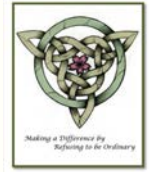


DIAMOND BAR WOMAN'S CLUB NEWSLETTER



By Claudia Maidenberg

The Future of the Diamond Bar Woman's Club is You !

Organizations have many leaders. It is a misconception to think the only person to be considered the leader is the president of an organization. It is a misnomer to believe that the only leaders are the elected officers. Anyone who guides a committee, develops a project or oversees a necessary task/duty is a leader. The success of every organization is dependent on the leadership provided by the many members that are leaders. Leaders understand that forming healthy relationships is essential to achieving success.

Quality leaders are loyal people of integrity who are trusted by members and who have a true enthusiasm for the organization. They use their communication skills to motivate, teach and establish boundaries. When decisions need to be made, they step up to the plate and make them often knowing that if things don't go well they will need to hold themselves accountable for the outcomes. Beyond having a vision for where the organization is going, leaders have the skills to help the organization run smoothly and to empower people to not just do well but feel comfortable in expanding their role.

One of the responsibilities of every current member of the Board is to find and mentor someone to take their place. Everyone has heard me say this at meetings and write about it until you are sick of hearing the message. However, we will be having an election in 8 months. Several of our current officers have served on the board for 6+ years. While experience and continuity are good things, they lose that shining star quality if members begin to think the Board has been in place for too long. Some people have stepped up to the plate to work with current officers. That does not mean other talented members cannot join them. Beyond those who have already volunteered we need: someone to master the art of report writing (1 st VP); someone to learn the duties of the Treasurer; someone to take on the task of raising money (3 rd VP Ways and Means); and someone to become the guru of Robert's Rules (Parliamentarian).

If you want our Club to be successful, now is the time to volunteer to take on a new responsibility or draft another for the job.



Hello Sister's in Federation,

Here we are at the Fall Season along the start of the Holiday Season. As your Club Dean, I would like to thank each and every chairperson that has gathered information for the wonderful projects that will be written and submitted to the District. I am excited to read all the wonderful things you have accomplished with the goals that were set at the beginning of the year.

Just a reminder: we are approaching the January 1-December 31, 2023 Chairmen Project timeline. Our submission deadline this year will be December 21, 2023 this will allow every opportunity for all members to enjoy the holidays with family & friends.

October is a month of recognition for Breast Cancer Awareness and Domestic Violence Prevention. I would like to encourage all club members to wear a pink ribbon to show our support for members in the Diamond Bar Woman's Club who are survivors. We can support the Domestic Violence Program by wearing purple or a purple ribbon. Chairman Sharron Tanzer will be forwarding the monthly House of Ruth Newsletter to all members. It is wonderful to keep up with the many activities and events celebrated in the Pomona area.

Important Dates to Save

October 1, 2023 – January 31, 2023 / Casino Night Tickets go on Sale to help support our Scholarships and Education for our local children — support our efforts with the sale of tickets to our annual event Casino Night.

October 7, 2023 – CFWC Area B Conference, event held in Oak View, CA. We will have a total of 6-members traveling to the conference.

October 13, 2023 – SGVD Business Board Meeting, held at the Covina Woman's Club
128 S. San Jose Avenue Covina, CA. 9:30 AM to 1:00 PM – Fall Council Reservation due cost \$25.00

October 21, 2023 – SGVD Royal Crown Tea Party Brunch, held at the Quite Cannon Golf Course
Montebello, CA. Tickets still available contact Diana Limon.

Thank you

Abbey Howell – 1 st VP/Dean



MAKING SPIRITS BRIGHT

by Sonja Reed

As of August 30, MSB has raised \$32,445 and has a goal to raise a total of \$37,000.



Again I would like to thank each and every one of you for attending and supporting our fundraiser at Chilis for Making Spirits Bright We raised \$350.00. Now the committee is busy with the upcoming Food Drive hosted by the San Dimas Rotary and the committee is playing a support role and retrieving food items from participating Women's Clubs and Organizations. We are hoping for a good turn out since this is the last food drive of the year. Hacienda Heights Woman's Club has done a great job. I am going to include a photo of how these ladies raised food for the cause. Presentations have been scheduled and still being scheduled in various areas and with various organizations to raise money for the upcoming Christmas Season since Making Spirits Bright is a Holiday program .

We are working throughout the year taking donations for the 29 Palms Marine Base. Here are items the base is looking for:Housewares, day to day kitchen items, side tables, bookshelves, dressers, chairs, baby items pack and play, strollers, baby items all in good condition. Storage cubbies and baskets. This is the latest updated list I received from the 29 Palms Marine Base. If you have any of these items, please let a member of the committee know about this. All items must be in good condition. We would be glad to take them off of your hands.

Our Speaker for the Marine Birthday Dinner will be a wounded warrior. This would be the first one I would get to meet. We are excited to have him speak and perhaps share more about the Wounded Warrior Program. Please let a committee member know if you would like to purchase a ticket for this fabulous event and your support to our military families. If any of our new members have any questions about our program please do not hesitate to speak with a committee member.





