



Baldwin Park Woman's Club Newsletter

The Lark Notes



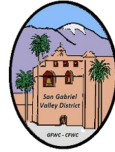
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G.F.W.C. – C. F.W.C.

President: Refugio "Cuca" Rodriguez

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



APRIL 2026 Volume 76 Issue 7

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www.baldwinparkwomensclub.org

PRESIDENTS MESSAGE



Hello Friends,

I hope everyone is doing well, just be careful with this change in the weather from cold, windy and now super hot. Drink plenty of water and stay cool when you can. It's not summer but it is unusually warm.

We have the **Scholarship Dinner on Thursday, March 19th** and I hope you all attend. We are asking every member to sell or purchase 2 tickets to help us. You can Dine In or Take Out a great meal!

I am collecting the **scholarship applications** and the student presentations are on April 15 at 1:00 pm. I need volunteers to help judge. You will be scoring the applications and the presentations. If you would like to be a judge, please let me know.

Do not forget that on **March 27th** we have a **Game Day** featuring a **Baby Shower** theme with games! See page 6. We will be collecting items for those in need.

I have been super busy with doctor appointments, my grandchildren's Musical Concerts and also Open House. In April we will hold **elections**. I know that our new Executive Board will do a great job in the next term but it is important to attend and have your vote count.

Take care of yourselves, we will see you all soon! Blessings for a wonderful Easter,

Refugio "Cuca" Rodriguez, President

Phone: 626-674-9067

Email: refugio_rodriguez@aol.com

APRIL 2026 CALENDAR

"Remembering Our Losses With Love"

- 03 - Good Friday (*holiday*)
- 05 - Easter (*holiday*)
- 09 - Set Up for Luncheon Meeting 9:30 am
- 10 - Luncheon Meeting / Elections & Memorial 10 am
- 10 - Lark Notes due for May
- 15 - Executive Board Meeting 10 am
- 15 - Verbal Essays / Scholarship 1 pm
- 22 - Hair Cuts by *Josie & Rosie* 9 to 11 am
- 24/25 - SGVD 70th Convention
- 30 - Set Up for May Luncheon 9:30 am

Luncheon details for April 10th are on page 6. Meeting begins at 10 am with social time beginning at 9:30 am. RSVP's are needed by April 6th. We will be celebrating the life of **Minnie Perez** and sharing lunch with her family & friends. We ask our members to wear your 'spring time best'.

Brand New Fundraiser is the **Hair Cuts** by Josie & Rosie. Appointments are required, see the details on page 8. *Did you know Rosie had her own salon?*

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DEANS MESSAGE

Hello! Members,
Hope you all are okay after another round of heavy wind. Hard to believe that Winter's over and now Spring is here...perfect reminder is Daylight Savings Time. It's always hard for me to adjust...*you too??*
Elections are around the corner. Very important for you to attend our meeting and cast your vote. We have several members that have come forward able to fill or co-chair some of our positions. It would be very nice to have all of you participate. We continue serving our community and have a lot of new ideas for "Fundraising". Please join us, if you are no longer driving, we will pick you up. We hope to see you soon, bring your smiles, your friendship is missed.

"I believe in being strong when everything seems to be going wrong, I believe that happy girls are the prettiest girls. I believe that tomorrow is another day, and I believe in miracles." - **Audrey Hepburn**

In Sisterhood,
Cruz Baca, 1st Vice President
Phone: 626-806-9583



PAJAMA DRIVE

We have adopted the Garden View Rehab Center as an Easter project for our club. They have asked for PJ's. Very often the residents have only their hospital gowns and are reluctant to engage with others in social areas because they don't have pajamas. Some are very elderly and many have no family to support their needs. We need both male and female style pajamas (not gowns) and they should be a cotton blend. Sizes M, L, XL, XXL. We will collect at the April 10th and May 1st meetings.

