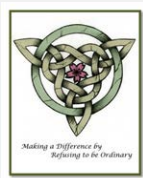




# DIAMOND BAR WOMAN'S CLUB NEWSLETTER



The Joyful Season of Holiday giving is here!



## A MESSAGE FROM THE PRESIDENT

*By Diana Limon*

December is here! — bringing with it the end of the year and a festive energy that makes us want to revel in every moment of family and friend's delightfulness! December is filled with diverse cultural and religious celebrations worldwide, including Christmas, Hanukkah, and Kwanzaa.

It's a month of joyful celebrations, reflective moments, and the warmth of time shared together. Cooking our favorite family recipes, making crafts, or singing Christmas carols.

We are a diverse group of Women who seek the same goals and initiatives and are a Powerful Group! We can all thank each other for a prosperous year and continue our service to our club and our community.



I wish that each and everyone of you to enjoy the good times and cherish those you hold dear to you for a Blessed Holiday Season.

Thank you for your continued support.





# 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**

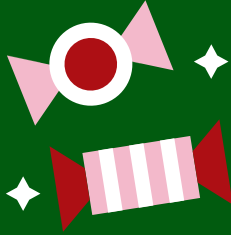
*Newsletter Editor*



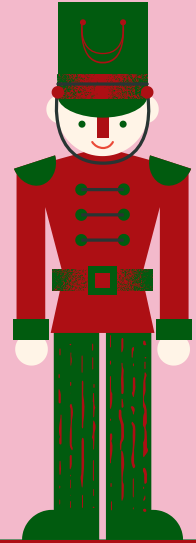
Website: [diamondbarwomansclub.com](http://diamondbarwomansclub.com)







**From our family to yours,**  
*Merry Christmas!*



Dear Club Sister's,

May you enjoy the Happiest of Holiday wishes throughout this Holiday Season spent with your Families and Friends. The Diamond Bar Woman's Club has been such a blessing this years. We have enjoyed the gift of giving and volunteering within our communities and completing club projects without stopping all year long.

Let's all take some time for ourselves!

I would like to encourage you all to send me your project reports early this year. This would allow you to spend time enjoying holiday shopping, drinking egg nog and decorating the house.

All Club Reports are due to me by: December 20, 2023

Merry Christmas and Happy Holidays

Abbey Howell – 1st Vice President/Dean







# INFLUENTIAL WOMEN

IN THE SAN GABRIEL VALLEY



*By Claudia Maidenberg*

The San Gabriel Valley has been home to many accomplished women. Arabella Duval Huntington (1850/1851 – September 16, 1924) was an American philanthropist and once known as the richest woman in the country. She was the force behind the art collection that is housed at the [Huntington Library](#) in San Marino.

In 1902, Huntington gave \$100,000 to [General Memorial Hospital](#) in memory of her husband. This established the first cancer research fund in the country, the Huntington Fund for Cancer Research. The hospital developed as the [Memorial Sloan Kettering Cancer Center](#) in New York and today is still known for exemplary research and patient care.

A memorial to Arabella Huntington was installed in the west wing of the Huntington Library building. It was dedicated in 1927.

Throughout her life, Huntington collected art, jewelry, antiques, and other luxury items. Her particular interests were in Old Masters, [Medieval](#) and [Renaissance](#) devotional images, and [Louis XIV–Louis XV](#) furniture and [decorative arts](#).

A small collection of Medieval and Renaissance paintings at the Huntington Library were in Arabella's own private collection. The remainder of the objects in the 'Arabella Memorial Collection' at the Huntington was purchased after her death by Henry Huntington. They represent the types of objects she formerly owned, but are not the objects themselves.





By Arlene Britt

# EAT THESE 5 FOODS FOR LONGEVITY

The right diet can go a long way toward keeping you feeling and looking young.

That's because the foods we eat to fuel our bodies directly contribute to all aspects of our health — including longevity and cognitive function.

Five foods recommended to improve brain health and prevent cognitive decline:

## Dark Leafy Greens

Packed with vitamins, minerals and fiber while remaining low in calories and associated with a slower cognitive decline.

- Kale
- Spinach
- Bok choy
- Swiss chard
- Broccoli

They contain high levels of vitamin A and vitamin C, both of which are antioxidants meaning they help prevent cell damage.

Broccoli contains good-for-you nitrates that provide anti-aging effects by improving our circulation and blood flow.

