

July 2019
Summer Issue



The Guild Gab



Linda Peterson
President 2019 - 2021

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Eden Garcia-Balis, LMFT
Chief Executive Officer
AMCS

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The Prez Sez

Mentally healthy people find meaning and purpose in their lives. They might come to it in different ways, but it may be as simple as a way to feel needed. Having a purpose can give you a reason to get up in the morning, can relieve stress, and motivate you to pursue other steps to improve your mental health. Sometimes it is work or volunteer activities, and sometimes it is the relationships you develop when you engage in such activities that provide meaning. In case you don't feel you have that purpose currently, we hope you remember the Guild.

We need you!

We need people so that our organization's work gets done. We need more Board

members to help us plan our events for the year and create new ways to raise funds for AMCS. If you are interested in joining the Board, please contact me (lspeterson7053@ca.rr.com).

We also need volunteers to staff our committees. Our Holiday Home Tour committee is meeting over the summer to make plans for what is our 37th annual Tour, and that would be a great way for you to get involved. Please contact Janie Guthrie, 2019 Tour Co-Chair (janieguthrie@gmail.com), if you wish to do so. And, mark your calendars for Sunday, November 3. We will need you and many friends to volunteer that day as docents.

The Guild raises money through membership dues

and special events like the Home Tour, fashion shows and museum outings. If you haven't yet paid your 2019 dues, please do so right away. Contact membership chair Sandy Luboviski (sjlubo@aol.com) and send her your check. Membership, only \$35 per calendar year, is a very easy way to support the Guild.

Another way we raise money is through Amazon Smile, and we need your help with that, too. Amazon will donate 0.5% of your purchase price to the Guild for every eligible purchase you make at smile.amazon.com. For shoppers, there is no simpler way to help the Guild.

Every one of these things will help the Guild and may help you find meaning in life. It's worth a try!

Eden's Epistle

Aside from the physical health benefits of jogging or running, there are also many psychological benefits as well. Some of these include increased mental flexibility, confidence, stress relief, and the emotional boost of the runner's high.

Running builds confidence. It allows the runner to defeat trial after trial, growing stronger and surer of themselves with each stride. It allows you to truly climb hills and clear obstacles. It provides a feeling of empowerment and freedom that comes with knowing that your legs and body are strong and capable.

So, there is no surprise that for more than half a century, the **Jet to Jetty 5K/10K Walk/Run** has raised funds to support Airport Marina Counseling Service.

My favorite part of the Jet to Jetty is that it appeals to people of all ages and all levels of running, so families can run together and competitive athletes can test their skills as well.

Mary Ellen Cassman, one of AMCS' founders is raising funds and has put a fundraising team together. You do not have to attend the race to donate. Below is the link to Mary Ellen Cassman's

Fundraising Team.

<http://bit.ly/teammaryellen>

This year's race will take place on **Sunday, September 15**. Organizers encourage all to arrive between 6:30- 7 a.m. for on-site registration, warm-up exercises, free snacks and drinks. Awards and more snacks, drinks and shopping will be happening post-race! Bring your kids, ages 2-9, for the Kids Fun Run; and if you don't run or like to walk, join in on the 10-mile bike ride. There's something for everyone this year!

Visit the Jet to Jetty website for all details and to register: www.JetToJettyBeachRun.com



Meet a Member – Caroline Scherzer

Caroline Scherzer is originally from Westchester, NY, and has been living in Westchester, CA, for the last 20 years. Her undergrad and graduate studies took her from Connecticut to Japan to Ohio. She teaches English and Japanese at her home as well as an occasional baking class. Caroline also teaches chair yoga at the

Westchester Senior Center and gives private lessons in chair yoga and mat. She began volunteering at the WMHG after Judy Dews invited her to come to a Home Tour committee meeting. Caroline helps put up the banners and signs for the Home Tour. She also picks up the sandwiches at Sorrento's and helps plate the food at the Reception.

Caroline is very helpful and does whatever is asked of her with a smile. Her outside interests include reading, traveling and making yummy desserts because she was once a pastry chef. Thank you, Caroline, for volunteering every year at the Holiday Home Tour.



