



DIAMOND BAR WOMAN'S CLUB NEWSLETTER

NOVEMBER 2025 NEWSLETTER VOL. 32



2024-2026

CLUB OFFICERS

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MARRIYAN HILL

1st Vice President

MARYJO FRANZE

2nd Vice President/ Membership

JENNIFER GUZMAN & JOY JUAREZ

3rd VP & Co-Chair

MARRIYAN HILL

Recording Secretary

ABBIEY HOWELL

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Corresponding Secretary

PATSY WILSON

Parliamentarian

LEI PHILLIPS

Newsletter Editor



Website: diamondbarwomansclub.com

DIAMOND BAR WOMAN'S CLUB

President's Letter

By Diana Limon

Diamond Bar Woman's Club Members!

We finished October with a skip in our step, it was the 'Best Yet' Casino night fundraiser. The attendees truly gave with their 'heart' and with enthusiasm! The night was one to remember, connecting, sharing and dancing the night away. The collaborative team effort was exceptional; everyone of you showed to the community the synergy Diamond Bar Woman's Club has!

November comes around with the cool sweater weather and as Thanksgiving draws near, we're reminded of the power of gratitude—and the joy of giving. As you know by now, "gratitude" is my motto. This season, our club is embracing the spirit of the season by supporting local non-profit organizations through our Thanksgiving outreach. By donating canned goods and assembling care packages, we know that every act of generosity makes a difference. November is more than a month of gatherings and festive meals; it's a time to extend kindness to those who need it most, those who do not have the resources or family near. Together, we can turn compassion into action and ensure that no table is left empty. Please see attached lists for donations.

Thank you to all our members who continue to show up, give back, and lift others. You are the heartbeat of our community.

Wishing you a warm, joyful, and meaningful Thanksgiving.

With Gratitude

DIAMOND BAR WOMAN'S CLUB

Treasurer's Article "TELL A WOMAN"

By Abbey Howell

Good Fall Season Club Membership,

Congratulations to the 2025-Black & White Casino Night Committee. What an outstanding job well done! The preliminary numbers were emailed to everyone, and it appears we will have another successful Scholarship Program this coming year.

The Scholarship Committee has a goal to reach of \$12,000 awardees in 2026; they are still counting on your help and support to be able to achieve this goal. If you would like to make a scholarship donation of any amount you may do so by sending a Zelle and in the memo section, simply write Scholarship Program and/or you may send a check payable to the Diamond Bar Woman's Club, P.O. Box 4035 Diamond Bar, CA. 91765

We have another fundraising opportunity – San Gabriel Valley District is host a Club Holiday Boutique on December 12, 2025 from 9:30 AM to 12:30 PM. All clubs will keep all proceeds. We have so much talent within our membership, which I really believe we should take a booth! Maybe our Ways & Means Chairpersons can look into this event, by contacting Rosette Clippinger, who is a District Officer for more information on registration.

Please SAVE the DATE: Saturday – December 6, 2025 Our Annual Holiday Tea Party, which will be held at the Maidenberg Courtyard. Begins 11:30 AM to 4:00 PM ticket cost \$45.00 enjoy an afternoon of Holiday Tea, Savory Mini Bites and Sweets! Lunch will also be served. Bring a friend and men are welcomed.

Thank you
Abbey Howell



DIAMOND BAR WOMAN'S CLUB

3rd Vice President

By Jennifer Guzman

Hello Club Member's

Casino Night was truly a wonderful evening! The silent auction was a great success, with all but three items finding bidders. After such a successful night of fundraising, we're looking forward to what lies ahead as we continue planning our upcoming events. We're currently creating a month-by-month calendar that will include not only regular fundraisers but also social gatherings aimed at bringing awareness to various programs and foundations supported by our club.

What we are currently working on includes Chilis Night , Applebee's pancake breakfast, See's Candies, GotSneakers, Bingo, Paint & Sip, Bunco & Poker Night, Lotería, and a Mother/Daughter Brunch—which we hope will include the Junior Club once it's established—along with many more exciting ideas in development.

