



The Lark Notes



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www.baldwinparkwomensclub.org

President: Cruz Baca

Theme: "May the joy and resilience of the Hummingbird, inspire us to create beautiful things together"

Symbol: Hummingbird

JUNE 2026 Volume 76 Issue 9

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INCOMING PRESIDENTS MESSAGE



Hello! Members,

I want to start by thanking you for the honor to be your President again. My symbol is the Hummingbird. This beautiful creature represents Joy, Resilience, and the Sweetness of Life, often thought of as Miracles of Life...that's what our club represents.

You are all like Hummingbirds, bringing your creative ideas and hard work to make our club a shining example of what can happen if we work together.

Thank you 'Cuca' for the years you have given us; your leadership, kindness & strength I admire. While this role is completed, I believe the best is yet to come.

We have several members who are stepping forward to help in new positions, and I am looking forward to working with all of you and sharing new ideas. We will continue working as a TEAM! **Planning Day is June 17, 2026**, please bring your ideas and comments, it will be a working lunch.

Thank you Josie Lopez and Rosie Breceda for the successful "Hair Cut" day, great idea for fundraising. We already have new ideas taking root!! Everyone looked beautiful!! Now, let's get this show on the road, looking forward to having you all onboard.

In Sisterhood,

Cruz Baca, President 2026-28

Phone: 626-806-9583

Email: cruzsembello@hotmail.com

JUNE 2026 CALENDAR

- 04 - Set up for Luncheon 9:30 am
- 05 - Luncheon Meeting/Potluck 10 am
- 10 - Lark Notes due for July & August
- 14 - Flag Day (holiday)
- 17 - Executive Board Meeting 10 am
- 17 - Planning Day/Photo at 11:15 am 11 am - 1 pm
- 21 - Father's Day (holiday)

Luncheon details for June 5th are on page 6. Meeting begins at 10 am with social time beginning at 9:30 am. RSVP's are not needed, this is a **POTLUCK**.

Planning Day is a **NEW DAY & TIME!** We will host just after our Executive Board Meeting on June 17th. Please join us, it will be a working lunch! Lunch is \$10. We're going to grab some subs, chips, cookies and sodas *but you can also bring your own*. If you can't join us for the meeting but can make the photo at 11:15 am, please do so!

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DEANS MESSAGE

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

- Ralph Waldo Emerson



The position of First Vice President is still vacant. We need someone to step up before September. We will support your mission and assist you to be your best! Purpose is contagious! Make this your purpose...



PAJAMA DRIVE

We have adopted the Garden View Rehab Center who have almost 100 residents. We are gifting cards and sweets on special holidays. For now, they have asked for PJ's as many residents have only their hospital gowns and are reluctant to engage with others in social areas because they don't have 'pajamas'. Some have no family to support their needs. We need both male and female style pajamas in sizes M, L, XL, XXL. We will collect donations of PJ's on June 5th and the Rehab Center Staff will distribute as needed.

MEMBERSHIP NEWS

Thank you everyone for all your support these past two years as your 2nd Vice President. I look forward to the next two and appreciate all of you. I will do my best to welcome new members and provide celebrations for members at large.

We will initiate two new members at the June 5th regular luncheon meeting. Help me in welcoming **Dawn Cervates** and our friend **Raine Brussard**. Dawn's daughter was a recent winner in the SGVD Student Music contest. Raine as you know is our Fashion Coordinator for our annual Fashion Show. *Connect the dots...if we can share what inspires us about our club and make the invitation, they will come and maybe even join us!*

Alice Konopasek, 2nd Vice President

Phone: 626 512-3548

WAYS and MEANS

Thank You everyone who participated in the Mothers Day Basket Raffle at the May 1st Meeting! Just a reminder that our **Day of Beauty Hair Cuts** will be scheduled for every other month. The June date is Wednesday, June 24th, we plan to also serve lunch, see page 8 for all the details. *See below Vida Flores with a winning basket!*

Rosie Breceda, 3rd Vice President

Phone: 626-523-2263



HEALTH and WELLNESS

A few months ago I was diagnosed with **Arthritis** on my right knee...yes, the knee I broke. The Orthopedic Doctor said it was inevitable because of the injury and my age!! I have been doing research to alleviate the pain and thought this might help those of you that need a few tips in helping with symptoms. First...

