



*Diamond Bar Woman's Club*



# NEWSLETTER

OCTOBER 2022 | VOL 2

## "TELL A WOMAN" MIMI

### A PASSING WITHIN OUR FEDERATION SISTERS

Our President Claudia is sorry to inform everyone that our beloved Mimi Sopocko passed away peacefully on Sunday September 25th. What is lovely never dies, but passes into another loveliness. Mimi was truly one of those lovely people that will be in our hearts forever.

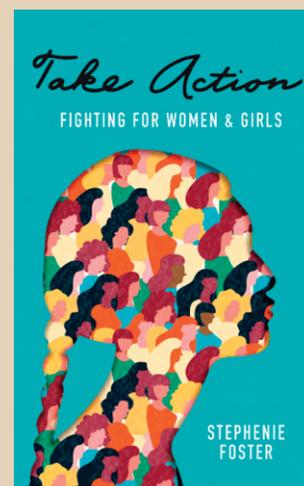
Yes, we loss a family member, our Club Sister in Federation Mimi Purdy Sopocko at the age of 94. She was the second oldest Club member in the Diamond Bar Woman's Club. We will truly miss her. She was an ideal community volunteer.

There will be a following up with her family and everyone will be informed about the arrangements to celebrate her life. Mimi's granddaughter that was living with her and her son can be contacted at:  
Mimi Sopocko  
2021 Rusty Spur  
Road Diamond Bar, CA  
91765

### 2022-2023 OFFICERS

President	Claudia Maidenberg
1st VP & Dean	Abbey Howell
2nd VP /Membership	Diana Limon
Third Vp Ways and Means	Linda Headlee Janice Giardina
Recording Secretary	Betts Griffone
Corresponding Secretary	Rosette Clippinger
Treasurer	Jennifer Fred Mahlke
Parliamentarian CFWC/SGVD	Patsy Wilson
Collaborative Chair	Marilyn Cruz

### CFWC PRESIDENT BARBARA BRILEY-BEARD BOOK RECOMMENDATION





## HELLO EVERYONE!

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This is Mimi's granddaughter writing you from her email. We all appreciate the kind words about my grandma. Next to my grandfather (Phil) she was quite possibly the best person I have ever known. I moved in with her right before the pandemic, in November of 2019, and I made it my life's mission to keep her safe for the last 3 years. We set her up with Zoom exercise classes, I think she attended some of your meetings via Zoom, and I took over all functions requiring public exposure. Well, we succeeded with regard to COVID, but God really wanted her home and he called her back on Sunday, September 25, 2022 while she was doing what she LOVED - baking scones for my law office staff. She was my roomie, my mentor, and my confidante. There is a hole in my heart as I write this email to all of you.

Grandmommy, as I called her, always encouraged me to go out and experience life and, over the past 3 years, I dragged her along with me on adventures to Disneyland, Walt Disney World, and Texas, and I also dragged her to all of my friends' parties. She became everyone's MIMI and many of my friends who no longer had living grandparents adopted her as theirs. I was happy to share.

You see below in her signature block that her motto was "Live Well, Laugh Often, Love Much." She did all of those things and she would want us all to keep experiencing life to the fullest and to share those experiences with our family and friends.

She will be laid to rest with my grandfather at Riverside National Cemetery (22495 Van Buren Boulevard, Riverside, CA 92518) on Wednesday, October 26, 2022 at 11am.

While nothing is expected or necessary, if there is a desire to do something, in lieu of flowers, we are asking that donations be made in her name to Wounded Warriors. She and my grandfather had a heart for the military with my grandfather having been a Lt. Colonel in the Army serving in WWII, Korea, and Vietnam. And, she was so proud of my dad's service in the Army during Vietnam and now my nephew's current service in the Air Force. She loved serving on the Making Spirits Bright committee.

On Thursday I found a note that she wrote after calling me about an abbreviation she saw on Facebook. (Yes, at 94 she was active on the computer and on FB.) She called to ask me what TTFN meant and when I told her it meant "Ta Ta for Now" she got the biggest bang out of it. So, she wrote it down on a piece of paper that I found front and center on her desk.

