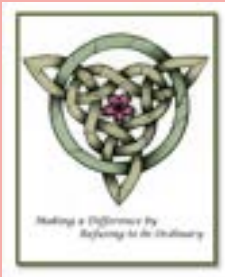




DIAMOND BAR WOMAN'S CLUB NEWSLETTER

April Newsletter Vol. 17 2024



April showers brings spring flowers!

DIAMOND BAR WOMAN'S CLUB

President's Letter

By Diana Limon

April celebrates the outdoors! April is National Garden Month with some special days such as Find a Rainbow Day along with Earth Day. April flower is the Daisy - a symbol of innocence, loyalty, love, gratitude and transformation.

Members are encouraged to spread the word of our 2024 SCHOLARSHIPS AWARDS to your local neighbors, family, friends, frequented salons, realtors, law offices, and restaurants. Criteria for these awards are: Enroll and attend 2024 Fall quarter/semester at a college; (2 or 4 year), a Music, Art College, Trade School, or Certificate Program. Proof of enrollment and attendance is required by December 1 st .

Flyer attached and link:

www.diamondbarwomansclub.com/scholarshipapplication.

Our Club will have a booth at Earth Day sponsored by the Walnut Valley Water District celebration to be held on April 20th.

Congratulations to our Diamond Bar Woman's Club 2024 Recipients who will be recognized and awarded at the SGVD April Convention to be held at the DoubleTree Hotel, Pomona.

- 2023 Club Member of the Year – Janice Giardina – Recognition on Friday, April 26, 2024
- 2023 Citizen Member of the Year – Raphael Plunkett - Recognition on Saturday April 27, 2024

We hope that you will be able to attend and/or congratulate our well-deserved members.

President's Letter

By Diana Limon

We are honored to give special recognition to our Member, Raphael Plunkett for receiving Diamond Bar City's 2024 Outstanding Volunteer Award! Raphael will be presented her award by the City Council at the City's 35 th Birthday Party on Saturday April 6 th at 12:30pm. Please plan on attending and wear your club shirts and pink scarves.

We voted our new Diamond Bar Woman's Club Executive Board officers for 2024-2026. The new Officers will be installed at the June meeting and followed by a Welcome Reception. We will be giving more information in May. Diamond Bar Woman's Club is a club of volunteers striving to spread kindness and help our community by giving back.

Best of Health,

Diana Limon





The Diamond Bar Woman's Club



Calling all Seniors from Diamond Bar & Diamond Ranch High Schools

Scholarship Award 2024



About Us

We believe in the power of education to transform lives. Our scholarship aims to support students who are committed to making a positive impact through higher learning. Scan the QR code, or go to our website for more information and complete the easy application.

What's my GPA?
Must have maintained a cumulative 2.5 GPA in high school

Apply by 4/12/24
Only completed applications submitted/postmarked by the deadline will be accepted

Home School Students may apply
Must be a graduating senior and provide proof of residence in Diamond Bar

Visit Our Website:
www.diamondbarwomensclub.com or scan the QR code.
Application Deadline: Friday, April 12, 2024



2022-2024

CLUB OFFICERS



DIANA LIMON

President

ABBIEY HOWELL

1st Vice President/ Dean

RAPHAEL PLUNKETT

2nd Vice President/ Membership

JANICE GIARDINA / LINDA HEADLEE

3rd Vice President/ Ways & Means

MARRIYAN HILL

Recording Secretary

JENNIFER MAHLKE

Treasurer

ROSETTE CLIPPINGER

Corresponding Secretary

PATSY WILSON

Parliamentarian

LEI PHILLIPS

Newsletter Editor



Website: diamondbarwomansclub.com

DIAMOND BAR WOMAN'S CLUB

**1st Vice President
“Tell A Woman”**

By Abbey Howell

Hello Club Sisters in Federation,

Congratulations to the new 2024-2026 incoming administration for the Diamond Bar Woman's Club. We closed out a very busy March celebrating Women's History Month. The City of Diamond Bar honored and recognized the Club with a City Proclamation at the City Council meeting on March 5, 2024 with Mayor Stan Liu presenting the Proclamation to President Diana Limon that evening. This event will make history within the City of Diamond Bar and the Diamond Bar Woman's Club. What a privilege to be there and witness this occasion.

