

Orange Blossom Gazette

GFWC LA VERNE-SAN DIMAS WOMAN'S CLUB NEWSLETTER

October 2024 Issue 86

President: Marlene Carney
carney.marlene@gmail.com

Newsletter Editor: Gloria Schaaf
guschaaf@yahoo.com

Every act of kindness sparkles like a star.
Embrace the power of kindness and shine brightly.



CALENDAR OF EVENTS

09 Gab at Railside Cafe, 10:00 am
17 General Club Meeting 6:30
19 Tea Luncheon 11:00
27 Hike at Bonelli 10:00

EXECUTIVE COMMITTEE 2024 - 2026

President: Marlene Carney
Co-First VP/Dean of Chairmen: Susan Minnihan & Linda Roache
Co-Second VP/Membership: Jody Mentzer & Sonya Whatley
Third VP/Ways & Means: Sue Herrera
Recording Secretary: Barbara Randolph
Treasurer: Cathy Koch
Parliamentarian: Pat Borchard
Corresponding Secretary: Eleonore Burress

MONTHLY CLUB CONTEST:

Find the hidden symbol embedded in the monthly newsletter text. **See page 12 for details**



PRESIDENT'S MESSAGE:
Marlene Carney

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It was so wonderful to see the large attendance of members and prospects at the September meeting. Shout out to co-Second VP's/Membership Sonya Whatley and Jody Mentzer. We've since gained three new members. Let's keep up the momentum. It was great getting together again after a long, hot summer. Thank you to those who participated in the National Day of Service and volunteered for our recent Food Drive at Albertson's in San Dimas.

October brings a special kind of magic, as we experience cooler air, and leaves transform into brilliant Fall colors. It's a month of sweaters (finally), pumpkin spice, warm drinks, and fall traditions like pumpkin picking and the excitement of Halloween combined with the thrill of spooky fun. There's a quiet beauty to October, as we prepare for winter, offering moments of reflection. October is Breast Cancer month and Domestic Violence Awareness Month. We encourage all to wear pink and purple at the October 17th club meeting.

There are many things to look forward to over the next few months. It's time to nominate our Club Kindness Angel. She will be announced at our Holiday Dinner on December 12. Nomination forms will be sent soon and will be available at the October club meeting. The next Foothill District meeting is Saturday, October 12 from 9:00 a.m.-10:00 a.m. at Brackett Field conference room. Club members have a voice and should try to attend so that our voices are heard. The CFWC Area B Conference will be on Saturday, October 26 at Yanks Air Museum in Chino. District President Pat Borchard sent everyone an email with details about both events.

The Trunk or Treat Spooktacular event is set for October 19 at the San Dimas Civic Center. Thank you to those who brought candy and to those who will be participating. Contact Susan Hope or Jody Mentzer if you plan to participate or have candy to deliver.

Our Social Chair, Jennifer Nummelin, has planned many social events including our Tea Luncheon at the Enchanted Rose in San Dimas. Be sure to take advantage of some of the October events as they provide an opportunity to get to know each other and build camaraderie.

November is our big fundraiser, Bunco and Brew, which will be on Saturday, November 2 from 12:00 p.m.- 6:00 p.m. at Old Stump Brewery in Pomona. Please plan on letting your friends and

family know about this event and either buy tickets to play or volunteer to help that day. The raffle prizes are amazing. More details in this newsletter from our 3rd VP /Ways and Means, Sue Herrera.

As you can see, we are one busy group of ladies making a positive difference in the lives of so many. I look forward to seeing you at some of our events this month. Stay safe and in the spirit of Halloween, "There's a little witch in all of us." — Alice Hoffman, from the film "Practical Magic."

Carney.marlene@gmail.com
909-996-6021

PRESIDENT'S AIDE/AMENITIES:
Jennifer Nummelin

A reminder to all— at the meetings, we usually have several visitors, who are overwhelmed with all the business! I want to personally thank the members who make the effort to identify the 'deer in the headlights' visitors (who looked lost) and talked with them, explained things, etc. We were all new at something, at some point in our lives, and it helps to have a smiling person reach out to us, guide us, etc.

Jennifer jennummelin@aol.com

CO-FIRST VP/DEAN OF CHAIRMEN:
Susan Minnihan & Linda Roache

It was so good to see so many of our members, along with so many prospective members at our September meeting! We certainly had a full house that night!

The September meeting and the start of Fall always feels like the start of the new term (officially it began at our June meeting), full of excitement and energy! Our chairmen have been busy planning and facilitating projects, involvement within our communities and fundraisers.