So, while I sign off as Carrie, I am leaving her signature block.

TTFN,  
Mimi Sopocko  
Live Well, Laugh Often, Love Much



## CONGRATULATIONS ON A JOB WELL DONE!

I would like to take this opportunity to thank everyone for their efforts in making our Casino Night and Fascination Ball a success. The night was beautiful. Being greeted with a glass of champagne always starts an event off on a festive note. Mel, as always, provided soulful music to accompany dinner and to dance to later in the evening. The Vita Grill out did themselves with a delicious buffet. Due to our success we raised \$33,000 to support our Club and our scholarship program.

In addition to our members, their friends and family, we were joined by our Diamond Bar Princesses, representatives from our City Council, the Walnut Valley Unified School Board of Trustees, the Pomona Unified School District Board of Trustees and staff at Diamond Ranch High School.

School staff and members of the School Boards have also committed to ensuring we have a wide variety of applicants for the scholarships we will now be able to award due to the success of the event. We have officially entered the 21st century for scholarship application. At the Scholarship Committee's recommendation our new website will have interactive scholarship applications that students can complete and email directly to the Club along with their letters of reference.

For those of you that were not able to attend I would like to thank you for your generous donations, purchase/ sale of tickets, support with obtaining sponsors, putting together centerpieces and creating raffle and auction baskets. No event can ever be successful without the hard work and dedication of our members. That support can come in many ways and your contributions are appreciated.

Thank you,  
Claudia Maidenberg

*Congratulations*

# HELLO SISTER'S IN FEDERATION

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The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteering service. This statement comes to mind as we approach our January 1 to December 31, 2022 Chairmen Projects. We have had a wonderful year to be very proud of. Lots of club and community success stories to write about within all project areas. Our Club deadline to submit project information is December 20, 2022. This will allow every chairperson time to enjoy the holidays with family and friends.

October is Domestic Violence Awareness Month. Please wear purple to our October 19th meeting. It is also Breast Cancer Awareness Month; let's celebrate our club survivors by wearing a Pink Ribbon.



**October 8, 2022**

CFWC Area B Conference Pico Park, Pico Rivera, CA. Cost \$35.00 9:00am

**October 14, 2022**

SGVD Business Board Meeting Covina Woman's Club 9:30 AM – Fall Council Meal Reservations due. Cost \$20.00 – District Chairpersons Judges information due.

**October 17, 2022**

DVAC is Hosting a Short Movie Premiere at Covina Woman's Club 11:00am Bring your lunch or snacks

**October 19, 2022**

Diamond Bar Club Monthly Meeting Wear Purple at Vita's Lunch \$25.00

**October 22, 2022**

SGVD Fall Derby High Tea Party Quiet Cannon Montebello, CA. 10:00am Cost \$45.00

Thank you

Abbey Howell-1st VP/Dean

## THINGS TO KEEP IN MIND

- Membership is everyone's responsibility.
- Penny Pines is a great way to help our local forests.
- Recycling lessens landfills and supports Chips4Kids along with Christopher's Closet.
- Handbags and Toilettes give women basic necessities- DVAC.
- Backpacks donated become Freedom Bags against Human Trafficking.
- Outreach shows that caring for others is a community effort.

## HOLIDAY LIST FOR DAVC

**Gently Used Items:** Wheeled suitcases, alarm clocks, purses, scarves, clothing (clean, good condition boxed or in a bag for Crossroads)

**New Items:** Lotion, Small Shampoo/Conditioner, make-up, coin purses, foo-foo items, toys for all ages (no stuffed animals), books for children, slippers, socks, cleaning supplies, coffee, child diapers, baby blankets, toys, and clothing, baby products, bottles, wipes, paper towels, TP, sanitizer, soap, kitchen supplies, etc.

**Cash and/or Gift Cards:** Checks can be made to CWC DVAC and gift cards from Walmart and Target can be very helpful for older children.

