honorable Mention

☒

2nd-3rd grades

PPWC Claire Sincuir - First Place

PasWC Isabelle Gil - Second Place

PasWC Camila Palencia - Third Place

PasWC David Asmar - Honorable Mention

☒

7th-8th grades

Portraits

PasWC Enzo Nunez - First Place

PasWC Chloe Castellanes - Second Place

PasWC Mia Martinez - Third Place

PasWC Benjamin Carrillo - Honorable Mention

Scenes

PasWC Leah Green - First Place

PasWC Nicoletta Zappia - Second Place

PasWC Enzo Samaniego - Third Place

PasWC Brianna Yanez - Honorable Mention

☒

4th -5th grades

PPWC Lily Ramirez - First Place

FEV Lorelai McKencie - Second Place

PPWC Ethan Berumen - Third Place

☒

6th grade

PasWC Isabella Godinez - First Place

PasWC Troy Nguyen - Second Place

PasWC Tatiana Rodriguez - Third Place

PasWC Devin McElroy - Honorable Mention

☒

9th-11th grades

BPWC Senya Martinez - First Place

BPWC Bangxi Lu - Second Place

PPWC Daisy Martir - Third Place

☒

12th Grade-Seniors

Portraits

PPWC Leslie Macias - First Place and Best In Show

PPWC Kimberly Galindo - Second Place

PPWC Issa Salazar Mascorro - Third Place

PPWC Dianna Delgado - Honorable Mention

Scenes

BPWC A. Bibiano - First Place

BPWC K. Luong - Second Place

BPWC Mariela Villanueva - Third Place

BPWC L. Oliver - Honorable Mention

☒

Club Members

Portrait Oil/Acrylic

Duarte WC-Liz Porlier-First Place

Scenic Oil/Acrylic

Duarte WC-Liz Porlier-First Place

Still Life Oil/Acrylic

Duarte WC-Liz Porlier-First Place

Portrait Oil/Acrylic

Duarte WC-Liz Porlier-First Place

Scenic Water Color

Walnut Valley WC Terry Perkins-First Place

Still Life Water Color

Walnut Valley WC Terry Perkins-First Place

Portrait Water Color

Walnut Valley WC Terry Perkins-First Place

Photography Contests 2021

Sue Hogenaur...hogenoursue@gmail.com...909-379-8613

This year five (4) clubs chose to participate in the Photography Contest via email. There were 17 student entries and 23 club members entries.

Photography Contest WINNERS 2021

Students

GRADE 6

"Eye of the Tiger"	Mikayla McKenzie	Federated East Valley WC	1st
"Untitled"	Genevieve Gonzalez	Pio Pico WC	2nd

GRADE 11

"Outdoors"	Melayna Martinez	Pio Pico WC	2nd
"Beauty Within the Glass"	Mia Carillo	Pio Pico WC	H.M.
"Kualoa Ranch"	Zoe Ibanez	Pio Pico WC	3rd
"Golden Reflections"	Samantha Rivera	Pio Pico WC	1st

GRADES 9-10

"Chessboard Reflection"	Natalie Cunanan	Pio Pico WC	1st
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GRADE 11

"Outdoors"	Melayna Martinez	Pio Pico WC	2nd
"Beauty Within The Glass"	Mia Carillo	Pio Pico WC	HM
"Kualoa Ranch"	Zoe Ibanez	Pio Pico WC	3rd
"Golden Reflections"	Samantha Rivera	Pio Pico WC	1st

GRADE 12

"Cali Life"	Fabiola Garcia	Pio Pico WC	H.M.
"Reflections"	Isabel Rubio	Pio Pico WC	2nd
"Up Close"	Jaylene Villarreal	Pio Pico WC	3rd
"Peaceful River"	Stephanie Vera	Pio Pico WC	1st

Club Members

OUR WORLD UP CLOSE

"Chickens On Parade"	Sue Hogenauer	Walnut Valley WC	2 nd Place
"Beauty of a Leaf"	Joanne Karr	Walnut Valley WC	3 rd Place
"Flashy Beauty"	Joan Doner	Diamond Bar WC	1 st Place
"Buffy"	Terry Perkins	Walnut Valley WC	HM

NATURAL WONDERS

"Autumn In The Sierras"	Claudia Heller	Duarte WC	2 nd Place
"Landlocked Waves"	Victoria Rocha	Duarte WC	3 rd Place
"Vaporous Splendor"	Joanne Karr	Walnut Valley Women's Club	1 st Place

Place

"Bellagio Village Lake Como Italy"	Sue Hogenauer	Walnut Valley WC	HM
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REFLELCTIONS

"Thanksgiving In Virginia"	Terry Perkins	Walnut Valley WC	3 rd Place
"Autumn Reflections"	Joanne Karr	Walnut Valley WC	1 st Place
"9 Year Old Wins Big for Himself & Sister at Orange County Fair"	Sue Hogenauer	Walnut Valley WC	HM
"Simple Joy"	Joan Doner	Diamond Bar WC	2 nd Place