MEMBERSHIP NEWS

Please welcome our newest member; **Mary Clendenen!** Many of us met Mary at the February Paint & Sip. She officially joined our club at that activity and we will officially welcome Mary at the next luncheon meeting she is able to attend.
Welcome Mary!

We are receiving calls about membership which is a great sign. Don't forget that every club member is part of the effort to recruit new members! At each event or activity we have the opportunity to speak to others about our club, please do so, you never know whose spark you'll ignite!

Alice Konopasek, 2nd Vice President
Phone: 626 512-3548

WAYS and MEANS

WOW! What a busy few months we have already had in the new year. In January we supported the **Silly Tax** drive to raise funds for HOBY and in February we had a great **Paint & Sip** activity raising funds for our Student Art Program. In March we will raise funds for academic and vocational scholarships during the **Scholarship Dinner** and in April we plan to collect items that will benefit families in crisis at our **Baby Shower Game Day**. All great causes!

While these activities are opportunities to raise funds in support of local charities and students, it is also a great chance to spend quality time with friends. We miss our members who have transportation issues and those especially having health concerns. If you are a member who is holding back your participation...**we are here for you**. If you want to remain active and stay engaged with friends, let us know so we can provide a ride when that is needed. Let us know so we can make sure you can be an active member as long as you want to be!

HEALTH and WELLNESS

Have you heard? **Vitamin D** is having a major moment. My Doctor recently advised me to start taking it. *What's The Deal with Vitamin D ?*

We've known for centuries that getting Vitamin D through food and sunshine is critically important to human health, especially for bones. Vitamin D helps the body absorb calcium and phosphorus which is necessary for maintaining bone and tooth structure.

For 'Seniors', Vitamin D can help prevent brittle bones of osteoporosis, and can also support muscle strength, which leads to the stability needed to avoid bone-breaking falls. Lastly, Vitamin D also plays a role for people diagnosed with pre-diabetes; it may lower the risk of developing type 2 diabetes.

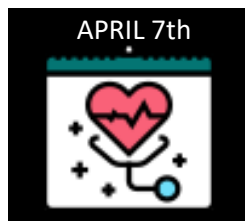
Though this is a common vitamin widely used, if this is new to your regimen...**ALWAYS CONSULT WITH YOUR PHYSICIAN FIRST.**

Be well everyone!!

Cruz Baca, Health & Wellness Chairman
Phone: 626-806-9583
Email: cruzsembello@hotmail.com

WORLD HEALTH DAY

World Health Day is April 7th.
This day is dedicated to health awareness and education.



***"Your body follows what your mind says.
Seek good health."***

Good health practices for both physical and mental health should be integrated into your daily life for a better life! It's never too late to improve your health. Always read the article under Health & Wellness for great tips, this month we shared about Vitamin D.

As we age our body absorbs nutrition differently so taking vitamin supplements is crucial to good health!
What's in your weekly pill organizer?

April 2026 Lark Notes

THE MONTH OF APRIL

In this month we will celebrate **Easter**/April 5 and **Earth Day**/April 22. April 1st is also known as **April Fools Day** which most of us remember as a day for hijinks and pranks with friends at school.

In April, there are two zodiac signs; **Aries** and **Taurus**. Aries, an Earth Sign is March 21 to April 20 and Taurus, a Fire Sign is from April 21 to May 20. Aries bring energy, initiative and a desire for action. People born under this sign often show courage, spontaneity and a strong need to move forward. Those born under the Taurus sign often provide stability and patience with a taste for comfort along with a need to be practical, showing great loyalty.

This month's birth flower features the **Daisy** which is a symbol of new beginnings, rebirth, hope, and love in the language of flowers.

This month's birthstone is the **Diamond** which features traditional uses as symbols of commitment and love, wealth or good fortune. Diamonds hold deep symbolic meanings, representing strength, purity, and eternal love. Known as one of the hardest substances on Earth, they symbolize resilience and endurance.

