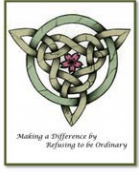


# DIAMOND BAR WOMAN'S CLUB NEWSLETTER



*"Tell a Woman"*



## A MESSAGE FROM THE PRESIDENT

*By Claudia Maidenberg*

### **Teamwork Makes the World Go Around**

I would like to thank everyone that participated in our table talks about Casino Night. This has been the signature event of our Club for many years. Not only does it provide funds for scholarships, when successful, it provides funds towards the operation of the Club and support for other Club projects. The Diamond Bar Woman's Club is known throughout the community for Casino Night and this branding helps to attract donors not just for scholarship but for our other projects as well.

Many valuable suggestions were made on what to change, what to leave as is and how to share the financial information to best inform us on what does and does not generate income. Abbey, Patsy and I will be working with the hotel staff and the other vendors that are a part of the event and bring back several versions of what Casino Night can be. These proposals will of course include the many wonderful ideas that were generated as well as the costs associated with each plan. As a group we will decide the best path to travel and the logistics for making the ideas a reality.

One thing everyone agreed on was that raffle and auction items need to be of greater value. In informal conversations I heard wonderful stories of high end items and even trips that were donated and auctioned in the past. This concept of quality donations need not wait until any formal plan is approved and it requires the help of everyone.

- Do you know someone who works in a company that might provide a wonderful gift or funds to buy a wonderful gift?
- Do you have or know of someone who has timeshares they would be willing to donate?
- Do you know a travel agent who might support us with a donation of a trip?
- Do you have a contact in a winery who might donate a year membership of a stated value in a wine club?
- Do you have hotel points that could be converted into an auction item?
- Do you know someone with vacation home who would be willing to donate a week's stay?
- Do you have credit card points that can be converted into something nice to auction?

When a large task is broken up into small bites and spread over a long period of time a great deal can be accomplished with what seems like little effort. Let's help each other build on the high energy and positive ideas of the table talks and make Casino Night the best it has ever been.

# ABBEY HOWELL 1ST VICE PRESIDENTS MAY 2023 “TELL A WOMAN” ARTICLE



## Hello Federated Club Sister's

It was wonderful to see that the Diamond Bar Woman's Club had over 20-Club Member's in attendance to support all our hard work and dedication to the Report Project Certificates being awarded at this year's convention.

Congratulations on the 13-Awards we were recognized for.

The Diamond Bar Woman's Club competes for project awards in the intermediate Club size (41-70 members). Our membership was calculated at 43 members. The Clubs in the same category are: Baldwin Park Woman's Club, La Crescentia Woman's Club, Montebello Woman's Club, Monterey Park Woman's Club; The Woman's Club of Arcadia, The Woman's Club of West Covina and Women's Twentieth Century Club of Eagle Rock. Our Club earned the following awards:

- Leadership 2nd Place
- Advocates for Children 3rd Place
- Domestic & Sexual Violence Awareness 2nd Place
- Legislation & Public Relations 3rd Place
- Communications and Public Relations 1st Place
- Women's History & Resources 1st Place
- Growth in Membership (June 1, 2022-May 31 2023) 2nd Place
- Arts and Culture 2nd Place
- Civic Engagement & Outreach 1st Place
- Health & Wellness 3rd Place
- Fund Raising 1st Place
- Perfect Attendance/ Most Members in Attendance at District Executive Board Meetings 1st Place
- Individual members may enter items to compete in contests for: Art and Photography, Crafts, Creative Writing, Newsletter and, Public Relations - GFWC/CFWC Advancement
- Creative Writing – Poetry and Limerick Barbara Armstrong 1st Place
- Creative Writing Marilyn Cruz 1st Place
- Newsletter Marilyn Cruz 1st Place

I am sure that our new members will be interested in joining the different Club Projects, so that next year they will fill the same excitement of hearing your club announced as a winner. Keep up the wonderful work as we prepare for the new fiscal year of Club Projects!



