



News & Views

GFWC / CFWC

Hacienda Heights Women's Club

P.O. Box 5565, Hacienda Heights, CA 91745

President: Angie Valenzuela
Editors: Mary Tang & Valerie Tang
douea@aol.com
(626) 274-2946

February 2025

The creation of a thousand forests is in one acorn.

Hello Ladies,

This month's club meeting theme is Love and Kindness. We are excited to have a wonderful speaker lined up who will share insights on the importance of kindness in our lives. This topic is especially meaningful as our club's motto is "In all things Charity, in good things Unity". Unity stresses the importance of coming together, working collaboratively, and supporting one another in all situations. Whether in good times or challenges, unity is key. Charity refers to showing kindness, generosity, and compassion towards others. It encourages us to act with love and care, offering help and support wherever needed. Together, the motto encourages fostering togetherness and kindness in all aspects of life, particularly within the club and its activities.

We look forward to coming together to learn and reflect on how we can all contribute to a kinder and more loving world.

See you all there!



Warmest Regards,
Angie 🌰

February Program - Lucy P, VP Programs

Hello ladies! Our guest speakers will be Chief Kindness Officer, Josue Arias, and his Chief Kindness Strategist, Scott Ehlers. Mr. Arias is the founder of the "Be Kind" Program, a philosophy applied to the Boys & Girls Clubs of West San Gabriel Valley & Eastside. His program has become so successful that he is on demand to speak at many engagements. Please join the Woman's Club on February 6th, and remember: "Kindness is free!"

Galentine's Party - Katie M, VP Membership

ALL INVITED

To honor and get to know our new members!

♥ ♥ ♥ **We're having a Galentine's Party** ♥ ♥ ♥

Monday, February 10th, 3:00 - 5:00 pm

14410 Cabinda Drive, Hacienda Heights

Appetizers and drinks provided.



~~ February ~~

- Thurs., 2/6 WC General Meeting – “Love and Kindness”
 Marie Calender's, 1560 Albatross, City of Industry, 11 am
 * Hostesses: Anna G & Betty C
 * Inspiration: Mary Anne D
 * Patriotic Moment & Pledge of Allegiance: Lucy P
 * Club Dues \$40 for 2025 - 2026
 * Nominating Committee
- Mon., 2/10 Galentine's Party, Katie's house
- Fri., 2/14 Valentine's Day
- Mon., 2/17 Presidents' Day, public holiday
- Thurs., 2/20 WC Board Meeting
- Sat., 2/22 District Fashion Show, Walnut Senior Center, 10:30 - 2:30 pm



Next meeting will be Thursday, March 6th, at Marie Callender's, 11 am

Hostesses: Irene H, Rita C, Rachel K & Cindy W

Inspiration: Rita C; Patriotic Moment & Pledge: Mary T

Bring Socks to February Meeting – Lynn M

Greetings fellow HHWC members! We are having our annual ‘gathering of socks’ for the upcoming event

HEART AND SOLE, SHOES THAT FIT



We will be collecting packages of new socks (grades K-12) at our February general meeting. David Malkin, event coordinator, will deliver the socks to La Puente Resource Center, to be distributed along with new shoes, backpacks and school essentials to the students in need in the district. There will be a sign-up sheet at the meeting for those who wish to volunteer. For those that have volunteered in the past, there will be a shorter schedule this year. We look forward to another successful charity event!

Dazzle with Detail! Accessory Fashion Show! – Carol N

The annual District Fashion Show is Saturday, February 22nd, 10:30 – 2:30 at the Walnut Senior Center, 2121 La Puente Road, Walnut, 91789. Tickets are \$35. Please give your check to Geri Kleinpell at our February meeting. She will send one check from our club. Our very own, Mary Tang, will be honored as our club's Kindness Angel. Please plan to attend!



Dues are Due - Katie M

Your annual dues of \$40 are payable at the February, March, or April General Meeting for the next Club year (June 2025 - May 2026). "Any member whose renewal dues are not paid by the first business meeting in April shall be considered delinquent." - Bylaw, p. 30, Section 4. Checks can be made out to HHWC (Geri has official stamp). You can also pay by Zelle or Venmo.

Nominating Committee - R. Ann E

**NOMINATIONS
NOW OPEN**



Ladies, we will be electing our nominating committee at the February meeting. Please be ready to nominate, and if nominated, be ready to serve. The nominating committee will work on a slate of officers for the 2025 - 2026 year.

"The Nominating Committee is composed of five (5) members who shall have been club members for two or more years; two (2) of which are to be elected from the Executive Board and three (3) from the General Membership. This committee shall be elected by the General Members at the February General Meeting. The Nominating Committee Election shall be called and conducted by the Parliamentarian, who gives them their instructions." - Bylaws, p. 32, Section 1.

THANK YOU. THANK YOU. THANK YOU - Carol N, 1st VP

Our annual January White Elephant Sale was a great success. Thanks for all the stuff you brought and thanks for all the stuff you bought! We collected over \$300 which will be donated to the Pennies for Pines project which plants trees in our mountains. You ladies are the best!!