1. There are several types of Arthritis - Some are from underlying Autoimmune conditions.
2. Arthritis generally results from wear and tear, whether from repeatedly smacking a tennis ball or other repetitive movement.
3. Arthritis mostly affects the knees, hands, hips and spine, but it can disrupt other joints.

WORK ON A PAIN MANAGEMENT PLAN

1. **Exercise** - Encourage your body into action. Painful yes, but that will keep your joints from getting stiff. Movement gets fluid moving to your joints. Swimming, Chair Tai Chi or Yoga, find what best suits you and create a routine.
2. **Physical Therapy** - Ask your doctor for a prescription, an underutilized but often effective option. This can make muscles around joints stronger, supporting joints.
3. **Heat** - Try a heating pad or warm bath, shower or sauna, especially after exercise.
4. **Get The Right Gear** - There are many kinds of assisted devices for hands, fingers, elbows and more. Don't forget trying orthopedic shoes, there are so many styles now!!
5. **OTC Pain Relievers** - Oral nonsteroid anti-inflammatory drugs, such as, Ibuprofen, and Naproxen. These work really well; find what works best for you, they are not all the same.
6. **OTC Pain Relieving Creams** - Applying a cream such as Voltaren Arthritis Pain Topical Gel can help reduce the ache in joints. Options include going generic which can save money.

Hope this helps you understand **Arthritis** like it has me. Remember to speak to your Doctor before you self diagnose. If you suspect arthritis consult your doctor so he can guide you in the care you need.

Cruz Baca, Health & Wellness Chairman
Phone: 626-806-9583



FLAG DAY JUNE 14th

In 1916 we had the first official Flag Day but it really began on June 14th in 1777 when the flag began it's journey as our countries iconic symbol. Versions vary as our country grew to the version we know today. **Proudly Fly Your Flag!**

THE MONTH OF JUNE

June is the month for graduations, weddings and Father's Day. More importantly is **FLAG DAY** on **June 14th**. Typically, not thought of as a big holiday but it should be. The American Flag represents our country and is the symbol for the values all Americans hold true to their hearts.

These include the importance of family, the freedom to worship, the right to pursue your own version of happiness. Fly your American flag, whichever version you choose and be a proud American in this 250th year of our nation.

In June, the traditional **birth stone** is the **Pearl**. Pearls are associated with purity, humility and innocence. The June **birth flowers** are the **Rose**, a traditional symbol of love and the **Honeysuckle**, a true treasure in the garden for attracting hummingbirds and bees. Enjoy the first month of summer where the warm breezes and long days bring sweet memories of popsicles and June bugs.

Don't forget to tell those great father's in your life...**Happy Fathers Day**. And to the partners we had in raising good sons into better men, we also say Thank You!.



18 - Vida Flores

25 - Suzanne Perez

DONATIONS REQUESTED

We'd like to have a **BIG RAFFLE** at the **Salute to the 250th Year**, during our Summer Party. Items donated can be patriotic themed or general items. Bring to any meeting before July 11th.

What's good to donate? Do you have a collection you no longer enjoy? Did you ever sell products and have left over inventory? Are you a keeper of beautiful items that now feel like clutter? Have you received a gift or won a prize that does not quite excite you? **Give them new life and de clutter your home at the same time.** Gift Cards are also good!

ATTENTION ALL CHAIRMEN!

Please let Maureen Foster Davis or Cruz Baca know if you want to remain as a Chairman of your project or section by June 17th. ALSO...if you are a member who would like to try something new, let us know and we will see if we can find a project that suits you. Committees that need members are the Scholarship, Telephone, Prayer Chain, Fashion Show and By Laws.

New voices are welcome and new ideas are encouraged! Each chairmanship takes on new project goals and is led by YOU.

HAPPY BIRTHDAY TO YOU...

Join us in wishing our friends a great birthday. In May we celebrated Lia Ritter and Karen Garnier. Standing in for Enedina Tamayo is Margarita Vargas.



