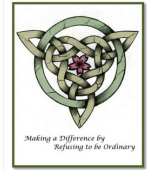


DIAMOND BAR WOMAN'S CLUB NEWSLETTER



A MESSAGE FROM THE PRESIDENT

By Claudia Maidenberg

Welcome back! Hopefully, everyone had time to rest, relax and get involved in wonderful experiences over the summer.

During the summer our Club members participated in a City sponsored Concert in the Park, also participating in the Walnut Valley Water District Community Listening Meeting, provided backpacks and school supplies for children at the House of Ruth, attended a conference sponsored by the GFWC Orange County District of Women's Clubs, delivered baby items to 29 Palms Marine Base, found resources for interesting trips/experiences for our auction at Casino Night, developed our proposed annual Club budget, received donations for art scholarships and prepared grants for academic scholarships and welcomed new members.

The good work of our Club is dependent not only on the many hours our members continue to volunteer but on the development of new leaders. We currently have a member who have taken on the role of Recording Secretary and several members who have agreed to shadow and learn about the role and responsibilities of Corresponding Secretary and VP of Membership. This is a good start and we must keep in mind that this June there will be a new slate of officers. We need members to step up and learn about the Ways and Means, Treasurer and 1st Vice President. None of those roles need be done alone. This year the current members in those positions are happy to have you learn from them and of course our current leaders will be there as mentors should you choose to be an officer for 2024-2026 and want any assistance. Success of any organization is dependent on two things: a team of people who work towards common goals and a team of people who develops positive, collaborative, respectful relationships with one another. We are that team.



It's great to be back Sister's In Federation,

I have enjoyed a wonderful fun filled summer break. Life is never dull as a volunteer.

The real question is; do we really get a break? I believe this question cannot be answered honestly! We have now started a new fiscal year into 2023-2024 with lots of great Club Projects, which committees have formatted exceptional ideas moving forward with great productively.

The June General Monthly Meeting Project Chairs presented the outlook of the (3)-Major Projects:

Scholarships funded by Casino Night, Making Spirits Bright and Domestic Violence. As Dean I am looking forward to working with the chairpersons and/or committee chairs. Information was distributed to attending members on what's known as the state of affairs; Financial Budget for Projects, Fundraising Timeline and events to support throughout the year. Hopefully, this information will help to avoid project program overlapping and any conflicts.

If you should have any questions, please contact each Project Chairperson directly:

Casino Night Gala – Patsy Wilson (909) 393-6434 Email: pwilson11@verizon.net

Making Spirits Bright - Sonja Reed (909) 234-2074 Email: sreed1795@gmail.com

Domestic Violence House of Ruth – Sharron Tanzer (909)861-3138 Email: slt23@aol.com

We have many other open projects to support that are on our 2023-2024 Project List of approval. If you would like to handle anything special as a committee from this list, just simply reach out to me and let's get started! Staying in the KNOW..... The San Gabriel Valley District offers club members opportunities to participate if interested in contests such as: Photography, Arts and Crafts, Creative Poetry and Writing Contest. Once again I am happy to guide you through the process if you're interested.

Thank you,

Abbey Howell – 1 st VP/Dean

A GOOD START FOR NEXT YEAR



Not only were we able to meet our goals, but our major projects are starting the year well on their way to our continued success. Before we even begin fundraising for the coming year:

MSB SPENT \$16,564 LAST YEAR

\$28,158 Current balance of \$28,158 is available for spending this year.

HOUSE OF RUTH SPENT \$4,183 LAST YEAR

\$3,256 Current balance of \$3,256 is available for spending this year.

CASINO NIGHT SPENT \$15,382 LAST YEAR

\$7,063 Current balance of \$7,063 is available for spending this year for the support of this project.

THE CLUB SPENT \$4,387 ON CLUB OPERATIONS

\$1,467 Club operations were funded by Ways and Means (\$2,354) and Casino Night (\$3,500). The remaining \$1,467 is available for use this year.