## Ways and Means 3rd Vice President Janice Giardina and Linda Headlee

by Janice Giardina

Our April raffle, a spring table cloth & bicycle plant holder with a beautiful spring flower arrangement, raised \$110 and was won by Paula Dryburgh. Thank you to all who participated.

As the co-chairs of Ways & Means for the last several years, we feel this is an area, where members who are creative would be effective in supporting the Club. Ways & Means can have events to not only raise funds but get Club members involved and have fun. Ways & Means and Casino Night are the funding sources to sustain the operations of the Diamond Bar Woman's Club.

We try to put fun into Fundraising! Over the last three years funds have been raised through clothing drives, rummage/yard sale, monthly raffles at our general meetings and selling painted wine glasses and decorative bottles at the District December craft boutique. COVID did not stop us. We did Virtual Bingo, which was really fun!!



Future events may include:

Bingo

Sip & Paint

Additional clothing drives

Cedar Creek Inn sponsor/fundraiser

(They donate a percentage of the proceeds of people's bills that dine there and bring flyer for DBWC.)

Members, are looking for a way to get involved and support the Club with new ideas, use your creativity and encourage fun too? We welcome the collaboration of any members who are looking to the future as enthusiastic candidates for Ways and Means in 2024.

## 2023-2024 OFFICERS

**President**  
**1st VP & Dean**  
**2nd VP /Membership**  
**Third Vp**  
**Recording Secretary**  
**Corresponding Secretary**  
**Treasurer**  
**Parliamentarian**

**Claudia Maidenberg**  
**Abbey Howell**  
**Diana Limon**  
**Linda Headlee & Janice Giardina**  
**Rachel Kirk**  
**Rosette Clippinger**  
**Jennifer Fred Mahlke**  
**Patsy Wilson**

# Health & Wellness:

## Eat Sweet Potatoes Every Day

BY ARLENE BRITT

One sweet potato has 15% of the daily value of fiber.

### Blood-sugar

As a complex carb, a sweet potato takes more time to digest than simple carbs. That means a sweet potato won't raise your blood sugar levels as quickly, helping to keep your mood and energy levels steady.

If you have diabetes, be mindful of how you eat sweet potatoes, because they're high in carbs: "Pair a sweet potato with a protein and a little fat to avoid a blood glucose spike."

### Reduced Inflammation

High in antioxidants—specifically vitamin C, carotenoids and phenylpropanoids—which reduce inflammation in the body and protect against chronic diseases, as well as certain types of cancer.

### Healing

Sweet potatoes have also been linked to improved vision (due to their beta carotene and vitamin A content), a better immune system (vitamin C and manganese) and strong bones (manganese again). Eating sweet potatoes regularly is even good for your skin.

### Mental Health

Sweet potatoes are good for mental health because they're high in vitamin B6, which is needed to synthesize serotonin, a neurotransmitter that helps to regulate mood.

What makes sweet potatoes particularly worthy is their fiber, potassium, vitamin A, vitamin B6 and vitamin C. Yams - look similar to sweet potatoes - are also considered a superfood. The nutrients in yams are similar to those in sweet potatoes, with yams higher in potassium, while sweet potatoes higher in vitamin A.

The benefits of sweet potatoes are clear, but on its own as a meal don't provide enough protein to be satiating. Combine your sweet spud with lean protein like eggs, skinless chicken, Greek yogurt, beans or chickpeas to make it more filling. Experts say eating a sweet potato a day is certainly healthy, they don't recommend more than that, since there are plenty of other vegetables to enjoy too. There's no shortage of ways to enjoy sweet potatoes—and experimenting is part of the fun!





# LIMERIC POEM

## *The Diamond Bar Woman's Club*

WRITTEN BY BARBARA ARMSTRONG

The Diamond Bar Woman's Club

There once was a Woman's Club called D-Bar  
Whose calling was helping those near and far.  
They worked until done,  
Made the work more like fun,  
And those touched by them lived to enjoy more.



# Scholarships

## *Successful Work*

*By Claudia Maidenberg*

We can be proud of the hard and successful work of our Scholarship Committee. With our movement into the 21st Century we had twelve students apply for scholarships. Eight students will be honored at our May 17, 2023 meeting and I know everyone will be pleased with the students that were selected.

