



2ND QUARTER 2025

Happy Mother's Day
Sunday, May 11th

A note from
- Liz McBride,
Founder & CEO, Editor in Chief



We are excited to celebrate our 5th year as a non-profit 501C ministering to widows as well as divorced and single mothers this past February and this is milestone. God has been gracious to our organization as we serve our target community. As a community-based organization with memberships in Rancho Community Chamber of Commerce and Christian Business Partners, I am constantly reminded that we live and operate in a village with support from widows, widowers, couples, singles, divorced women, and men and we appreciate each one of you in the 'Village' and the contributions you provide. We have a grief support team where we support new widows to join but we offer various opportunities to celebrate and fellowship as we enjoy having fun and supporting one another.

June 22nd will be our Annual Cascade of Empowerment Day where the honorable Dr. Reginald Thomas will be our guest speaker. "It Does Take a Village and the Banner Over Us is Love". You don't want to miss Dr. Thomas he is President of Peake Performance and one of the most provocative and compelling speakers of all time and returning for his 2nd time to Cascade. Plena Vista Entertainment Group will be returning to provide uplifting and smooth entertainment. It will be held at the beautiful Red Hill Country Club in Rancho Cucamonga California. A plethora of entertainment, brunch and awards awaits us. Please save the date and reserve as soon as possible. Go to website www.cascadeofempowerment.org, or cascadegiving@gmail.com to Zelle. \$60.00.

Always be reminded that we are all on a journey through this Village achieving our new normal and eventually thriving. God loves us and sends the right people and opportunities and He is faithful. Where God guides, He provides, Where God directs, He Protects and where he leads, He meets the need.

- Liz

***Don't forget to RSVP to our "Cascade of Empowerment Day" on
June 22nd (see page 4)***



2nd Quarter Birthdays

April

DEBORAH CLAYTON 3RD
JERELYN PETERSEN 7TH
LEAH COFIELD - 9TH
MARGERITE JOHNSON 13TH
LIZ MCBRIDE 14TH
SHARON TAKAHA 14TH
CHARMANE GIFFIN - 20TH
DIANNE CLARK - 26TH
LORINE HALL - 29TH

MAY

LILY COOPER 5TH
SANDRA MCWHORTER 14TH
MARSHA JOHNSON - 25TH
ROSEANNE WILDERING 29TH
ESSIE REED 30TH
RENA NEAL 30TH

JUNE

DANIELLE THORNTON - June 8TH
AUDREY YARBOROUGH- June 16TH
GLADYS WARREN June 26TH
DOROTHY COX -JUNE 25TH
CARMEN NEGRETTE- June 27TH
GLORIA DUCKETT - June 28TH

Happy
Birthday

Stress-Less

From the Desk of President Dr. Sharon Takaha



As I was pondering what to share with you this month, I got distracted by the current events that are taking place in our world. It then dawned on me that I was not the only one who may also have many concerns that may cause us to stress, so I decided to

share some of the things that I enjoy doing that take me to a happy place and one of those things is reading magazines. I ran across this article which I would like to share with you. "Things that could help us be STRESS LESS".

Smart Goal! Research has shown that chronic stress can cause body-wide inflammation and lead to digestive problems, insomnia, low libido and difficulty concentrating. Stre-e-e-tch. Stretching relaxes your body, of course, but there's evidence that it can ease your mind. One study showed that 10 minutes of slow, mindful stretching could reduce anxiety. Practicing deep breathing while you're at it helps calm your nervous system. Start with a downward-facing dog pose; inhale and exhale and feel the stress ebb.

Walk Outside. Just being in fresh air relaxes the mind. Take a 10-minute brisk stroll. Research shows that it can lower anxiety and boost mood-regulating brain chemicals like serotonin, helping induce calmness. Cancel something. This is a hard one for me at times. Look at your calendar and find one thing you can skip, such as an event you're not psyched about or a Zoom meeting that doesn't require your input. Bow out and replace it with... nothing! Meditate simply. You don't have to sit in lotus position for an hour a day - do it your way. Meditation is simply "an intentional practice of redirecting ourselves away from our thoughts", says Katie Krimer, a psychotherapist with Union Square Practice in New York City. Focus on your breath and allow your thoughts and emotions to arise, then observe them without judgement and let them go.

