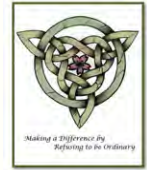


DIAMOND BAR WOMAN'S CLUB NEWSLETTER



A MESSAGE FROM THE PRESIDENT

By Claudia Maidenberg

Thanksgiving a Time for Peace and Gratitude

We have all grown up being taught about the origins of our national holiday of Thanksgiving. Some of the stories about the friendly and peaceful relationship between the Mayflower pilgrims and Native American Wampanoag people may not be totally representative of the truth of that original three day celebration. The story however was meant to be about peace and gratitude.

Learning about that story may lead one to believe that with the founding of our country Thanksgiving as an official national holiday just happened without any prodding. The concept of a national Thanksgiving did have the support of many of our Founding Fathers.

The official establishment of our national holiday was due to the persistent effort of Sarah Josepha Hale who is called the “Mother of Thanksgiving”. Her purpose was an attempt to heal the wounds to the country from the Civil War.

Beyond this accomplish Sarah Hale was the author of “Mary had a Little Lamb”, one of the founders of the American Ladies Magazine, an editor of Godey’s Lady Book and creator of Vassar College. She raised funds to construct Massachusetts’s Bunker Hill Monument and to save George Washington’s Mount Vernon estate.

Some of the food we associate with Thanksgiving may have been a part of the original celebration. Wild turkeys did exist in Plymouth. Other foods we think of as traditional originated in a variety of ways. For example stuffing dates back to Rome, the green bean casserole was created in 1955 by a Campbell’s Soup employee, canned cranberries joined the traditional meal in 1912, and the jellied variety came on the scene in 1941 and stove top stuffing did not happen until 1973.

Whatever your family tradition, let’s embrace the original concept behind our national Thanksgiving celebration – peace and gratitude.



Greetings Club Members,

The Holiday Season is upon us. Well let's welcome November, a time for "Giving" and being "Thankful." After all it's the Thanksgiving Season that feels the air and warms the heart. The Diamond Bar Woman's Club has faithfully adopted the project for over 10-years of donating to the Los Angeles Mission during this Thanksgiving Season. We can all be proud of ourselves knowing we have helped to feed 25-individuals this year that may have not enjoyed a warm meal. At our own blessing table give thanks that we were granted such an opportunity. It is wonderful knowing that we also participated in the GFWC Project Food Insecurities program with donations to various Food Banks.

I would like to encourage the giving to continue throughout December by inviting each of you to attend the San Gabriel Valley District Dinner & Dance Holiday Charity event. I only asked that you bring a non-perishable food item with you, or make arrangements to drop donations off to the Pio Pico Woman's Club on December 9th between 4:00 PM and 5:00 PM. All donations will go to a local food bank within the city. If you're interested in purchasing tickets to this event, please see Jennifer "Fred" Mahlke at our next club meeting for \$55.00 per ticket. All donations would be welcomed. I hope that you will allow the magic of Kindness and Joy to begin with you!

As your Club Dean, I offer a reminder; to keep track of all the extra hours and volunteering you may be doing to support our wonderful projects during this holiday season of having fun and celebrating. A big thank you goes out to our Publicity Chairman, Pam Robinson who teamed up and partnered with the Membership Chairman-2nd Vice President, Diana Limon. The City Restaurant experiences we were invited to broaden our horizons and taste buds. We are excited about 3-potential new members that have reached out to us through our website. Congratulations! I will be collecting **(TOYS)** for the Chips for Kids Project at the November 15th Club Meeting. The toys will be delivered to the San Gabriel Valley District Meeting on December 8th Please bring an unwrap toy of your choice to help support this project. **SANTA'S TOY BOX WILL BE THERE!**

Happy Thanksgiving to Everyone, May the Blessing of your tables be plentiful.....

Casino Fundraising Chairman: Our Casino Gift Card Program begins now! I will be collecting Gift Cards valued at \$25.00 and above for donations to support our opportunity casino raffles. Gift Card donations larger than \$25.00 will help to support our other areas; silent auction and live auction areas. We will have a gift card drop box there, please use the sign-in sheet. Mark your calendars for the Casino Night Committee Meeting; December 12th held on Zoom @ 7:00 PM the link will be forthcoming.

Casino Night Tickets make great stocking stuffers. If you need more tickets just reach out to me.

Thank you

Abbey Howell – 1 st VP/Dean

Travel Edition: Manhattan, NYC



By Barbara Armstrong

“ This month, my day trip will be from Manhattan, NYC, where I am staying right now. ”

Manhattan is a wonderful place to attend live theater. Regardless of the location of your hotel, the theater district is easily available by walking, bus or subway, Barely any prior planning necessary. Half price tickets are available on the same day as the performance. To purchase these tickets, arrive at the corner of 47th street and Broadway to find the TKTS box office that sells discounted same day tickets.