The San Gabriel Valley District 68th Annual Convention will take place, April 26-27, 2024 held at the DoubleTree by Hilton, Pomona CA. Proud moments will be shared at this event as our Club Woman of the Year and Citizen of the Year will be honored and recognized, along with Club Awarded Winning Reports for 2023. On Friday, April 26th Club Member Sonja of the Year: Janice Giardina will be honored at the lunch session. On Saturday, April 27th Club Citizen of the Year: Raphael H. Plunkett will be honored at the lunch session. Let's all show our support and come to convention with cheering spirits as our Club Members will be recognized! Convention Meal Registration Forms will be made available at the March 20th meeting and payment required that day to attend, cost \$54.00 - Deadline to register for convention is April 5, 2024.

Cont. on next page ↓

It was very sad news to hear of the passing of our dear sister Eileen Ansari. She was one of the strongest women that I have had the pleasure of volunteering and working with. Her legacy, for education will live on with the Rose Clark Medical Scholarship in place. On a happier note our charter member Mae Moore turned 105-years young this past February.

Here's wishing everyone the best of luck with continued support of our many Programs/Projects that were adopted at the February General Meeting. Information listing our Club Projects will be published within this newsletter. I am here to help you, as your Dean of Programs/Projects at any time during this administration and moving forward.



Thank you

Abbey Howell-1st VP-Dean



Celebrating the Life of Eileen Rose (Clark) Ansari

By Raphael H. Plunkett, 2nd VP

February 12th, 1943 – March 14th, 2024
Diamond Palace Cuisine of India, March 26, 2024

A delicious meal was enjoyed as we shared memories of how we each knew and met Eileen. Diamond Palace restaurant's banquet room was full of attendees, photos and flowers. Eileen's family, daughter Naureen, son Naveed, grandchildren, caregivers and friends provided photos of Eileen at each table, in a slide show, and had a table full of her many certificates, accolades, awards including her Mayoral gavel.


Neighbors and friends embraced, caught up, reconnected, and laughed as we honored Eileen. Mayor Stan Liu opened the remarks portion stating that while he didn't know Eileen personally, he surely knew of her tremendous works in the community, and he was grateful to her. We DBWC members wore our club shirts as we honored our beloved member. Madam President Diana Limon shared our appreciation to the family, Treasurer Abbey Howell announced a declaration in honor of Eileen, Rosette Clippinger read the certificate, as Madam President presented the certificate to the family. It was a touching moment and Naureen was grateful to know that her mother had touched so very many lives.

Diamond Bar Woman's Club, Diamond Bar Friends of the Library, AAUW, TRI Counties Democratic Club, Diamond Bar Princesses, and others shared memories of Eileen's generosity, strength, support and persistence. One attendee mentioned that we are all grateful to the family for sharing Eileen with us, we all applauded in agreement. The food was delicious and abundant, the sound of laughter was charming, and seeing the hugs and handshakes was heartwarming. It was a lovely event in honor of a lovely woman.

As you drive through Diamond Bar and enjoy the beauty of our town, note that it was Mayor Eileen Ansari who is responsible for the lovely trees in the center of our roads. Eileen's efforts beautified our streets and now serve as a constant, lovely and inspiring reminder of our 'Sister in Federation.' Rest in Power dear Eileen!



Celebrating the Life of



Eileen Rose (Clark) Ansari
February 12th, 1943 - March 14th, 2024
Interment/Burial
Tuesday March 26, 2024 at 10:30am
Riverside National Cemetery





By Claudia Maidenberg

Women's Influence in Unionization of Labor

Luisa Moreno

Luisa Moreno was a central figure in organizing labor unions in the United States. While working as a seamstress during the Great Depression she organized her fellow workers into a garment workers union. In 1935, Moreno became professional organizer by the American Federation of Labor (AFL). After moving to Florida she unionized African Americans and Latina cigar workers. In Texas organized the pecan-shelling plants and later the cannery workers throughout California. While living in San Diego, she protested legislation that prevented Mexican Americans from working in jobs that would help the war effort for World War II. Moreno was also an advocate against police brutality.