Lastly, Inhale peace. Research suggests that lavender can be effective in helping to ease anxiety. I can attest to that. Put a few drops of the essential oil in a diffuser or on a piece of cloth, then close your eyes and inhale for the calming effects.

Well, "that's it folks". Hope this was helpful. With intentional heartfelt love,

-Dr. Sharon

2025 Event Calendar

June 22nd - Annual Cascade of Empowerment Day Brunch at Redhill Country Club. Celebrating March, April, May & June Birthdays, 8358 Country Club Drive, Rancho Cucamonga Ca 91738. 1:30 - 4:30 \$60.00 Table: \$430

**Zoom Grief Support every other month with Nora Daggett - 4th Saturday - May 24th 2025, and July 26th 2pm - 3:15 PST
Zoom link: 589.450.4195**

Heath & Wellness - Healing Strong - Patria Church 3rd Saturday - 10am Education Building May 17th, June 21st

Cascade Fundraiser - Lucille BBQ, Victoria Gardens - Time 11am to 10pm July 28th .

Fall Event - Date Time & Place to be Announced - Celebrating - July, August, September & October birthdays

Christmas Party - Date, Time and Place to be announced



THANK YOU TO ALL THAT JOINED US FOR OUR "LOVERS OF LIFE BRUNCH" ON FEBRUARY 23RD. IT WAS A GREAT TIME HAD BY ALL. MORE PICS ON NEXT PAGE

Encouragement from Nora Neal Daggett ... When We Feel DISCONNECTED



Initially, I blamed my listlessness and fatigue on the time change and weekend company. One week later I felt no better. I felt a dull ache around my heart, my pulse rate popped up to 120 beats per minute and I was short of breath. Just sit down... What is wrong with me, Jesus... What day is it?

Then like tumblers in a lock everything fell into place and began to make sense! March 19 marked the 8th Anniversary of my Honeymoon, with Wayne in St Lucia. I was experiencing cognitive dissonance, (CD.) The lack of harmony or agreement between the mind and body, which causes intellectual stress and tension. My heart remembered, my body remembered; however, my brain was out of sync. Once I realized the disconnect - then I was able to embrace the wonderful memories. The Royalton Resort truly pampered us! I will never forget the beauty of the azure, blue Caribbean Sea, the heavenly breezes, the groomed sand of the early morning, the luscious fruits and succulent meals. For 7 luxurious days we were front and center for the "Golden Hour" to watch the sun melt into the ocean. We were in love and caught in the lap of Caribbean charm and service... I was MI 'lady and Wayne was Sir. Interestingly, I did not cry, as my mind flooded with memories. I smiled, and as I remembered- the ache around my heart began to dissipate, my pulse rate slowed, as I prayed and thanked God for the way He made me, I felt energized and more like my own self! I was reminded of Ephesians 6:12.

"For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places." I had struggled for two weeks with physical symptoms I could not understand; (the power of darkness trying to pull me down.) There is a thin line between normal grief and an outright spiritual attack! When I stopped and asked Jesus "what's wrong with me?" Instantly, the disconnect was "connected!" I moved out of the power of darkness onto the path God has laid out for me. Are you currently struggling with something?

Jesus is waiting ~ give it to Him!

-Nora

You are invited to our Annual Event!

Cascade of Empowerment Day 2025

Sunday, June 22nd, 1:30 to 4:30 PM, Red Hill Country Club, Rancho Cucamonga.

We will be celebrating March, April, May & June Birthdays.

We have an exciting afternoon with Words of Inspiration from Dr. Reginald Thomas

as our guest speaker- "It Does Take a Village and the Banner Over Us is Love", Great food,

entertainment with Plena Vista Entertainment Group, Games, 50-50 Raffle, some amazing door prizes and so much more!! Come & Enjoy afternoon event of fun and inspiration. Please save the date and reserve as soon as possible. Go to website www.cascadeofempowerment.org, or cascadegiving@gmail.com to Zelle. \$60.00.

Must RSVP by June 7th, 2025, 909-736-6197 or 909-635-4124



THANK YOU TO ALL THAT JOINED US FOR OUR "LOVERS OF LIFE BRUNCH" ON FEBRUARY 23RD.

IT WAS A GREAT TIME HAD BY ALL. HERE ARE SOME PICTURES FROM THE EVENT

