



FEBRUARY 2025 NEWSLETTER VOL. 25

DIAMOND BAR WOMAN'S CLUB NEWSLETTER





Website: diamondbarwomansclub.com

2024-2026

CLUB OFFICERS

DIANA LIMON

President

ELLEN HORWITZ

1st Vice President

RAPHAEL PLUNKETT

2nd Vice President/ Membership

DIANA ZHAO

3rd VP & Ways & Means

MARRIYAN HILL

Recording Secretary

ABBEY HOWELL

Treasurer

CLAUDIA MAIDENBERG

Corresponding Secretary

PATSY WILSON

Parliamentarian

LEI PHILLIPS

Newsletter Editor



DIAMOND BAR WOMAN'S CLUB President's Letter

By Diana Limon

Diamond Bar Womans Club Members,

February is known for American Heart Month, Valentines Day and Random Acts of Kindness week. Speaking of acts of kindness, there are those of you who have volunteered and donated to the Wildfire victims. Kudos to each of you for your acts of kindness.

We will be honoring our 2024 Club's Kindness Angel, Claudia Maidenberg, at the SGV District Fashion Show to be held on Feb. 22 nd at the Walnut Senior Center. Let's show our club support!

We have submitted our CFWC California Federation of Women's Club annual club awards reports for Jan 2024 - Dec 2024. These reports along with all the California women's club reports will be judged. Awards will be presented at the April 25 th 1 day convention.

The Scholarship Committee is off to a great start. The 2025 Flyers and Applications have been posted on our DBWC website. Printed Flyers will be available for posting and will be available at our February meeting. Upcoming Scholarship fundraiser is Pajamas & Pancakes at Applebees, Walnut, March 15 th from 8am - 11am, we will be partnering with the Diamond Bar Princesses for this event.

Do you know where you fit best in the projects & programs? Have you volunteered your help? In our January meeting we reviewed the projects and added and removed some of the programs. Please Volunteer.

With Gratitude,

Diana Limon - DBWC President



DIAMOND BAR WOMAN'S CLUB

Treasurer's Article

By Abbey Howell

Dear Club Member's,

It's difficult to believe we have entered the second month of 2025 already. We have experienced the tragedies of the floodgates, by fire, wind and water. We must all band together and keep faithful in the desire to service in whatever capacity you're able to do so. I would like to personally thank Marriyan Hill for her contribution to collect items for the fire victims, and deliver the items to Hilda Solis, El Monte Office. Rachel Kirk has also been very business helping within the Diamond Bar Community. As volunteers are work is never done. Thank you all.....

As members of the Diamond Bar Woman's Club we have certainly persevered with our abilities to stay on task and complete goals. We submitted to San Gabriel Valley District Dean of Programs, our Club Written Reports for 2024. Here are the Statistical Program/Project Stats: Total of 77-Projects, 7,264-Volunteer Hours, \$51,500-Dollars Donated, \$25,175-In-Kind Donations, \$6,505-Dollars Spent and Total Dollars Raised \$47,043.93 - Congratulation's to all the Chairperson for a job well done!

In order to continue hosting club raffles we must keep our permit in order. I am proud to announce we are on schedule for the 2025-Charity of Trust Fundraising Raffle Permit. All Club taxes have been filed and are updated. Keep in mind that our Membership Dues are payable March 1st and are late by February 1st the amount due is \$40.00. You may pay your dues at the upcoming meeting if you choose.

Thank you

Abbey Howell-Treasurer



The Heart Test Every Woman Should Know: The Coronary Artery Calcium (CAC) Score

A Coronary Artery CT scan measures the amount of calcium deposits in the arteries of the heart. The test takes approximately 20-30 minutes, involves a small amount of radiation exposure, and requires an IV contrast injection. Additionally, a medication to slightly slow the heart rate is administered. Otherwise, it is a quick, easy, and painless test. Recent studies have provided valuable insights into the role of CAC testing in assessing cardiovascular risk among women over 50.

One of the greatest values of CAC testing is its role in determining whether a statin is necessary based on LDL cholesterol levels. For example, if your LDL is 130 (normal is less than 100) and your CAC score is 0, focusing on diet and exercise may be sufficient. However, if your LDL is 130 and your CAC score is elevated, a statin may be recommended in addition to lifestyle changes, warranting a more aggressive approach.

Monitor and Manage Risk Factors: Maintaining a healthy lifestyle by managing blood pressure, cholesterol levels, and avoiding smoking can help slow the progression of coronary artery calcification.