This month, we'll have a raffle item at the November General Meeting, and in December, we'll add some festive fun with Christmas Bingo during our meeting—more details to come at the November meeting. Fundraising can be challenging, especially when striving to create an engaging and successful environment, but I'm fully aware of those challenges and eager to bring fresh, creative ideas to our club.

LOOK ON NEXT PAGE...

Thanksgiving Poem

We're thankful for the basics
Food, clothing, and comfortable shelter, the rest is a
bountiful bonus.

We're thankful for work, play, and the treasured people
who make these experiences richer and more meaningful.
We're most thankful for family and friends, especially the
dear friends who are reading this newsletter.

– Joanna Fuchs

HAPPY THANKSGIVING



ARTS & CULTURE Journaling Event

By Marriyan Hill

The Diamond Bar Woman's Club is pleased to bring Arts & Culture to the city of Diamond Bar. I am happy to host a monthly open mic at the AQMD Building, 21865 Copley Drive, Room CC6, Diamond Bar, CA 91765; on every third Saturday of the month. This month it will be on 11/15/2025, at 5pm. This open mic is free to the community and open to all artists of all ages. We have hosted singers, guitarists, pianists, poets, jewelers and photographers, just to name a few. I invite you to come and share your artistry with the community. You are also invited to come and support your community, seeing the artists as a member of the audience. Are you an artist that was not listed here? We invite you to come and showcase your artistry at the Diamond Bar Renaissance Open Mic.

The Diamond Bar Woman's Club is also facilitating a 90 Day Journal Journey. This is a guided journal journey with daily prompts given for journaling the following day. This guided journal experience is facilitated through social media and can be found daily on the Diamond Bar Woman's Club Face Book page. It can also be found on my social media under Marriyan The Poet on Face Book, TikTok, and Instagram. There was an in person 90 Day Journal Journey Workshop that can be viewed on YouTube, along with the daily journal prompts. The YouTube is @marreonpublishing where you can view the workshop in full. There will be a second in person workshop on 11/15/2025, at 4pm at the AQMD Building, 21865 Copley Drive, Room CC6, Diamond Bar, CA 91765. I share my journal entries and open the journal prompts up for discussion through the comments. Participants are encouraged to post a picture of their journal prompts or type them in the comments.

I look forward to seeing you all in the community partaking in these artistic and cultural events.

Thank you,
Marriyan



*The Diamond Bar Woman's Club
Presents*

The 90 Day Journal Journey

"Let's Talk, Heal & Grow Together"

What's This All About?

- Talk openly about journaling
- Learn to manage stress
- Take home real-life tools
- Connect with others who want to journal



Workshop Highlights

- Journal Presentation
- Journaling
- Grounding Exercises
- Self-Reflection
- Feed-back on Journal Presentation

Open to Everyone All Ages Welcome!

Whether you've struggled with journaling or just want to learn more about how to start, this space is for you.

Saturday, 11/15/2025
4:00 pm
AQMD Building
21865 Copley Drive
Diamond Bar, CA 91765
Room CC6

**Let's break the silence.
Let's start the healing.**

Questions? Contact us:
www.marreon.com
909-992-2240

**Sing Your Favorite Songs ,
Play Your Favorite
Instrument, Recite Your
Favorite Poem & Hang Out
with Friends**



**The Diamond Bar
Renaissance**

**OPEN
MIC**

**11/15/25
5PM**

**90 Day Journal
Journey Workshop
before
Open Mic**

**HOSTED BY: MARRIYAN HILL
OF THE
DIAMOND BAR
WOMAN'S CLUB**

**SOUTH COAST AQMD BLDG.
Room CC6
21865 Copley Drive
Diamond Bar, CA 91765**

www.marreon.com

DIAMOND BAR WOMAN'S CLUB

2nd Vice President & Membership

By Mary Jo Franze

New Member Orientation Class

DATE

Sat, Nov 15
12:30 PM PST



LOCATION

Abbey Howell's Home
20308 Julliard Dr
Walnut, CA, 91789

Diamond Bar Woman's Club
New Member Orientation

You're invited to join us for a special event as we welcome our newest members to the Diamond Bar Woman's Club! Come meet fellow members, learn more about our club's activities, and enjoy a lovely afternoon of friendship and celebration.

Lunch will be served at 12:30 PM, followed by the New Member Ceremony.