Making Spirits Bright

by Sonja Reed

Since our last DBWC meeting, MSB Committee has been busy planning events and setting up presentations with various Organizations. Our upcoming Fundraising event is going to be August 29th. at our local Chilis restaurant. Proceeds will benefit the Making Spirits Bright Program to offset the deficit for our Christmas gift purchases for enlisted military families. Last Saturday I had a meeting with the 29 Palms Executive Director about receiving families starting in September so we are not going to be so pushed to meet our yearly deadline. I requested 120 families to start. Not driving in an empty car, I took a carload of donations for the Thrift Store as well. Also last week I had the American Legion Ontario Post pick up a truck load full of donations. Yesterday they returned and picked up another SUV full of donations with the rest to be picked up this Saturday. In September MSB participated in the Food Drive hosted by the San Dimas Rotary Club for 29 Palms. Items also needed are diapers and baby wipes. I would like for our club to participate with the food drive as other clubs already committed to do so as well. Looking forward to providing a more detailed update at our next meeting. Stay cool during the summer heat.

MSB visit to 29 Palms



The Armed Services YMCA Twentynine Palms, CA Branch Honors

Junior Service Member of the 2nd Quarter 2023



LCpl Frania L. Figueroa-Martinez
3D Light Armored Reconnaissance Battalion, 1st Marine Division
3051 Inventory Management Specialist
(From Live Oak, California)

Non-Commissioned Officer of the 2nd Quarter 2023



Sgt Noah A. Simmons
2D Battalion, 7th Marine Regiment
0341 Section Leader Mortars Section
(From Hanover, Virginia)



Frontline Restaurant
28 June 2023
Marine Corps Air Ground Combat Center
Twentynine Palms, CA



Making Spirits Bright Military Committee Members, Sonja Reed and Rachel Kirk attended the Armed Services YMCA 29 Palms, CA Branch Luncheon honoring service members Lance Corporal Frania Figueroa-Martinez and Sergeant Noah Simmons. We were invited by Patrick Byrne, Executive Director of the Armed Services YMCA. MSB channels all donations to the military families at 29 Palms through their YMCA. We didn't want to show up empty handed, so delivered a cartful of baby items. We were able to chat with various soldiers and they shared how grateful they were for all that the Diamond Bar Woman's Club does for them.

Rachel Kirk



DIAMOND BAR WOMAN'S CLUB

menu



Diamond Bar Woman's Club Meeting Calendar 2023-2024

Date	Time	Place	Meal Choice
September 20 \$30 RSVP by 9/13	10:00 a.m.	Vita/Double Tree	Tri Tip Pasta Primavera
October 18 \$30 RSVP by 10/11	10:00 a.m.	Vita/Double Tree	Chicken Marsala Spaghetti Marinara
November 15 \$30 RSVP by 11/8	10:00 a.m.	Vita/Double Tree	Hot Turkey Sandwich Veggie Sandwich
December 2 Holiday Party. Price will be different.	TBD	Vita/Double Tree	TBD
December 20 \$30 RSVP by 12/13	10:00 a.m.	Vita/Double Tree	Steak/Salmon Salmon
January 17 \$30 RSVP by 1/10	10:00 a.m.	Vita/Double Tree	Soup and choice of Turkey/BLT and Veggie Sandwich
February 21 \$30 RSVP by 2/14	10:00 a.m.	Vita/Double Tree	
March 20 \$30 RSVP by 3/13	10:00 a.m.	Vita/Double Tree	
April 17 TBD	10:00 a.m.	Vita/Double Tree	
May 15 RSVP by 5/8 Scholarship Lunch: Price will be different	10:00 a.m.	Vita/Double Tree	
June 19 This will be the installation of new officers \$30 RSVP by 6/12	10:00 a.m.	Vita/Double Tree	

All meals come with a salad. Meat meals include vegetables and rice/potatoes.

The cost of the Holiday Party is dependent on what we choose as the meal.

2023-2024 OFFICERS

President
1st VP & Dean
2nd VP /Membership
3rd VP Ways & Means
Recording Secretary
Corresponding Secretary
Treasurer
Parliamentarian

Claudia Maidenberg
Abbey Howell
Diana Limon
Linda Headlee & Janice Giardina
Mariyan Hill
Rosette Clippinger
Jennifer Fred Mahlke
Patsy Wilson



Sister's in Federation, Staying in the KNOW.....



