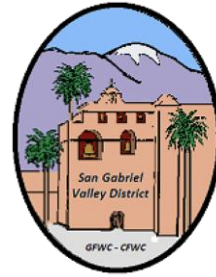




News & Views

GFWC/ CFWC
Hacienda Heights Women's Club
P.O. Box 5565, Hacienda Heights
CA 91745



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Editors: Mary & Valerie
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October 2026

The creation of a thousand forests is in one acorn.

President's Message

Welcome back! I hope you all had a wonderful, relaxing summer filled with special moments with family and friends. I am excited to begin another year of friendship, service, and giving back to our community.

Our first general meeting will be held on Thursday, October 1, at the VFW, 16157 Gale Avenue, City of Industry. Unfortunately, Marie Callender's has closed, so please be sure to make note of our new meeting location.

In recognition of Breast Cancer Awareness Month, our October meeting will feature a wonderful guest speaker who will share valuable and inspiring information.

We are fortunate to have an amazing board and an outstanding group of committee chairs who are dedicated to making this year successful. I truly appreciate their willingness to serve and share their time and talents with our club.

I look forward to welcoming everyone back as we continue supporting our many programs and making a positive difference in our community. We have a great year planned, and I am grateful for the dedication, generosity, and friendship of each of our members.

"In all things, charity; in good things, unity."



Warmly,

Angie Valenzuela

President, Hacienda Heights Women's Club



San Gabriel Valley District "Key" newsletter found at sgvd.org/resource-page

- * Monthly information for officers and chairs
- * Event flyers from District and other Clubs



~~ October ~~

Thurs., 10/1	WC General Meeting "Breast Cancer Awareness Month" – Terry V VFW, 16157 Gale Avenue, City of Industry, 11 am * Hostesses: Katie and Mary R * Inspiration: Mary R * Patriotic Moment/Pledge of Allegiance: Ampe	
Sat., 10/10	CFWC Area B, "Fiesta" 10-2 pm, \$55 pre-registration by 10/2 Northminster Presbyterian Church, Diamond Bar (see flyer & registration form in October "Key" newsletter at sgvd.org/resource-page , p. 2 & 3)	
Thurs., 10/15	WC Board Meeting	
Fri., 10/16	Senior Wellness Village Resource Fair, 9-3 pm, Pomona Fairplex, free bus to and from HHCC (see attached flyers; additional information at October meeting)	
Sat., 10/17	LA Opera simulcast Carmen, Steinmetz Park, 6 pm (see article)	
Fri., 10/23	District Fundraiser, Casino Bus Trip to Harrah's, \$35, pickup and parking at Puente Hills Mall (see flyer in October "Key" newsletter, p. 13)	
Sat. 10/31	Halloween	
Next Meeting: Thursday, November 5th, VFW, 11 am Hostesses: Terry V, Tracy, Leslie - Inspiration: Leslie - Patriotic Moment & Pledge: Dawn		

**September & October Birthdays:**

September Birthdays: Gwen (9/10), Rita (9/8), Tracy (9/23)

October Birthdays: Andrea (10/10), Edna (10/14), Mary R (10/27), Scarlet T (10/31), Ampe (10/21), Kim (10/9)

Equity and Access. Family Engagement - Carol

For the past several years my contact was Maritza Cabezas. This year she is in a new position at Los Robles Elementary School helping students.

Recently, I met with Patty Wu, the Foster/Homeless students liaison at the Equity and Access office. She told me how thankful they are for all that our club does for their students. She mentioned that they might need "our help" at graduation with the cost of caps and gowns.

I also asked her if she would be willing to be a speaker at one of our meetings. She said "of course". Since I am responsible for getting a speaker for our February meeting, and the theme is Kindness, I asked her to come then and share some stories about their students.

Our generosity to these students is one of the reasons I love our club so much!!

October Program "Brest Cancer Awareness" - Terry V, Health & Environment Chair

The focus of our program on Breast Cancer Awareness is cross-cultural differences in awareness and early detection of breast cancer. Cross-cultural differences significantly shape how women perceive breast cancer, risk, experience stigma, and engage with early detection practices. Then, of course, we have disparities and inequities in our healthcare systems.

I thought of my amazing colleague and office partner in the Department of Family Medicine, Primary Care and Urgent Care at Downey Medical Ctr., Kaiser Permanente, **Margarita Cespedes, RN, MSN**, is board certified as a family nurse practitioner, UCLA graduate. She is bilingual and multicultural and soon to be trilingual, adding Italian to her languages.