ANNUAL DUES

This is a friendly reminder that members' annual dues are now payable and were **due May 1st**. Please remit at the luncheon meeting on June 5th directly to the Financial Secretary. You can also mail your payment to the P. O. Box! **Zelle is also available.** We will send late notices to all members who miss paying by the June 5th Meeting. If not paid by June 15th you will be assessed a \$10 late fee per our Standing Rules. If you need more time, contact me so you are not assessed the late fee. **Dues are \$50.**



BPWC

**P.O. Box 263
Baldwin Park, CA 91706**

Suzanne Perez, Financial Secretary

Phone: 626-862-7182

Email: perezsue@aol.com

MILESTONE ANNIVERSARIES IN 2026

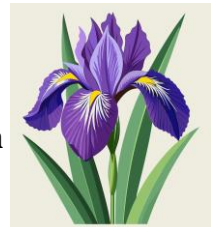
Let's all plan to celebrate our members who are celebrating milestone anniversaries in our club. We hope they can attend the June 5th meeting where they will be gifted a beautiful purple Iris plant for their garden. This is our club flower and in the language of flowers, the iris symbolizes wisdom, hope, trust, and valor. Purple has been associated with dignity and was historically the color of royalty because it was so rare and expensive. These friends are gifts to our club, *rare and priceless!*

5 Year - **Alice Konopasek**

10 Year - **Susan Learn**

15 Year - **Cruz Baca, Anna Grehova
and Enedina Tamayo**

20 Year - **Susan Rubio**



*"The best gift to give your friend is loyalty;
to your enemy is forgiveness;
to a child, a good example;
to your parents are gratitude and devotion;
to those in great need give charity."*

SGVD CONVENTION HIGHLIGHTS

The theme for the 70th Annual Convention was **"Sharing our Roots, Shaping our Future"**. Cuca Rodriguez Cruz Baca, Vivian Reyes, Barbara Ottem, Vida Flores and Alice Konopasek attended and had a great time. Awards were given and here is the result for our club's hard work over the past year. Well done to all Chairmen, Board Members and all Club women. These wins belong to everyone!

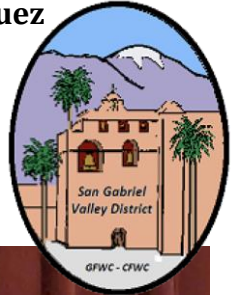
Leadership Sweepstakes Award certificate given by the Past Presidents Affiliate with a \$100 check.
1st Place in Fundraising, Leadership & Newsletter.
2nd Place in Arts & Culture and Membership.
3rd Place in Education & Libraries
Honorable Mention in Civic Engagement/Outreach.

Great news is several members won on raffles. Alice won a basket with a Pillsbury Boy Cookie Jar and also won a Mothers Basket with pillow & slippers. Vivian won \$250 cash & \$185 in gift cards with a wallet for \$435 total. During Convention both Cuca and Cruz received certificates for the club, while our group took a picture with friends from other clubs. The Memorial table featured our friends; Trudy Garnier, Minnie Perez and Edna Rathel. *See pictures below.*



2026-2028 EXECUTIVE COMMITTEE FOR THE SAN GABRIEL VALLEY DISTRICT

President **Denise Jackman**
1st VP/Dean **Yvette Romo**
2nd VP/Membership **Martha Rodriguez**
3rd VP/Convention **Lupe Diaz**
Recording Secretary **Cruz Baca**
Financial Secretary **Shari Kovach**
Treasurer **Rosette Clippinger**



Here we see incoming SGVD President Denise Jackman being passed the gavel by outgoing President Gina Morales. Best wishes for a successful term. Good Luck to Cruz Baca on her new position as SGVD Recording Secretary!

SGVD CALENDAR JUNE 2026

01 - DVAC Meeting @ CWC 11:30 am
12 - SGVD Board Meeting @ Pio Pico WC 9:30 am

Salute to USA's 250th Year!

SUMMER PARTY

SAT, JULY 11, 2026

4 to 7 pm

Take Out or Dine In



Adult Meal \$20, Childs Meal \$10 – menu varies

We would love every club member to get in the spirit of 76 and 'Salute to our 250th Year' which is our theme for our 2026 Summer Party. Our party is just a week after the official July 4th holiday so those patriotic outfits will be ready for a great BBQ meal and celebration! **Please plan to invite family and friends.** You can drop in for a take out meal or dine in and celebrate with friends.