As reported at the September meeting, in August we held a chairman meeting wherein we had valuable suggestions and input. One of these suggestions was implemented at the meeting regarding accessing Project Sheets to record member's hours, donations, etc. Each chairman will have their Program Folder with their Project Sheets. I want to thank our chairmen for having visible nameplates out so that members can go to the appropriate Program Chairman. There was a little confusion for some members to locate the appropriate Program Chairman for a project; this should be alleviated by checking on our Project Description List. If in doubt which Program Chair your Project is under, we will have this list at each meeting next to the file holder on the back table.

Chairmen have also discussed a need for membership commitment to participate when a Motion is voted on and passed. They need to know that the Project will have the membership support. Do not feel that you always must vote "yes" if you do not or cannot participate. Chairmen need to know that members are willing and available to help with a project. Some projects have not had the needed participation to be easily completed. Keep in mind "many hands make for a lighter load."

We are looking forward to this Fall season and the start and or continuation of our numerous projects. Please check out under "Chairmen Chats" for further information and see what you would like to participate in. Also, keep a lookout for our chairmen "Spotlight Series," starting again this month.

And finally, if you would like to be more involved by becoming a Program Chairman, we do still have Communications Chairman open! Please contact us if interested in further information and clarification of what this would entail.

It's an exciting time of year! Looking forward to seeing you all at various projects and events!

Susan susanminnihan@aol.com
Linda Roache lgroache@hotmail.comm

CO-SECOND VP/MEMBERSHIP:
Jody Mentzer & Sonya Whatley

October has arrived and it's officially Fall but often doesn't feel like the sweater weather we've been anticipating. Cooler weather, holidays, time change, sports, and a flurry of activity are a part of the Fall season. The La Verne-San Dimas Woman's Club is in full swing as we embark on a very active year of philanthropic projects and social activities. The club is the recipient of the 2024 Best of La Verne Service Club (for the 3rd time!) and we are living up to that wonderful designation. Please take the time to review the club's project list. There are many opportunities to give back to the community and be an active part of all that we do. All members are encouraged to volunteer where they can. We are a flexible group given your schedules and other commitments.

As you all know, membership recruitment is ongoing as we continue to grow the membership which allows us to have an even larger impact on the various nonprofits and communities we serve. I invite our members to spread the word about the club and all we do. We also encourage you to invite any prospective members to our club meetings.

Here's a quote we hope you'll appreciate:
"*Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has*." Margaret Mead, anthropologist & humanitarian.

Sonya srwhatley@yahoo.com

Hard to believe Fall is upon us and soon mornings will be crisp and the leaves will be changing color and falling. It is a season with many events to look forward to. But this time will fly by and before we know it that nine letter word (Christmas) will be upon us. It seems the older we get the more quickly time flies.

I read an article that said this happens because many people have lost their sense of identity and purpose. After they retire, they no longer feel useful or needed. They have more routines and fewer new experiences to look forward to. The La Verne-San Dimas Woman's Club has a remedy for some of that.

If you know anyone who seems like they need more purpose and fulfillment, tell them about the woman's club and invite them to our meeting and other activities. Don't forget to get hold of one of us so we can send them a brochure and more information. We had eight prospective members at our September meeting. Several of them have contacted me to say how much they enjoyed such a great group of women and learning more about our club.

Speaking of prospects at our meeting three of the ladies became members. Esther Garza-Maloney, Sylvia Gandara and Mimi Harris. Esther is an RN. She has four children and enjoys reading and hiking. She joined to get involved in the community and create new friendships. Sylvia became a realtor after retiring from Pac-Bell. She has two children, five grandchildren. and has many active and varied hobbies. She heard about us on the internet and is excited and anxious to get involved. She has already volunteered to help with the Halloween Spooktacular. Mimi found us using google. She has one child and loves to paint and garden. She joined to give to the community, to be social and to make friends. All three of these ladies will be great assets to the La Verne-San Dimas Woman's Club.

Here is a quote I hope you will enjoy:
"Fall has always been my favorite season. The time when everything bursts with its last beauty as if nature had been saving up all year for the grand finale." – Lauren DeStefano

Jody foxyjodi@verizon.com

THIRD VP/WAYS & MEANS:
Sue Herrera

Thank you to those members who signed up to help at the Bunco & Brew Fundraiser; I truly appreciate those who have stepped up to volunteer. I will email everyone around October 20th to remind you of your positions and times.

Don't forget to contact Sofia at 213-842-0230 to purchase event tickets for $25 each.... such a fun time! Payments must be received before tickets are issued; thanks for understanding.