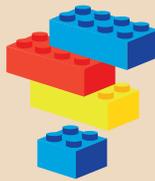


## SPECIAL BASKET PROJECT FOR CROSSROADS

These Welcome Baskets are given to the women of Crossroads when they come to the agency. Crossroads provides housing and services for formerly incarcerated women. Baskets are made on a continual basis, usually 5 at a time. Please buy items in sets of 5 whenever possible. Most of the items below can be found at the 99 Cent Store or the Dollar Tree. These items must be new and unopened. Slippers, socks, fingernail file kits, purse calendar planners. Purse tissues, Lip gloss, 5 \$2 dollar bills or 10 \$1 dollar bills, Chapstick, Purse sized hand lotion, hair brushes and combs, wallets, calculators, purse flashlights, sewing kits, large size shampoo & conditioner, bath gel, make up bag, make up - mascara and/or eye shadow and/or eyebrow pencil set, blush set.

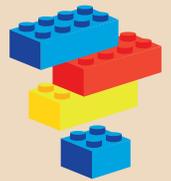
Other items for the basket are: colorful pillow cases (2), colorful towels (bath Size and wash Cloth). New or slightly used items: purse, scarf, jewelry. You need not give 5 of these items as DVAC will help supply them.

For both the DVAC Agencies and Crossroads, do not wrap gifts. You are welcome to put a ribbon on them. Mark Crossroad items separately. Provide DVAC with a list of the items and if you are representing a club, indicate on the list. Keep it simple - e.g. 10 large toys, 2 30- gallon bags of good condition used clothing, 5 Baby Blankets



October 8th, 2022!

Pico Park  
9528 Beverly Blvd.,  
Pico Rivera, CA 90660



### Speakers:

CFWC President Barbara Briley-Beard  
CFWC 2nd VP Sonya Matthies  
CFWC 2nd VP Wendy Curran

Share the love of  
GFWC!

Have your Club  
host a  
Membership  
Recruitment Event.

GFWC offers \$50  
grants to offset  
membership  
recruitment costs!



Contact GFWC-SC Membership Chair  
suzannegcarswell@gmail.com for assistance

## GFWC DECLARES:

Membership!

Membership!

Membership!

# MONTH OF OCTOBER IS:

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Bullying Awareness  
Month



Domestic Violence  
Awareness Month.  
Please wear purple to our  
October 19th meeting!

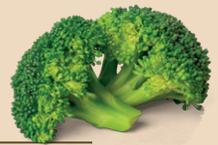


Breast Cancer  
Awareness Month.  
Please also wear a  
pink ribbon!



## BROCCOLI-HEALTH BENEFITS AND NUTRITION FACTS

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### Benefits

- Broccoli improves cardiovascular health.
- Broccoli is a food rich in soluble fiber, which binds to cholesterol in the intestine and reduces its absorption.
- Broccoli contains potassium, magnesium, sulforaphane and antioxidants:

Potassium and magnesium help to regulate blood pressure and promote the relaxation of heart muscle and arteries. Sulforaphane is a substance with anti-inflammatory properties that prevents the appearance of damage to blood vessels and the development of coronary artery disease.

- Broccoli helps in the intestinal health:

Broccoli is rich in sulforaphane, a substance that helps regulate the number of bacteria in the stomach, such as *Helicobacter pylori*, preventing the appearance of ulcers or gastritis.

The fibers present in broccoli accelerate intestinal transit and increase the volume of stools, which together with sufficient water intake, prevents constipation.

- Broccoli helps control blood sugar:

Source of fiber that lowers blood sugar levels in people with type 2 diabetes, and sulforaphane that inhibits glucose production and improves blood glucose levels in humans.

- Broccoli may support hormonal balance:

Broccoli contains indole-3-carbinol which influence estrogen metabolism, by decreasing the amount of circulating estrogen in the blood, preventing the development of cancer cells whose growth depends on this hormone.

### Possible Side Effects

- Individual with inflammatory bowel disease, Crohn's disease or ulcerative colitis should be careful with the consumption of broccoli as it is rich in fiber and has the capacity to modulate the intestinal microbiota.

Some unwanted effects can be associated with its consumption such as bloating and gas.

- Individuals taking the blood thinner medication such as Warfarin should consult with their healthcare practitioner before increasing their broccoli intake because it is high in vitamin K.
- In excess, broccoli has compounds that can block the use and absorption of iodine.