April is the month that emphasizes the importance of awareness, education, and collective responsibility in fostering safer environments for children. Known as **Child Abuse Prevention Month**, we can all help by being mentors to those still caring for and raising children. Donating money is good but helping mothers and fathers is better!



10 – Veronica Lopez 17 – Lupe Rivadeneyra

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2026-28 CLUB ELECTIONS

We have accepted nominations for BPWC Executive Board positions. Thank you all for stepping up and accepting a leadership role. We will present this slate of officers, and will welcome additional nominations from the floor during the election process. Elections will be part of the April regular luncheon meeting program. Date is April 10th. Here is our **Slate of Officers** for consideration for the 2026-28 term:

President	Cruz Baca
First Vice President/Dean	<i>Vacant</i>
2nd Vice President/Membership	Alice Konopasek
3rd Vice President/Ways & Means	Rosie Breceda
Co-Secretaries	Maureen Foster, Laura Santos
Treasurer	Carmen Vargas
Financial Secretary	Suzanne Perez

As a non-profit 501-3(c); we must maintain a Board of Directors. For newly elected board members, please know that YOU will be supported by everyone who came before you. Appointed positions include:

Parliamentarian	Karen Garnier
Clubhouse Chairman	Margarita Vargas
Past President's Advisor	Diana Asmundson

We need to recruit a **First Vice President**. You may self-nominate at the April 10th Meeting. Nominations for others may only be made if THEY are present and can accept.

ZIM... ZOOM...



We now have a **ZELLE account** which directly makes payment into our club account. We will have the QR Code and email available at all activities that require fees. We still love your checks and cash but for those who really love this payment option...ZELLE is now here. When making a payment by Zelle be sure you report in the memo area what it is for like 'Scholarship' or 'Fashion Show'. You will be able to use this form of payment for all special events and paying your membership also; so convenient!

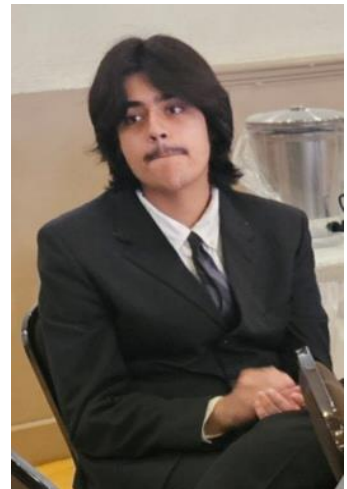
BPWClub1@gmail.com is our ZELLE email.

STUDENT MUSIC COMPETITION

The four students we sent to the SGVD Student Music Contest were; **Zihan Cong**, **Lola Cervantes** and **Diego Urrutia** from SVHS along with **Ulisses Vargas** from BPHS. They competed against Walnut High School which is a school for the ARTS.



Congratulations to **Lola Cervantes** who won Honorable Mention and a scholarship for the Singer Music School. **Diego Urrutia** won for Pop Vocal and **Zihan Cong** won for Classical Vocal. **Ulisses Vargas** also did very well. We are so proud of all these students for representing Baldwin Park!



Clockwise from top – Lola, Diego, Ulisses and Zihan.

KINDNESS ANGEL LUNCHEON

The **SGVD Kindness Angel Luncheon** on Saturday, February 21, 2026 was extremely special. Our own '**Angel**' **Margarita Vargas** was honored alongside 12 others. They were awarded certificates from SGVD and State Senator Susan Rubio; appreciated for their thoughtfulness, kindness and friendship to others. The '**Angels**' from various clubs in SGVD were recognized for their collective generosity, kind words, compassion and overall caring for others.

Our '**Angel**' **Margarita Vargas** is a long time member who has been an active member of our club since 2009. While she admits that she often speaks plainly, she shows she cares by being present and always encouraging others to share their best with the club. Currently she is a Board Member as Clubhouse Chairman and is Co Chair of the Crafts Section. She is an integral part of keeping our clubhouse maintained by raising funds through both projects.

