THE FOOTHILL GAZETTE

GFWC CFWC Foothill District

Building Stronger Communities - Together



September 2026
Issue 20

Executive Committee
Luanne Arredondo, President
Federationlu@gmail.com

Dr. Linda Vallejo, 1st VP Dean
Vallejo48@me.com

Pat Huffman, 2nd VP Membership
pat@edmarkgraphicsinc.com

Pat Borchard, Recording Secretary
peb1956@verizon.net

Tamara Miller, Treasurer
club1270deventer@yahoo.com

Toby Kahan, Parliamentarian
tkcfwc@gmail.com

Editor: Lu Arredondo
FederationLu@gmail.com

www.foothilldistrict.org



Luanne Arredondo
President

September gives us a wonderful opportunity to focus on the real magic in Federation—our members. **That means you.**

You are the reason our clubs serve, grow, lead, and make a difference in our communities. Every project completed, every meeting held, every scholarship awarded, every family helped, and every new idea brought forward begins with members who are willing to give their time, talents, and hearts.

Federation should also give something back to you. You deserve to feel welcomed, informed, appreciated, supported, and connected. You should understand not only what your club is doing, but why your participation matters and how your work connects to the larger mission of District, State, and GFWC.

You have **opportunities to participate in ways that fit your life.** Not every member has the same amount of time, the same interests, or the same talents—and that is exactly what makes Federation stronger. Leadership may look like chairing a committee, but it can also look like bringing forward an idea, helping with one project, mentoring another member, inviting someone new, or simply being the person who says, "I can help."

You also have **opportunities to learn and grow**. Federation is a place where members can discover new skills, build confidence, develop leadership abilities, and sometimes find talents they did not even know they had.

Most importantly, **you matter**. Your voice matters. Your ideas matter. Your experience matters. Your participation matters.

I hope each of you will think about what you need from your club and from your District in order to feel more connected, more engaged, and more excited about being part of Federation.

Luanne Arredondo
President, CFWC Foothill District

QuickTips



Dr. Linda Vallejo
1st Vice President, Dean

Its hard to believe that Warren Buffet had a fear of public speaking, however with the help of a public speaking course by Dale Carnegie training Warren overcame his fear and credits his life changing fear to a Dale Carnegie training course. In my early years as a student I had the opportunity of taking the Dale Carnegie training course and am sharing a few hints about communicating with new friends. First and foremost, Dale shared that body language is just as important as verbal communication. Body language can convey more meaningful cues than the spoken word, "body language can enhance a verbal message," it helps the speaker convey emotions and intentions that might not be adequately expressed through words alone. therefore, be mindful in your physical signals as you communicate with others.

Carnegie stressed another important lesson, avoid the three C's" 1. Criticize 2. Condemn 3. Complain

- Criticize: Finding fault and judging others instead of trying to understand them.
- Condemn: Blaming or attacking a person's character while ignoring their good traits.
- Complain: Expressing grief, pain, or resentment about situations without offering solutions.

Core Takeaway: Carnegie taught that any fool can use the three C's, but it takes self-control and character to be forgiving and understanding. Doing these things causes negative reactions and damages relationships instead of changing people for the better.

Three Main Reasons Why Body Language is Important:

1. Understand the Feelings of Others

Being able to read body language means you can understand how another person is truly feeling and you are able to respond by using unspoken words and reactions.

2. Show You're Truly Engaged With your reactions to Others

Thinking about your body language when you're actively listening will help you bond and develop relationships with anyone you are speak to. If you're speaking with someone on a one-on-one basis, use your body language using good posture, maintaining eye contact, with open hand gestures and smiling. Take caution not to cross arms over your chest, hold hands on hips, and/or avoid eye contact. These are disengaged body language that might appear that you're uninterested in what they have to say.

