



Cascade of Empowerment MAY/JUNE 2024

Mark your Calendars

**ANNUAL CASCADE OF
EMPOWERMENT DAY
JUNE 23RD 1-4PM**

Sunday, June 23rd is the day of our 4th Annual Cascade of Empowerment Day.

This event is held in conjunction with International Widows Day at the beautiful Red Hill Country Club in Rancho Cucamonga for lunch. We celebrate this event with the best of the best in entertainment, speakers, food, and awards. The Plena Vista Entertainment Group will again provide our music, and the talented Sally Reynolds will dance.

We are proud to announce our speaker will be renown Lori Bryant, an anointed visionary who exemplifies passion, care, and leads the Widow Ministry groups & Healing Room at Water of Life Church. Last year she led a group to the Widows of Uganda for ministry. Prepare to eat physically and spiritually. Yes, I am hungry! We are excited and looking forward to a fun filled, inspiring afternoon of fellowship. We will also have a Silent Auction. Thanks for your participation in this fundraiser.

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A note from the

**Founder's Heart
Liz McBride**



I am pleased to announce that we had our first joint meeting with our Board of Directors and Advisory Council of Cascade of Empowerment on March 8, 2024. There was a review of our organizational bylaws defining the roles on the respective boards, our mission and how to better serve our community and the women associated with us. We are a diverse group with many talents and specialties to offer Cascade. We discussed several fundraising ideas, and there was an increased pledge of support for the organization and for the vision of Cascade of Empowerment. A special shout out to DaShunda Morris for arranging our awesome group photo and to photographer Brian. Thanks so much to our boards for your valued input and everything you do to make Cascade of Empowerment a viable organization.



This past month, we were nominated for the Non-profit Champion Award by the California Association of Realtors. The award to the winner includes a grant of \$5,000. We are being considered by others for the work we are doing as non-profit for widows, and we look forward to a favorable response. Thanks to my dear friend and "Realtor Extraordinaire", Linda Clinton, for nominating Cascade of Empowerment. Regardless of the outcome, we especially thank you for the exhaustive work and tireless hours you spent submitting the completed information for this grant.

-Liz



May & June Birthdays

- Alma Wing 5/5
- Lilly Cooper 5/10
- Adriana Pedroza 5/13
- Sandra McWhorter 5/14
- Marcia Johnson 5/25
- Roseanna Wildering 5/29
- Essie Reed 5/30
- Danielle Thornton 6/8
- Audrey Yarborough 6/16
- Dorothy Cox 6/25
- Gladys Warren 6/24
- Carmen Negrette 6/27
- Gloria Duckett 6/28

2024 Cascade Events

May

May 18 Grief Support via Zoom 200 to 3 15 pst

June

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

August

Summer Gala – “Sundresses, Sandals & Sunglasses Event – July August Birthdays August 8th Home of Renee Fields, Corona California. Memorial Walk A Thon FUNDRAISER - Date to be announced.

October

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

December

December – 3rd – Giving Tuesday – Community Outreach
December 12th Cascade Christmas Bliss 12 – 3:30 – Cara Mia’s Italian Restaurant, Vendor booths available, PREPARE TO SHOP

Letting Your City Work for You – Gayle Hampton

Did you NOT know?

There are several services that all cities offer to residents. We recommend going onto your city’s website and familiarizing yourself with what services are available to the residents and which departments handle a particular concern or question you might have. For instance, a motorist may be driving down a city street and encounter a malfunctioning traffic signal, a street light that has burned out or drive into a pothole or other obstructions in the roadway. All the motorist or resident would need to do is make a mental note of the location of the hazard or pull over and jot down the location which should include the street name, and direction you are driving and/or intersection, which lane the pothole or obstruction was noted. As soon as possible call the City’s Public Works Department and report the traffic hazard or repair. Many cities will send out a crew the same day to make the repair or remedy the problem. The same is true for sidewalk hazards and graffiti. Some cities even have a graffiti hotline that you can call and report where you saw the graffiti and be as explicit as possible. Cities will send a crew out within 24 hours to erase the graffiti. There are many other services cities have available to residents, so we recommend familiarizing yourself with these services. Take a moment to get to know your city as well as your neighboring cities and let your city work for you.

Face to Face



Article Nora Neal-Daggett – The Face of God

Part 2

“For now, we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.”! Corinthians 13:12 Christian Standard Version “ We don’t yet see things clearly. We’re squinting in a fog, peering through a mist. But it won’t be long before the weather clears and the sun shines bright! We’ll see it all then, see it all as clearly as God sees us, knowing him directly just as he knows us!” The Message Version “In the same way, we can see and understand only a little about God now, as if we were peering at his reflection in a poor mirror; but someday we are going to see him in his completeness, face-to-face. Now all that I know is hazy and blurred, but then I will see everything clearly, just as clearly as God sees into my heart right now. ”

Living Translation

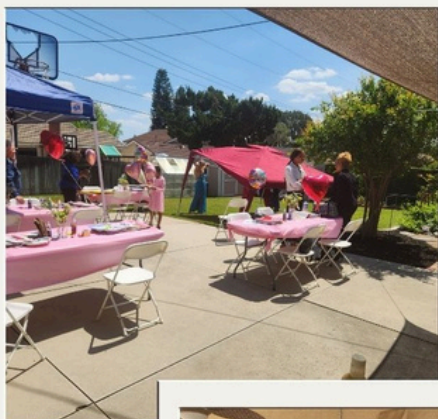
“For now, we are looking in a mirror that gives only a dim (blurred) reflection [of reality as in a riddle or enigma], but then [when perfection comes] we shall see in reality and face to face! Now I know in part (imperfectly), but then I shall know and understand fully and clearly, even in the same manner as I have been fully and clearly known and understood [by God].”