Thus, it negatively influences the activity of the thyroid gland.





# PHOTOS FROM THE BALL!





*Diamond Bar Woman's Club*  
*Monthly Fundraiser*  
***Hello Fall***  
*October Drawing*



**Table Runner, candles and Beautiful  
Centerpiece**

Tickets - \$5 each – 4 tickets get 1 free

Please send cash or checks

(Checks payable to Diamond Bar Woman's Club)

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Please mail to: Linda Headlee  
23273 Woodleaf Drive, Diamond Bar, CA 91765  
To be eligible for the September drawing  
**money must be received by October 19**  
**or can be purchased at the October 21 Meeting**

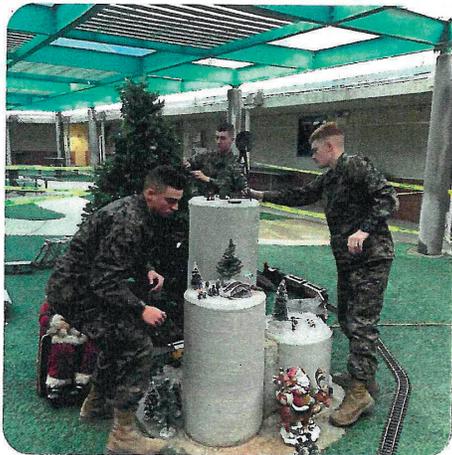
# MAKING SPIRITS BRIGHT

## Partnerships/Events

- ★ **Operation Holiday Joy** - With the help of numerous generous donors and volunteers, Holiday Joy was held December 18th, 2021. This was an opportunity for military families E6 and below to come and shop for new unwrapped gifts for their children to open at Christmas. We served nearly 500 military families!



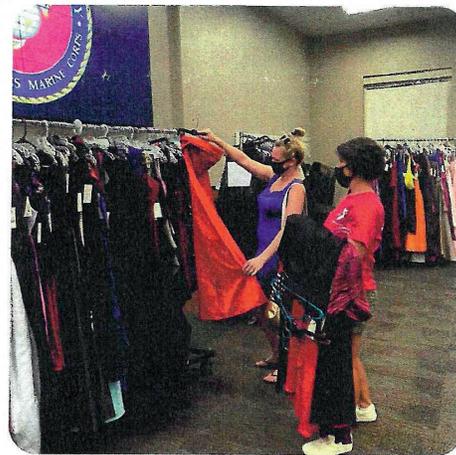
**ASYMCA  
PARTNERSHIPS  
& EVENTS**



- ★ **Making Spirits Bright** - The ASYMCA partnered with Diamond Bar Women's Club to provide military members and their families with brand new wrapped gifts at Christmas! With their help we served 80 families E6 and below.

- ★ **Ball Gown Giveaway** - ASYMCA partnered with Best Friend's Closet to provide 100 gowns, purses, shoes, and jewelry to Military Spouses attending the USMC Ball. Everyone was thrilled to find something to wear to the ball!

- ★ **Gubler's Orchid Festival**- ASYMCA partnered with Yucca Valley Sunset Rotary Club to provide volunteers and concessions at Orchid Festival in October.



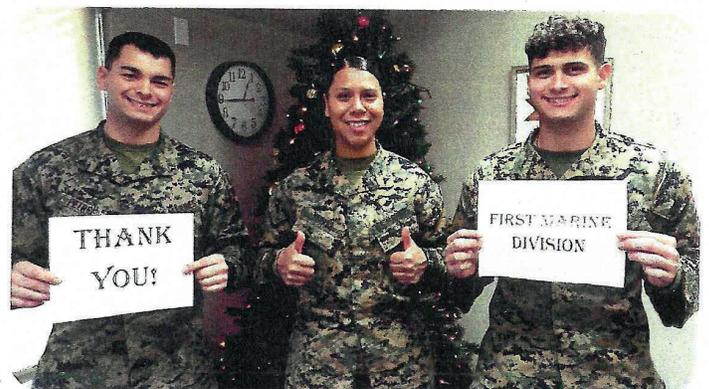
# VOLUNTEER PROGRAM

- ★ 620 Active Duty Volunteers
- ★ 732 Civilian Volunteers
- ★ 6,353 total Volunteer Hours in 2020