3. Demonstrate Your Confidence

Although you may not feel confident or uncomfortable under pressure in front of groups of people. Be most visually confident to others

REFERENCES:

electronically retrieved on 08-20-2026 from: https://blog.moderngov.com/why-is-body-language-important-in-communication

Dale Carnegie 'How to Win Friends and Influence People
https://www.linkedin.com/top-content?trk=article-ssr-frontend-pulse_guest_nav_menu_topContent

QuickTips



2nd Vice President Membership
Pat Huffman

Unrivaled Opportunities for Professional Growth and Mentorship
For women navigating today's complex and busy world, a women's club provides a uniquely supportive system. A GFWC Woman's Club has the added benefit of over 100 years of rich history. As a member of the General Federation of Women's Clubs (GFWC), you are part of a proud network of over 60,000 volunteers making a global impact. GFWC offers unrivaled opportunities for professional growth and mentorship as well as the chance to give back to your local community.Membership also fosters relationship building that blossoms into lifelong friendships.

Historically, the women's club movement was a driving force behind major social reforms from the establishment of public libraries to child labor laws. Today, that legacy of civic engagement remains a cornerstone of GFWC clubs. Joining a club allows members to pool their time, talents, and financial resources to create a much larger impact than they could achieve alone. Through organized volunteer projects, and various types of fundraising events members are able to not only do hands on volunteering but also raise funds to award scholarships, provide financial support to military families; donate to health organizations and much more. For members, this shared mission fosters a deep sense of purpose and pride ,enriching their social lives while participating in meaningful, community-centric work.

Furthermore, stepping into leadership roles within the club itself—such as managing budgets, organizing large-scale events, or heading committees—provides invaluable, hands-on administrative experience.

Ultimately, joining a women's club is an investment in your own well-being and potential. I joined my first Junior Woman's Club almost 50 years ago. I took on the challenge of leadership and ultimately have been honored to serve on the CFWC and GFWC levels of the organization. Federation has played a major role in my life, and I continue to serve in leadership roles. Joining The General Federation of Women's Clubs is a conscious choice to step out of your daily routine and place yourself in an environment designed to help you thrive.



Treasurer
Tamara Miller

Attention Club Treasurers and Membership.
We have a new member form. It is attached to this Newsletter. You can also find the form on the CFWC website under Membership and Dues Forms (https://www.cfwc.org/forms/). Start using this form immediately for new members and any late membership payment. Remit this form with your Club check to: Tami Miller, 1270 Deventer Dr., La Verne, CA 91750. If you need to reach me, my email address is : Club1270deventer@yahoo.com.

Presidents and Membership Chairman, double check with you Club Treasurer that they are using this form.

FOOTHILL DISTRICT FINANCIALS

August 1–31, 2026 • Unaudited

Beginning Balance	August Income	August Expenses	Ending Balance
$1,668.26	$0.00	$781.92	$886.34

AUGUST EXPENSE DETAIL

Liability Insurance	$85.00
Registry Charitable Trust	$25.00
Sewing Seeds for Life	$100.00
Paws Assisting Veterans	$100.00
House of Ruth	$100.00
Habitat for Humanity	$100.00
Website Processing Fee	$271.92
Total August Expenses	**$781.92**

FY 2026-2027 SUMMARY

Donations	$400.00
Operating Costs	$381.92
In-Kind Donations	$0.00
Ending Balance	**$886.34**

Thank you to our members for your continued support.

August activity: 0.00*income*and781.92 in expenses, reducing the balance from 1, 668.26*to*886.34.

Source: Foothill District August 2026 Report.Revised.A.xlsx



Parliamentarian
Toby Kahan

Our organization follows Parliamentary Procedures and uses Roberts Rules of Order as a guide. Club members should have a copy of their club bylaws and standing rules and should review them annually. Every club should have a Bylaw Committee to recommend to the membership any amendments (changes).

It is very important that our organization follow its Bylaws and Standing Rules in order to keep good standing as a non-profit organization. Every member has the right to recommend changes to their Bylaws as long as it doesn't conflict with our organization bylaws.

As your District Parliamentarian I am always available to answer questions and will be more than happy to assist you and your club with parliamentary procedures.