E-bike tickets are on-sale through Sofia as well. $10 per ticket or 15 for $100. This is an amazing prize and the winner will be announced at the Bunco & Brew event, November 2nd at 6:00 p.m.

As mentioned at the September General Membership Meeting, our See's Candy Yumraiser is in full swing until December 6th. Please ask friends and family that place orders with See's as part of their holiday gift giving, to consider purchasing through our on-line store. Their purchases will be delivered and help a worthy cause.

The link again is:

https://www.yumraising.com/secure/gfwclvd_gfwc_la_verne__san_dimas_womans_club83/SusBOS7743/

Sue sue.bosek@cvspm.com

>> Chairmen Chats <<

ADVOCATES FOR CHILDREN: Susan Hope

Thank you for your generous candy donations for the annual San Dimas Trunk or Treat "Spooktacular!" We will still be accepting candy at the next meeting on October 17th. If you are unable to attend the meeting contact Jody Mentzer at foxyjodi@verizon.net for information about drop-off or pickup.

Sue Herrera is stepping down as the lead on the Shoes that Fit event. Thank you Sue for doing such a fabulous job! This is a great opportunity to become more involved in our meaningful charities. Please contact me if you are interested in becoming the new lead. The duties are simply calling the contact person and providing sign-up sheets for volunteers in the spring.

Susan foster.hope@verizon.net

ARTS & CULTURE: Tami Miller:

There are many contests to participate in under Art Projects. You need to start them now because submittal is in November, and the article you choose needs to be completed in 2024. Three of the contest categories are hand crafts, writing and photography. This is not just open for members only; your children are included. Your child might like to write stories or poems, or draw or paint pictures. Listed below are the youth age categories:

1 – Kindergarten, First to Second grade
2 – Third, Fourth and Fifth grade
3 – Sixth to Eighth grade
4 – Ninth to twelfth grades.

Watch for future article under Arts & Culture for more contest information.

Tami club1270deventer@yahoo.com

CIVIC ENGAGEMENT & OUTREACH:
Jennifer Nummelin &
Candy Miller

Food banks have an ongoing need— for food, diapers, and pet food— please consider those less fortunate who have experienced a crisis, and if you donate to them, record it in the project book.

We will be signing Christmas cards at the November Meeting (which means now is the time to look through your closets and desks for any extra/leftover 2023 holiday cards). We will then deliver those signed cards to local care facilities, in early December. This brings some happiness to isolated folks in facilities, during the holidays.

Coats!! If you find you have extra coats, please donate them. I store the coats until November 1st (you should see my closet, full of large bags) then take to Burlington Coat Factory. They then clean and repair the coats, and donate back into the community, to colleges, schools, and shelters.

Jennifer jennummelin@aol.com
Candy candysnrg@verizon.net

DOMESTIC VIOLENCE & SEXUAL ASSAULT AWARENESS & PREVENTION:
Marina Salcido

October is Domestic Violence Awareness month. Please wear purple to bring awareness and to be entered to win a prize. House of Ruth will be hosting a candlelight vigil from 6:00 p.m. to 8:00 p.m. on Thursday, October 24, 2024, to honor victims that have died as a result of domestic violence. I will have House of Ruth's wish list at the back table if you would like to donate.

Let's keep those old cell phone donations coming. Verizon will clean all data and set them to only make 911 calls. All cell phones are given to shelters who will distribute cell phones to victims of domestic violence. Shirley Vanderbeck will be collecting cellphones at our monthly meetings. Help me give you the proper credit for all the fantastic work you do to support our programs: Please log in your time, monetary, and in-kind donations in project folders.

Marina dirt4us4@yahoo.com

EDUCATION & LIBRARIES:
Marilyn Caldwell & Dian Moravek

As you may remember, the Library Project was voted on during our April 2023 meeting. With 8 months to work on it, 56 hours of work were donated.

This year, we have 12 months to work for this worthy cause, and hopefully we will surpass last year's efforts. As of our summer hiatus, our recorded hours numbered 34. I know that more hours than these were worked but not noted on the project sheet.

At the October meeting, please be sure to find me, so that your donated hours can be recorded in our new file system.

The San Dimas Library hours are:

Sunday & Monday: Closed
Tuesday & Wednesday: Noon - 8 pm
Thurs., Friday & Sat.: 10 am- 6 pm

You may, of course, put in your 2 hours a month at the time that best suits your schedule. Please keep track of them, it is very important to the success of this project.

Thank you all very much!