Rose Schneiderman

Luisa Moreno was a central figure in organizing labor unions in the United States. While working as a seamstress during the Great Depression she organized her fellow workers into a garment workers union. In 1935, Moreno became professional organizer by the American Federation of Labor (AFL). After moving to Florida she unionized African Americans and Latina cigar workers. In Texas organized the pecan-shelling plants and later the cannery workers throughout California. While living in San Diego, she protested legislation that prevented Mexican Americans from working in jobs that would help the war effort for World War II. Moreno was also an advocate against police brutality.



Staying in the KNOW

By Abbey Howell

Congratulations to the 2024-2026 New Diamond Bar Woman's Club Incoming Officer's

President	Diana Limon
1st Vice President/Dean	Ellen Horwitz
2nd Vice President/Membership	Raphael H. Plunkett
3rd Vice President/Ways & Means	Hong Diana Zhao
Treasurer	Abbey Howell
Recording Secretary	Marriyan Hill
Parliamentarian	Patsy Wilson
Corresponding Secretary	Claudia Maidenberg

You're cordially invited to the Officer's Installment Reception. This event will take place after our June 19th General Meeting that will be held at Vita's Restaurant. More detailed information will be forthcoming...SAVE The DATE!

A very special thank you to our last months guest speaker, Patrick Byrne, Director at ASYMCA 29-Palms Marine Base. He distributed information about the programs run at the base, and provided the organizations annual yearbook. Members were allowed an opportunity to address and ask questions. Here's what we learned: ASYMCA is an affiliate of the big YMCA Organization, which they are gifted an \$160K allowance and 10% is the offset of this allowance to run their organization at 29-Palms. They are allowed to fundraise to keep all programs going and willingly accept donations from outside organizations and individuals. They have in place a Structured Sustainability Program. This was wonderful to hear, how it helps to support programs and strategies of the organization.

Now, to address many of our question; Patrick did state; that they do not take 10% of the Making Spirits Bright donations, and that all funds incoming are distributed and designated as indicated. For example: The Wish List of Making Spirits Bright are items of "In-Kind Donations" toys, clothing and footwear. If a Gift Card is donated that is a CASH-Donation that is categorized directly, the IRS considers it cash. Just as we donated \$22,000 for their programs which allows the Diamond Bar Woman's Club to file this information on our 990-Annual Income Taxes. 29-Palms would also be required to account for this large donation as a 501 (c) (3) organization. I trust this will clear-up some of the confusion, "Nothing is Free in circulation of a monetary donation."

Madam President Diana Limon was presented with a Maine Honorary Coin by Patrick Byrne.



MAKING SPIRITS BRIGHT

Almost another month is coming to an end. The Making Spirits Bright has started with their yearly Thank You Presentations to our participating Women's Clubs and Community Partners. During our last Woman's Club Meeting we had invited the Executive Director for the ASYMCA 29 Palms Patrick Byrne as our speaker. We also had in attendance some of our participating Women's Clubs presidents and or prior presidents wanting to meet the Speaker and also to hear more about our enlisted Military Service members at the 29 Palms Marine Base. Also clear up the issue about ASYMCA withholding 10% out of monetary donations. It has been established by the Director that this is not the case. On March 23rd. The City of Diamond Bar hosted the 2024 Women's Achievement Awards for the 30th District. The Awards had been handed out by our State Senator Bob Archuleta. Since I was the Recipient of receiving such an Award some of the Making Spirits Bright and members of my family were in attendance. This was such an honor for me and also for the committee who has been working so hard to make this program so successful and recognized within our community. Thank you committee for your support and effort to move this program forward. Rachel, our Photographer, was busy taking photos and everyone could check them out on facebook. Thank you Rachel, for a job well done. This was also a great Networking Opportunity for us as well and we made such wonderful connections. About 30 Women received an Award. A selection out of one million Women.

Wishing everyone a Happy Easter.

Sonja Reed
MSB Project Chairman

AGING TIPS & INFO

By Arlene Britt

METFORMIN CAN SLOW AGING AND EXTEND LIFE SPAN

Metformin is the mostly widely prescribed drug in the world to treat type 2 diabetes. It's been around for 60 years and is generally safe for most people.

It may also be a key to slow aging, mitigate age-related diseases, extend lifespan and increase health span. All in a pill that costs pennies a day, is safe, and has been scientifically shown to impact age-related biological changes.

It's not exactly clear just how **metformin** affects aging, but researchers think it acts on several different hallmarks of aging—changes at the cellular, chromosomal and molecular levels which accumulate over time.

