



Orange Blossom Gazette

GFWC LA VERNE-SAN DIMAS WOMAN'S CLUB NEWSLETTER

January 2025 Issue 89

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.*



Happy New Year 2025



	CALENDAR OF EVENTS
<p>09 - Gab at French Press Cafe, 10 a.m. 16 – General Club meeting 6:30 21 - Dinner at Warehouse Pizza, 6 p.m. 26 Hike at Bonelli 10:00 28- Ax Throwing 21</p>	


<u>EXECUTIVE COMMITTEE</u> <u>2024 - 2026</u>
<p>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</p>

	CALENDAR OF EVENTS
<p>08 - Hike at Big Dalton Canyon, 10 a.m. 12 - Gab at Butter Cafe, 10 a.m. 18 - Dinner at Antigua Bread, 6 p.m.</p>	



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 January: 

This will be an ongoing monthly contest with a new symbol each month. Good Luck to all.





PRESIDENT'S MESSAGE:
Marlene Carney

Let's celebrate each other. Take a moment this month to celebrate the friendships we have cultivated. The La Verne-San Dimas Woman's Club is a place of shared support where we lift each other up and strengthen our community. During November, let's all aim to carry the gratitude spirit beyond the season. Small gestures like a warm thank you note, a joyful smile, an act of kindness or a moment of reflection can keep gratitude alive all year long.

I am so grateful for each of you and wish you a month filled with warmth, connection, and gratitude. I also wish all of you a safe and Happy Thanksgiving.

Carney.marlene@gmail.com

909-996-6021

PRESIDENT'S AIDE/AMENITIES:
Jennifer Nummelin

Happy New Year to everyone! Have you all caught up on your sleep, post- holiday chaos? My goal for the new year is to know when to slow down (*stop laughing). Going 90 mph affects sleep, affects eating habits, overall health, etc. So, for all you do for your families and communities, remember to take good care of yourselves— as the old saying goes, “put your own life vest on, first, or you're no good to helping others”

Jennifer jennummelin@aol.com

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

Happy New Year, Ladies! It's difficult to believe 2024 has come to a close so rapidly. Time flies while we're having fun participating in projects and social events in our Club! We're looking forward to a new year to continue our Club's wonderful philanthropy and strive to make changes for the better for all involved.



We hope everyone enjoyed a wonderful holiday season. Our holiday dinner at the Glendora Country Club was enjoyed by those who attended; we missed those members who were not able to join us. Kudos to Jennifer Nummelin, Linda Roache and Cathy Koch for organizing such a fun event! So much festive energy exuded in celebrating all our members and recognizing our program chairs, board members, and Kindness Angel Jennifer Nummelin. Congratulations, Jennifer, as well as our Kindness Angel nominees! We also welcomed several new members joining our Club and look forward to their participation in our various Club endeavors.

Thank you to our program chairs for submitting your reports in such a timely manner. Both our chairmen and project leaders did a great job keeping track of projects. As of this writing, we have seven reports finalized and six in progress. We understand bringing together the information can be frustrating at times; but when all's said and done, it's amazing to note all the wonderful community projects and organizations we have supported as reflected in these reports. It's simply incredible to read how many hours, cash and In-Kind donations we have donated to the non-profits we support. Successful fundraising events have assisted us in doing so many times over. Our 2024 totals will be shared with members in January. Our club members are an amazing group of women!

We wish all of you a healthy, prosperous New Year as we look forward to a great year filled with volunteerism, philanthropy, and member camaraderie.

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

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

December slipped by us so quickly. Winter officially began on December 21st and somehow it didn't get the message and December was a month of record highs. I, personally, am looking forward to some good old California "cold winter. Let's hope we get some rain as well. We all know how desperately we need it.

The hustle and bustle of Christmas is behind us now and it's time to look forward to a New Year. We need to remind ourselves that every new year is a promise, we should hold onto the best of what has been, explore the best of what can be and make each day the best day yet. Hopefully the New Year will be a year of peace and joy for all of you.

A big thank you to Jennifer Nummelin, Linda Roach, and Cathy Koch for organizing and planning a wonderful holiday dinner at the Glendora Country Club. It was so nice to have time to socialize with our sister members. The new way off distributing door prizes was a winner. I don't know who brought the deserts but they were delicious. Jennifer Nummelin was introduced as the 2024



Kindness Angel for her compassion and friendship towards a member who was going through a very difficult time. The Kindness Angel receives an angel pin.

Last year we brought in ten new members bringing the membership total to 50 strong and compassionate ladies. Several of the new members have already become very involved in working with the club for the betterment of others. Seven of our new members were present at the holiday dinner and were inducted into the organization. They were Donna Fuller, Sylvia Gandara, Ester Garza-Maloney, Brenda Eaton, Donna Velosa, Norma Ferrales and Marilyn Cruz. We hope they found the ceremony meaningful and inspiring. Those who were unable to attend were Sofia Bauer, Jennifer Stone and Mimi Harris.