Actionable Takeaways:

Consider CAC Testing: Women over 50, especially those with risk factors such as hypertension, high cholesterol, or a family history of heart disease, should discuss the potential benefits of CAC testing with their healthcare provider.

Monitor and Manage Risk Factors: Maintaining a healthy lifestyle by managing blood pressure, cholesterol levels, and avoiding smoking can help slow the progression of coronary artery calcification.

Evaluate Hormone Therapy: Postmenopausal women should consult their healthcare providers about the risks and benefits of hormone therapy in relation to heart health.

Resources for Women Interested in CAC Testing:

American Heart Association: Comprehensive information on heart disease in women and the role of CAC testing.

Mayo Clinic: Detailed explanations of CAC scoring and what the results may indicate.

Society of Cardiovascular Computed Tomography: Resources to locate CAC testing facilities and learn more about the procedure.

February is
American Heart Month



Heart Healthy Foods to Eat During American Heart Month



- Walnuts
- Sorghum
- True teas
- Low-fat dairy
- Lentils
- 100% Orange juice
- Salmon
- Dates
- Olive oil

verywell



DIAMOND BAR WOMAN'S CLUB

Membership News

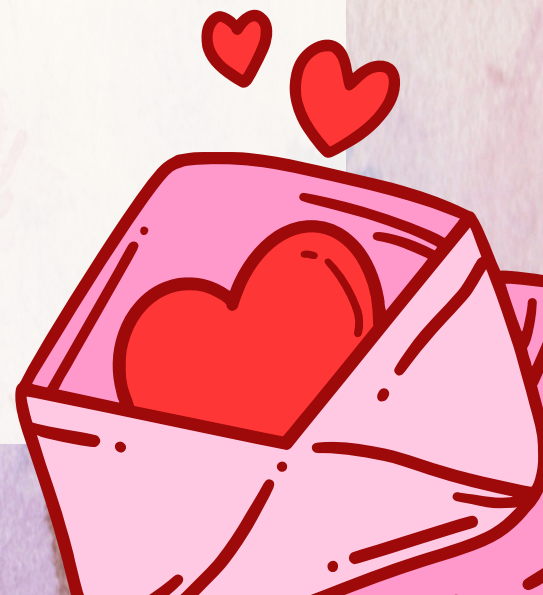
By Diana Limon

Welcome to our Newest Member, JT Falconer who joined in December 2024, Essence Guss, Sandra Matsumoto & Jody Roberto who joined in November 2024. We are 34 members strong!

Our New Member Orientation will be held March 8, 2015 – 11am – 1:30pm at the home of Abbey Howell. All members who have not had a formal orientation and first timers are to be present at this Orientation, please mark your calendars to attend. The orientation will be full of information and guides for you to know how the General Federation of Women's Clubs originated and learn Diamond Bar Womans Club rules and bylaws. Lunch will be served.

Our membership fees are on a fiscal year, March 1st to March 31st. Annual dues are \$40.00 collected at the February & March 2025 meetings and due to the CFWC by March 31, 2025. Dues that are collected after April 1 st will have a \$5.00 penalty added. Please have your payment at the next meeting or mail your dues to the DBWC Mailbox – P.O. Box 4035, Diamond Bar, CA 91765.

Thank you to all members for being in the Diamond Bar Woman's Club, you are appreciated!



Jeannette Rankin Left A Legacy THAT CONTINUES TO HELP WOMEN TODAY

By Claudia Maidenberg



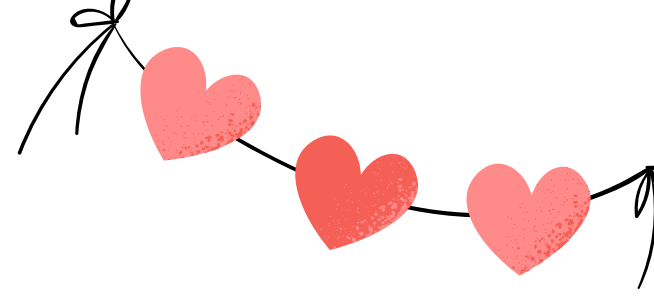
Until 1922 the courts generally ruled that the alien wife of an alien husband could not herself be naturalized as citizen separately from her husband. U.S. born women often gained foreign nationality (and thereby lost their U.S. citizenship) by marriage to a foreigner. Can you imagine being part of a family that founded our country and then losing your citizenship because you married a man born in another country?

The first woman be elected to the U.S. Congress, Jeannette Rankin tried to solve this citizenship problem. In 1916 she introduced the first bill that would have allowed women citizenship independent of their husbands. Congress did not act on this bill.