We hope for some patriotic themed items as well as general raffle stuff. If you are a crafter, please feel free to create items with a USA vibe. We'd also welcome general donations. *See page 4 for ideas on what to donate!* If we get less than 20 items we will hold for another raffle at a later event. Request donations at set up on Friday, July 10th, 9 am to 1 pm.

We are also celebrating our 120th year of service in our community. Sign Up Sheet will be at the June meetings.

PLANNING DAY

WED, JUNE 17, 2026

11 am Start Time

Club Photo at 11:15 am



We hope all our sisters in the club join us as we set up the calendar for the next year. Plans include regular meetings, fundraisers, activities and more! This is your opportunity to pitch new ideas and for us to change up a few events. New Chairmen and Board Members should have calendar dates for their activities ready! June 2026 to Sept 2027.

This meeting is a good time to ask members to help with summer activities. This will be after the Executive Board and it will be a working lunch! \$10.

JUNE 5th LUNCH ASSIGNMENTS

Lunch Committee Members
Décor/Theme Maureen Foster Davis
Hostess Cruz Baca

We will meet on **Thu, June 4th to set up** at 9:30 am. Everyone is welcome to help! This meeting on Friday is a **POTLUCK**. We are asking members to bring items to share. We appreciate all members helping with the setup, service and cleanup of lunch.

We will celebrate by toasting 4 years of President Cuca Rodriguez's leadership, we'll vote on By Laws changes; celebrate Milestone Anniversaries and share awards won at Convention. You'll also get a preview of Summer Activities! This is our last business meeting before our summer break, please join us! As always if you need a ride, call another member and let us know if we can help in any way.



We are in this club together! Friend to friend, neighbor to neighbor, mother to daughter. Friendship is a choice and spending time with friends is also a choice. We hope it's yours!

BY LAWS CHANGES...See Attached

Please see attached to these Lark Notes in both the digital and hard copy versions, a draft of the proposed changes to the By Laws. The By Laws Committee earlier this year worked through changes as proposed by club members and presented them to the Executive Board for approval. These are being presented to the membership for a vote of approval and adoption. Changes not approved will be tabled. There will not be copies at the June 5th Meeting, bring this copy.



SCHOLARSHIP LUNCH

We welcomed our scholarship students and parents to enjoy lunch after they each had an opportunity to share what schools they will be attending and their study path. The many thanks given make us realize they truly appreciate our support. Thank you to the scholarship committee for raising money, reviewing applications and bringing this project to such an impressive end. Thank you to the family and memorial scholarships that help us give back so much! Thank you to all Club Members who support students with your participation! A total of \$13,000 will be awarded to 15 students in the BPUSD. *Kudos to our membership for making this happen!*

ACADEMIC SCHOLARSHIPS FOR \$1,000

Menghan Cao
 Brianna Cuya
 Yiseleine Olacio
 Keily Florencio Gonzalez
 Isabella Nguyen
 Isabella Mariona
 Jasmine Tinajero
 Kelie Huang
 Amberlyn Kallie Laura Ibanez
 Jazmine Rosales-Velez
 Ulises Vargas

Rodriguez-Mier Family Scholarship
 Cruz Baca Scholarship
 Perez Family Memorial
 BPWC Scholarship
 BPWC Scholarship
 BPWC Scholarship
 Trudy Garnier & Rafael Ramirez Memorial
 Cruz Baca Scholarship
 Fidel Vargas Memorial
 Perez Family Memorial
 Perez Family Memorial



BPHS Recipients



SVHS Recipients



VOCATIONAL SCHOLARSHIPS FOR \$500

Sponsored by the Clinton O. Nixon Memorial Fund

Stephanie Jimenez
 Brandon Lopez Hernandez
 Evelyn Munoz
 Luis Ramirez

SGVD CONVENTION FOR A 2nd GLANCE...