Our goals in 2025 are to continue to grow and spread the word about many of the woman's clubs' accomplishments and keep promoting the value of belonging to this fabulous club focused on helping the community and having fun at the same time. 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 next meeting on January 16th and to our other activities.

As 2024 ends, and the new year begins, Sue Herrera deserves a special thank you for maintaining our Facebook and Instagram presence. Thank you Sue for forwarding prospects information to us. We need to continue checking these sites and liking the posts to bolster interest in our club. We have also received many inquiries from our web site. All these vistas help making our club continue to grow and be visible in the community. If you know of any prospects or potential members, please send their contact information to Jody Mentzer and Sonya Watley so one of us can send them a brochure, membership application, current newsletter and invite them to club events. A personal touch means a lot.

Here's to another 365 days of opportunities, growth, and cherished moments. May the New Year unfold a beautiful chapter in your life. Sending warm wishes for a New Year that sparkles with love, kindness, and countless blessings. May your dreams come true in 2025!

As we begin a new year of service, we are reminded that: "The broadest, and maybe the most meaningful definition of volunteering: Doing more than you have to because you want to, in a cause you consider good." – Ivan Scheier

[Sonya srwhatley@yahoo.com](mailto:Sonya_srwhatley@yahoo.com)
[Jody foxyjodi@verizon.com](mailto:Jody_foxyjodi@verizon.com)

THIRD VP/WAYS & MEANS:
Sue Herrera

Happy 2025, ladies! I hope your Christmas and/or Hanukkah celebrations were magical and blessed.



I still have two seats available for our January 25th Taste of Italy Wine Tasting Fundraiser at a cost of only \$15 and a tray of Italian themed appetizers to share with the group at the Total Wine and More store on Arrow Highway in San Dimas. Please let me know if you'd like to attend. Selling out this event would be wonderful!

If you have not yet used Zelle or otherwise paid for your entry, please do so in the next couple of weeks.

It should be a fun time and, even better, proceeds will be donated to Shepherd's Pantry, Sowing Seeds for Life, City of Hope, Freedom Bags Project and LeRoy Haynes Family of Programs.

Speaking of raising money for the various projects our club's membership supports, as most of you already know, I am stepping down from my role as Third V.P. at the end of the club year in May, as the position is simply too much for one member to take on alone.

However, before I resign, I'd like to assist the Board, in forming a fundraising "committee" of 7 to 10 members who are willing to commit to taking on a small role in our largest fundraiser held in the last two years: the Bunco & Brew Fall Fundraiser. This event raises the bulk of the funds our club needs to support the projects we work on and fund our general needs (room rental, insurance, city fees, etc.).

I am 1000% confident that if a group of committed members were involved, this event could be even more successful and, most importantly, relieve the enormous burden from the Third V.P., whoever that may be.

If you're interested in this position and can commit sometime during the summer and fall months, please let me know as I promise to be part of the committee in a director role to assist members in learning how the event has been organized in the past and, of course, learning ways to improve the process.

May this new year provide you with health, happiness, and abundantly full hearts.

Sue sue.bosek@cvspm.com

TREASURER: Cathy Koch

From now on, I'll be bringing a box of envelopes to the meetings. Anyone giving me cash needs to please write on the envelope your name, amount of cash, and reason. This will help me greatly when I get home and need to remember.

Thank you and Happy New Year!

Cathy Koch granniepurpyl@gmail.com



>> Chairmen Chats <<

CIVIC ENGAGEMENT & OUTREACH:

**Jennifer Nummelin &
Candy Miller**

Happy New Year's ladies! 2024 was the year of heartache, healing, helping and hope. We accomplished more projects than we could have imagined and celebrated the year in style and in friendship. 2025 will give us new energy and new hands to help us reach out to our communities. I just happen to have one for you to think about: Feeding Military Heroes, sponsored by the Masonic Lodge, has announced their military food collection date for March 8th from 8 AM to 3 PM. This is an ongoing project that truly helps military service members and their families get through tough times. Considering they make a minimal wage, without question, they put their life on the line to defend our country. it's a project that has been near and dear to our hearts. On March 8th, the only skill required is to accept donations, with grateful smiles, at a drive-up location in La Verne. The food drive was so successful last year, they moved the collection to a drive-up warehouse facility on Arrow Highway. More info to follow. At our January meeting, consider volunteering a couple of hours. A great way to start the New Year.

Do you have leftover (new) Christmas cards? We can use them for 2025. We will collect them and store until next November, then sign and deliver them to isolated patients in nursing homes. Jennifer is the contact.