These transformations are what can lead to onset of conditions like heart disease, diabetes, some cancers, or dementia, often known as “diseases of aging.”

Many studies show that **metformin** targets these age-related cell changes - observational studies not as rigorous as clinical trials.

The result: Not only does it help control type 2 diabetes, but over time, people with diabetes taking the drug had lower death rates, better health, and longer lives compared with both diabetic and non-diabetics not taking metformin.

Metformin also has anti-inflammatory effects, which may contribute to its ability to slow aging.

Continued on next page ---



Chronic inflammation is one hallmark of aging and age-related diseases, reducing inflammation can improve health and life span.

Metformin takes an old cell or an old organ and fixes a lot of things.

It has a domino effect; if you target one hallmark, it will affect the others.

Why Treat Aging

After about age 60, many of us start to accumulate age-related diseases like heart disease, diabetes, many forms of cancer, and dementia.

Additionally, as people age, they're more likely to have several conditions at the same time.

Researchers believe it's the biology of aging that drives these diseases, so preventing them means slowing down the aging process itself.

The goal is to help people not only live longer, but live with less disease, resulting in greater health span—the period of time spent free from disabling disease.

By targeting aging itself, and mitigating changes at the cellular level, we could treat or prevent all of these conditions together.

Metformin - derived from Galega Officinalis herb, has been used for centuries to treat numerous ailments - including diabetes.

Galega contains guanidine, which, in 1918, was shown to lower blood glucose.

Metformin, a synthesized version of guanidine, was first used as a diabetes treatment in France in the 1950s and was finally approved in the U.S. in 1995.

More than 150 million people worldwide currently use the drug to manage their type 2 diabetes.

Metformin is also taken “off-label” for conditions including prediabetes, polycystic ovary syndrome, and weight gain from other medications, as well as for its apparent anti-aging benefits - some in the scientific community remain unconvinced.

Metformin side effects and risks

Metformin has as good a safety profile as virtually any drug you can find.

Any side effects from metformin are generally mild, and usually consist of gastrointestinal upset and vitamin B-12 deficiency.

For people beginning to experience the maladies of aging, there's a lot of observational evidence Metformin is good for you.

Should you take metformin for longevity?

Metformin is not currently approved as an anti-aging treatment.

While some doctors may be willing to prescribe it off-label, it's best to speak with your health care provider about the risks versus any potential benefits.

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Let's Talk Public Safety

DBWC Safety Chair - Raphael H. Plunkett



Public safety is an important goal for many communities. The City of Diamond makes a concerted effort to inform, empower and educate its community about safety. As promised, I attended the City of Diamond Bar Public Safety Seminar on Feb. 28 at Diamond Point Elementary School. There were representatives from LA County Fire, Sheriff and City Staff. Assistant City Manager Ryan McLean lead the presentation, along with Deputy Aaron Scheller, Acting Assistant Fire Chief Dustin Robertson and Assistant to the City Manager Anthony Santos. There were information tables along with an opportunity to perform hands only CPR. Light refreshments were available.

The planned 90 minute meeting, went to almost two hours as there were questions and discussion that accompanied the projected presentation and color handouts. Deputy Scheller quoted a previous Chief, "Diamond Bar is a low crime community, not a no crime community." While our community is safer than others, we still have issues to contend with. Our violent crimes are low, with property crimes accounting for 90% of all crimes.

Our City moves to eliminate crime in all areas, as well as addressing other needs, including animal care and control, fire protection and emergency medical services, emergency preparedness, school crossing guards, and homelessness response and resources.

Residents learned about these things along with situational awareness and personal safety, wildfire preparedness and home fire prevention. We learned that Diamond Bar spends more than 25% of its General Fund budget on public safety.

Of the 60,000 residents in Diamond Bar, there were 22 residents in attendance and Deputy Scheller noted his hope that the next sessions would have many more in attendance.

The next sessions are on the last Wednesday of the month:

Wednesday, April 24, 6-7:30 p.m.

South Pointe Middle School
20671 Larkstone Drive

Wednesday, May 29, 6-7:30 p.m.