Whether you're a new or long-time member, this is a wonderful opportunity to connect, share ideas, and celebrate our commitment to friendship and community service.

✧ All members are welcome! ✧





The Diamond Bar Woman's Club

Annual Tea Party

Join us for our annual fundraising Tea Party—an afternoon to sip, savor, and give back together!

Date: December 6, 2025
Time: 11:30 a.m.- 4:00 p.m.

Location: 1631 Summitridge Drive, Diamond Bar 91765
The Maidenberg Courtyard

*Enjoy an afternoon of lunch, fine tea, pastries,
and sweet delights.*

Supporting our community—join the fun, bring loved ones, and give through donations!

Tickets are available for \$45 per person. Space is limited.

Buy your tickets by scanning the QR code by December 1, 2025. Scan in your banking app to pay. Diamond Bar Woman's Club: dbwc.volunteers@yahoo.com. You may also mail your check to our P.O. Box 4035 Diamond Bar Ca. 91765.

Note: Please open your Bank App on your phone to scan QR code above or enter Diamond Bar Woman's Club.



zelle

Prizes will be awarded for the best-dressed guests. Feel free to wear your favorite tea party attire—hats, gloves, and all!



On The Scene

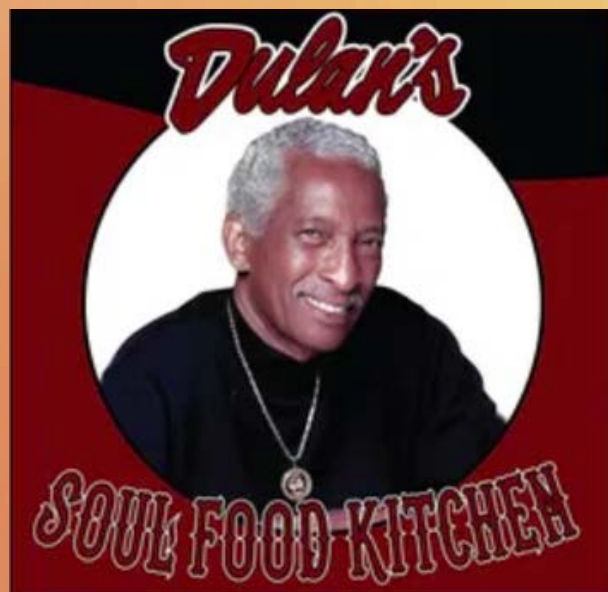
DBWC Dining at Dulan's

By Raphael H. Plunkett

DBWC members are always at the ready to support and didn't hesitate to come through for a fundraiser at a cherished restaurant!

Dulan's Soul Food on Crenshaw hosted a day filled with delicious food, lovely ambiance, great service and wonderful company. Members Patsy, Abbey, Marriyan, Girtha and Raphael joined Abbey's sister Aggie (our hostess), for day of community support and sisterhood. The owner shared family history, and visits by dignitaries including President Biden. He and other community members welcomed and joined us for a special meal. We even engaged with the talented muralist as he painted a spectacular creation.

Enjoy the photos from the day, and be sure to visit Dulan's when you're in the area
(<https://dulansoulfood.com/>)



Women in History

WHAT DO THE EXPERIENCES OF ANCIENT WOMEN LEADERS TELL US ABOUT SUCCESS?

By Claudia Maidenbreg

We look around our modern world and we see a few but increasing number of female leaders of nations. We see a few and increasing number of female leaders of large companies and large organizations. Aloud or in hushed whispers their abilities are always questioned. Are these leaders really the first of their kind? The answer to that question is no.



Mesopotamia was ruled by Queen Kubaba who was the world's first known female ruler. She was the Queen of Sumer in what is now Iraq.

Hatshepsut led Ancient Egypt. She ruled for two decades and is considered the first important female ruler known to history. To be accepted she co-ruled with her stepson, dressed masculine by wearing royal kilts and false beards. Her abilities created prosperity, peace, and artistic creativity.



Empress Wu Zetian ruled Ancient China. She ruled for 40 years initially through her husband and sons and later her own. She shaped a more efficient and less corrupt government, revitalized the economy and culture, bucked the aristocracy to advance the peasant class, and conquered new territory in Korea and Central Asia.