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

DOMESTIC VIOLENCE & SEXUAL ASSAULT AWARENESS & PREVENTION:

Marina Salcido

We have various on-going projects you can participate in all year long. Crossroads accepts gently used women's clothes and shoes. Your donations will help women released from incarceration transition back into society. Donations can be delivered to 1269 Harvard Avenue in Claremont and placed in the driveway in front of the big red shed doors. Don't forget to write a note that donations were made by LV/SD Women's Club.

House of Ruth has a wish list of items in need for women and children who are victims of domestic violence. If you are interested in donating and would like a copy of the wish list, please message Marina at dirt4us4@yahoo.com. You may drop off items at 599 N. Main Street in Pomona.

Shirley Vanderbeck will be collecting cellphones at our monthly meetings. 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.

Marina dirt4us4@yahoo.com



EDUCATION: Chairman Marilyn Caldwell



As the holidays have ended, and colder weather begins, nothing feels cozier than staying home and snuggling up with a good book and something warm to drink. As a reminder to returning members and a note to those newer members, when you finish one of those amazing paperback novels you may be reading, please consider bringing it to the next General Meeting in January and throughout the rest of the New Year to donate to the Claremont Prison Library Project. Briefly, this project is led by volunteers that aim to provide reading materials to incarcerated individuals and prison libraries. The new or used books collected by our club are delivered to The Claremont Forum where the books are sorted and shipped out to more than 600 federal and state prisons nationwide. It is widely acknowledged that providing these books makes a considerable contribution to literacy skills in a setting where it is sorely needed. The Forum receives letters regularly from inmates expressing appreciation for the books they receive. Some people are trying to learn new skills, fill their free time, and to take their minds off the inability to leave. An inspirational quote regarding reading says, ***“a book gives us someplace to go when we have to stay where we are.”*** Books can be pure magic! Please consider asking family members, neighbors etc. if they care to donate any gently used paperback books to donate at our meetings. A crate will be placed on the stage next to the long tables at the January meeting and each month thereafter. Please sign your name, the number of books that you donate, and place a \$1.00 value for each book in the **Education and Libraries** folder for record keeping purposes. ***Thank you for helping our club make a difference!***

Marilyn sun4me91750@yahoo.com

ENVIRONMENT: **Chairman Marina Salcido**

We can help our environment and help our local school by recycling plastic bottles and aluminum cans. You can take your bottles and cans to a recycling center and give your donation to our club treasurer Cathy Koch. Your donations will be forwarded to Bonita High School Band to help purchase equipment and uniforms.

Thank you to those members who bring your own beverage cup to our monthly meetings. This small act helps reduce Styrofoam waste in our local landfill.



For all our new members. I will be passing around the collection box for Penny Pines at our November meeting. The monies collected will be used for reforestation efforts in the burn areas of our local San Bernardino Forest.

We will continue accepting any gently used towels and bedding for Inland Valley Humane Society. You can bring them to our meeting or contact Jennifer Nummelin.

If you have any questions, please contact Marina at (626) 643-0912 or come talk to me at our next meeting.

Marina dirt4us4@yahoo.com

HEALTH & WELLNESS: Gloria Schaaf

With the beginning of 2025, do you make a Resolution to lose weight or get healthier? I do and so far, I have been highly unsuccessful. Although we all know what we need to do to achieve our goals, the following tips are a good reminder. Print this and put it in a place you are sure to see every day.

Healthy New Years Resolutions

Eat more whole foods. Include vegetables, fruits, nuts, seeds, whole grains, and fish. They contain a plethora of nutrients that your body needs to function at an optimal level.

Cook more meals at home. You will have a better diet quality and less body fat than people who eat more meals on the go.

Cut back on sweetened beverages. Sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance, and cavities in both children and adults.

Cut back on alcohol. Alcohol can certainly fit into a healthy diet, however, imbibing too often can negatively affect your health and may keep you from reaching your health and wellness goal.

Get more quality sleep. Sleep is an essential part of overall health, lack of sleep may increase your risk of weight gain, heart disease, and depression.

Sit less and move more. Sitting too much can have negative effects on health. In fact, it may be linked to an increased risk of overall mortality. Sitting less is an easy and attainable resolution that can be tailored to fit your lifestyle.

Find a physical activity that you enjoy. Instead of getting a membership to a gym choose an activity based on enjoyment and whether it fits into your schedule. For example, taking a half-hour walk, jog, bike ride, or swimming are simple and sustainable exercise resolutions.

Take more 'me time.' Taking time for yourself is not selfish. It is imperative for optimal health and wellbeing. This is especially true for those in caretaker roles, such as parents and healthcare workers

Spend more time outside. Spending more time outdoors, a minimum of 15 minutes a day can improve health by relieving stress.

Visit a doctor. Getting examined regularly by your healthcare practitioner is important for many reasons. Having regular blood work and necessary screenings can help spot potential problems before they turn into something more serious, elevating mood, and even lowering blood pressure.

