



## The Lark Notes



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### President: **Refugio "Cuca" Rodriguez**

Theme: *"Let us resemble butterflies by attending to the needs of our community, pollinating it to bloom and bear fruit."*

G.F.W.C. – C. F.W.C.



37 strong, serving the community since 1906

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### PRESIDENTS MESSAGE



Happy New Year everyone!

I hope you are in good health and enjoyed your holidays. It is now a new year and a lot going on with our club. Just to let you know that we voted in December at the Holiday Party, our **Kindness Angel** for 2025 will be **Margarita Vargas**. Congratulations!

Recently all members received a **Tax Notice for Silly Taxes**. How many shoes are in your closet? How many hairbrushes do you own? We are taxing all the silly and raising money for HOBY. We need to raise an additional \$300 to be able to send two students to the Hugh O' Brien Youth Leadership Conference. You may bring your payment to the next meeting ( Feb 6<sup>th</sup> ) or mail in your taxes; you can also not tally your tax and just pay a flat tax. It all will go to HOBY.

There are a lot of important dates coming up like the **Spud Bunco on Jan 20<sup>th</sup>**, the **President's Auction at the Feb 6<sup>th</sup> meeting** and **Paint & Sip Day for the Arts on Feb 20<sup>th</sup>**. All wonderful social activities with friends while raising money for great causes!

On January 9th, 10 members from BPWC attended the SGVD Birthday Council. Two of our members submitted to the craft contest. See page 4 for details.

Keep yourselves healthy and active, see you soon.

**Refugio "Cuca" Rodriguez, President**  
**Phone: 626-674-9067**  
**Email: refugio\_rodriguez@aol.com**

### FEBRUARY 2026 CALENDAR

#### *"Friendship Brings Out The Best In You"*

05 - Set Up for Luncheon Meeting	9:30 am
06 - Luncheon Meeting /Auction	10 am
10 - Lark Notes due for Mar 2026	
16 - Presidents Day ( <i>holiday</i> )	
18 - Executive Board Meeting	10 am
20 - Dean's Seminar	10 am
20 - Paint & Sip Art Fundraiser	11 am

**Luncheon details for February 6<sup>th</sup>** are on page 6. **This is a POTLUCK**, bring something to share. Meeting begins at 10 am with social time beginning at 9:30 am. RSVP's are not needed.

The **President's Auction** is part of this meeting and the **cost is \$15**. We are raising funds for local charities. Please help us, read page 6 for the details on how you can support this fundraiser with donations of new or nearly new items, collectibles, gift cards and holiday gifts that need a new home. Call Diana Asmundson today if you can donate.

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## DEANS MESSAGE

Hello! Members,

Lots going on and we are kicking off the New Year with wonderful events. I'm very excited about our **Student Music Scholarship Competition** on **Wednesday, January 21, 2026**. Last year we had 2 winners from our club competition who went on to the SGVD contest and won \$500 each! We have so much talent in our schools, please plan to attend if you can so our kids have a welcoming audience to perform for. **Dean's Seminar is Friday, January 30<sup>th</sup>** at 10 am. After the seminar we have Spud Bunco!

I'm asking those members that do not attend our activities often to please let us know if you need a ride. We are happy to pick you up! **YOU** are important and we know that engaging in social activities is great for your mental health...*and we miss you!* Also, exciting news...we have new members joining us, and I know they will be an asset to our group, bringing new ideas to our 'Club'. Let's all welcome them! See you soon.

Happy Valentine's Day - Love & Friendship to all!!

**Cruz Baca, 1<sup>st</sup> Vice President**

**Phone: 626-806-9583**

**Email: cruzembello@hotmail.com**

## WAYS and MEANS

My turn as 3<sup>rd</sup> Vice President is coming to an end and with that my work helping to raise funds. I ask all members, even our newer friends to consider a position on the Board. Many have just left the work force and have significant skills that we could benefit from and why not put them to use?

From my perspective, everyone pitches in for all fundraising activities and Ways & Means is a great way to help this club; let me know if you are interested and I can share my experiences with you! Don't forget we are all here to support members in new positions because your success is our success!

**Maureen Foster Davis, 3<sup>rd</sup> Vice President**

## MEMBERSHIP NEWS

We are looking forward to voting in February for the **2025 Outstanding Member**. With these Lark Notes, you will receive a form that outlines what is required to be a nominee along with the actual ballot. Please submit your ballot by mail with a deadline of February 15<sup>th</sup> OR you can vote in person at the February 6<sup>th</sup> luncheon meeting.