Her RN experience and background is extensive: inpatient and outpatient at Watsonville and Public Health in Bakersfield, CA. She volunteered in Labor and Delivery in Salinas, CA; a volunteer with medical caravans in Honduras, Central America. She was the consulate RN in charge of the health unit at the American Consulate in Guadalajara, Mexico, under the U.S. Dept. of State, serving expats/diplomats, and covered the medical unit at the American Embassy in Mexico City.

Margarita worked with St. Joseph Hospital "Puente a la Salud" mobile medical unit/clinic, taking medical services as an NP to the underserved communities, farm workers and their families.

I was fortunate enough to meet Margarita and work alongside her in urgent care and family medicine for several years. We listened, assessed, diagnosed, treated, referred and advocated for our diverse and multicultural patient population in Downey/Bellflower area.

Margarita retired from practice in 2000 and was diagnosed with breast cancer amidst a raging pandemic. She will tell us her story of when the provider becomes the breast cancer patient and survivor, and her journey navigating the system and possible resources available for the underserved population.

Theresa (Terry) Bartulis, RN, MSN, board certified Adult Nurse Practitioner, retired 2017 (AKA Terry VanRiper).

Oncology experience: City of Hope, ICU, Hematology/Oncology, Med Surgery and BMT units. Clinical research. Cross-cultural knowledge of danger signs of cancer.

Kaiser Permanente — Primary Care — cardiovascular, Women's Health, infectious disease.

***LA Opera brings free Carmen simulcast to Hacienda Heights* - contributed by Andrea**

LA Opera is taking its season opener straight to the people this fall, announcing free live simulcasts of Georges Bizet's Carmen at William Steinmetz Park in Hacienda Heights on Saturday, October 17, 2026, 6 pm. Event is open to the public at no cost, with no tickets required, and the performance will be beamed in high definition straight from the Dorothy Chandler Pavilion using seven HD cameras. Contact Steinmetz Park for further information.



"Reflections of the Past" - Mary Anne, Club Historian

Greetings ladies, I joined the Club in 1981, so I will start reflecting then.

I found out about the Hacienda Heights Woman's Club in the yellow pages of the phone book.

My first meeting was at the "Clubhouse" located at 1917 La Mesita Drive.

I was introduced to the membership chair, Sylvia Bird, who I learned months later months later, was related to Pancho Villa!

All the members were friendly and welcoming, including Daisy, Iris, Rose, and Pinkie. They were real characters. I came with a bouquet of flowers; I wanted to make a good impression and be accepted as one of the characters.

You will be learning more about them as we move along in the new club year. These past members have a big part in creating this wonderful club that we all are part of today.

Look for more of our Club's history through my reflections in upcoming newsletters.

In memory of Carolyn

Carolyn passed from a fall after hip and leg surgery on 8/23/2026.

She was a talented and creative decorator. She loved decorating for our luncheons and community events, especially Easter and Halloween. She loved dressing up; and did you know she loved dancing.

Carolyn was also a great shopper and bargain hunter! Her gmail name, "shopperdropper," was a fitting moniker.

She knew where and how to search for treasures, recognize a good deal, and enjoyed the thrill of finding something special.

We cannot forget Precious, Carolyn's comfort dog and constant companion. Precious attended our meetings and you would never know she was there.

Being part of the Women's Club means sharing more than meetings and activities. We share conversations, laughter, friendship, and memories. Carolyn was part of those moments, and her absence will be deeply felt.



Summer Highlights

Recap of June meeting



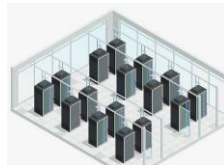
Scholarship recipients
from Wilson and Los
Altos High School



Red, white,
and blue
decorations
by Betty C.,
Terry E, and
Connie M



Representatives
from Adult
Education
thanking Club for
scholarships



Inspiration and
Patriotic Moment
and Pledge - Carol

Robert Cudd - Data Center explained

June 6th

Orchid Sale for Making Spirits Bright to benefit military families



Angie, Lori, Sonja, Terry V, and Rachel

June 14th

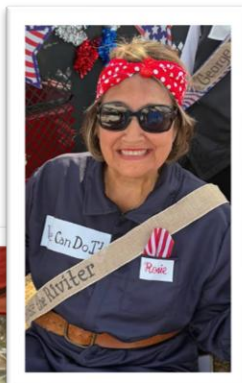
At the opera - Magic Flute

Thank you Rita for organizing!



July 4th - Hacienda Heights "250th Anniversary 4th of July Celebration"

Decorated Mack truck, donated by Valley Vista. Thank you Valley Vista, you're the best!
Club won trophy for "Most Patriotic" - Hilda Solis, parade Grand Marshall



July 20th

HHIA & Supervisor Solis' office presented our Club with certificates in recognition of our sponsorship for the 4th of July parade.