Since we were staying on 37th street, we had decided to walk to the ticket office. I was able to get 8th row Orchestra tickets to see the musical "Some Like It Hot". The music and dancing were great and the plot followed the classic movie with some minor LGBTQ changes at the very end. All this done for \$62 per person.

After purchasing the tickets, we still had 4 hours to enjoy before the 7 pm performance. We used the next 4 hours to explore the restaurant scene in Hell's Kitchen, finally settling on a restaurant, eating outside in the shade, watching the street scene go by and enjoying our food while sipping our cocktails.

The Schubert Theater was only three blocks walking from where we ate.

Afterwards. the theater goers spilled out onto the crowded streets of the theater district area where we sorted out way through the crowd until we could find a street corner and figure out our way to walk home.



◆ November- Grateful for You! ◆

My sweet cousin Cora used to tell me, “How do I love thee? Let me count the ways.” She would then regale me with the ways she thought I was special. What a gift she gave me by loving me enough to tell me why she loved me enough. She passed at the age of 91 while I held her hand. We spent her final hours with me telling her the ways I was lucky to have her. Our relationship was largely defined by how grateful we were to have each other. How truly lucky I am to have been loved by her.

We are all used to being grateful during this time of year. This year I’d like to challenge you to get specific in that gratefulness. Sprinkle it around like the falling leaves.

When we give positive feedback to others, it increases their self-esteem, impacts their self-concept with positive reflected appraisal and makes them feel seen. This is no ordinary “I’m thankful for you” but instead should include specifics.

Once you pick a person, pick an action, a characteristic or personality trait and focus on that. You can use the format of “I’m so grateful for your _____ because_____.” This template allows you to cater each grateful statement to each person to build up specific parts of their being. They will feel seen, valued and will be grateful for you. You can even add in a “I feel lucky” statement to add emphasis.

For example, I know I feel grateful for how much I learn from the amazing women in DBWC. I’m so lucky to be exposed to so many successful and empowered women. I appreciate you all so much.

So how do you let others know how do you love them? Please count the ways.

THE HOUSE OF RUTH COMMITTEE

NEWS & UPDATES FOR DOMESTIC VIOLENCE



Greetings to everyone,

The House of Ruth Committee had a couple of things happening in September. We presented the House of Ruth with a check for \$1000 to help with expenses caused by a car crashing through one side of their building causing damage and power outage to almost half of their building. At the same time we delivered 8 designer purses and bags, including 2 Coach purses, and a designer jacket, all brand new, donated by a friend of mine. Obviously, they were thrilled with the items.

Next month we will be sending around sign-up lists for items for our Adopted Family's Wish Lists and clothing items which we also provide during the holiday season. Please sign-up for an item or more that you would be willing to donate to help our Adopted Family have a great Christmas.

Thank you and have a wonderful and Happy Thanksgiving with your family and friends.

Hugs,
Sharron



Healthy Food

BY ARLENE BRITT

EAT SWEET POTATOES EVERY DAY

Blood-sugar

As a complex carb, a sweet potato takes more time to digest than simple carbs.

That means a sweet potato won't raise your blood sugar levels as quickly, helping to keep your mood and energy levels steady.

If you have diabetes, be mindful of how you eat sweet potatoes, because they're high in carbs: "Pair a sweet potato with a protein and a little fat to avoid a blood glucose spike."

Reduced Inflammation

High in antioxidants—specifically vitamin C, carotenoids and phenylpropanoids—which reduce inflammation in the body and protect against chronic diseases, as well as certain types of cancer.

Healing

Sweet potatoes have also been linked to improved vision (due to their beta carotene and vitamin A content), a better immune system (vitamin C and manganese) and strong bones (manganese again). Eating sweet potatoes regularly is even good for your skin.

Mental Health

Sweet potatoes are good for mental health because they're high in vitamin B6, which is needed to synthesize serotonin, a neurotransmitter that helps to regulate mood.

One sweet potato has 15% of the daily value of fiber.





What makes sweet potatoes particularly worthy is their **fiber, potassium, vitamin A, vitamin B6 and vitamin C.**

Yams - look similar to sweet potatoes - are also considered a superfood.

The nutrients in yams are similar to those in sweet potatoes, with yams higher in potassium, while sweet potatoes higher in vitamin A.

The benefits of sweet potatoes are clear, but on its own as a meal doesn't provide enough protein to be satiating.

Combine your sweet spud with lean protein like eggs, skinless chicken, Greek yogurt, beans or chickpeas to make it more filling.



Eat well for life

The right amount of sweet potatoes to eat per day:

Experts say eating a sweet potato a day is certainly healthy, they don't recommend more than that, since there are plenty of other vegetables to enjoy too.