LOOK ON NEXT PAGE...

In the stories of these ancient female leaders, it's a lack of men that allow for their rule. They were there as placeholders, and they usually have a bad end—unrelated to their ability to rule or their accomplishments. Their lives and achievements were often scrubbed from collective memory by subsequent male rulers eager to take credit and reinforce established patriarchal norms.

The stories of these ancient female leaders are often used as cautionary tales preventing many from seeing a more complete picture of their real lives and accomplishments and reinforcing the ideas that female leaders are unwelcome or even evil.

Why am I telling you this story? What/How could their stories impact our Club? Unfortunately, we often contribute to the aloud and low background noise that undermines female leaders both inside and outside of Federation. We become part of the chorus that helps to scrub the accomplishments of female leaders out of our collective memory.

No leader is perfect nor are they expected to be. Many a male leader has been a flop or done horrible things. Their faults are more often overlooked than those of female leaders. In fact, it is not just the men, but it is also we women that hold female leaders to the higher standard of perfection just to be considered as doing a good job.

Starting in Federation and expanding into our lives, we have the power to stop being part of the chorus that throws shade on female leaders. Change that last comes from the bottom up. Stop sharing stories of the “horrible thing you saw.” If you as a member see a weakness/have an issue, choose to be part of the support system that helps our women leaders succeed.

Health and Wellness



GET SMART ON CARBS

American Diabetes Month

When you eat or drink foods that have carbohydrate—also known as carbs

Your body breaks those carbs down into glucose (a type of sugar), which then raises the level of glucose in your blood. Your body uses that glucose for fuel to keep you going throughout the day. This is what you probably know of as your “blood glucose” or “blood sugar.” When it comes to managing diabetes, the carbs you eat play an important role. After your body breaks down those carbs into glucose, your pancreas releases insulin to help your cells absorb that glucose.

When someone’s blood glucose is too high, it is called hyperglycemia. There are a few causes for “highs,” including not having enough insulin in your body to process the glucose in the blood or the cells in your body not effectively reacting to the insulin that is released, leaving extra glucose in the blood. A low blood glucose is known as hypoglycemia. “Lows” can sometimes be caused by not consuming enough carbohydrates, or an imbalance in medications. **In short, the carbs we consume impact our blood glucose—so balance is key!**



LOOK ON NEXT PAGE...

Health and Wellness

CARBOHYDRATES IN FOOD

There are three main types of carbohydrates in food—starches, sugar, and fiber. As you'll see on the nutrition labels for the food you buy, the term "total carbohydrate" refers to all three of these types. The goal is to choose carbs that are nutrient-dense, which means they are rich in fiber, vitamins and minerals, and low in added sugars, sodium, and unhealthy fats. When choosing carbohydrate foods:

- **EAT MOST OF THESE:** whole, unprocessed, non-starchy vegetables. Non-starchy vegetables like lettuce, cucumbers, broccoli, tomatoes, and green beans have a lot of fiber and very little carbohydrate, which results in a smaller impact on your blood glucose. Remember, these should make up half your plate according to the [Plate Method](#)!
- **EAT SOME OF THESE:** whole, minimally processed carbohydrate foods. These are your starchy carbohydrates, and include fruits like apples, blueberries, strawberries and cantaloupe; whole intact grains like brown rice, whole wheat bread, whole grain pasta and oatmeal; starchy vegetables like corn, green peas, sweet potatoes, pumpkin and plantains; and beans and lentils like black beans, kidney beans, chickpeas and green lentils. If you're using the [Plate Method](#), foods in this category should make up about a quarter of your plate.
- **TRY EAT LESS OF THESE:** refined, highly processed carbohydrate foods and those with added sugar. These include sugary drinks like soda, sweet tea and juice, refined grains like white bread, white rice and sugary cereal, and sweets and snack foods like cake, cookies, candy and chips.

