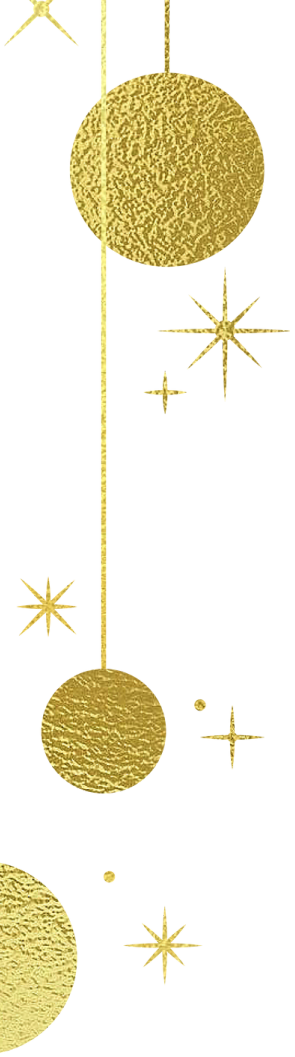
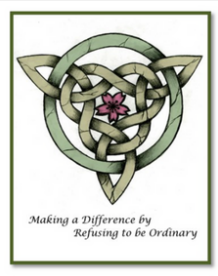


# DIAMOND BAR WOMAN'S CLUB NEWSLETTER



January Newsletter Vol. 14 2024



The best is yet to come, Happy 2024!



## A MESSAGE FROM THE PRESIDENT

# HAPPY NEW YEAR 2024

As the new year unfolds, many of us find ourselves reflecting on personal growth, goals, and resolutions. One powerful and fulfilling way to kickstart the year is by giving back to our community through volunteering. Volunteering not only benefits those in need but also provides a sense of purpose, fulfillment, and a chance to make a positive impact.



**Attend orientation and training sessions offered:** This will familiarize you with the mission, policies, and procedures, ensuring that you can contribute effectively and feel confident in your role. Attend Community events to meet representatives from different groups, ask questions, and share the DBWC mission.



*House of Ruth – Christmas  
2023 Event*

**Begin by identifying your interests, passions, and skills:** Whether you have a knack for working with children, adolescents or high schoolers, enjoy supporting the elderly, donating to Domestic Violence, or have expertise in a particular field, there are countless ways to contribute. Knowing what you're passionate about will make the volunteering experience more rewarding.

Embarking on the Diamond Bar Womans Club journey as the New Year begins is a wonderful way to contribute positively to our community while enriching your own life. By identifying your passions, connecting with club members, and setting realistic goals, you can make a meaningful impact and start the year with a sense of purpose and fulfillment. Remember, small acts of kindness can lead to significant positive changes in the community and beyond.

My personal goal is for a Positive New Year filled with Kindness.  
Happy New Year's to you and your families.  
Best of Health,

Diana Limon - Diamond Bar Womans Club President



# 2022-2024

## CLUB OFFICERS



**DIANA LIMON**

*President*

**ABBEY 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](http://diamondbarwomansclub.com)

DIAMOND BAR WOMAN'S CLUB  
1st Vice President-Dean Article  
2024 January

◆ “Tell A Woman” ◆

*By Abbey Howell*

Hello Members in Federation,

Welcome to a new beginning, as we all journey into 2024 – Happy New Year's!

When I sat down at the desktop computer in my office and looked at the title of the newsletter folder which I was going to be submitting an article to; “TELL A WOMAN” my mind start to race; tell a woman, just one woman or many women? This sounds like the subject of a short story, I thought.

Then I looked at entire profile of my heading it changed from “Sisters” to “Members.” It occurred to me that Sisters is more of a personal calling rather than a general calling to members. Therefore the address heading of my article has changed after 10-years. My theory is to allow yourself a new beginning, set goals for yourself and draft a plan that you can accomplish large or small. Never allow another to take the Joy or Happiness away from your journey as a member.

It is very clear that the Diamond Bar Woman's Club holds a great deal of passion and pride in the volunteer work that was accomplished throughout 2023. This is very obvious in the submission of the Club Reports that were turned in for the many projects and programs that took place last year and your willingness to support in a given area. Thank you to all the Club Chairmen that submitted reports.