Recording Secretary
Pat Borchard

***This month's message is taken from the July 27, 2026 Issue of CFWC Quick Bytes. CFWC Recording Secretary-Kay Porter shared the following information.*

REMINDER: To take great minutes, prepare a template from the agenda, focus on recording key decisions, actions items(who, what, when) and motions objectively, not every word; use shorthand, ask for clarification, and finalize notes quickly after the meeting for accuracy, ensuring they serve as a factual record. Minutes should include:

- Type of meeting(regular, special, adjourned regular or adjourned special)
- Name of the club(general, board of directors etc.)
- Date, time, place of meeting
- Time the meeting is called to order
- Attendance must be recorded to establish a quorum
- Approval of the minutes of previous meeting - either approved or approved as corrected
- Summarized reports of officers and chairpersons
- Monthly treasurer's reports should be attached to the minutes
- All motions and the name of the person who made each motion
- Unfinished business
- New Business
- Announcement
- Program information - a brief mention. Attach handouts if useful
- Time of adjournment
- Signature of Secretary - the minutes are a legal document

From your district recording secretary, although it may be easier to save your minutes on a flash drive, they are a legal "document" and a hard copy must be retained for your district/club records. When you complete your term as Recording Secretary please turn over hard copies of the minutes from your term to your successor. ***If you are not receiving CFWC Quick Bytes consider signing up at CFWC.org and sign up to receive every Monday. It has brief information from CFWC officers, Chairman, that you will find useful and informative.

Club Toolbox

From a member's perspective, the right tool at the right time can make all the difference. The Club Toolbox is designed to give you practical, ready-to-use resources that make it easier to lead, participate, communicate, plan, and turn good ideas into action.

What Do I Need to Succeed?

As a member, have you ever thought to yourself: "I want to contribute. I want to help, participate, and make a difference—but I also need to know where to begin"?

When you volunteer for a project, committee, event, or leadership role, a few simple tools can make all the difference. Clear instructions, timelines, contact information, sample forms, and examples from past years help us feel prepared instead of overwhelmed.

We may not need a lengthy manual. Often, we just need something practical that answers a few basic questions:

- What am I responsible for?
- What are the important deadlines?
- Who can I contact for help?
- Are there forms, templates, or examples I can use?
- What has worked well in the past?
- How does my role connect to the larger work of the club and Federation?

Having these resources gives us confidence. It helps us use our time wisely, understand expectations, and focus on doing the work rather than trying to figure out the process.

My September Toolbox Check for Members

This month, let's ask ourselves:

- What tool or resource would help me feel more confident and successful in my role?
- Maybe I need a checklist, a sample agenda, a project timeline, a list of Federation contacts, or a better understanding of where to find information.
- And if I discover something that would help me, chances are it could help another member too.

The Club Toolbox is about making Federation easier to navigate and making sure members have what they need to participate fully. When we have the right tools, we can contribute with greater confidence—and that strengthens our clubs and Federation.

Strengthening Federation

Strengthening Federation happens in many ways. We grow stronger through our formal programs, leadership development, and shared initiatives, but also through the everyday ways we support one another—attending another club's event, sharing resources, celebrating successes, offering encouragement, and showing up for fellow clubs across Federation. Take a look at what is happening across the district and join in on the fun with another club.





Steal This Idea

Steal This Idea highlights timely, relevant projects that members can bring back to their clubs and put into action. When a member steps forward to lead a new project, they do more than meet a current community need—they bring fresh energy, create new opportunities for others to participate, and help keep Federation responsive, visible, and strong.



Advocates for Children
Mary Matson

Create a Student Success Closet

Back-to-school season often focuses on backpacks, notebooks, pencils, and classroom supplies. But sometimes the things that keep a child from feeling ready to learn are much more basic.

A student may need clean socks. A toothbrush. Deodorant. A snack. Hair-care products. A reusable water bottle. Personal-care items. Something small enough that most of us would never think twice about it—but important enough to affect a child's confidence, comfort, attendance, or ability to focus.