LIVING THE VOLUNTEER SPIRIT

SEEs Candy Fundraiser	Shari Kovach	Walnut Valley WC	2 nd Place
Scholarship Community Tree Lighting Ceremony At Fire Station 61	Sue Hogenauer	Walnut Valley WC	1 st Place

Education & Libraries

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

April is the fourth month of the year and has thirty days, as we were reminded as children in this chant: Thirty days hath September, April, June, and November, all the rest have thirty-one. February has twenty-eight, but leap year coming one in four February then has one day more. April is named after the Greek Goddess Aphrodite. She was associated with love, beauty, pleasure, passion, and procreation. Here's April's etymology: • Greek - Aphro - short for Aphrodite • Latin name - Aprilis or Aperit - to open • Old English - April or April is • Modern English-April The word "April" comes from the Latin word "apert," which means "to open and April is the month that "opens" the growing season, the time of the year when trees and flowers begin to open into blossoms.

April's flowers are the daisy



and the sweet pea



April's birthstone is the diamond, which symbolizes innocence



The birthstone for April is the diamond which symbolizes innocence. Some of you may remember the jazz song, "Diamonds Are a Girl's Best Friend" introduced by Carol Channing in the 1949 Broadway production of Gentlemen Prefer Blondes. If you open this link on you-tube you can view Marilyn Monroe singing the song. <https://www.youtube.com/watch?v=knLd8bfeWtl>

It's best viewed in full screen. Now, let's see what our public library system is up to. Many public libraries now offer curb pick-up and return service." First, you order your books online; call the library before you arrive, pick up your books and voilá, you're on your way home. After finishing, just return the books in the library's return bin.

If you are a movie buff, you can order movies and view them online at your home. Only in America can you do this. You can even order e-books online.

How lucky we all are to live in the finest country in the world. Here's your link to tap into the rich treasure house of our Los Aneles County Public Library: <https://lacountylibrary.org/>

Environment

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

Happy Easter to all of you! Looking forward to our Zoom Convention and hoping to see many of you there. I am excited to announce the clubs who won awards in the area of Environment.

In this time of COVID there are still things that we can do to protect our environment, wildlife and at the same time beautify our community/surrounding.

Arbor Day is typically celebrated to last Saturday of April, but in my researching of Arbor Day, each state celebrates Arbor Day on a different date. California celebrates Arbor Day March 7-14th. In spite of this, there still some things you can do.



*Join the Arbor Day Foundation and receive 10 free trees to plant or donate, trees can be planted in a threatened rain forest or one of our National Forests.

*Save trees by going paperless and encourage your membership to do the same. You can do this by paying bills on line, opting out of junk mail, etc.

*Organize or support a household hazardous waste collection.

Other ideas might be:

*It is that time of year when we may be planting gardens etc. Consider researching and planting an area of your yard with bee friendly flowering plants. A small patch of land, pots on your patio, or even window boxes, filled with flowering plants will entice bees to forage for nectar.

*Support your local Humane Society by donating your no longer needed flat sheets or towels. You can also check their website for other items they may need.



*Participate in Nike's Reuse-a-Shoe Program. Donating gently used shoes.

*Check out DSW because I believe they have a collection box for gently used shoes.



*Lastly, continue to support Penny Pines. Though you may not be meeting in person, you might want to consider asking your members to support Penny Pines by writing a check for the amount they would have donated throughout the year. Your members might include that extra when they are paying their dues. Encumber those funds and send a check later in the year to the National Forest Service.

As always, I look forward to when we can see each other in person, but until then, stay safe, stay healthy, and get vaccinated. Virtual hugs sent your way!

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

April 2021

Health and Wellness

San Gabriel Valley District Women's Club

Can you believe Summer is just around the corner? As the weather gets warmer, there are a lot of things we need to do to make sure we are healthy and happy and ready for all things summer. What motivates you to get out of the house? What gets you up in the morning? Take a stroll before you get set into your day, and before anyone else wakes up. That puppy of yours has been dying for a walk. Creating this small habit every morning will help you with overall better range of motion, balance, and mental/ emotional health.



Own an Apple Watch? Want to know what it's all about? Check out Apple's YouTube Channel for tips and tricks about Apple Watch and Fitness +. I started using it recently, and I was impressed that they have accommodations for people of all levels. Take a look.



I do not own the rights to this image

Laughter is the Best Medicine

April is National Humor Month. When was the last time you had a good laugh? Giggle time is important to our mental health and to the well-being of those around us. My grandmother loved Calvin and Hobbes and her sister, the Three Stooges. They lived happy lives. Laughter releases endorphins, our self-made happy drug. So, grab a friend who knows too much about you, and have a good, long laugh!