Marilyn sun4me91750@yahoo.com
Dian dianmoravek@yahoo.com

ENVIRONMENT:
Chairman Marina Salcido

Thank you all for your support to Penny Pines at our last meeting. With the recent fires in our local mountains, we will need to increase our support of reforestation efforts in the San Bernardino National Forest. Your help in this effort will facilitate the purchase of much-needed plantations of trees in the burned areas. Our next collection for Penny Pines will be at our November meeting. The collection box will be passed around at the October meeting for Heifer International.

We are accepting any gently used towels and bedding for Inland Valley Humane Society. You can bring them to our meeting or contact Jennifer Nummelin. Please continue to bring your own beverage cup to our monthly meetings. Your participation helps reduce landfill waste. If you have any questions, please contact me at (626) 643-0912 or come talk to me at our next meeting.

Marina dirt4us4@yahoo.com

HEALTH & WELLNESS: Gloria Schaaf

October is Breast Cancer Awareness Month, please schedule your check-up exam. I'm asking you to wear PINK to our October meeting to show support for breast cancer research and those

that have fought, are fighting, or have won the battle of breast cancer. Those that wear Pink, will receive a little token that symbolizes your support

At the General Club meeting I asked members to submit recipes for publication in our newsletter. The dish does not have to be so healthy that it's tasteless, it just should be lower in saturated fats, sodium and salt, the use of fresh vegetables and fruits, whole grains, and low-fat protein sources. PLEASE look through your recipes and submit at lease one – I think it would help bring awareness of the food we eat. A recipe for Ooey gooey decadent Brownies is on page 13, give them a try.

Gloria guschaaf@yahoo.com

SOCIAL COMMITTEE:
Jennifer Nummelin

Upcoming Events Info.:

OCTOBER
Wed 09th, Gab at Railside Cafe, 10:00 a.m. The address is 322 S. San Dimas Ave., San Dimas. We sit outside, and it is usually wonderful weather.
Sat 19th, Tea Luncheon at Enchanted Rose Tea Parlour, 11:00 a.m. Address is 120 W. Bonita Ave., San Dimas. Cost is $23. Checks payable to Club. Contact JENNIFER directly, ASAP!! As I need a headcount.
Sun 27th, Hike at Bonelli, 10:00 a.m. We meet in the pkg lot at Norm's Hangar restaurant, at the airport. And we walk until someone gets tired. IE., not strenuous. *Usually go to lunch, afterwards.

NOVEMBER
Thurs 07th, Gab at Miss Donuts and Bagels, 10:00 a.m. Address is 2369 Foothill Blvd. La Verne. Cross street is White Ave.
Sat 16th Hike at Bonelli, 10 a.m.
Tues 19th, dinner at Costa's Family restaurant, 6:00 p.m. Address is 851 San Bernardino Rd., near Grand Ave., in Covina.
*Turkey Day is Thursday, 28th. Some of us travel, others are alone. If anyone is interested in a get together, let me know!
* Our Club has a bowling league, Tuesdays at 10:00 a.m., at Chaparral Lanes, in San Dimas. Join our cheerleading group!! No experience required.

Holiday party reminder— our wonderful holiday dinner is once again, at the Glendora Country Club on Thursday, December 12, 2024. Cost is $48 (same as last year). Checks payable to Club. Social time is at 6:30, dinner served at 7:00. Headcount and monies must be received by Dec 01st.

December
Thurs 12th, Holiday party/dinner, at the Glendora Country Club.

Jennifer jennummelin@aol.com

WOMEN'S HISTORY: Sue Herrera

We continue collecting our U.S. Women's History coin collection. We still need:

Jovita Idar, 2023
Rev. Dr. Pauli Murray, 2024
Patsy Takemoto Mink, 2024
Dr. Mary Edwards Walker, 2024
Celia Cruz, 2024
Zitkala-Sa, 2024

Sue sue.bosek@cvspm.com

>> On-going Projects <<



I will be collecting homemade (knitted, crocheted, sewn) beanies, scarves, & pillow cases to be donated to the Foster Family Agencies in our area. This is an ongoing project. Please bring whatever you're donating to each meeting & I'll get them where they need to go. (And please keep track of money & time spent.) Thank you!

Cathy Koch granniepurpyl@gmail.com



I am collecting used blankets & towels for the Humane Society. This is an *ongoing project* & donations may be given to me at any meeting, or text me (626 201-7375) & I'll pick them up at your home.

Jennifer jennummelin@aol.com



Every meeting I collect eyeglasses (broken or not), eyeglass cases, old cell phones, and pop tops from cans of soda, soup, dog & cat food, etc. Bring them and I will collect them. Pop tops go to support the Ronald McDonald House; eyeglasses and cases go to Eye-DAS to support the blind; and old cell phones are erased and reprogrammed with 9-1-1 and given to the Battered Women's Shelters.