Margarita was also honored as our Club Woman of the Year in 2019. In the picture below, see all club attendees with Margarita. *From left – Alice Konopasek, Cruz Baca, Margarita Vargas, Cuca Rodriguez, son Javier Vargas, Frank Reyes and Maria Orozco. Not pictured Vivian Reyes.*



SGVD CALENDAR FOR APRIL 2026

06 - DVAC Meeting at CWC 11:30 am
24 - GFWC Federation Day

The **SGVD Newsletter** is called "**The KEY**" and is available online at www.sgvd.org. If you want to attend an upcoming SGVD meeting or activity, call me direct so I can reserve for lunches. Cost is \$25.

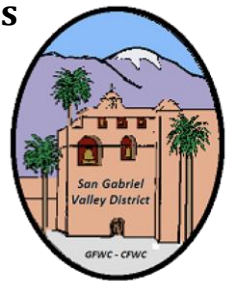
Vivian Reyes, District Registrar

Phone: 626-827-7457

Email: aginzv@aol.com

San Gabriel Valley District's 70th Annual Convention

Friday, April 24
Saturday, April 25
9 am to 6 pm



The **70th Annual SGVD Convention** is being planned as a two day event at the El Monte Community Center. Reservations are due **now** so contact Vivian Reyes if you want to attend **ASAP!** Optimally, we would love to get a table of members to go; it's so close and we will be carpooling! Planned activities include workshops, SGVD business and club reports. They will also recognize our Outstanding Members and give awards for annual reporting. Costs were not yet announced; if you need financial help to attend, let us know!



INSPIRATIONAL MESSAGE



*“Age appears to be best in four things; old wood best to burn, old wine to drink, old friends to trust, and old authors to read.”
- Francis Bacon*

Our **Prayer Chain** is here for you, let us know if prayers are needed for yourself or loved ones. We are at your service. There is **Power in Prayer!**

*Diana Asmundson * Cruz Baca * Karen Garnier
Alice Konopasek * Mona McMillin * Lia Ritter
Barbara Ottem * Cuca Rodriguez*



DVAC BABY SHOWER GAME DAY

Friday, March 27, 2026

11 am to 2 pm \$15, lunch & games

Our Baby Shower Game Day is almost here. Be ready to have some fun; lunch will be a Salad and Pasta Bar with a *make your own vibe!* We'll also play shower games for prizes. Bring items we can donate to our BPPD Crisis Cupboard like PJ's, clothing, toys, etc. Bring Diapers or Baby Formula to get in the raffle with gift card prizes!

RSVP TODAY to Maureen at maureenfosterdavis@gmail.com or by phone at 951-674-8407. We'll squeeze everyone in!



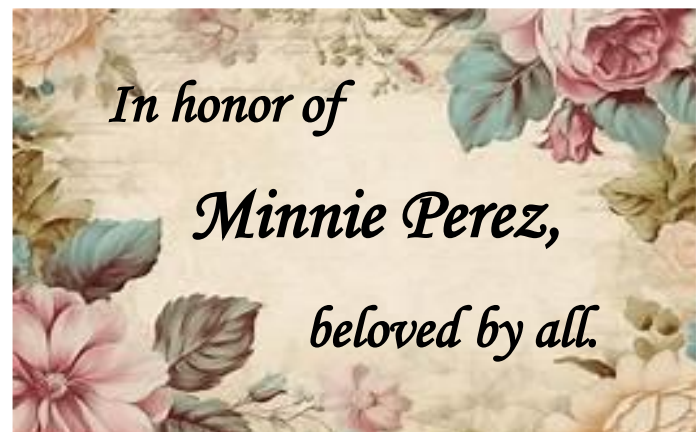
APRIL 10th LUNCH ASSIGNMENTS

Lunch Chairman Vivian Reyes
Committee .. Maureen Foster Davis, Suzanne Perez
Décor/Theme Spiritual Values
Hostess Alice Konopasek

We will meet on **Thu, April 9th to set up** at 9:30 am. Everyone is welcome to help! RSVPs are required, please contact Vivian Reyes by April 6th if you plan to stay for lunch. The cost of lunch is \$10.