Help me in welcoming our newest Club Member, **Josie Flores!** Josie joined at the recent Holiday Party in December and was initiated on January 16<sup>th</sup>. Josie was serenaded with our traditional singing and given the tools to become a full fledged member. Don't forget, if you see new faces at events, please be kind and welcome them with a smile and conversation. **Welcome aboard, JOSIE!**



*See Josie above with 2<sup>nd</sup> VP Alice Konopasek and President Cuca Rodriguez.*

**Alice Konopasek, 2<sup>nd</sup> Vice President**

**Phone: 626 512-3548**



**Happy January Birthday** to our friend **Margarita Vargas!** This is her 80<sup>th</sup> year and we were happy to share this occasion with son Javier and granddaughter Kailani!

## HEALTH and WELLNESS

I'm a firm believer that what you eat and drink can build up your immune system and make you stronger to fight strains of different illnesses, such as the "Flu". As we get older, our immunity starts to decline but I'd like to share a few nutrition tips to help keep you stronger:

**1. SWEET POTATOES** - They're a great source of beta-carotene, a Phyto nutrition that supports the respiratory and intestinal health and increases immune cells in the body.

**2. BERRIES** - They're rich in vitamin C, which stimulates production of infection-fighting white blood cells. Eating berries increases levels of disease fighting cells.

**3. BEANS** - Beans are high in Zinc, which helps boost your body's production of white blood cells. It is recommended at least half a cup of cooked beans per week.

**4. NUTS AND SEEDS** - They're rich in vitamin E, which plays a key role by supporting the growth of germ-fighting T cells. Walnuts are an especially good choice, as they have more immune-supporting alpha-linolenic acid than any other nut.

**5. SALMON** - It's one of the few foods that provides vitamin D which plays a huge role in regulating your immune system.

**6. GARLIC** - It's rich in compound called alliin, which may be the source of it's immune-boosting power.

**VERY IMPORTANT...ALWAYS CONSULT WITH YOUR DOCTOR ESPECIALLY BEFORE CHANGING YOUR ROUTINE. I UNDERSTAND THAT MANY OF YOU MAY HAVE ALLERGIES OR MAY NOT BE ABLE TO EAT THE FOODS RELATED TO THE LIST ABOVE. BETTER TO CHECK WITH YOUR MEDICAL PROFESSIONAL FIRST WHO MAY RECOMMEND ALTERNATIVES.**

Stay well and healthy,

***Cruz Baca, Health & Wellness Chairman***

## THE MONTH OF FEBRUARY

This is the month to celebrate love and friendship.

The **birthstone** is the **amethyst** a beautiful purple granite stone in which lore includes several claims to mystical powers, including that it would convey strength and wit to those who wore it.

**Flowers** this month are the **Violet** and **Primrose**. Wild violets show off their purple-blue petals and heart-shaped leaves in the coldest months! In the Victorian age, a gift of **violets** was a declaration always to be true. It still serves as a reminder of loyalty, thoughtfulness, and dependability. **Primroses**, a small perennial woodland plant, also bloom in wintertime and in the Victorian era, a gift of primroses meant young love, while in the language of flowers, it says, "I can't live without you."

February encompasses two astrological signs: **Aquarius** and **Pisces**. Aquarius spans from Jan 20 to Feb 18, while Pisces follows, from Feb 19 to Mar 20. **Aquarius** is often seen as innovative and independent. Those born under this sign are typically seen as forward-thinking and humanitarian. In contrast, **Pisces** symbolizes empathy and intuition. Pisceans are known to be sensitive and artistic, often deeply connected to their emotions and the world around them.

Friendship dynamics also fluctuate with the change of signs. Aquarians often bond over shared ideas or causes, while Pisceans cherish emotional support.

**Happy February Birthdays !**

**09 - Mary Debo**

**15 - Maureen Foster Davis**

**26 - Alice Konopasek**

**28 - Susan Learn**



## NOMINATIONS FOR 2026-28 ELECTIONS

We are recruiting members to step up and take on new roles of leadership. All positions are available and we encourage even our newer members to join us as an Executive Board Members.

As our member roll has lightened, we look at this as a silver lining of opportunity for our club to be infused with new ideas and energy. You have a supportive team to help guide you. This is "your club" and we welcome new leaders and new ideas.

Our By Laws rely on term limits so we continue to evolve and grow. We hope all of members both new and seasoned will want to **GROW WITH US!** If you get a call from the nominating committee, please consider serving the club in a leadership role; we know you have so much to offer!