DIABETES & FOODS

Know the Three Types

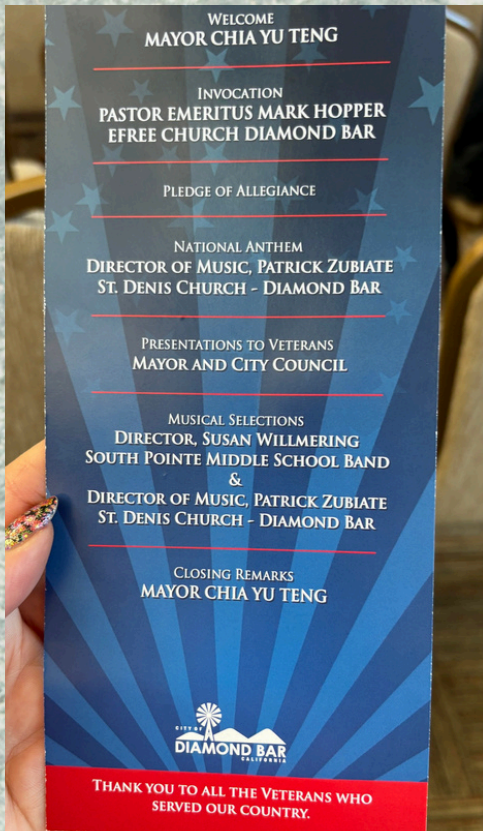
There are three main types of carbohydrates in food: starches, sugars, and fiber. Learn about the types and what foods you can find them in.

Counting Carbs

Carb counting involves counting the number of grams of carbohydrate in a meal and matching that to your dose of insulin. Get the facts and learn how to do it. Follow link here: [Start Counting](#)



Veterans Ceremony





House of Ruth

*Assisting Families Victimized
by Domestic Violence*

House of Ruth's

Thanksgiving Food Basket List

Food Items

- Bread Rolls
- Canned Foods:
 - Canned Beans
 - Canned Fruits
 - Canned Meats
 - Canned Milks (Evaporated/Condensed)
 - Canned Soups
 - Canned Vegetables
 - Cranberry Sauce
- Cookies
- Jams/Jellies
- Marshmallows
- Pies

Grocery Gift Certificates

- Albertson's
- ALDI
- Cardenas
- El Super
- Food 4 Less
- Grocery Outlet
- Northgate
- Smart & Final
- Stater Bros
- Superior Grocers
- Vons
- Walmart
- WinCo Foods



House of Ruth

Assisting Families Victimized
by Domestic Violence

Thanksgiving Food Basket Drive

- House of Ruth provides holiday meals to survivors and their children at no cost.
- For many families rebuilding violence-free lives, House of Ruth may be their only source of meals for the holidays.
- Our clients range in age from newborns to seniors.
- Food donations must be sealed.
- Monetary and gift card donations are always appreciated.

PLEASE DELIVER DONATIONS TO:

Attn: Sabrina Almaraz
599 N. Main Street., Pomona, CA 91768
909-623-4364 ext. 5026
Email: salmaraz@houseofruthinc.org

I would like to lift my voice to end domestic violence with a holiday donation of \$ _____

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

Credit Card# _____ Exp. Date _____ Zip Code _____

Please refer to the back of this page for gift ideas!

599 N. Main St., Pomona, CA 91768 houseofruthinc.org 909-623-4364

Happy
THANKS
= GIVING =



Casino Night



Casino Night



NOVEMBER CALENDAR 2025

DIAMOND BAR WOMAN'S CLUB UPCOMING EVENTS

5 DBWC EXECUTIVE BOARD MEETING - 6:30PM ZOOM

7 SGVD FALL COUNCIL GENERAL MEETING - 9:30AM -12NOON - EL MONTE

COMMUNITY CENTER

10 DVAC 2.0 - NO MEETING

12 SENIOR HEALTH DAY - 9:30A -11:30A DB COMMUNITY CTR (DBWC HAS A BOOTH)

15 DBWC NEW MEMBER & REFRESH ORIENTATION MEETING - 12:30PM - 2:30PM

HOWELL VERANDA

19 DBWC MONTHLY BUSINESS MEETING 8:30AM BREAKFAST 9:30 GENERAL MEETING

VITA'S RESTAURANT, DOUBLETREE HOTEL

23 DOMESTIC VIOLENCE AWARENESS PRESS CONFERENCE - 12:30PM

27 THANKSGIVING DAY