That is where a Student Success Closet can make a difference.

Partner with a local elementary, middle, or high school and ask one simple question: **"What are your students showing up without that makes it harder for them to have a successful school day?"** Then build your project around the answer.

How It Works

Work with a school counselor, nurse, teacher, family resource center, or administrator to identify the items students need most. Your club can collect and organize those items in a small cabinet, closet, shelf, or storage area where school staff can discreetly access them when needed. **Note:** The goal is not to create a large or complicated program. Start with what the school actually needs and build from there.

Make It Sustainable

Assign one club member or committee to check in with the school periodically. Ask what is being used most often, what needs replenishing, and whether new needs have surfaced during the year. You can also invite community partners, businesses, service clubs, or individual donors to "adopt" one category of supplies.

Why It Matters

A Student Success Closet gives school staff an immediate way to remove small barriers before they become bigger ones. It also allows children to receive help privately and with dignity. And perhaps most importantly, it reminds us that advocating for children does not always require a large program or a large budget.

September Challenge

Contact one local school this month and ask: "What do your students need that people rarely think to donate?" Then steal this idea, make it your own, and help one more child walk into the school day ready to succeed. Possible items might include: New socks and underwear, Toothbrushes and toothpaste., Deodorant and hygiene products, Hair-care supplies, Menstrual products, Healthy snacks, Reusable water bottles, School supplies, Sweatshirts or basic clothing items, and other needs identified by the school.

Member Spotlight









Federated East Valley Women's Club – Members' Fun in the Sun!
Submitted by Shirley Bone and Jeanette Lieu

Federated East Valley Women's Club (FEVWC) may have been dark for business over the summer, but that didn't mean we were idle. Our recently-installed membership committee scheduled not one, not two, but three membership events so we could stay connected and talk about how we could increase our membership, which would ultimately extend positivity and support for the communities we serve.

Our first get together was at Horse Thief Park in Laverne. It was called "Lettuce get to know you." Members brought salads to share and we all watched the sunset together. We even met some passers-by and were able to share our club information with them.

Our second "meat-up" was a summer soirée at membership co-chair Shirley's home, where members brought guests and enjoyed dining on charcuterie treats and "festive" beverages. It was hot out, but we all were able to "chill" together.

Finally, our third event was a "paint and sip" event. Members brought their friends and our very own membership co-chair Jeanette taught our budding artists the finer points of color theory, drawing, and just having fun.

Members asked and we listened. They wanted to know what kind of events were coming up where they could connect with other members in the club, and we delivered.

This was why we are excited to be part of a membership committee in our district. It's important to us to strengthen the bonds of those that we're sharing our time with and it's all the better when we meet new friends along the way.

What's next for FEVWC membership? We're excited to be planning a wine night! Wine not your thing? That's Ok! Even if you'd rather sip a LaCroix, you can still join us, bring some friends and relax poolside, soak your feet, swim, have a spa day.

I have found that at times when I needed a friend, that I have been surrounded by the love of new people in my life from being a part of Federation. I'm excited to share with them what is around the corner. When you invest in others, bringing positivity to the organization, and who we are and why we serve, everyone benefits.

Member Spotlight



GFWC La Verne–San Dimas Woman's Club Named Best Charity Event
Congratulations to the GFWC La Verne–San Dimas Woman's Club for earning 1st Place for Best Charity Event!

This recognition is a wonderful reflection of the club's commitment to service, community impact, and the spirit of Federation. Through thoughtful planning, dedicated volunteers, and a genuine desire to make a difference, the La Verne–San Dimas Woman's Club continues to demonstrate what can happen when members come together with purpose.

We are proud to celebrate this well-deserved honor and congratulate the members of the club for representing GFWC so beautifully in their community.

Congratulations, GFWC La Verne–San Dimas Woman's Club! Your service is making an impact—and getting noticed!