Cont. on next page ↓





Those of you that don't understand the importance of submitting Project /Program Reports, here is a brief summary:

A "Project" Report - is adopted by the General Membership, and a committee is formed. There should be a chairman and at least 2-committee members. The fundamentals of the project are presented with a budget, if it requires any club funding and or will generate income to support the project in full details for 1-year. Thereafter, the year the club votes again to adopt and/or fails the project. It is important that the committee keeps good records to report on the progress of the project and allows an opportunity of bragging writes throughout the year. This information is submitted to the Club Dean who moved the Club reports forward to the SGVD-San Gabriel Valley District for judging in categories and club size. All reports are moved forward to the CFWC-California Federation of Women's Clubs, and also GFWC. All club awards and certificates are presented at the local District 68th Annual Convention. If you are lucky enough to receive a state recognition it's presented at the State CFWC Annual Convention.

A "Program" Report - There are (14) assorted Programs listed in the SGVD Yearbook that has committee chairman assigned to each program. All clubs within the San Gabriel Valley District are encouraged to participate in each area. After all many of us are already a participant and we don't even know it. Example: If you attended the Membership Workshop or Leadership Workshop and brought back information to your club there is a report just waiting to be written in two different program areas. These reports are also judged and Awarded Certificates are presented at convention.

I trust this information will become helpful in the future as a Diamond Bar Woman's Club dues paying member. Remember you're a Board Member of the San Gabriel Valley District and can attend any District Business Board Meeting.

Make it a choice to expand your knowledge in Federation this year!

Thank you!





# MAKING SPIRITS BRIGHT



This year MSB had a busy year starting with the month of September requesting wish lists from both Marine Bases, so some of our Participating partners could start their shopping early. Working with my assistant at the 29 Palms Base it worked out beautifully even with the new program. The committee had also been very busy with Fundraising to make our goal of providing 150 families with gifts for Camp Pendleton and the 29 Palms Marine Base. MSB Committee also participated with our community partners with Food Donations to benefit the 29 Palms Marine Base. Two Food donations had been delivered totaling over six tons of food diapers, baby items and hygiene products. We also had two Women's Clubs join our program with purchasing gifts for our military families.



This was such a great help purchasing and wrapping gifts for so many families. Our Marine Dinner in November was a Success. The event had sold out and Senator Bob Archuleta presented an acknowledgement to our special guest Goldstar family who lost their 19 year old son in combat.





Also, another sister received a recognition from the Senator for her brother's loss also due to combat. Senator Archuleta also presented the MSB committee with a beautiful Certificate. We also received a check in the amount of \$ 5,000 which was so badly needed to fund our program. The toy drive generated over 2400 toys for the 29 Palms Marine Base. Senator Josh Newman also raised toys for the Country Estates which will be delivered after New Years. Our Partner the Evangelical Free (EFree) Church in Diamond Bar hosted the yearly gift wrapping party and many volunteers showed up to lend their gift wrapping talent. We had good food and music for our volunteers. Many enjoyed the camaraderie with people they never met before. This year all our gifts and donations have been delivered to the base by Valle Vista. A big thank you to this company for donating the truck, driver and helper to help us load the gifts. I delivered a check in the amount of \$ 5,000 to Camp Pendleton on behalf of MSB. We Handed out the gifts to military families had been attended by seven people. We took three vehicles since we had gifts and donations to take with us.

The families had been overjoyed receiving their gifts and it was heartwarming to see how appreciative everyone had been who was picking up their gifts. The children looked for the candy canes on the tree and some of us had been eager to help them reach for them. We also enjoyed lunch with the marines to learn where everyone was coming from. One marine arrived from Guam for training. MSB also delivered a check in the amount of \$10,000 for the family emergency program at the base. Our helping elfs which was total of 15 marines that received a gift card in the amount of \$ 25.

Overall, this was a great year for Making Spirits Bright and I would like to thank the great committee for their hard work throughout this year making the program such a success.

Let's see what we can accomplish in the new year.

Happy New Year everyone!





# HOW MANY CALORIES ARE IN AN AVOCADO

By Arlene Britt



## HOW MANY CALORIES ARE IN AVOCADOS?

A typical medium-sized avocado (150 grams) contains around 240 calories.

These calories come packed with nutritional benefits, including healthy monounsaturated fats, vitamins, minerals, and fiber that keep you satiated and boost overall health.

One avocado contains 10 grams of fiber and three grams of protein!

## ARE THEY BENEFICIAL FOR WEIGHT LOSS?

A 2019 study in Nutrients found that the monounsaturated fats and fiber in avocados contribute to increased feelings of fullness, helping control appetite and curb unhealthy snacking.



## ADVICE | TIPS

Avocados contain about 1 gram of saturated fat, heart-healthy monounsaturated fats, plenty of potassium and a little sodium – if any. They're also a rich source of fiber, with just half of an avocado providing up to 20% of your daily recommended intake.