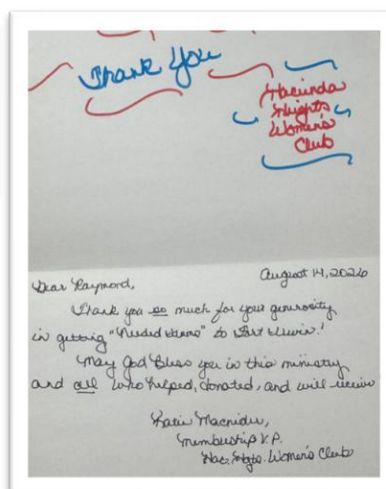
July 23rd

Bagging shoes and stuffing hundreds of backpacks with school supplies at the David Malkin family service center for students in need. Rachel, Connie, Leslie, and Mary T.



August 13th

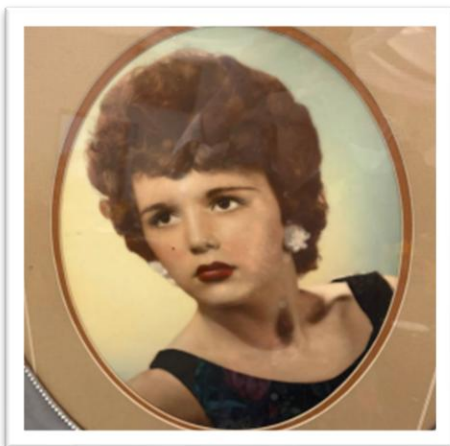
Military
Food Drive



Thank you Katie for hosting & thank you Bill for the truck and delivering the food and supplies.

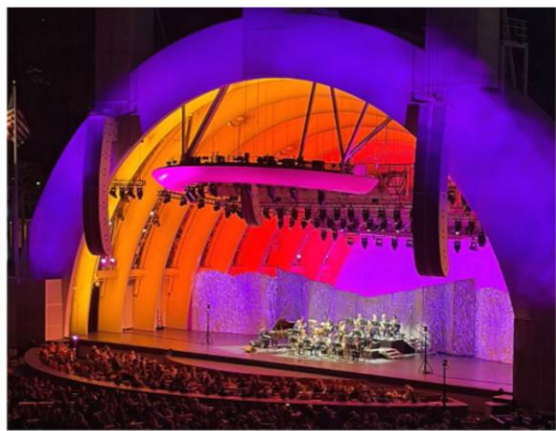
September 5th

Celebration of Life for Carolyn, Elk's Lodge, Fullerton



September 23rd

Night at Hollywood Bowl "Jazz at Lincoln Center" with Wynton Marsalis for a special John Coltrane 100th Centennial Celebration featuring Lakecia Benjamin.



SAN GABRIEL VALLEY DISTRICT OF WOMAN'S CLUBS
P R E S E N T S

 Casino Bus Trip *Good Friends Great Fun!*
Harrahs Resort
FUNNER, CA

FRIDAY, OCTOBER 23, 2026

ROUND TRIP MOTORCOACH TRANSPORTATION

\$35
PER PERSON



BUS PICKUP & PARKING

100 S. Puente Hills Mall, City of Industry, CA 91748
Former Sears Parking Lot — Across from Chick-fil-A



HOURS:
8 AM TO 7 PM

INCLUDES
2 HOUR DRIVE TIME
EACH WAY

♥ FUN ♥ BINGO ♥ RAFFLES ♥ ON THE BUS!

*Bring your
dollar bills
for fun on the
ride down!*



FOR RESERVATIONS & INFORMATION, CONTACT
Yvette Romo (626) 253-7446

FUNDRAISER FOR
SAN GABRIEL VALLEY DISTRICT

MUST BE 21 OR OLDER • VALID PHOTO ID REQUIRED



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

**YOU'RE
INVITED**

SENIOR WELLNESS VILLAGE RESOURCE FAIR

**Friday, October 16th
9:00am-3:00pm**

Participation is limited and only open to registered program participants! Please see program staff for more information. Transportation Provided!

Activities Include:

Inspirational Keynote Speaker!

Educational Workshops

Resource Booths

Health and Wellness Screenings!

Fitness Classes

Food and Refreshments

Social Hour and Music

Raffles and Entertainment



Hilda L. Solis
LOS ANGELES COUNTY BOARD OF SUPERVISORS

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LOS ANGELES COUNTY BOARD OF SUPERVISORS

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