CFWC Area B Vice President
Pat Borchard

I hope that all of you have taken the time to relax, refresh, and rejuvenate. In my last message, I was getting ready to leave for the CFWC State Board meeting. I left this board meeting with so much information and a renewed sense of excitement and enthusiasm for the future of CFWC. I also was able to renew friendships and make new friends. You, the membership, are a part of a remarkable international organization.

CFWC is increasing its communication with members and districts. Zoom meetings are being held with CFWC leadership which is disseminated to the Area Vice Presidents, then to the District Presidents, then to Club Presidents to be shared with club membership.

As part of my monthly meeting with the 4 District Presidents of Area B, we have been busy planning the upcoming **Area B-Fiesta of Friendship- Conference** scheduled for **October 10th** at **Northminster Presbyterian Church** in Diamond Bar. **9:30am Check in, 10am Conference begins. Cost $55. Registration deadline is a firm October 2nd.**

Our CFWC President, Chris Herzog, 1st VP-Cindy Sanders and 2nd VP-Mickie Reed will all be in attendance. There will be a guest speaker, on the topic of Elder Abuse, vendors, raffles, and a hands on project. See attached flyer for further information. I am looking forward to seeing many of you there for this informational and fun filled event.

Your 2025-2026 CFWC Program Chairmen spoke at the July Board meeting.

- Domestic Violence: Lois Fitzhugh - Remember to sign up and participate in the GFWC National Day of Service Scheduled for September 26th.
- Environment: Gina Morales - Restore(Parks, native plants, penny pines, community spaces) Revive(partnership, club traditions, sustainable practices, educational programs)-Re-imagine(reusable cups, carpooling, waste reduction, youth engagement, community collaborations)
- Health & Wellness: Nancy Krueger - Starting a steps challenge. Begins August 1, 2026-July 2026. There is a Step tracker form that needs to be completed each month.For more information contact Nancy at healthwellnessnancyann@gmail.com.
- Legislation & Public Policy: Kathy Holm - Kathy has scheduled informational meetings via zoom, for September 5, November 7, December 5, 9am-10am. Meeting ID: 873 8697 4484, Passcode 245568
- Sign up for legislative updates to your mailbox at https//www.gfwc.org/legislative-action/
- Leadership: Martha Prichard -
- Jennie June Award: Vicki Holden - Start looking today. The strongest Jennie Award nominations are built over time thoughtfully, documenting a woman's extraordinary story of service and leadership.
- Women's History & Resource: Deborah Bushnell
- Arts & Culture: Nancy Jo Banko - complete 2 projects in each area: Art, Music, Dance/Theatre, Culture. Bonus when you complete 2 additional projects *affiliate organizations or lesser-known cultural traditions such as Lei Day, Divali, Dia de los Muertos, Juneteenth and more. This is a two year project with awards being presented at the 2028 Convention.
- Advocates for Children: Sandra Cabral
- Civic Engagement & Outreach: Joanne Miller
- Young Musicians Competition: Anna Dinter
- Ititerary Chair: Deborah Latasa

GFWC has developed a strategic plan and CFWC is beginning that process. Chris Herzog, CFWC President, shared a survey that she would like the membership to complete to assist the committee in developing this plan.You can access this survey at cfwc.org or click here to download, complete, and send to Chris via email by October 1st.

Looking Ahead

This section highlights upcoming district meetings, important dates, future newsletter topics, and key reminders clubs should be preparing for in the months ahead. From leadership planning and project deadlines to events and seasonal opportunities, Looking Ahead helps us stay informed, organized, and ready for what's next.

