



# Cascade of Empowerment

## JAN & FEB 2024

Reserve Your  
Ticket Today!

**Valentines Day Celebration at  
Cara Mia's  
February 17 12:30-3:30**

Join us on Saturday February 17  
12:30 – 3:30 P.M. at the Cara Mia  
Italian Restaurant,  
Vineyard, Rancho Cucamonga.  
Menu Choices, Lasagna,  
Butternut Squash or Chicken  
Marsala. An afternoon of games,  
fun, and prizes. We will also  
celebrate January & February  
birthdays. The Popular Plena  
Vista Entertainment Group will be  
back. You may Zelle to 909-635-  
4124 or our website  
[Cascadeofempowerment.org](http://Cascadeofempowerment.org).  
Donation Tab \$50.00

From the Founder's Heart - Liz McBride  
Happy New Year, New Areas to  
Explore & Grow



At our first Cascade of Empowerment board of directors meeting of the year, we critically reviewed our organization, events held last year, ways to improve and discussed opportunities we have to continue serving our target audience. We welcomed new board members Christina Garcia, Kathy Woods, and Renee Fields. Renee was a faithful Cascade Advisory Board member and has agreed to serve as a board member. Christina is new to organization and is an artist, marketing expert and recently worked for the Children's Foundation. Kathy has been managing our mailing list and keeping that information current. Colleen Johnson agreed to remain on the board of directors and providing our branded materials.

We made a commitment to be timely in all our events. Board members accepted the responsibility to lead in the planning of at least one of our events. Hallelujah! Carla Miller & Kathy Woods will assist with processing new members and integrating them into our systems.

Christina agreed to work with sponsors and keep our organization visible to the organizations where Cascade have memberships i.e., Christian Business Partners and Rancho Chamber of Commerce. We plan to join Claremont Kiwanis, Upland Chamber and Fontana chapters to increase our visibility.

As we reflect that our vision, which is Rooted in scripture, Reproduced with an image, Re-enforced with determination, Reconciled with cost, always evaluating the cost to do business and Released to Legacy. We want a viable organization that remains strong and lasting. This past year Cascade was able to help widows, children, divorced mothers with rental assistance, food, gifts, furniture and we want to continue to do so..

[CascadeOfEmpowerment.org](http://CascadeOfEmpowerment.org)

- Liz



*"You're not one year older,  
you're one year better."*

## *January Birthdays*

Vicki Bradstreet - 1/18  
Shelia Lavendar Tompkins - 1/21  
Michelle Deboves - 1/22  
Blesilia Medrano - 1/22  
Venita Burelson 1/26  
Amber Leblue 1/28  
Lynn Leon 1/30  
Lorraine Davis 1/30--

## *February Birthdays*

Christine Thomas 2/7  
Kimberly Gould 2/9  
Bendette Perry 2/17  
Linda Wise 2/18  
Gwen Copeland 2/23

## *Many Thanks...*

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...to all of you who supported and or attended our Christmas Party held at the James Brulte Senior Centre in Rancho Cucamonga on December 2nd . It was exciting, great food by Five Star Catering. Plena Vista Musical Group you were awesome!!! as always, and for the first time we had Vendors. This was a hit for our guests, and you will be invited to future events. where we can. Thanks Renee and Desiree for decorating the chairs so beautifully. Our dessert Bar was delicious. Birthday ladies you were real show girls. You performed!!!! DaShunda the balloon arch was simply beautiful and great backdrop for our pictures. Thank you all.



# 2024 Cascade Events

**UPCOMING**

**EVENTS**

*February*

Valentine's Event: February 17 12:30 – 3:30- Cara Mia Italian Restaurant, Rancho Cucamonga, January & February Birthdays

*April*

Vision Board & Potluck Party - March & April Birthdays at the Home of Collen Johnson , San Dimas California – Date to be announced.

*June*

June 23rd – Annual Cascade of Empowerment Day May & June Birthdays, Red Hill Country Club, Rancho Cucamonga

*July*

Summer Gala "Sundresses, Sandals & Sunglasses Event – July & August Birthdays place to be announced.

*August*

August -Walkathon Date, Time & Place to be announced.

*October*

Fall Jazz Event – September & October Birthdays: Time & Place to be announced.

*December*

December – 3rd – Giving Tuesday – Community Outreach

Annual Christmas Party – Red Hill Country Club – December 14 th 1:00 to 4 p.m.

## **GRIEF SUPPORT SESSIONS VIA ZOOM**

**Every other month, 3rd Saturday via Zoom Facilitators in charge**

**January 27 th 2:00 – 3:15**

Grief support is an intimate opportunity to connect with other widows who are grieving. Our qualified facilitators are to assist you during this transition period. Although these sessions are designed for newer widows, we welcome you all. This year we are planning sessions via zoom every other month on the 3 rd Saturday via Zoom Important New Guideline: If you attend a Zoom call and cannot connect with picture or audio, it is important for you to call or text 909-635-4124, otherwise, you will be placed in Waiting Room until you announce your name. Thanks again to Nora Neal-Daggett, Rhonda Davis, and Frankie Alston for facilitating these sessions. You are appreciated!

## **FUNDRAISERS FOR PLANNING**

**Walkathon – See Above AUGUST | Lucille's BBQ | Mod Pizza**

## **JOINT BOARD OF DIRECTORS & ADVISORY BOARD MEETING**

Stay tuned for the date and time.

YEAR IN REVIEW