Meet a Member – Marlene Obrietan

Marlene Obrietan grew up in Stuttgart, Germany, and came to the US in 1961. She and her husband Fred settled in Westchester in 1967. Marlene worked at Crocker Citizens Bank and Western Airlines which merged with Delta Airlines. While working at Western Airlines, she met Mireya Wharton and Julia Varney who also worked there. Mireya told Marlene about her volunteer work at

AMCS, WMHG and the Guided Cage. Marlene volunteered at the Guided Cage for 18 years until it closed. She continues to be an active WMHG board member and has held many offices. She received the Guild's Heart of Gold in 2007. She organized the reception for the annual Home Tour for many years and has distributed thousands of flyers promoting the fundraisers for AMCS and

WMHG. She is affectionately known as the "Energizer Bunny" of the Guild. Her outside interests include bowling, traveling (she has been on 50+ cruises), shopping and gardening. Marlene says volunteering for WMHG has given her the opportunity to make many friends. Thank you, Marlene for continuing to volunteer and giving your time and generous support to AMCS and WMHG.



Meet a Member – Judy Delavigne

Judy Delavigne grew up in San Diego, attended San Diego State majoring in psychology, but left at the end of her sophomore year to join TWA as a flight attendant. Just when she completed a Mandarin Chinese language program at UCLA, she received a jury summons. While serving on jury duty, she noticed a handsome prosecuting attorney in the courtroom and after a brief courtship, she married Jack Delavigne and they raised 2 wonderful children, John and Cami. Judy returned to

college to complete a BA in Art History at LMU, and went on to earn a M. Ed. in Administration, followed by an MA in Bioethics. She worked as coordinator of Encore and Study Abroad in Continuing Education at LMU before moving on to executive assistant positions. In 2011, she joined the Dean's office as the academic affairs associate. Judy is active in the Rotary Club of Westchester and is a past president; she recently returned from a Rotary District humanitarian trip to Peru. Judy is a member of

AMCS' Board of Directors and served two consecutive terms as president. She volunteers as a docent and as a home coordinator for the annual Holiday Home Tour. She values WMHG's great depths of kindness and unwavering support of AMCS in helping the clinic to flourish in our community. Judy enjoys theatre and films, book club discussions, singing in the choir and serving as a lector at her church. Her leadership skills and generous support to AMCS and WMHG have been invaluable to our community.

Annual Meeting

More than 85 people attended the Guild's annual meeting held May 20 at Covenant Presbyterian Church.

Speaker Nicole Barkopoulos, AMFT, discussed "Dynamic Aging and the Quest for Fulfillment," providing the audience with an interesting point of view. Lively conversation, delicious and abundant food provided by **Cantolini's Salerno Beach Restaurant**, and floral arrangements from **Flowers by Felicia** all combined for an enjoyable afternoon. The **Guild Crafters** stocked a table loaded with handmade items for sale that were eagerly purchased. New Officers and Executive Board Members, as well as returning and new Board Members, were introduced. Welcome and congratulations. We know your leadership this next year will lead to further great success!

The Treasurer's report included **donations made to AMCS for the fiscal year to date in the amount of \$55,400**, which was great news because it reminds us why we do what we do. We are ever so grateful for the support of all our members. We can't do it without you. Thank you!!

Congratulations to the 2019 Award Recipients who continually help us accomplish our goals!

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Heart of Gold
Judy Dews



Longtime WMHG member **Julia Varney** celebrated her 100th birthday with a festive cake and serenading crowd of well-wishers.

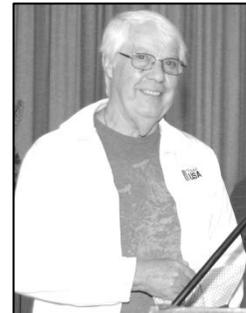
Happy Hundred, Julia!!



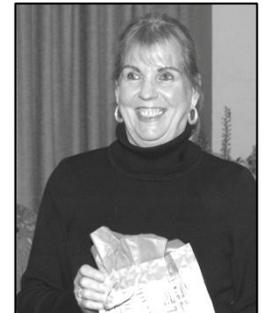
2019–2021 Executive Board



Check presented
to AMCS



Beau of the Guild
Stan Clark



Belle of the Guild
Janie Guthrie



Certificates of Appreciation
Loris Ourieff
Caroline Scherzer
(not in attendance)



Certificate of Merit
Edgar Arriola



Certificate of Merit
Michelle Waldron



Newest Board Members
Lori, Heather, and Dianne



Event Speaker
Nicole Barkopoulos



Save the Date

We are starting to prepare for our **37th annual Holiday Home Tour**, which will occur **Sunday, November 3**. Not only is the Tour a very enjoyable community event that helps neighbors get to know their neighbors, it also raises substantial funds for the Airport Marina Counseling Service (AMCS). This year we hope to surpass the \$45,000 we were able to donate to AMCS last year from the proceeds of the Holiday Home Tour.