I have invited representatives of each high school, each school district, our city as well as the corporate donors to join our celebration. For our May meeting we will be upstairs in one of the ballrooms of the hotel to accommodate the larger crowd. As we discussed in April, the plan is to only celebrate and honor our scholarship recipients. There is no plan to have a Club business meeting on May 17. I asked members to arrive at 11:30 a.m. to check in. Our event will start at noon(ish) with lunch followed by the awards ceremony.

Let's say something really important happens between now and May 17 and we need to accomplish some official business. If that happens with your project, let me know and we will have a short agenda to make that happen. If you need to make an announcement about your project, time will be allotted for that between 11:30 a.m. and noon. The meal will include a choice of Chicken Marsala or pizza. Everyone will also get a salad and there will be pitchers of iced tea and lemonade on each table. The cost will be \$35. As a 501c3 the restaurant does not charge us sales tax. When we move to the hotel ballroom the option of not having to pay sales tax is not available to us. Adding drinks and the inclusion of sales tax are the reasons for this one time increase in price for our May lunch.

At our meeting I would like everyone to help our invited guests and feel welcome.



# Important Dates



## MAY BIRTHDAYS

—  
Jennifer Fred Mahlke

—  
Natalie Ferrerosa

—  
Natalie Taeossian



### May

- 1 SGVD Executive Committee Meeting, Vita Restaurant, Pomona CA 10:00 a.m.
- 1-5 Notify Scholarship Applicants
- 3 Diamond Bar Woman’s Club Board Meeting Zoom 11:00 a.m.
- 3 New Member Orientation on Zoom 7:00 p.m.
- 11 RSVP Winning Scholarship Applicants
- 12 SGVD Board Meeting Covina Woman’s Club 9:30 a.m. 128 S. San Jose, Covina
- 17 Diamond Bar Woman’s Club General Meeting to honor Scholarship Recipients, Vita Italian Bar and Grill, Pomona CA 11:30 a.m. NOTE CHANGE IN TIME
- 22 June Newsletter Articles Due
- 25 Diamond Bar Woman’s Club Social 4 p.m. – 6:00 p.m. Vita Italian Bar and Grill.

### June

- 5 SGVD Executive Committee Meeting, Vita Italian Bar and Grill, Pomona CA 10:00 a.m.
- 7 Diamond Bar Woman’s Club General Meeting, Vita Italian Bar and Grill Pomona CA 10:00 a.m.
- 9 SGVD Board Meeting to honor District Scholarship Awards Covina Woman’s Club 9:30 a.m. 128 S. San Jose, Covina
- 29 Diamond Bar Woman’s Club Social 4:00 p.m. – 6:00 p.m. Vita Italian Bar and Grill.
- TBD MSB Orchid Sale
- TBD In Person New Member Orientation and Celebration



New members photos 2nd Vice President Diana Limon welcomed Selina Burns, Marriyan Hill



San Gabriel Valley District honors 60 and 50 years of Service Membership. Congratulations: Mae Moore and Sharron Tanzer



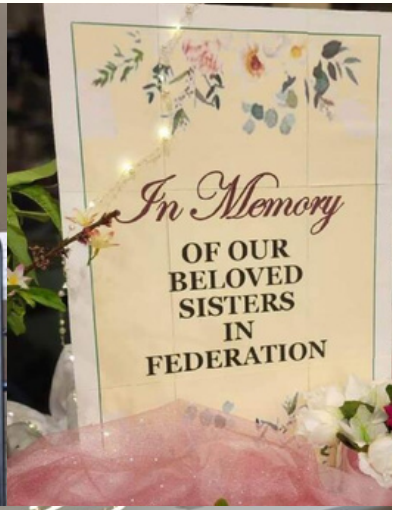
Ruth Low honored as 2022 Club Citizen of the Year



Fun times at the 67th Annual Convention with Diamond Bar Woman's Club Members







Memorial Service to honor our deceased members: Betts Griffone and Mimi Sopocko