April 2021 Health Observances

- Alcohol Awareness
334-262-1629
- Autism Awareness
800-328-8476
- Donate Life Month
804-377-3580
- Facial Protection Month
847-678-6200
- Minority Health month
800-444-6472
- National Humor Month (yes, laughing is good)
- Women's Eye Health and Safety
800-331-2021

Cut this out and tape it somewhere. Self-Exam Once a Month

Slow Cooker Root Beer Pulled Pork Lettuce Wraps
 Prep time: 5 min. Cook time: 6-7 hours Yield: 4 servings
 260 calories - 6g fat - 3g carbs - 45g protein courtesy of Optavia

Ingredients:	Directions:
1 1/2 lbs of pork tenderloin	1. Place pork in slow cooker; sprinkle with paprika, garlic powder, salt
1/2 tsp paprika	2. Combine root beer and hot sauce; pour over pork.
1/2 tsp garlic powder	3. Cover and cook on low until pork shreds easily, about six to seven hours.
1/8 tsp salt	4. Drain juices from the slow cooker, return pork back to slow cooker, and shred with a fork.
1 can of diet root beer	5. Stir in sugar-free barbecue sauce, and cook on low for 30 minutes
1 Tbsp hot sauce	6. Serve in Boston lettuce leaves
1/2 C sugar-free barbecue sauce	
1 head Boston Lettuce	

Stop the spread



Wash your mask regularly



Wear your mask

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

As I shared at the March 12th, SGVD Board meeting, all Kindness Angel certificates, narratives, and gift were mailed on Monday afternoon, March 8th. According to the receipt, all should have received their large, white, padded envelope by March 11th. If club presidents emailed their angels personal mailing address to me or asked me to send it to the club's PO box that's what was done. If I did not hear from a club president, then the white envelope was sent to the club's mailing address that was in the District manual. It was an honor and a pleasure to honor our Kindness Angels at the Zoom ceremony on February 20th.

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

At the SGVD March meeting on Zoom, I presented a "History Moment" in honor of Women's History Month. I have included it here. I hope that you will share this with your clubs. We often honor the women in history from the early 1900's when we describe our Federation history. Today, I chose to honor a member we know and love – a modern woman of history. It is time we include stories from our era and recognize their achievements.

OUR own "Woman In History," was born and raised in Los Angeles in the 1940's and 1950's. Membership in the General Federation has been an important part of her life for more than 47 years. In 1974 she joined the Walnut Junior Woman's Club and served as the Junior State President in 1984. As Junior President she was a member of the General Federation of Woman's Club Executive Board and was privileged to attend a reception at the White House hosted by Nancy Reagan.

In 1987, she helped form the GFWC Federated East Valley Woman's Club, serving as its Charter President. Through the years, she has held many leadership positions at all levels of Federation. Our "Woman in History" is Toby Kahan.

In addition to club, Toby taught elementary school, earned a master's degree in Multicultural Education, was a devoted wife and proud mother of two. Her daughter Andrea is a lawyer and her son Jerry, an Oncologist. She has several grandchildren, including 2 sets of twin boys.

As a teacher, Toby was into technology and became a District Certified Technology Specialist. She served for 32 years as a dedicated teacher and in 1990 was named Pomona Unified Teacher of the Year and Los Angeles County Teacher of the Year in 1991. When her school was chosen as a National Blue-Ribbon School, she was selected to attend a White House reception in Washington D.C.

In 2000, the General Federation launched Library 2000 to raise money for libraries. Toby was appointed the chair for the California Federation and led a campaign that raised over \$1 million dollars. Think about all the great CFWC Projects we have had over the years, and Toby was the driving force behind one of them.

In 2003 she and her husband, Marshall a high school teacher, both retired so they could enjoy time together while Marshall battled leukemia. He passed away in 2007 and Toby turned to her Club and District to find comfort with federation friends. She was elected as District President and eventually served as the President of the California Federation from 2016 - 2018. Toby remains active with her club and the District. She is a friend to everyone and is continuing to make history serving the General Federation of Woman's Clubs as an exemplary member. Please join me in congratulating Toby. If you have a story to share about Toby, send me an email kimplater@aol.com and I will share it with everyone. Let's keep writing women back into history!



CLUB BRAGS

Pio Pico Woman's Club proud of Guadalupe Diaz who was selected by Counsel Women Christina Garcia 58th District for Women of the Year for 2021



Valley Women's Club salutes Gayle Pacheco who was chosen as one of the women honored by Walnut City Council at the International Women's Day Celebration honoring women in Walnut.

ADS





GFWC Sierra Madre Woman's Club

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**June 5, Brown Bag Sale –9 a.m.-2 p.m.
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GFWC Sierra Madre Womans Club.org



Sierra Madre Womans Club

Sierra Madre Woman's Club: Ongoing Activities: April - June 2021

Mar 20	10 am – 3 pm – Shop Open	May 5	10 am Board Meeting; Zoom?
Mar 27	10 am – 3 pm – Shop Open	May 12	1 pm, Meeting: Scholarship Awards
April 1	Shop Regular Days / Hours Begin Again	May 19	11:00 1m, Book Club: Book TBD. Zoom?
Apr 7	10 am, Board Meeting; Zoom	May 19	6:30 pm, Evening Meeting : Zoom?
Apr 14	1 pm, Meeting, Elections & Program (TBD)	May 29	7:30 am Mt Wilson Trail Race: Oranges ?
Apr 21	11 am, Book Club: Book TBD. Zoom?	May 26	1 pm, Social & Installation : Zoom?
Apr 21	6:30 pm 3 rd Wed Evening Meeting: Zoom?	June 5	Shop's Brown Bag Sale – 9 am-1 pm