After the tour, guests can enjoy refreshments at a festive **reception at the Westchester Elks Lodge** and will have the chance to do some shopping at our special one-day **holiday marketplace**, featuring a variety of vendors, including wonderful handcrafted items made by our own **Guild Crafters**.

We need your help to make the Holiday Home Tour, our largest fundraiser of the year, a successful event. Members of the Guild are needed as docents on the day of the Tour to help our guests view the homes safely. Volunteers also can help with the reception. If you can help as a docent or at the reception, please contact Janie Guthrie at janieguthrie@gmail.com.

\$\$\$ Upcoming FUNdraisers \$\$\$

Margarita Monday is BACK!

Please join us on
Monday, August 19, 2019
5:30pm – 8:30pm
6569 W 82nd Street
Westchester

Tickets:
\$20 WMHG Members
\$25 Non-Members
Includes Taco Bar and
two Margaritas



Please RSVP janieguthrie@gmail.com
Space is limited. All proceeds benefit
the Airport Marina Counseling Service.

For additional information, please
contact Janie at (310) 905-0595

Keep a Look Out for FUNdraisers

Check Your Email for Upcoming Fundraisers

WMHG fundraisers are being planned and will be announced to our members by email. Some of the fundraising ideas are:

- a bus trip to a local museum
- wine tasting
- a fashion show
- restaurant fundraisers
- an evening at a comedy club
- a spring tea
- Kentucky derby day
- an evening bowling party

If you have any fundraiser suggestions, please email janieguthrie@gmail.com

Membership

Thank you to Gail Ruhlen for serving as our Membership Chair for the past three years. We appreciate your time and organizational skills. I am happy to follow in your footsteps collecting dues and encouraging new members to join us. We had great community spirit and participation at our **Annual Meeting**. We saw many friends and neighbors coming together to support mental health and have an opportunity to connect with one another.

We welcome our newest members:

Lillian Lee

Holly Roberts

Joan Jakubowski

Candace Blankenship

Natalie & Louis Mendoza



We look forward to seeing you at many of our upcoming events.

Please encourage your friends to join. Everyone is welcome to get involved as much or as little as they choose. We have a good time, have social activities and raise funds to **support Airport Marina Counseling Service (AMCS)**.

Please contact me if you know someone who is interested.

Thank you.

Sandy Luboviski- Membership Chair
sjlubo@aol.com



WMHG Goes to the Theatre

WMHG members, family and friends enjoyed a fabulous Music West, Inc., performance of *My Fair Lady* at the El Segundo Performing Arts Center on July 11, 12, & 13, 2019. A **donation from Music West** was provided through the sale of each ticket we sold. It was a fun time had by all and we look forward to teaming up again for next year's performance. A big thanks to Mark Calde, President, Music West, Inc. www.musicwest.org

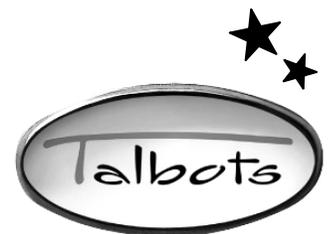
Guild Gals Grace the Runway



The beautiful ladies of the Guild hit the fashion catwalk on February 28th to strut their stuff for WMHG. The models showcased **Talbots Manhattan Beach** ready-to-wear collection for the fundraising event.

A morning of socializing, snacks, and shopping culminated with attendees enjoying significant discounts at checkout.

Thanks to the staff at Talbots for their expertise.





Westchester
Mental Health Guild

c/o Airport Marina
Counseling Service
7891 La Tijera Blvd.
Los Angeles, CA 90045

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**Westchester
Mental Health Guild**
and Airport Marina
Counseling Service



Visit our website
www.westchestermhg.org

Contact Us
info@westchestermhg.org

Tribute Cards

Remember to purchase **Tribute Cards** to honor family and friends. **Tribute Forms** are available on our website.

100+ CLUB

We acknowledge and thank our newest 100+ club members, **Jane St. John, Julie Porter, and Holly Roberts**. Your generosity and support are most appreciated.

Amazon Smile

Remember to designate Westchester Mental Health Guild as your charitable organization on smile.amazon.com. Your Amazon purchases will return a 0.5% donation to WMHG. It does add up!

“Seek opportunities to show you care. The smallest gestures often make the biggest difference.”

-John Wooden-



SUNDAY, SEPTEMBER 15TH

Monday, August 19th
Margarita Monday

Sunday, September 15
Jet to Jetty 5K/10K
Walk/Run

Sunday, November 3
37th Annual Home Tour

CALENDAR

Westchester Mental Health Guild
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