On **Election Day at the March 6<sup>th</sup> meeting**, you may self nominate or nominate another member not already up for consideration. You can take an active part in the process. We will work very hard to get a slate of officers for members to vote on but all members are welcome to throw their hat in the ring!

## SGVD CRAFT COMPETITION

Let's give a shout out to two very talented members! **Enedina Tamayo** and **Margarita Vargas** submitted five items to the SGVD Craft Contest and all were winners! *Congratulations ladies!*

1st Place Hello Kitty

by Margarita

1st Place Pumpkin

by Enedina

1st Place Large Stuff Toy

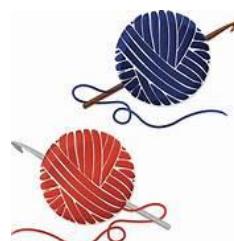
by Margarita

1st Place Beanie/Hat

by Enedina

3rd Place Hello Kitty Earrings

by Margarita



## STUDENT MUSIC COMPETITION

Competition is at the clubhouse starting at 1 pm on **Wednesday, January 21<sup>st</sup>** so there's still time to attend! Please arrive by 12: 45 so we can start on time with no interruptions!

Stay tuned for the March Lark Notes and we'll post our winners!

**Cruz Baca, Music Chairman**



## SAN GABRIEL VALLEY DISTRICT

As our members might know the BPWC is part of the SGVD or San Gabriel Valley District. This is the organization that our club is affiliated with along with 24 other clubs. For purposes of training and sharing local resources our district is a great partner in a shared mission of service. We often partner with one or more clubs for things like raising funds or collecting items needed for military families.

If you attend a SGVD meeting for the first time you are recognized as a '**1<sup>st</sup> Timer**'. Here we see 3 of our friends being recognized; they are Rosy Breceda a member since 2008, Karen Garnier a member since 2013 and new member since 2025 Vida Flores.



## ANNUAL REPORTING TO SGVD AND CFWC

The BPWC submitted reports in 7 categories along with our JUL-AUG 25 newsletter for consideration. In all we reported 6,685 volunteer hours in Arts & Culture, Education & Libraries, Civic Engagement, Communications, Leadership, Membership and Fundraising. In those 7, we donated or raised approx. \$65,450 and we estimated In Kind which is contributions from members of donated to be \$15, 488. In all, there are 12 categories to report in and we selected our strongest. To learn more, you can visit the SGVD.org website and see what other categories and projects qualify for reporting. **Wish us luck and thank you to everyone!**

## SGVD CALENDAR FOR FEBRUARY 2026

02 - DVAC Meeting at <b>CWC</b>	11:30 am
13 - SGVD Birthday Council at <b>EMCC</b>	9:30 am

**CWC - Covina Woman's Club**

**128 S San Jose Ave, Covina, CA 91723**

**EMCC - El Monte Community Center**

**Grace Black Auditorium**

**3130 Tyler Avenue, El Monte, CA 91731**

The **SGVD Newsletter** is called "**The KEY**" and is available online at [www.sgvd.org](http://www.sgvd.org). Don't forget if you want to attend an upcoming SGVD meeting, call me direct so I can reserve for lunches.

**Vivian Reyes, District Registrar**

**Phone: 626-827-7457**

**Email: aginuvz@aol.com**

First Timers were welcomed and recognized at the January 9<sup>th</sup> SGVD Birthday Council Meeting. See below the group photo with our friends in the mix!

The Birthday Council was also the member craft contest so overall it was a great day to attend while spending time with friends!

## **PAINT & SIP Day for the Arts**

**Friday, February 20, 2026**

**11 am to 2 pm**

**\$15, lunch only**

**\$24, lunch with paint & sip**



We will be raising funds for the student art program by making some of our own art! You can join us **just for lunch** and conversation or for **lunch and the Paint & Sip**. There will be preprinted canvases, paint, brushes; everything you need to create a canvas and wine. So much fun, please don't miss it! All the supplies needed will be provided. Not everyone wants to paint by everyone can hang out and have fun with friends,

**Deadline to RSVP** is February 16<sup>th</sup> to Vivian Reyes at 626-827-7457 or email at [aginuzv@aol.com](mailto:aginuzv@aol.com). If you cannot attend but want to support the arts, please consider a donation. You can make donations by mailing to the P O Box.

## **Fiesta Fundraiser**

### **SCHOLARSHIP DINNER**

**Thu, Mar 19, 2026**

**Dinner served 4 to 6:30 pm**

**\$25 per Fiesta plate, Dine In or Take Out**



Join us for a delicious Fiesta inspired dinner with great Mexican food, dessert and beverages. We are raising funds for student scholarships so your dollars will help local kids afford their college experience!