NATIONAL DAY OF SERVICE - DIAMOND BAR WOMAN'S CLUB SUPPORTING THE FOOD INSECURITY PROJECT THROUGH OUR MILITARY MAKING SPIRITS BRIGHT PROJECT



Exercises to Boost Memory.

BY ARLENE

People who spent more time sleeping, sitting, or only moved a little in place of doing moderate to vigorous exercise had a 1% to 2% drop in cognition.

- **Research has found exercise can have a positive impact on your memory and brain health.**
- **A new study linked vigorous exercise to improved memory, planning, and organization.**
- **Data suggests just 10 minutes a day can have a big impact.**

A new study reveals the best exercise for brain health—and it can help sharpen everything from your memory to your ability to get organized.

The study found that doing moderate and vigorous exercise and activities—even those that were done in under 10 minutes—were linked to much higher cognition scores than people who spent most of their time sitting.

Moderate exercise includes brisk walking and anything that gets your heart beating faster.

Regular physical activity can help improve your cognitive health, improving memory, emotional balance, and problem-solving.

Working out can also lower your risk of cognitive decline and dementia.

Best exercises for your memory

The CDC suggests doing the following to squeeze more exercise into your life to enhance your brain health:

- Dance
- Do squats or march in place while watching TV
- Start a walking routine
- Use the stairs
- Walk your dog, if you have one

However, the latest study suggests that more vigorous activities are really what's best for your brain.

- Running
- Jogging
- Swimming
- Biking on an incline
- Dancing

Take breaks in sedentary behavior (sitting) throughout the day by doing physical activity for 6 to 10 minutes.

For example:

A minute or two of jumping jacks, climbing stairs at a brisk pace, or doing air squats or push-ups and walking for about 10 minutes.





DBWC MEMBERSHIP

MESSAGE FROM DIANA LIMON, MEMBERSHIP

Did you know that your Membership with Diamond Bar Woman's Club gives you prestige status in the Community? You are recognized by your Community, your Church, your friends, family and by Civic Officials. You are a member of the General Federation of Women's Club in Washington D.C. The DBWC is known for its goal to provide our local students with scholarships. Our annual Casino Night is the event that makes this goal a reality. We assist our Club Sisters when needed and other organizations in Diamond Bar and the surrounding areas. We need each and every one of you! You are Important to this Club! Support, reaching out, sisterhood and camaraderie is our goal!

New Members! We had all good intentions to have a DBWC New Member & Current Members Family Picnic, But we were hit by the hurricane! Mother Nature is letting us know, she is here! We are planning another date in November, we will advise our New club members of details once confirmed.

CHALLENGE FOR ALL

Wear your Diamond Bar Name tags to events you attend, get a conversation started and invite someone to a meeting.

At the end of 6 months, the club member who has the most new members signed up between Sept. 2023 and March 2024 will get a \$50.00 gift certificate.

Let's share community events that we can attend as a club and get DBWC out there and be seen and recognized by our community. Diamond Bar Restaurant Week is coming! Let's show our support and wear your club shirts, take photos and let's have Fun!



Important Dates

October

2 SGVD Executive Committee 10:00 a.m.
Vita, Double Tree Hotel

4 Board Meeting 11:00 a.m. Zoom

7 CFWC Area B Conference Oak View Park and Resource Center
555 Mahoney Road, Oak View CA 10:00 a.m.

11 RSVP for Club Lunch due to Claudia
Chicken Marsala or Spaghetti Marinara

13 SGVD Board Meeting 9:30 a.m.
Covina Woman's Club
128 South San Jose Covina, CA

17 SGVD Past Presidents Affiliate Group 11:30
a.m. Covina

Woman's Club
128 South San Jose Covina, CA

18 CLUB MEETING 10:00 A.M. VITA,
DOUBLE TREE BY HILTON RSVP DUE
BY 10/11

21 SGVD TEA 10:00 AM - 2:30 PM
QUIET CANNON 901 VIA SAN
CLEMENTE, MONTEBELLO CA 90640

24 NEWSLETTER ARTICLE FOR
NOVEMBER DUE TO CLAUDIA

26 CLUB HAPPY HOUR

27 SGVD ALUMNAE AFFILIATE GROUP
11:00 A.M.

BALDWIN PARK WOMAN'S CLUB
3817 BALDWIN PARK BLVD, BALDWIN
PARK, CA

Newsletter Article Submission and Publication

Please email Claudia your article: c.maidenberg@verizon.net

Article Due No Later than	Publication Date
August 22	September 1
September 26	October 6
October 24	November 3
November 21	December 1
December 26 Earlier would be better.	January 5
January 23	February 2
February 20	March 1
March 26	April 5
April 23	May 3
May 22	June 7



DIAMOND BAR STEPPING OUT