City Hall Windmill Room
21810 Copley Drive

Sign up form at – <https://www.diamondbarca.gov/FormCenter/Public-Safety-8/2024-Public-Safety-Seminar-Registration--146>

WAYS & MEANS

By Janice Giardina & Linda Headlee

March Raffle

Easter Eggs with surprises! Everyone who purchased raffle tickets for grand prize also had opportunity to pick an egg. Some eggs had earrings, some had dollar bills, candy, decorative had towels. Several winners

Grand Prize, beautiful spring, silk flower, center piece arrangement - Winner - Diana Limon

FUNDS RAISED - \$80



2024 DIAMOND BAR WOMAN'S CLUB PROJECTS

Adopted: February 21, 2024

ARTS and CULTURE

(Arts)

ART EXPERIENCES _____ Rachel Kirk, Kathleen Newe
 SGVD CRAFTS CONTEST _____ Abbey Howell

COMMUNICATIONS AND PUBLIC RELATIONS

CLUB NEWSLETTER _____ Girtha Phillips-Non Member
 WEBMASTER _____ Abbey Howell
 PUBLICITY _____ Pam Robinson, Diana Limon, Marty Hill, Raphael Plunkett
 INSPIRATION _____ Marty Hill

ENVIRONMENT

(Conservation)

REFORESTATION-PENNY PINES PROJECT _____ Janet Rios
 HUMANE SOCIETY _____ Janice Giardina
 ARBOR DAY / EARTH DAY _____ DBWC

DOMESTIC VIOLENCE AWARENESS AND PREVENTION

HOUSE OF RUTH _____ Sharron Tanzer
 DOMESTIC VIOLENCE AWARENESS _____ Sharron Tanzer/Joan Doner
 DVAC _____ Abbey Howell, Patsy Wilson, Rachel Kirk
 CROSSROADS FOR WOMEN _____ Diana Limon, Abbey Howell
 FREEDOM BAGS _____ Orien Pagan, Jenny Prince

EDUCATION AND LIBRARIES

(Education)

FRIENDS OF THE LIBRARY _____ Janice Giardina, Rosette Clippinger
 SCHOLARSHIPS / ARTS _____ Ellen Horwitz/Pam Robinson and Committee
 ROSE CLARK SCHOLARSHIP _____ Eileen Ansari
 EILEEN TILLERY COMMUNITY SCHOLARSHIP _____ Rosette Clippinger, Patsy Wilson
 SCHOOL NEWS _____ Layla Abou-Taleb
 READ TOGETHER _____ Raphael Plunkett / Kathleen Newe
 EDUCATION PROGRAMS _____ Raphael Plunkett

HEALTH AND WELLNESS

(Home Life)

CHIPS FOR KIDS _____ Janet Rios
 HEALTH _____ Arlene Britt
 L A MISSION _____ DBWC
 SHOES THAT FIT _____ Rachel Cowles
 WALK FOR HOPE/CITY of HOPE _____ DBWC
 RESERVATIONS _____ La Shawn Love
 HOSPITALITY MEMBERSHIP BADGES _____ Raphael Plunkett

CIVIC ENGAGEMENT AND OUTREACH

(Public Issues)

PLEDGE OF ALLEGIANCE _____ Rachel Cowles
 MISS DIAMOND BAR PAGEANT _____ Linda Headlee, Janice Giardina
 DIAMOND BAR SNOW FEST _____ Diana Limon and Committee (2)
 DIAMOND BAR CONCERT IN PARK _____ Claudia, Abbey, Patsy, Diana
 DIAMOND BAR BIRTHDAY CELEBRATION _____ Abbey Howell, Patsy Wilson , Rosette Clippinger
 DIAMOND BAR COMMUNITY FOUNDATION GALA _____ Claudia Maidenberg
 DIAMOND BAR COMMUNITY FOUNDATION BEERFEST _____ Committee (2)
 VOTER REGISTRATION/POLLS _____ Raphael Plunkett, Patsy Wilson
 VETERANS/ARMED FORCES _____ Patsy Wilson
 ACTIVE MILITARY FAMILIES _____ Sonja Reed
 WOUNDED WARRIORS /RED POPPY _____ Patsy Wilson, Committee
 DB CITY COUNCIL _____ Ruth Low
 COMMUNITY SAFETY ISSUES _____ Raphael Plunkett
 SWEETS AND TREATS FOR FIRE DEPARTMENT & SHIEFF STATION ____ Publicity Team