LEADERSHIP – CFWC Chairman: VICKI HOLDEN,

The **LEADERSHIP, EDUCATION AND DEVELOPMENT SEMINARS** (affectionately known as LEADS) are in the planning stages for our CFWC LEADS 2024. This will be held in conjunction with the February 2024 CFWC State Board Meeting in Milpitas.

Each District is asked to send a candidate to our state seminar. One of these candidates will be chosen by the judges to represent CFWC at the GFWC LEADS meeting that will be held the day prior to the opening of the 2024 GFWC Convention in Chicago.

WOULD YOU LIKE TO BE A PART OF CFWC LEADS 2024? If so, please read more details on the CFWC and GFWC website and let your District President know that YOU are interested in participating. We look forward to having a representative from each of our districts.

ANOTHER QUESTION! Have you ever been a district representative at any of our State LEADS meetings? If so, we're planning a LEADS REUNION of all our participants to be held at the 2024 CFWC State Convention. We'd love to have you join us! Please send your name, District, year you attended CFWC LEADS and your contact information to us at cfwcleadership@gmail.com.



AN EXOTIC GETAWAY IN LOS ANGELES

By Barbara Armstrong

LIONS, SABERTOOTHED TIGERS AND SHORT FACED BEARS, OH MY!

Being an Archeology, Geology and Paleontology buff, one of my favorite places to visit in Los Angeles is the Page Museum, and surrounding area of the La Brea Tar Pits. This is a Miracle Mile destination on Museum Row. This indoor and outdoor area is conveniently located at 5801 Wilshire Blvd. in Los Angeles.

I find it fascinating that this goo from dead accumulated plankton and marine plants has paved the streets of Los Angeles and captured our paleontological past.

Los Angeles was under the ocean until about 50,000 years ago, and the oil field underneath it began oozing asphalt to the land surface which started trapping unsuspecting animals. The tarpits at Hancock Park are free but there is a fee of \$14 to go into the Page Museum, less for Seniors, Students and Youths.

If you are an LA County resident, you even have free admission to the museum portion from 3 to 5pm Monday through Friday and everyone has this privilege on the first Tuesday of the month.

The drive is easy, about 37 miles from Diamond Bar, and will take anywhere from 45 minutes to 1.5 hours depending on traffic.

The museum is open from 9:30am to 5pm, 7 days a week.

As bonus, it is also next door to the Los Angeles Art Museum. A paid parking lot is available as well as metered street parking. If you park on the street, make sure you read the signs for times to leave so you won't be ticketed or towed.

Inside the museum you will find fossils from woolly mammoths, dire wolves and oodles of other small and large animals. Outside the museum at the tarpits, you can see the asphalt, oils and gasses oozing from the ground. An Excavator Tour is also available with the cost of admission.

Excavation is continuously occurring and finds being curated with news discoveries added to our knowledge and our museums (many of the finds are also displayed at the Los Angeles County Natural History Museum).

If, depending on your interest in the subject, you do not want to spend every open moment at the museum, you are surrounded by other museums, places to eat and areas to walk and shop.

If Paleontology isn't your thing, then there is always the Peterson Car Museum, the Los Angeles County Art Museum and many more options in this area or the the City of Los Angeles..

Take a day and get away.

"Inside the museum you will find fossils from woolly mammoths, dire wolves and oodles of other small and large animals."



Melatonin- What Else The Sleep Aid Can Do For You ?



Feeling tired but unable to sleep, a lack of melatonin may be the culprit.

BY ARLENE

Experiencing indigestion, chronic pain, IBS, or migraines? Studies are showing that melatonin has the potential to help with those conditions while also helping you get restful sleep at night.

Melatonin For Sleep

Melatonin is a hormone your body produces that signals sleep. Melatonin production increases as light decreases and is linked to your circadian rhythm, a process that regulates sleep. Age also contributes to the amount of melatonin your body produces: the older you get, the less melatonin your body makes. Over-the-counter melatonin could be a solution.