Fats are the most energy-dense macronutrient, containing nine calories per gram, compared to four calories per gram for carbohydrates and protein.

So, how many calories exactly are in an avocado?

## HEALTHY WAYS TO ENJOY THEM FOR WEIGHT LOSS:

- Spread avocado on whole-grain toast
- Make guacamole, and use it as a topping
- Include avocados in salads
- Create a delicious green smoothie concoction





# JANUARY WOMEN'S HISTORY MONTH

AURORA CASTILL



*By Claudia Maidenberg*



As a fourth-generation Mexican-American, Aurora Castillo was the force behind an organization known as the Mothers of East Los Angeles. Aurora Castillo and the Mothers of East Los Angeles successfully defended East L.A. from serious environmental and public health threats. In 1984, Aurora Castillo worked against the building of what would have been the eighth prison in this predominantly Latino community. Castillo met with two other women to oppose the new prison, and the Mothers of East Los Angeles (MELA) was born. The group organized a huge march in protest. They flooded hearings, demanded public meetings in Spanish and became informed about environmental issues beyond their immediate community. When MELA learned that the Santa Barbara oil pipeline was scheduled to run through their community, they played a decisive role in stopping it. The prison controversy raged on until 1992 when the state finally decided to relocate the jail to a city that wanted it.





# HOUSE OF RUTH

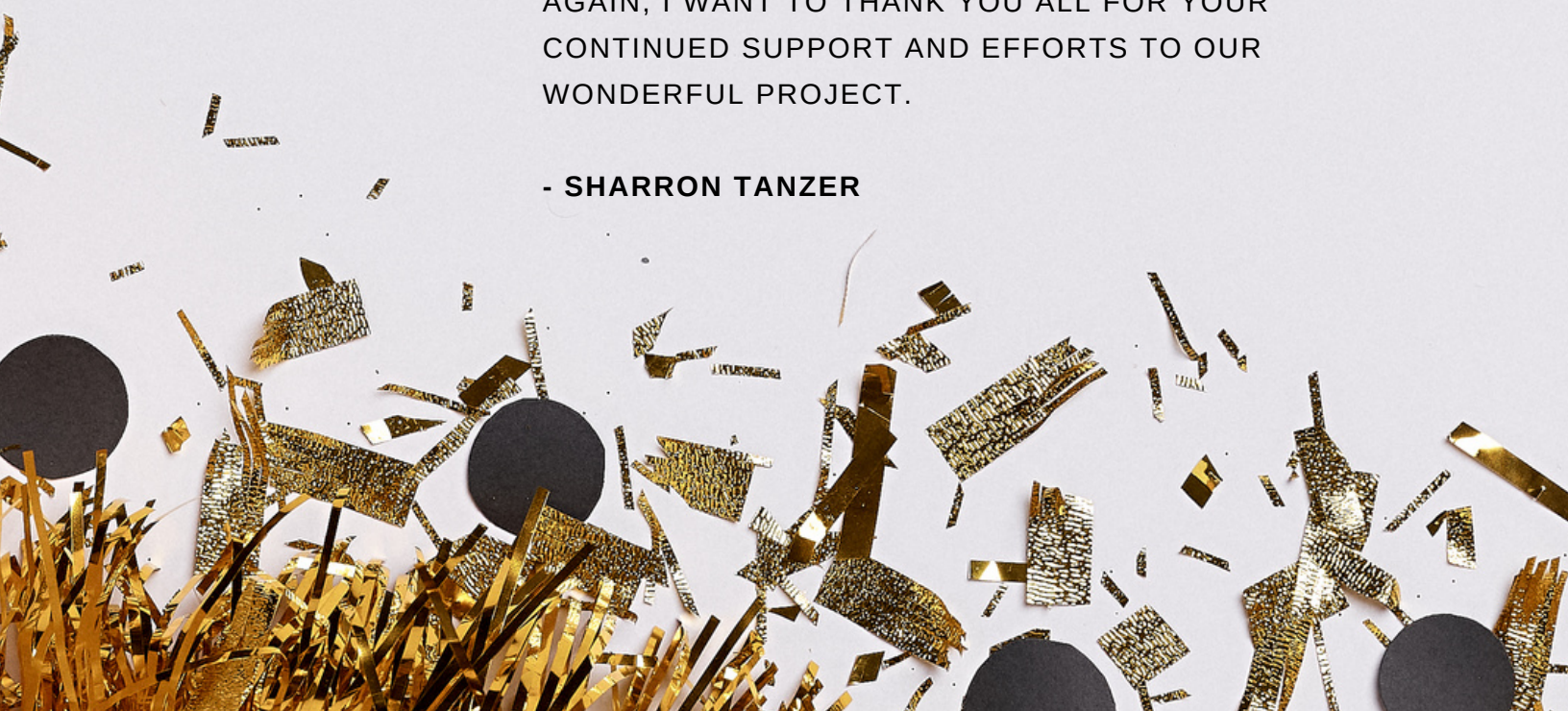
## HAPPY NEW YEAR EVERYBODY.