NEXT MONTH'S THEME - From Good Ideas to Club Action

Coming next issue:

- Turning Club Goals into a 90-Day Action Plan
- A simple way to break annual goals into achievable September-November priorities.
- Matching Members to Meaningful Roles
- Planning a Successful Fall Membership Event
- Building Community Partnerships That Work
- Tracking and Sharing Club Impact

UPCOMING DISTRICT ACTION ITEMS - Clubs Should Be Preparing For:

September

- Start your 90-day club action plans and assign member responsibilities
- Schedule fall membership events, service projects, and community partnerships
- Confirm budgets, timelines, publicity, and reporting needs for upcoming activities

October

- Review progress on your 90-day club action plan and adjust responsibilities as needed
- Engage members in fall service projects, membership activities, and leadership opportunities
- Promote club impact through local media, social media, and community partnerships
- Begin preparing for year-end reporting, holiday projects, and November/December activities

SAVE THE DATE - UPCOMING DISTRICT, CFWC and GFWC Events

September

- 11 - 13: WSR Conference—The Sheraton Park City, Utah 84060
- **19: 10:00 - 12:00 pm. Foothill District Board Meeting - San Dimas Masonic Lodge**
- **26: GFWC National Day of Service**

October

- 3: GFWC La Verne-San Dimas Bunco & Brew
- 10: Area B Conference
- 24: GFWC Federated East Valley WC Bunco

Visit the CFWC Calendar & Resources and GFWC Official Website for updated meetings, programs, publications, and leadership resources.

GFWC CFWC Foothill District

GFWC CFWC Foothill District BOARD MEETING

Empowering Clubs. Inspiring Leaders. Strengthening Federation.

★ SATURDAY, SEPTEMBER 19, 2026 ★

TIME
10:00 AM – 12:00 PM

LOCATION
San Dimas Masonic Lodge
220 N Monte Vista Ave
San Dimas, CA 91773

KEYNOTE ADDRESS
A New Way of Thinking About Fundraising
Fresh ideas and practical tools to help clubs build lasting fundraising success.

LET'S *Raise More* TOGETHER!

GAMES Fun for Everyone!

PRIZES Great Prizes to be Won!

BEVERAGES Refreshments Provided!

SNACKS Tasty Treats to Enjoy!

COST: FREE!

Just bring your energy and **FUNDRAISING** questions!
Let's learn, share, and grow—together!

RSVP TO YOUR CLUB PRESIDENT
ON OR BEFORE SEPTEMBER 15, 2026
We need a headcount for the food.

Feel free to invite others interested in learning more about fundraising!

Stronger Together. Greater Impact. ♥ *We Can't Wait to See You!*

CFWC

AREA B

FIESTA!

of Friendship, Service & Leadership

"Celebrating Membership • Inspiring Leaders and Strengthening Communities"





October 10, 2026

10:00-2:00 pm

Leadership Speakers:

Chris Herzog - CFWC President

Cindy Sanders, 1st Vice President Dean

Mickie Reed - 2nd Vice President Membership

Guest speaker and Project for
Elder Abuse Identification and Education

Cost is $55.00 per person and includes Buffet lunch



Registration is from 9:30 to 10:00 am

Northminster Presbyterian Church

400 Rancheria Rd. Diamond Bar, California

Event Hosted by San Gabriel Valley District

RAFFLE! PROCEEDS TO BENEFIT WISE AND HEALTHY AGING -SOCI3

AREA B CONFERENCE REGISTRATION

Fiesta of Friendship, Service & Leadership

Saturday, October 10, 2026

Registration Fee: $55.00 per person

REGISTRATION FORM

Name: _____ **Club Name:** _____

District Name: _____ **Phone Number:** _____

Contact Email: _____

Please indicate the total number of people included with this registration.

How many first-time attendees? _____

Number of Meals/Attendees: _____ **Total Amount Enclosed: $** _____

(Registration/Lunch Fee: $55.00 x Number of Attendees)

Names of additional attendees:

_____

_____

_____

Food Restrictions / Dietary Needs:

Please attach a list of food allergies, dietary restrictions, or special meal requests for anyone included in this registration.

PAYMENT INFORMATION

☐ **Check enclosed - Please make checks payable to:**

San Gabriel Valley District (SGVD)

Mail registration and payment to: SGVD Area B Conference

18751 Marimba St., Rowland Heights, CA 91748

REGISTRATION DEADLINE

Please submit registration and payment by October 2, 2026

Questions?

Denise Jackman - Clubwoman@icloud.com - Call/Text 424-237-9266