There's no shortage of ways to enjoy sweet potatoes—and experimenting is part of the fun!



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!

raffle prizes / winners



Raffles for September and October to support Ways & Means

September Raffle

Brighton wallet, Brighton clock, pearl bracelet, beaded necklace, animal print kimono & \$25 Cheesecake Factory giftcard
 - raised \$120 - WINNER - Marriyan Hill



October Raffle

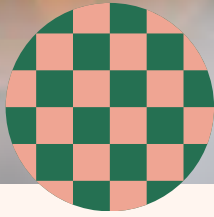
A bottle of wine, 2 wine glasses, pumpkin spice cake mix, candy, hand towels, halloween wooden spoons & \$25 Ross giftcard - raised \$165 - WINNER - Raphael Plunkett



Guess the weight???

Guess how much Pumpkin weighed? It was 14.09 lbs -Winner Joan Doner guessed 14 lbs and got to take her home!!





AS THE HOLIDAYS APPROACH US **Making Spirits Bright** WANTS TO ANNOUNCE SOME EXCITING NEWS!



As many of you know this is a very busy time for the committee shopping and wrapping Christmas presents. We are still doing presentations as well. During our presentations we are still selling the beautiful Marine Bags. Ladies, all the remaining boxes in my garage have been sold. The proceeds of this is going directly to the ASYMCA to the Family Emergency Assistance Program. The Marine Dinner is around the corner and we are busy with this as well. The committee will set the tables for the event and help decorate the room. I am also working on a new video. Not sure the way things are going it will be done. Lets hope. We are still having tickets available if anyone still would like to attend this great event. Our speaker is a wounded warrior and I hope he will explain this program in a little more detail. How it helped him in his recovery. Yes, some of us are staying behind to help out in the kitchen with washing dishes. This is part of our agreement. During this time we are having fun and enjoying washing and drying dishes.

Here are some dates to remember:
Marine Dinner, November 10th.

Christmas gift wrapping with our partner
the E Free Church December 2nd.
No time has been announced yet.



**THANK YOU FOR SUPPORTING US.
WE LOOK FORWARD TO SEEING YOU THERE.**



HAPPY BIRTHDAY

I am sending this message because 60 years ago today, October 24, a small group of women who had relocated to Diamond Bar, met and organized the Diamond Bar Women's Club.

A few had experience in clubs where they moved from to this new community. This was 1963! Also created was the Junior Woman's club, focusing on young women who could not meet for lunch meetings but who were committed to a Federated woman's club.

I was a member of the Juniors. The two clubs coexisted and worked and played together. One important project the DBWC completed was the funding and purchase of the Jaws of Life which was donated to the fire department. Another was the little blue fluorescent tiles indicating a fire hydrant. It was a rural place but a helicopter could identify a hydrant in case of fire.

Both clubs were committed to philanthropy, all the while meeting new Friends and "living each day trying to accomplish something, not merely to exist". The Junior Pledge.

Happy birthday from me to you. Woman's club has been such an important part of my life and due to disability I cannot do what I did.

There was a time when members dropped and so good friend Eileen Tillary reorganized in 2003 and we have charged onward since then.

God bless our club and the work we do and the members.

Hope to meet all of you....

Orien

Important Dates

November

- 1 11:00 a.m. Zoom Board Meeting
- 1 Walnut Valley Unified School Board Meeting
 - 7:00 p.m. School Board Members will be asked to attend Casino Night
- 7 City Veterans Event
- 9 Lunch RSVP Due for November Meeting (Hot Turkey Sandwich or Veggie Sandwich)
- 10 8:30 a.m. Fall Council – Covina Woman’s Club
- 10 6:00 p.m. Marine Dinner San Dimas Masonic Center
- 11 1:00 p.m. New Member Workshop Location TBD
- 15 10:00 a.m. Club Meeting Vita
 - Sign Up for Scholarship Committee
 - Sign Up for House of Ruth Adopted Family Donations
 - Sign Up for Holiday Party
 - CHIPS for Kids donations
- 15 Pomona Unified School Board Meeting
 - 5:00 p.m. School Board Members will be asked to attend Casino Night
- 17 6:00 p.m. Foundation Gala Community Center
- 21 Due date for newsletter articles



December

- 2 Holiday Party –Vita
- 2 MSB Gift Wrapping
- 4 1:30 p.m. Scholarship Meeting
- 6 11:00 a.m. Zoom Board Meeting
- 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.)

NOVEMBER – RAFFLE



La Mirada Theater
 14900 La Mirada Blvd, La Mirada, CA
 4 Tickets for Jan 20, 2024
 Time – 8:00 PM

La Mirada Theater – Tickets for Mystic Pizza

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 BreatAway," and many more!

SAN GABRIEL VALLEY DISTRICT TEA PARTY