I HOPE YOU ALL HAD A WONDERFUL HOLIDAY SEASON WITH YOUR FAMILY AND FRIENDS.

AS YOU ALL PROBABLY REMEMBER FROM THE SIGN-UP SHEET YOU ALL SO GENEROUSLY SIGNED. THIS YEAR WE ADOPTED A FAMILY CONSISTING OF A MOTHER AND HER 5 CHILDREN. THANKS TO ALL OF YOU, WE WERE ABLE TO FULFIL ALL THE FAMILY WISHES FOR GIFTS. NUMEROUS ENTRIES ON THE LIST COMPRISED OF CLOTHING, AND IT WAS APPARENT FROM OUR OBSERVATIONS AND CONVERSATIONS THAT THE FAMILY WAS FACING CONSIDERABLE CHALLENGES. WE OPTED TO PROVIDE THE MOM WITH \$100 GIFT CARDS FOR EACH FAMILY MEMBER, ALLOWING THEM TO SELECT CLOTHES AND SPECIAL ITEMS AS PER THEIR PREFERENCES. WE WERE TOLD THAT SHE WAS SO GRATEFUL AND APPRECIATIVE. HELPING FAMILIES LIKE THAT IS WHAT MAKES ALL OUR EFFORTS WORTH WHILE.

AGAIN, I WANT TO THANK YOU ALL FOR YOUR CONTINUED SUPPORT AND EFFORTS TO OUR WONDERFUL PROJECT.

- SHARRON TANZER







# Ways and Means

*By Linda Headlee & Janice Giardina*

## DIAMOND BAR WOMAN'S CLUB FUNDRAISER



La Mirada Theatre  
14900 La Mirada Blvd,  
La Mirada  
Four Tickets  
Play runs from  
2024  
January 10 - February 11

Ways & Means - December - Fundraiser  
Raised - \$310.00  
Congratulations to our Winners!!

Two Christmas Catus Plants - Winners  
Rachel Cowles  
Patsy Wilson

Air Museum - Winner  
Jenny Prince

Grand Prize - La Mirada Theater - 4 Tickets  
Musical - Mystic Pizza"  
Winner - Diana Zhao

**WEST COAST PREMIERE!** A new musical you'll love at first slice! Based on the classic 1988 Julia Roberts rom-com, MYSTIC PIZZA is a new musical about three working-class girls who navigate the complexities of life, love and family in a small-town pizza joint. The infectious score features mega-hits of the 80s and 90s, from "Girls Just Wanna Have Fun," and "Addicted to Love," to "Nothing's Gonna Stop Us Now," "Take My Breath Away," and many more!

Voter Registration/Polls  
Raphael H. Plunkett



Remember, there is a **Presidential Primary Election for CA** coming up on **March 5, 2024**.

Below is some important information from California Secretary of State, Shirley N. Weber, Ph.D. It can also be viewed at <https://www.sos.ca.gov/elections>

## March 5, 2024, Presidential Primary Election

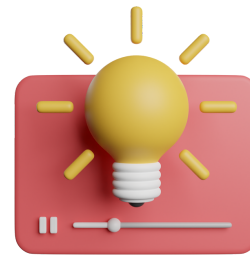
- The last day to register to vote for the [March 5, 2024, Presidential Primary Election](#) is February 20, 2024.
- All California active registered voters will receive a vote-by-mail ballot for the March 5, 2024, Presidential Primary Election.
- Your county elections office will begin mailing ballots by February 5, 2024.
- Ballot drop-off locations open on February 6, 2024.
- Vote-by-mail ballots can be returned by mail, at a drop-off location, or your county elections office.
- Vote centers open for early in-person voting in all Voter's Choice Act counties beginning on February 24, 2024.
- Vote-by-mail ballots must be postmarked on or before Election Day and received by March 12, 2024.