You can **Dine In** and enjoy good company OR you can drop by to pick up **Take Out** meals to enjoy at home. Please call or email your meal reservation so we are sure to have enough great food! Email the club at [baldwinparkwc@gmail.com](mailto:baldwinparkwc@gmail.com) or leave a message for Maureen Foster Davis at 951-674-8407 by March 15<sup>th</sup>. Payment for all meals will be at the door. Sign up at the Mar 6<sup>th</sup> meeting to help.

## **FEBRUARY 6th LUNCH ASSIGNMENTS**

Décor/Theme ..... Past Presidents  
Hostess ..... Alice Konopasek

We will meet on Thu, Feb 5<sup>th</sup> to set up at 9:30 am. Everyone is welcome to help! **This meeting is a POTLUCK** and members are asked to bring something to share. RSVP's are not required. **Because it is a potluck**, we need every club member to assist in setting up the luncheon table, service and clean up. It's all hands on deck!

This February 6<sup>th</sup> luncheon meeting will feature our **President's Annual Auction**. There will be items both new or nearly new and all on auction. This promises to be a lively meeting, and will be a fun afternoon that includes our regular business, the Auction and lunch! **Cost of the Auction is just \$15** and allows you to a win on a wide variety of items. For larger items we will have a cash auction with winning bids for these larger items.

## **ITEMS NEEDED FOR AUCTION**

We can accept items for the auction any time; please **contact Diana Asmundson** and let her know what you'd like to donate. It can be gift cards, gifts that maybe don't suit you, nearly new items that you no longer enjoy, specialty items, knick knacks, jewelry, art work, crystal, etc. Items needed by set up date on Thu, Feb 5<sup>th</sup>! Contact Diana today at - **626-917-8913**

## **ON THE AGENDA**

We will be **voting for our 2025 Outstanding Member**, see page 2 for the details! Nominating Form / Ballot, is attached to these Lark Notes.



## CHRISTMAS JOY...Fa La La La La, La La, La, La!

Over the holidays the BPWC was contacted by the **Garden View Post-Acute Rehab**. Club Member Vivian Reyes answered the call, bringing some of her grandchildren to sing Christmas carols. This along with a small gesture of gifts brought much joy to the residents. In the picture below are Vivian's grandchildren singing; picture right is Vivian holding a box of goodies with facility staff. Thank you Vivian, Cruz and Suzanne for your donations!



## WE LOVE A PARADE

Here are some snapshots from the December 6th Baldwin Park Christmas Parade. Several members rode as local officials and our club was furnished with a transit bus for our members. Great ride and we had fun but we found we couldn't decorate it! *Ba Humbug!*



Top left is State Senator Susan Rubio and guest. Right is Grand Marshall Michelle Trujillo, a Channel 52 meteorologist, with Cuca!



Top right is Assemblywoman Blanca Rubio and below a picture of our crew on the bus. Members included Lia Ritter, Alice Konopasek, Cuca Rodriguez, Vida Flores and Suzanne Perez. (Cruz Baca took the picture) The crew in the back are friends who came along for the ride and brought donuts! Thank You Javier Vargas for the ride!

## TINY HOMES HOLIDAY CELEBRATIONS

In December, several members attended the Serenity Family Dinner and the Esperanza Villas Holiday Party. The toys we collected in December went to the families at Serenity and the Beanies, Socks and Blankets went to the Esperanza residents.

Thank You to every club member who donated, these gifts were much appreciated making the holidays a bit brighter for those in need.

In the picture left, see Santa who arrived in a SWAT TRUCK hugging and greeting the children at the Serenity Party. In the picture below see members Cruz Baca, Veronica Lopez and Blanca Rubio join in the celebration at Esperanza Villas. Also in the picture is Chief Lopez and Councilmember Danny Damien along with Damien's Madre who cooked a wonderful meal for all.



Those residents facing a crisis in housing can face overwhelming insecurity and loss of confidence. Helping them to pick themselves up and lighten their burdens is a way to help them course correct and get on the path to true independence. Every small gesture of love and friendship build on the next until they are successful in meeting their goals. This Holiday Party is attended by a great many caring people wanting to support their journey. We thank every member who purchased Beanies, Socks and Fleece Blankets. We had a great array and allowed residents to choose their own out. **We are blessed to have such generous friends and members in this club!** See page 7 for more of our holiday projects!