Thanks in part to your contributions, the USO has enough condiment packets for now. We can start saving again after the first of the year.

Shirley Vanderbeck legalrabb@aol.com



Cups for Corky is our on-going Environment project. Those getting started early on your Spring cleaning can make room on those shelves by donating your gently used cups to Corky's. The Cups for Corky's basket will be on the stage at our monthly meetings.

Everyone can help reduce the waste in our landfill by bringing your own cup to each meeting.



Recycling bottles and cans is a good way to save our resources and support the Bonita High School Band. Your recycling donation will help Bonita High School Band pay for uniforms, instruments, equipment, and other essentials. Contact Gayle Garcia for your donations.

Gayle klasiccat@gmail.com
Marina dirt4us4@yahoo.com



Coats & jackets needed!

I am collecting gently used coats & jackets - kids & adults' sizes - throughout the year, & I deliver them to Burlington Coat Factory. They clean & repair them, then redistribute to the homeless, college students, Veterans, & shelters in the area. This is an *ongoing project* & donations may be given to me at any meeting, or text me (626 201-7375) & I'll pick them up at your home.

Jennifer jennummelin@aol.com

MONTHLY CLUB CONTEST

Find the hidden symbol embedded in the monthly newsletter text. Anyone that locates the symbol, should inform Gloria Schaaf at guschaaf@yahoo.com of its location by text message, e-mail or send a picture from your phone no later than the 12th of each month. Those individuals that have correctly located the symbol will be entered into a drawing for a gift card. The drawing will be held during the General Club Meeting and the gift Card presented to the winner.

The symbol to find for October is:
This will be an ongoing monthly contest with a new symbol each month. Good Luck to all.

Happy Anniversay

Nine Years - 10/2015
Charter Member

Dian Moravek

4 years – 6/2020

Marina Salcido

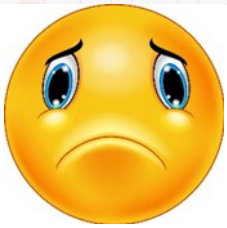
2 years – 10/2022

Sonya Whatley

1 year – 10/2023

Bianca Battles
Lisa Gomez





No October Birthdays

INSTAGRAM: @gfwclvsd
FACEBOOK: gfwclaverne-sandimas
WEBSITE: lvsd.org

Dark Chocolate and Cherry Brownies



Servings: 16 ***Cooking Time:*** 25 Minutes ***Oven Temperature:*** 350 F.

Ingredients

Cooking spray
1 cup granular no-calorie sweetener
3/4 teaspoon salt
5 tablespoons canola oil
3/4 cup unsweetened cocoa powder
1/3 cup cherry preserves, sugar-free
3/4 cup whole wheat pastry flour
1 teaspoon baking powder
1/3 cup water
1 large egg white
1 large egg, lightly beaten
1/4 cup semisweet chocolate chips

Directions

Line a 9-inch square baking pan with parchment paper; coat with cooking spray.
Lightly spoon flour into a dry measuring cup; level with a knife.
Combine flour, sugar, unsweetened cocoa, baking powder and salt in a large bowl; stir with a whisk. Set aside.
Combine cherry preserves, water, and oil in a small saucepan; bring to a boil.
Add preserves mixture to flour mixture; stir well. Add egg and egg white; stir until smooth. Stir in semisweet chocolate chips.
Scrape batter into prepared pan. Bake for 25 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool in pan on wire rack

Nutrition information (per serving)

Calories: 110
Protein: 2 g
Cholesterol: 0 mg
Total fat: 6 g
Carbohydrates: 13 g
Sodium: 150 mg
Saturated fat: 1 g
Dietary fiber: 1 g
Sugars: 4 g

La Verne-San Dimas Woman's Club

October 2024

September '24						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November '24						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '24						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Rosh Hashanah	4	5
6	7	8	9 Gab at Railside Cafe 10:00 AM 	10	11	12 Yom Kippur
13	14 Federal Holiday	15	16 Boss's Day	17 General Club Meeting 6:30 Socializing 7:00 Meeting	18	19 Sweetest Day Lunch, Enchanted Rose Tea Parlour 11:00 
20	21	22	23	24 United Nations Day	25	26
27 Hike at Bonelli 10:00 	28	29	30	31 Halloween 		
		Notes				

Linda Koontz



Prayers sent to you and your husband Bill as he undergoes treatment at Pomona Valley Hospital.

Know that you have a community of sisters at LaVerne/San Dimas Woman's Club ready to support you