Melatonin For Gut Health

For those struggling with digestive issues ranging from GERD to IBS, melatonin could be a promising addition to your supplements. A 2021 review of synthetic melatonin from StatPearls showed that it had antioxidative and anti-inflammatory effects that could help ease pain related to gut health.

Melatonin And Migraines

Those suffering from migraines might also find some relief with melatonin.

Melatonin And Eye Health

A review in the Progress in Retinal and Eye Research journal found that it has the potential to lower intraocular hypertension (IOP), which is essentially pressure in the eyes. This same study explained that high IOP is associated with glaucoma, meaning that melatonin has the potential to serve as a preventative measure against glaucoma.

Side Effects And Usage

Melatonin is generally safe. A 2018 study featured in Complementary Therapies in Medicine suggests that taking melatonin long-term has minimal side effects, but most physicians recommend taking melatonin every night for short-term use. Its common side effects include dizziness, headaches, daytime sleepiness, and nausea.

September



BY FRED MAHLKE

Communication is primarily used as a tool for exchanging information, which is why asking questions is such an important skill. We use questions to gather information- whether it be surface level (Need anything from the store?) or something deeper (How did that make you feel?)

Short response or yes or no questions give us immediate info that requires little or minimal thought or interaction. These serve us well for basic information or with people that we are not close to (or want to keep distant from).

Open ended questions give us more information to enhance our relationships and deepen our understanding. These help us understand internalized things like feelings, emotions and actions with another. In our culture there are also a subcategory of questions we ask and don't expect real answers to- like How are you?

Understanding the different types of questions and their purpose can help you decide what to ask.


Consider how different your response may be between the following:

Did you have a good day? Vs. Will you tell me something good that happened today?

Does either question feel more like authentic interest? Or make you feel more important?

Thinking about what information you want prior to the interaction can help you choose how you ask for information. Being purposeful in your request for info from others can build relationships and communication skills. Don't think too hard on it though- not everything has to be a vulnerable heart to heart, sometimes you really just want to know if they want anything from the store (the answer is chocolate!)

WHEN I MET A STRANGER NAMED HAPPINESS

A clear glass vase containing several orange flowers. One large, bright orange daisy-like flower is the most prominent, with a dark brown center. Below it, there is a smaller, more textured orange flower. To the left, a smaller, lighter orange flower is visible. The stems are green and dark brown, and the vase is partially filled with water.

AS WOMEN THERE IS WHAT SEEMS TO BE A UNIVERSAL STRUGGLE TO ACHIEVE HAPPINESS. OF COURSE THIS IS NOT TRUE FOR ALL WOMEN. IT IS TRUE FOR ME AND MANY WOMEN THAT I KNOW. WE ARE OFTEN TIMES RESPONSIBLE FOR SO MUCH... OUR HOMES, OUR MARRIAGES, RAISING OUR OWN AND SOMETIMES OTHER PEOPLE'S CHILDREN. WE ARE RESPONSIBLE AT WORK, AND EVEN WITH OUR EXTENDED FAMILY. THERE IS AN UNREALISTIC EXPECTATION OF PERFECTION THAT IS PLACED, NOT JUST ON US, BUT EVERYTHING WE TOUCH.

AND WITH THAT UNREALISTIC EXPECTATION COMES THE HARSH REALITY OF FAILURE. FOR THOSE THAT HAVE FOUND AND ACHIEVED HAPPINESS, I TRULY COMMEND YOU. IT IS NOT EASY. I WROTE THIS POEM ABOUT MY OWN SEARCH FOR HAPPINESS.