This April 10th luncheon meeting will feature two important activities. We will hold **Elections** for the 26-28 term; the slate of officers is on page 3.

As part of the April luncheon, we will also host a **Memorial** to celebrate the life of **Minnie Perez** as part of our luncheon program. Friends and family of Minnies will join us at 11:45 am to share lunch and be part of our ceremony as we celebrate her legacy and her life. Minnies time with us was quite fruitful as she was a beloved member for 54 years.



OUTSTANDING MEMBER OF THE YEAR

What a pleasure to see **Barbara Ottem** honored with the **Outstanding Member of the Year for 2025**. Barbara has been an active member since 1990 and in 2021 was named as our Kindness Angel. You'll see Barbara at almost every meeting and activity as her loyalty to our club is most profound. She really is a great role model for all members as her kindness towards others and compassion are such a big part of her legacy in our club. **Congratulations Barbara!** She was given a crown pin to wear, flowers, a beautiful orchid and a certificate to honor her selection. We always take a group photo, so here we are, the class of 2025!

HAPPY MARCH BIRTHDAYS

See members Barbara Ottem and Laura Santos with March birthdays along with a stand in for Carmen Vargas. (Margarita) Happy Birthday all!



From left with Barbara Ottem OMOTY for 2025 are Maureen Foster 2021 Diana Asmundson 2016 Vivian Reyes 2011/2023 Suzanne Perez 2007 Margarita Vargas 2019 Mona McMillin 2022 Cruz Baca 2018/2024, Cuca Rodriguez 2020

** not pictured Alice Konopasek/2025.*



PAINT & SIP - Our recent Paint & Sip was so much fun and wow, are we a creative group! We had lot's of fun raising funds for the Student Art Program. We raised approx. \$439 towards cash awards so **THANK YOU** to all who painted and to everyone not pictured who joined us for lunch! Thanks to Vivian for the Sip and Maureen for the Paint! *From left Alice, Karen, Cruz, Maria, Margarita, Cuca, Anna, Suzanne and Maureen.*

WAIT, THERE'S MORE...PAINT & SIP!



We had a great time painting our own works of art as we raised money for the Student Art Program. Our next Paint & Sip is planned for a summer date and we hope many of you will make plans to join us and bring a friend. It's so much fun!

PRAYERS FOR LIA RITTER

Our friend, Lia needs your prayers for grace and comfort. Lia's son recently passed; this is her son who was residing in Arizona. Lia was able to be with her son in the week before he was called home. Please send cards and let Lia know you are thinking of her. We are heartbroken for Lia in the loss of her son and send prayers for healing her heart. While we may not have known her son, we understand how profound this loss is for her family. May the Lord hold her son in His embrace with love.



HAIR CUTS

By Josie & Rosie

\$15



WED
APRIL 22
9-11 am

Great News! Coming this month, we have a new fundraiser offered by club members Josie Lopez and Rosie Breceda. Suggested donation is \$15. Sign up sheet will be at the April 10th meeting. Times are 9 am to 11 am (30 minutes) This is for members, friends and family. Such a deal! Please:

- > Hair must be clean with no sprays, wet is best.
- > Arrive 15 minutes before your appointment.
- > Cash or check payment made to BPWC

Josie & Rosie will be bringing their professional standards and tools as well as years of haircutting experience. Every month we will have a date which will vary. If you cannot sign up at the April meeting, contact Rosie Breceda direct after April 10th for vacant appointment times. While this is new, we hope many of you take advantage!



The Lark Notes Newsletter is intended to inform members of the Baldwin Park Woman's Club about our general activities, it is not intended for public distribution. Do not forward or copy for non-Club Members.