Take care of your teeth. Maintaining your oral health is a New Year's resolution idea that can and should be sustained for life. Some research suggests that gum disease may be associated with serious health conditions, such as Alzheimer's and heart disease



Though most New Year's resolutions are only kept for a short period, the healthy resolutions listed above are sustainable ways to improve your physical and emotional health that can be followed for life.

Gloria guschaaf@yahoo.com

LEGISLATION & PUBLIC POLICY: Barbara Randolph

We are a nonpartisan organization, but we do advocate for policies that align with adopted GFWC/CFWC resolutions. Together we have accomplished much, and my New Year's Resolution is to keep you better informed!

The GFWC Legislation Action Center educates us and calls us to action by sending out updates on legislation that GFWC supports. Our legislative efforts include anti-trafficking and on-line child safety. Currently we have a joint GFWC's Measles Mission with Shot@Life. According to Rebecca Maxie, "Measles is on the march. It's one of the most infectious diseases there is: last year 57 countries had major outbreaks and more than 100,000 people died, the vast majority were children under five."

Our major support for legislative efforts (besides donating to individual projects like our Measles Mission) is to e-mail our congressmen/women to urge their support for legislation that would grant funding to global health issues.

As you peruse our GFWC Legislation Action Center and are moved to sign up in support of causes you value, please record (or text me) your time and any donations you may make. Thank you

Barbara roddyrandolph@yahoo.com

SOCIAL COMMITTEE: Jennifer Nummelin

Upcoming Events Info.:

January

Thurs. 09th- Gab at French Press Cafe, 10 a.m. 3836 Emerald, L.V. Near Foothill.

Tues. 21st- Dinner at Warehouse Pizza, 6 p.m. 2340 D Street, L.V. Near Bonita *parking in back*.

Sun. 26th- Hike at Bonelli, 10 a.m. Bracket field airport. Park near Norm's Hangar. This is NOT a marathon. We walk until someone gets tired—no judgement.

Tues. 28th- Throwing (yes really). 7 p.m. Money (paid to Club) and RSVP due by 21st. If you need to get out some frustration, this is your place!



February

Sat. 08th- Hike at Big Dalton Canyon, 10 a.m. Then lunch at Crust and Crumble, Glendora. Sue H. is the contact, if you have any questions.

Wed. 12th- Gab at Butter Cafe, 10 a.m. 671 Bonita Ave., S.D. Near San Dimas Cyn Road.

Tues. 18th- Dinner at Antigua Bread, 6 p.m. 2855 Foothill Blvd., L.V. Near Bradford St.

*We are looking for someone to host a coloring event in February, AND/OR an egg dyeing event, in March. Please let Jennifer know if you can host, several of us will help set up/clean up.

Jennifer jennummelin@aol.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



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.

Gayle klasiccat@gmail.com

Marina dirt4us4@yahoo.com

Secret Sisters: Tami Miller

It's a New Year, and time to sign up for a new Secret Sister.

At the January meeting there will be a sign-sheet. This is a fun project that will last all year long. After you sign up you will receive a letter in the mail with the name of your Secret Sister and information about her that will help you with cards and/or small gift giving. If you are new to the project, be sure to pick up an information sheet that will be forwarded to your Secret Sister.

Items you can give to your sister: Dollar Tree is a good source, a card on their birthday, any holiday or a get well card when appropriate. On Holidays you can give them a small gift, but not required.

At the monthly meetings, there is a Secret Sister Basket for you to drop off any item you want to give to your sister. You will keep your Secret Sister all year long and will divulge to her at the Holiday Party.

Please Sign-up. Any questions you may have please email Tami Miller.

Tami club1270deventer@yahoo.com



Happy Anniversary

No Anniversaries



Happy Birthday

Velma Ayala – 1/7
Jennifer Nummelin – 1/7
Cathy Koch– 1/17
Veronica Fry – 1/19
Marilyn Caldwell– 1/22

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



December '24

S	M	T	W	Th	F	Sa
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				

La Verne - San Dimas Woman's Club
January 2025

February '25

S	M	T	W	Th	F	Sa
	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		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day	2	3	4
5	6	7 Happy Birthday Velma & Jennifer 	8	9 Gab at French Press Café 10: a.m.	10	11
12	13	14	15	16 General Club Meeting 6:30	17 Happy Birthday Cathy Koch 	18
19 Happy Birthday Veronica FRY 	20 ML King Day Dinner at Warehouse Pizza 6:00 p.m.	21	22 Happy Birthday Marilyn Caldwell 	23	24	25
26 Hike at Bonelli! 10:00 a.m.	27	28 Ax Throwing 7:00 p.m.	29 Chinese New Year	30	31	1
2 Groundhog Day	3	Notes				

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