SEE NEXT PAGE FOR POEM

WHEN I MET A STRANGER NAMED HAPPINESS



I always thought happiness was so complex.
But now, I find it's as simple as a reflex.
I always thought it would be so intricate,
Because it was something I just didn't get.
It always seemed to elude me.
Happiness and I had a feud you see.
But now, happiness is courting me!
Happiness brings me flowers and recites poetry.
And all I have to do is stand there and receive.
This is all so hard to believe.
I always searched so hard to find happiness,
But the more I searched, the results turned up less and less.
I thought it was hiding, so I looked under rocks and in dark spaces.
And what I found truly belonged in those places.
Now I see that my efforts, they needn't be.
That happiness has found me.
It found me when I relaxed my guard,
When I wasn't holding on to my heart so hard.
Dangling it at arms' reach,
Begging for my soul to be breached.
Desperately trying to find,
Someone else's happiness to hide behind.
Now I stand on my own two feet.
Happiness, a stranger that I was destined to meet.
At first glance, I was afraid,
Of all the wrong decisions I'd made.
This stranger could be a foe.
A villain trying to trick me.
But happiness reached out and gripped me.
It held me close, and whispered in my ear,
The melodious sound of its voice soothed me and erased my fear.
Happiness, I now hold very dear.
Once a misconceived enemy, an unknown entity,
Happiness is now truly a friend to me.

Thank you,
Marriyan

Ways & Means



Hello from Ways & Means from Janice & Linda,

We hope everyone had a wonderful summer! Looking forward to seeing all of our Diamond Bar Club Members at the upcoming September Meeting. We are still planning our fundraising events for 2023-2024. We will start September off with a raffle.

We welcome any fundraising ideas from all our members. Please let Linda and I know of any new, fresh, exciting ideas!!!

Thank you.

Ways & Means

Janice & Linda



Summer will be over by the time you're reading this and I hope you all had a great one.

In July the House of Ruth Committee collected backpacks from members and friends and added them to the backpacks collected last year but were not able to use due to a problem at the House of Ruth. In all, we had 40 backpacks. We purchased and packed school supplies for each backpack according to the gender, age and grade of each individual child. Over the years we have also made a point of adding a couple of fun snacks to each backpack as a special treat.

We delivered the backpacks to the House of Ruth on July 21, 2023, just days after a tragic accident there where a car ran into the side of the building causing severe damage and loss of electricity and occupancy to half of the building. It seemed unbelievable that a single car could do so much damage!

We are sending a check in the amount of \$1000 to the House of Ruth to help with some of the extra expenses caused by this accident. The money will be taken from the House of Ruth Fund.

Until I see you again in September, continue to enjoy the summer.

Hugs to all,
Sharron



Important Dates

September

6 Board Meeting 11:00 a.m. Zoom

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

13 RSVP for DBWC Club Lunch due to Claudia
Lunch: Tri Tip or Pasta Primavera

18 DVAC Covina Woman's Club
Covina Woman's Club
128 South San Jose Covina, CA

19 SGVD Parliamentary, Affiliate Group 10:00 a.m.
Baldwin Park Woman's club 3817 Baldwin Park
Blvd., Baldwin Park

20 Club Meeting 10:00 a.m. Vita, Double Tree by Hilton
Lunch: Tri Tip or Pasta Primavera, **RSVP due by 9/13**

25 CFWC Deadline to register for Area B Conference

26 October newsletter articles due to Claudia

28 Club Happy Hour

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

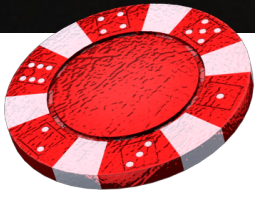
26 Club Happy Hour

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



SAVE THE DATE

Diamond Bar Woman's Club

FUNDRAISING CASINO NIGHT GALA

Education Scholarships & Community Volunteering

Place: Double Tree by Hilton 3101 West Temple Avenue Pomona, CA. 91768

Date: Saturday - February 24, 2024 Time: 6:00 PM to 11:30 PM

Cost: \$100.00 - per guest, includes dinner, complementary glass of champagne.
(FREE) \$1,000 in gaming chips.

Join us for an evening of fun..... Raffle drawing, Door Prizes and Entertainment / Silent & Live Auction

Proceeds benefit the Diamond Bar Woman's Club charities and scholarships. Diamond Bar Woman's Club is a Non-profit organization and a member of the General Federation of Women's Clubs. www.diamondbarwomansclub.com

Contact any Club Member to purchase tickets, starting October 1, 2023