Shelter's Right Hand Thrift Store's 5K Walk - Mary R
We are a gold sponsor which means that we have donated \$1,000.00 and will have our name on their T-shirts and other ads. With this sponsorship we receive 8 free passes. If you are interested in attending the walk, please let me know and your name will be entered into a drawing at our March General Meeting for one of the 8 free walker spots. Please wait to sign up until after the March meeting in case you are picked for a free spot.

START LOCATION:

**Central Park, Uptown Whittier, CA
6532 Friends Ave**

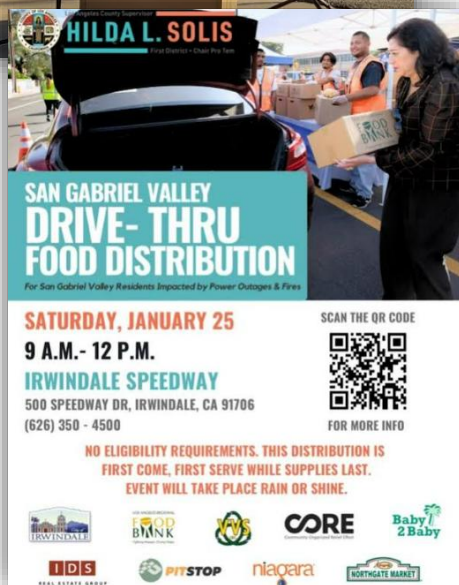
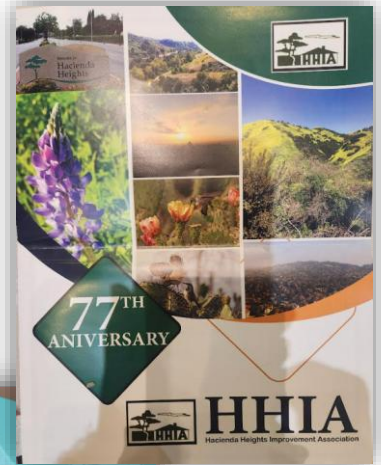
- Students only \$20
 - \$35 on or before April 11, \$40 after April 12
- Sign up at <http://sheltersrighthand.org>

**SHELTER'S RIGHT HAND
29th Annual 5K WALK
SATURDAY
APRIL 26, 2025 8:00 AM**

January Highlights



January 22, Ampe, Lucy, Angie, Irene, Rita, and Laura at HHIA Annual Business Meeting and Dinner



January 25, Angie, Edna, husband Joe, and R. Ann volunteering at Hilda Solis Food Distribution in Irwindale

2100 Arrow Highway, La Verne (Arrow and D)

**MARCH
8TH
2025**
9am - 3pm



Feeding Military Heroes

Food drive supporting Army, Navy, Marine Corps and Air Force families at 29 Palms Marine Corps Base, Camp Pendleton, Fort Irwin and Los Angeles Air Force Base

NEEDED ITEMS:

- Canned Goods (soups, stews, fruits and vegetables)
- Dry Goods (pasta, beans, rice, flour, sugar, etc.)
- Boxed Meals & Cereals
- Baby Food & Supplies (formula, solids, wipes, diapers, etc.)
- Hygiene Supplies (soap, shampoo, toothpaste, razors, etc.)
- Snacks (puddings, chips, crackers, etc.)
- Household Cleaning Products



Monetary Donations can be sent to:

San Dimas Rotary Foundation
P.O. Box 713, San Dimas, CA 91773
For more information:
feedingmilitaryfamilies@gmail.com
or (909) 667-2721



I am a survivor.

I am hope.

I am strength.

CANCER SURVIVORSHIP PROGRAM

Overcoming Fear of Recurrence

Friday, March 28, 2025

6 to 8 pm

Patients and family members are welcome.

PIH Health Whittier Hospital, Conference Room F (lower level)

Complimentary parking (no charge)

To RSVP, go to **PIHHealth.org/Calendar** and search "Overcoming Fear"; call **562.698.0811 Ext. 12896** or scan the QR code.



SCAN ME



PIHHealth.org/CancerCare

The PIH Health Whittier Hospital Comprehensive Community Cancer Program invites you to attend an in-person lecture on Overcoming Fear of Recurrence.

This presentation will focus on ways to overcome the fear of a cancer recurrence. You will learn coping skills from various speakers such as oncology certified nurses, social workers, cancer survivors, and spiritual care. The event will also include a breathing exercise led by a yoga instructor.



What people are saying:

"It was helpful to go through the workshop with others in a similar situation."

Please join the PIH Health Comprehensive Community Cancer Program for our

Mind, Body & Spirit Workshop

An in-person event

Reduce worry, anxiety, and find meaning in challenging times. Connection with spirituality helps us move through life's challenges with greater peace and awareness. Join us for this four-week workshop series to explore and deepen your connection to yourself and spirit.

Classes for Spring 2025 will be held consecutively on THURSDAYS, from 4:30 to 6 pm
May 1, May 8, May 15 and May 22

Please plan to attend all four classes. Workshop will be held in person at:

PIH Health Whittier Hospital
12401 Washington Blvd., Whittier, CA 90602
Conference Room A (lower level)



To register, visit
PIHHealth.org/Calendar
and search "mind, body & spirit,"
call 562.698.0811 Ext. 12580 or
scan the QR code.



This class is open to everyone, you do not need to be a cancer patient to attend. We encourage you to bring a family member or friend.