Rankin used her office to push for better working conditions for laborers. She had success pushing for better working conditions in the Bureau of Engraving and Printing. The 8 hour work day we currently use as a standard is a result of Rankin's efforts to draw attention to the working conditions of the bureau. Due the information she discovered, Treasury Secretary William McAdoo convened his own investigation and ultimately limited the work day to eight hours.

In 1920, Rankin helped found the American Civil Liberties Union and served as a vice president.

Rankin died on May 18, 1973, at age 92. She bequeathed her estate to help "mature, unemployed women workers". The Jeannette Rankin Foundation (Jeannette Rankin Women's Scholarship Fund), a 501(c)(3) nonprofit organization, awards annual educational scholarships to low-income women 35 and older across the United States. Beginning with a single \$500 scholarship in 1978, the fund has since awarded more than \$1.8 million in scholarships to more than 700 women.



Staying in the KNOW

February 1st, we honor the beginning of **Black History Month**. A time to reflect on the profound contributions Black individuals and cultures have made to history and progress. We stand in solidarity with the celebration of Black voices and stories as an essential part of the broader movement to recognize the diverse histories and legacies. I believe change begins with education and awareness.

San Gabriel Valley District

February 14, 2025 District Business Board Meeting 9:30AM-1:00PM
Covina Woman's Club
128 S. San Jose Avenue, Covina, CA

February 22, 2025 SGVD Fashion Show – Dazzle with Details
Walnut Senior Center – 21215 La Puente Road
Walnut, CA – We will be honoring our club's
Kindness Angel: Claudia Maidenberg Cost \$35.00
(Please see me if you want to purchase tickets, for
this event. Deadline: February 14th.)

CFWC – California Federation of Women's Clubs

February 6-8, 2025 CFWC Winter Executive Board
Hilton Hotel, LA North-Glendale, CA
100 West Glenoaks Blvd. Glendale, CA.
(Pre-registration required for meals \$175.00)

Special Invited Guest to Diamond Bar Woman's Club Meeting on February 19th

GFWC – Pomona Women's Club – President Elizabeth Ontiveros-Cole



SAVE THE DATE



Diamond Bar Woman's Club
Member of General Federation of Women's Club
Organized - October 24, 1963

Welcome To What Have I Joined!



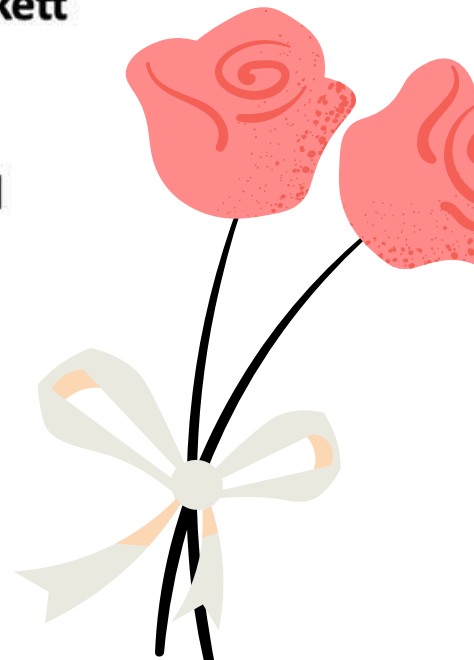
New Member Orientation Class

March 8, 2025

11:00 AM to 1:30 PM

2nd Vice President – Raphael Plunkett
Membership Service Chair

Class Presenter: Abbey Howell
20308 Julliard Drive
Walnut, CA. 91789





February

CALENDAR

DIAMOND BAR WOMAN'S CLUB UPCOMING EVENTS

FEB 5 DBWC EXECUTIVE BOARD MEETING - 11:00AM ZOOM

FEB 12 CHILI'S NIGHT OUT - SCHOLARSHIP FUNDRAISER

FEB 14 VALENTINE'S DAY - SGVD CLUB MEETING - 9:30AM COVINA WOMANS CLUB

FEB 19 DBWC BUSINESS MEETING 9:30AM VITA'S RESTAURANT, DOUBLETREE

FEB 22 SGVD FASHION SHOW - KINDNESS ANGEL PRESENTATION \$35 - 10:00AM - 1:00PM
WALNUT SENIOR CENTER

JANUARY & FEBUARY BIRTHDAYS

HELEN HALL JANUARY 10TH
LINDA HEADLEE JANUARY 21ST
CLAUDIA MAIDENBERG JANUARY 29TH
ELLEN HORWITZ FEBRUARY 4TH
JANICE GIARDINA FEBRUARY 6TH
RAPHAEL PLUNKETT FEBRUARY 11TH