## Healthy Oils

Plant-based oils - Olive and Avocado - have plenty of nutrients, including fatty acids, monounsaturated fats and antioxidants.

## Beans and Legumes

Loaded with fiber and heart-health benefits, they are also a top source of protein, complex carbohydrates, and a multitude of vitamins and minerals.

## Nuts

These nutrient-packed, filling and healthy snacks have also been found to help manage healthy cholesterol levels, which can prevent heart disease, and support brain function.

A handful of almonds, walnuts, pistachios, cashews or Brazil nuts gives you a heady dose of proteins, antioxidants, vitamins, minerals and unsaturated fats, which are good for your heart.







# Ways and Means

*By Linda Headlee & Janice Giardina*

**November Raffle Winner** - Congratulations, Claudia Maidenberg.  
Prize - \$25 Sprouts gift card, Thanksgiving center piece, 3 tiered decorative serving stand, bottle of wine, 2 wine glasses, candy. All with "Thankful Thanksgiving" theme.  
Raised - \$105.

**Special Fundraiser Raffle** - November & December raffle opportunity:  
LA MIRADA THEATER - Fun & exciting musical - MYSTIC PIZZA - 4 TICKETS (see flyer for details) Lead star, actually the lead of this musical on Broadway.

Purchase Raffle tickets - \$5 each or spend \$20 for 4 tickets & get 5th ticket-FREE.

**Winner announced at DBWC December Meeting. Winner does not need to be present.**



# 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

**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!

*Tickets - \$5 each – 4 tickets get 1 free \$20*

*(Checks payable to Diamond Bar Woman's Club)*

*Can purchased at the Meeting*

*Or from a member of the*

*Diamond Bar Woman's Club*

*Or email- DBWC.Volunteers@yahoo.com*

*The drawing of the winning ticket will be at the December*

*Woman's Club Meeting*

*( Do not have to be present to win)*





## FEDERATION INFORMATION

STAYING IN THE KNOW

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

Clubs Holiday Boutique & General Business Meeting –  
December 8, 2023 Begins 9:30 A.M.

Birthday Council Club Reservations may be submitted at this meeting. Deadline: December 22, 2023 lunch cost \$25.00. All Club Presidents will be asked to speak on their club themes symbols and colors and accomplishment.

January 11, 2024 – San Gabriel Valley District Craft Contest, setup and drop off 10:00 AM at the Covina Woman’s Club. Instructions listed on page 74 in the 2023/2024 SGVD Yearbook. Visit: [www.sgvd.org](http://www.sgvd.org) to view yearbook on line. All craft categories listed on pages 75-77.

January 12, 2024 – Any member interested in running for SGVD-Executive Office, Letters of Recommendation are due to the District Parliamentarian by: January 1, 2024

Creative Writing Contest Forms are due to be submitted to the Chairman: Pam Robinson by email, see page 78 in the SGVD yearbook for details.

Kindness Angel of the Year – Submission to do Chairman: Sandy Hidalgo – see page 79 in the SGVD Yearbook.

San Gabriel Valley District Fashion Show Ticket Sales due: January 12, 2024 Cost \$65.00

### **CFWC- California Federation of Women’s Clubs**

Club Yearend Reports due to State by: January 12, 2024

Club News Letters due to State by: January 15, 2024

Club New Membership & Returning Members Submission State cut of date: December 15, 2023

Visit website: [CFWC.Org](http://CFWC.Org)

### **GFWC - General Federation of Women’s Clubs**

Visit website: [GFWC.Org](http://GFWC.Org)

Learn more about the new rebranding logo of GFWC



# Important Dates

## December 2023

- 2 MSB Gift Wrapping
- 4 1:30 p.m. Scholarship Meeting
- 6 11:00 a.m. Zoom Board Meeting
- 6 5:00pm **Holiday Party – Vita’s**
- 8 9:30 a.m. SGVD Meeting – CHIPS for Kids Toy Collection
- 9 7:30 a.m. – 2:00 p.m. Winterfest
- 9 4:00 p.m. District Holiday Party Pio Pico Woman’s Club
- 12 7:00 p.m. Zoom Casino Committee
- 14 **Lunch RSVP for December meeting.** Steak or Salmon
- 16 MSB Gift Delivery to 29 Palms  
Members are welcome to join.
- 20 10:00 a.m. Club Meeting Vita
- 26 **Due date for newsletter articles (Earlier would be better)**