## EMERGENCY ASSISTANCE

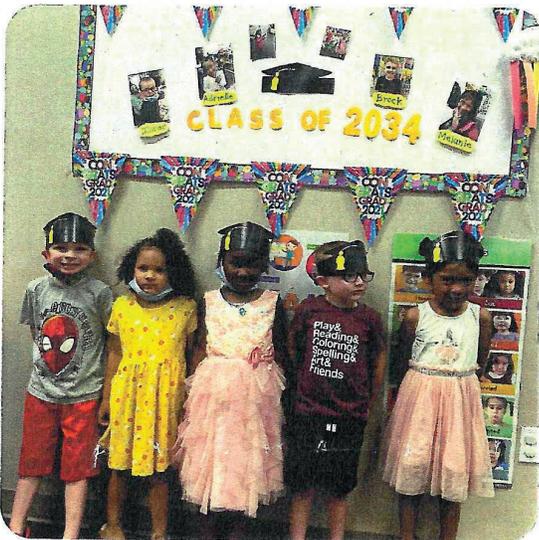
- ★ Provided emergency assistance directly to 48 active duty military and their families during financial hardships, not already addressed by the military branch, the Red Cross, the Navy Marine Corps Relief Society, or other social service agency aboard the Base. 198 total points of service.
- ★ Example of typically funded expenses: Cost of lodging at Hansen House, Ronald McDonald House, or Fisher House while a military child or spouse is in the hospital. Also includes money for gas and food during their lodging.



# ARMED SERVICES YMCA 29 PALMS BRANCH SPONSORED WORKS

## OPERATION LITTLE LEARNERS (PARENT/CHILD PRESCHOOL PROGRAM)

- ★ 109 children enrolled
- ★ 198 adults participated
- ★ 317 total points of service



## Operation Little Learners

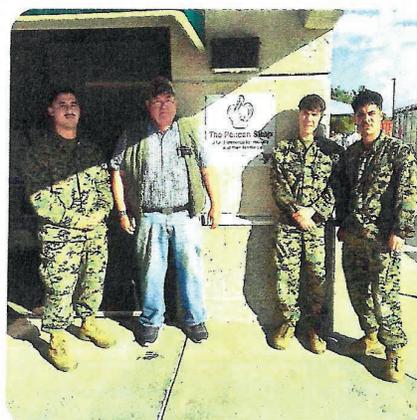
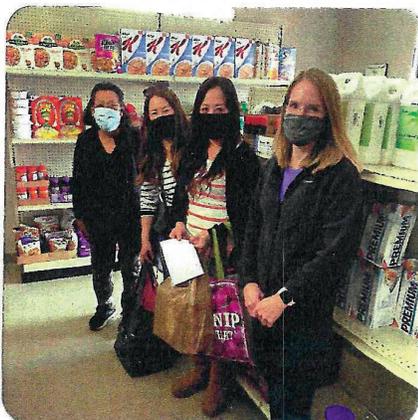


## THE PELICAN SHOP (FOOD PANTRY)



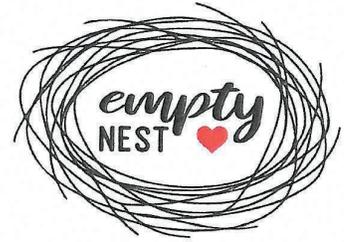
## The Pelican Shop

- ★ Weekly food distribution served 9,398 families including pantry staples, personal care items, household/cleaning items, baby care, dairy and fresh produce
- ★ Total points of service 15,310
- ★ 5,912 children served



# THE EMPTY NEST (THRIFT STORE)

- ★ 7,125 visitors to the thrift store in 2021
- ★ 1,582 donations to thrift store for resale
- ★ \$15,000 in merchandise given gratis to E6 and below families in need
- ★ \$86,058.71 realized in sales in 2021



## The Empty Nest



# UNIFORM SHOP

- ★ 1,642 active duty military provided with FREE uniforms