# TIPS | RESOURCES

By Diamond Bar's Deputy Aaron Scheller



As Safety Chair, I am sharing the most recent post from Diamond Bar's Deputy Aaron Scheller with tips and resources. Happy New Year to us all – Raphael H. Plunkett

Posted to City of Diamond website, December 27, 2023 at 11:56 AM by Deputy Aaron Scheller



**When I started patrolling Diamond Bar more than 16 years ago, I started to see a trend. Every year, during the holidays or on days of major sporting events, I would respond to more domestic violence calls. Not surprisingly, most of the calls involved alcohol or drug use.**

I say it is not surprising because alcohol and drugs are neurotoxins that affect the brain and body, resulting in poor judgement, volatile moods, impulsive actions, and other negative outcomes. The World Health Organization (WHO) estimates that roughly 55% of domestic abuse perpetrators were drinking alcohol prior to assault. And according to the American Psychological Association, excessive drug or alcohol use increases the risk of being a victim of domestic violence — and of becoming an abuser.

We are nearing the end of the 2023 holiday season but 2024 will be filled with major sports events, including Super Bowl Sunday, which is considered one of the biggest drinking days of the year. According to statistics, drunk driving incidents increase by approximately 22% on game day. And more alcohol-related accidents and DUI-related injuries occur on Super Bowl Sunday than on any other day of the year, aside from New Year's Eve.

As they do every year, law enforcement agencies nationwide will be on high alert for drunk or impaired drivers, and you can expect to see extra patrols and sobriety checkpoints at pre-approved locations. I should add that driving under the influence



(DUI) can be issued if you are caught driving under the influence of, or impaired, by any type of drug – not just alcohol. This includes marijuana, prescription drugs and some over-the-counter medications.

Whether you will be spending the New Year's holiday or watching the Super Bowl game at home, or at a larger gathering, there are ways to prevent disagreements from potentially becoming physical altercations. These include changing the subject or the activity, responding with kindness.

### Resources

- **Domestic Violence** - If you or someone you know is experiencing domestic violence, contact the National Domestic Violence Hotline at (800) 799-7233 or chat with a counselor on their website at [www.thehotline.org](http://www.thehotline.org). Trained advocates are available to offer free, confidential supports 24 hours a day, seven days a week.
- **Substance Use Disorder** - If you or a family member is facing a substance use disorder, reach out to the national Substance Abuse and Mental Health Services Administration (SAMHSA). This service provides referrals to local treatment facilities, support groups, and community-based organizations. Free and confidential treatment referral and information service is available by visiting [www.samhsa.gov](http://www.samhsa.gov) or calling (800) 662-4357.

That's it for this month's blog. Please take a moment to check out the corresponding [leaflet](#) with information on DUIs and what to do if you are hosting or attending a Super Bowl party.





# FEDERATION INFORMATION

STAYING IN THE KNOW

## **San Gabriel Valley District – Covina Woman's Club**

128 South San Jose Avenue – Covina, CA. 91724

- January 12, 2024 68<sup>th</sup> Birthday Council & Business Board Meeting  
9:30 AM to 1:30 PM – Box Lunch Served with Drinks and Desserts  
Pre-registration required – Cost \$25.00
  - Voting on the Club Craft Contest will take place at this event
  - All Club Presidents will take the Birthday March, present a gift, speak about the club
  - Qualified Running Candidates for District Officers, paper due at this meeting
  - Club Newsletter submission due for contest
  - Club Kindness Angel entry due at this meeting
  - Fashion Show ticket sales due, cost \$60.00 – Quiet Cannon – Pre-registration Required.
  - Creative Writing submissions due at this meeting
  
- February 3, 2024 San Gabriel Valley District Fashion Show Fundraiser 10:30 to 2:30 PM
  - Club Kindness Angel will be honored by the District Chairmen
  - Spring Council Club Reservations Due \$25.00 – High School Spring Musical Completion Lunch will be served held on March 8<sup>th</sup> 9:30 to 1:30 PM
  
- **CFWC – California Federation of Women's Club**
  - CFWC State Winter Board Meeting – February 23-24, 2024
  - Visit [CFWC.org](http://CFWC.org) – View Calendar for all events
  
- **GFWC – General Federation of Women's Club**
  - Visit [GFWC.org](http://GFWC.org) – Learn more about the new rebranding and the organization
  - FREE – Newsletter, join with a Members Portal







# Important Dates

## January 2024

- 3 11:00 a.m. Zoom Executive Broad Meeting
- 4 7:00 p.m. By Laws Committee
- 8 1:00 p.m. Scholarship Committee Meeting
- 10 Lunch RSVP for Soup and Sandwich: Turkey, BLT or Veggie**
- 12 9:00 a.m. San Gabriel Valley Lunch and Meeting
- 17 10:00 a.m. Club Meeting Vita
- 23 Due date for newsletter articles (Earlier would be better)**







Domestic Violence - DVAC Project



Windmill Lighting Ceremony

2024