Amplified Version

When I investigate the face of God, I turn away from the door that closed (when Wayne took his last breath) and I look to the window that is open wide for all that God has for me! Now, it’s your turn- Take a moment... look into the face of God... what do you see?

A Takeaway from March/April Birthday Event, April 27 th

Although a medical emergency interrupted this event, ministry and unity of faith were definitely manifested. As we celebrated the birthdays for March & April , God met us with a miraculous intervention of healing (mine), Hearts were touched to see the faithfulness of God through His healing power in answer to prayer. The food was delicious, the fellowship was superb, and the weather was wonderful. More importantly, meaningful connections were made. Thank you, Colleen Johnson, for graciously hosting our event in your beautiful home. Thanks also to Venita Burleson for the invaluable tips you shared to guide our 'Vision".





Care Corner Self Care- Colleen Johnson

Coming Soon: Helping Hands for our Widows

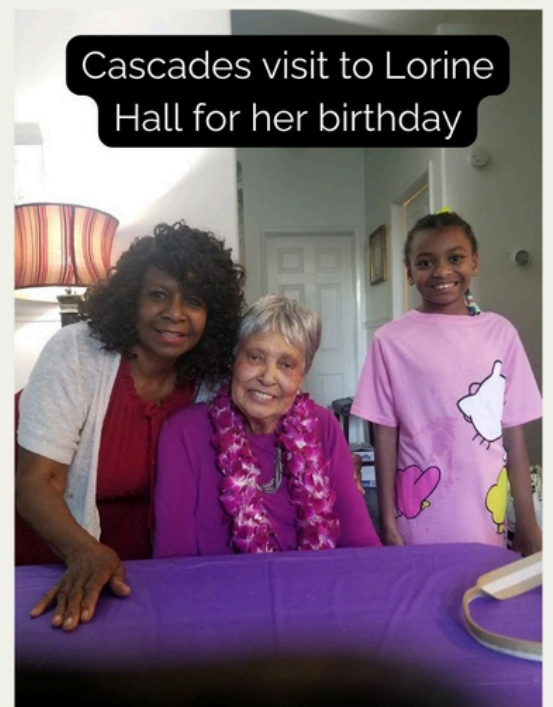
We are excited to announce that the **Widows, Orphans and Disabled Firefighters** section of the **Los Angeles Firemen's Relief Association** has agreed to partner with Cascade of Empowerment! Many firefighters have side careers in fields like landscaping, electrical, plumbing and handiwork. WODF is connected with firefighters (active and retired) who are willing to assist widows with some of the major tasks formerly performed by their spouse. We will have more information about what is offered and how you can take advantage of their assistance when all the proper contacts and request forms are available. Ruth Moran has agreed to assist in putting the protocol together and thank you, LAFRA-WODF for agreeing to help our widows! Stay tuned for updates.

ANNUAL CASCADE OF EMPOWERMENT DAY JUNE 23RD 1-4PM (Continued)

In addition to the Lillian Randolph 'Heart of Compassion Award' and the Blessy Madrona 'Volunteer Award', our board of directors has decided to add an additional Award, the Rita Jones 'Perseverance Award'. Rita was one of our members who passed away at the age of 95. She overcame polio, escaped an abusive first marriage, raised three children and nursed her second husband through the devastation of dementia prior to his death. She was faithful, rarely missed an event and was so competitive; always played to win. Cascade Organization gives these awards annually to those individuals who best display the virtue of the designated award. We are excited and looking forward to a fun filled, inspiring afternoon of fellowship. We will also have a Silent Auction. Thanks for your participation in this fundraiser.



Cascades visit to Lorine Hall for her birthday



2024

THE JOINT BOARD OF DIRECTORS & ADVISORY COUNCIL CASCADE OF EMPOWERMENT



Left to Right back row: Nora Neal Daggett, ADV, Author, Grief Negotiator, Don McCue, ADV Sr. Loan Officer, Reverse Mortgage Plus, Christina Garcia BOD, Author. Illustrator Ren, Rhonda Davis, ADV Social Worker, DaShunda Morris, BOD, Realtor, Kw Premier Properties, Susie Rowan, ADV Caring Transitions , Sandy Salcedo, ADV Take Action Insurance, Ruth Moran, BOD Chief Financial Officer Cascade, Kathy Woods, BOD Retired, Carla Miller, BOD Northrop Senior Subcontract Specialist, William Bryan, ADV LPL Financial, Wealth Manager

Left to Right front row: Gayle Hampton, BOD Retired City of San Dimas, Cascade Secretary, Liz McBride, BOD President Founder, Cascade, Realtor KW Premier Properties, Dr. Frankie Maryland, ADV Minister, Counselor, Renee Fields, BOD Housing, Sharon Takaha, BOD Minister, Counselor, Colleen Johnson, BOD Retired Education

Top right: Gary Schwary, ADV Branch Manager, Guaranteed Rate,

ADV – Advisory Board

BOD - Board of Directors