WOMEN'S HISTORY AND RESOURCE CENTER

WOMEN IN HISTORY ARTICLES _____ Patsy Wilson
 WOMAN IN HISTORY PRESENTATION _____ Abbey Howell
 25-YEAR CLUB MEMBERSHIP HONOR _____ Diana Limon
 DBWC - HISTORY IN TRAVEL CLUB _____ Rachel Kirk, Barbara Armstrong

FUNDRAISING PROJECT

2024 - CASINO NIGHT _____ Patsy Wilson/ Abbey Howell
 2024 - TEA PARTY - TBD _____ Linda Headlee / Janice Giardina / Abbey Howell
 2024 - BINGO PARTY _____ Rosette Clippinger/Patsy Wilson

DISTRICT NEWSLETTER CONTEST & CFWC

2024 - DBWC NEWSLETTER _____ Abbey Howell

- Requires - Budget, Timeline and Guidelines for Approval - 2024 Calendar Year
(Omitted from Blanket VOTE)

MAKING SPIRITS BRIGHT _____ Sonja Reed and Committee
 (Project placed on hold, pending approval)

DOMESTIC VIOLENCE _____ Sharron Tanzer and Committee
 (Partial approval, Mother Day and Easter)

SCHOLARSHIP FUNDRAISING _____ Pam Robinson, Patsy Wilson
 (Budget approved for October 2024 event and fundraising timeline.)

SPECIAL ANNOUNCEMENT

By Janice Giardina & Linda Headlee

Patsy Wilson represented DBWC at The Miss Diamond Bar Scholarship Pageant on March 10th. She presented the 2023 outgoing Miss DB and her Court with special Certificates of Appreciation for their support of DBWC and the service to the DB Community.

Patsy Wilson presentation on stage photo with outgoing Court, Miss DB 2023, Aayati Sangal and 2023 Princesses, Kennedy Choe, Tiffany Li, L'Mio Edwards and Shelby Lombard.



DBWC Members, Janice Giardina, Patsy Wilson, Linda Headlee and Theresa Lee, on stage with Miss Diamond Bar 2024, Ally Li, and 2024 Princesses, Lenaya James, Alexa Gonzalez, Nyala Lawson and Abigail Kusdono.

#VOTE

**VOTER EDUCATION / POLLS
RAPHAEL H. PLUNKETT**



**LOS ANGELES COUNTY
REGISTRAR-RECORDER/COUNTY CLERK
WE JUST WITNESSED, AND HOPEFULLY PARTICIPATED IN
OUR STATE PRIMARY ON MARCH 5, 2024.
FOR ELECTION RESULTS, CHECK:**

[HTTPS://RESULTS.LAVOTE.GOV/#YEAR=2024&ELECTION=4316](https://results.lavote.gov/#year=2024&election=4316)



Important Dates

April Calendar

- 3 11:00 a.m. Executive Board Meeting
- 6 Diamond Bar City's 35th Birthday Celebration
- 12 9:30 a.m. SGVD Meeting
- 13 Lunch RSVP for April meeting.
- 17 10:00 a.m. DB Woman's Club meeting @ Vita's
- 20 9:00 a.m. Walnut Valley Water District Earth Day
- 25 5:00 p.m. SGVD President Dinner
- 26 SGVD Convention all day
- 26 5:00p.m. DBWC Hosts SGVD President Abbey Howell Reception
- 27 SGVD Convention all day

WELCOME TO OUR NEW MEMBERS. THE 2024 - 2025 MEMBERSHIP DUES ARE DUE BY 3/31/2024 CURRENT MEMBERS DUES ARE \$40.00. DUES PAID IN APRIL WILL INCUR A \$5.00 LATE FEE. NEW MEMBERS DUES ARE \$55.00 OUR MEMBERSHIP CFWC & GFWC DATA BLANK IS DUE ON APRIL 5TH TO SGVD MEMBERSHIP VICE PRESIDENT, LUPE DIAZ.

YOU CAN ALSO ORDER YOUR DBWC POLO SHIRT FOR \$33.00 AND PINK SCARF FOR \$12.00. PLEASE CONTACT RAPHAEL PLUNKETT BY EMAIL TO ORDER.

**HAPPY
BIRTHDAY**
TO OUR MEMBERS

Abbey Howell
APRIL 9TH

Sonja Reed
APRIL 18TH



Sharing Memories