Here's a few more pics from the April event. More pictures and a complete list of the awards we received are listed on page 5. **Barbara Ottem** was honored with many others as our Outstanding Member of the Year. *Below, is **Barbara** alongside outgoing SGVD President Gina Morales and Senator*



*Bob Archletta. See left, member, **Vida Flores** who was attending Convention as a "First Timer". Members from the BPWC attended the 70th Convention which included a keynote speaker, workshops, vendors, club reports and club awards.*



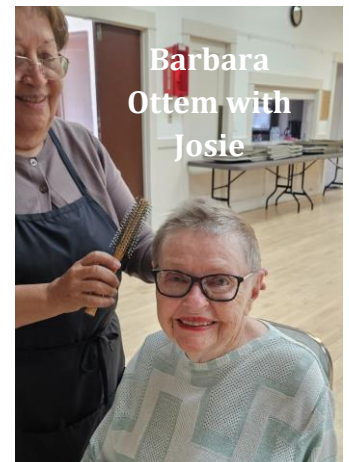
Margarita Vargas



Cuca Rodriguez



Vida Flores



Barbara Ottem with Josie

Day of Beauty

HAIR CUTS



\$15

9-11 am

WEDNESDAY

JUNE 24th

Haircuts will again be offered by club members Josie Lopez and Rosie Breceda. Suggested donation for the cut is \$15. Date is **Wednesday, June 24th** from 9 am to 11 am (30 minute appt) This is for members, friends and family. Such a deal, we raised \$210 in April! Don't forget:

- >Hair must be clean with no sprays, wet is best.
- >Arrive 15 minutes before your appointment.

In June we will have a **Day of Beauty**. If you would like to stay after your cut and enjoy lunch it will be \$10. For a total of \$25 you get a great haircut and as a bonus we can spend lunch together. We'll share more about this at the June 5th Meeting where we'll have our sign up sheet.

Rosie Breceda, Ways & Means
Phone: 626-523-2263

PRESIDENT'S MESSAGE



Hoping you all had a very Happy Mother's Day! Hugs and blessings always! While Cruz's Presidency begins June 1st. I did want to send one last message as President of the Baldwin Park Woman's Club.

I would like to take this opportunity to thank each one of the members and friends for helping me in my two terms as President of this club. It has been a great learning experience and I appreciated the help from the members, my family and friends. You are all my strength and inspiration. This journey has been incredible and I thank you all.

Near and dear to my heart has always been the Scholarship Program. This week I will finish all the certificates for our student Scholarships. Thanks to our generous club members both those who participated in raising funds and those families who sponsor individual scholarships. Because of our sponsors we were able to give 15 scholarships for a total of \$13,000.

I will deliver the certificates to BPHS & SVHS to be given to students on Award Nights on June 2nd at 5:00 pm. North Park HS will deliver them personally and individually since those students have already graduated.

In April at the SGVD Convention we were awarded in eight different categories and we will share those with members who are Chairmen. We will make copies so each Chairman will receive a copy. It was a great two days with friends and I really enjoyed representing our club for the last time as your President. A complete list of awards is on page 5 of this newsletter. As always, thank you to all chairman and to Maureen for putting our reports together! Thank you everyone who attended Convention, Barbara Ottem was recognized as our Outstanding Member of the Year and it was a treat to celebrate with her. Finally, stay safe and much love always!

Cuca Rodriguez, President 2024-26

MEMORIES TO SHARE...

At a Summer Party way back when...Vivian Reyes, Diana Asmundson, Margarita Vargas, Enedina Tamayo, Cruz Baca, Carol Woods, Suzanne Perez and Cuca Rodriguez.



Here's our crew at the Area B Conference held in Chino at the Air Museum. From left are Lia Ritter, Cuca Rodriguez, Maureen Foster Davis, Barbara Ottem, Cruz Baca, Maria Orozco, Alice Konopasek and Vivian Reyes.



Celebrating Good Times at Mardi Gras are Cuca and Lupe Rivandenyra at the Summer Party.



IN MEMORIAM

Minnie Perez

Edna Rathel

“To a beautiful garden this friend has gone, to the land of perfect rest. Her work is done, and the setting sun, has sealed her life’s long quest.

She has left this earthly garden for a home beyond the sea.

Though she is gone, she still lives on, in the garden of memory” - Margarete Blechen



Lighting the candles to honor our friends is Rosie Breceda



Suzanne Perez, who honored her mother Minnie Perez. Below is Cruz Baca sharing love in song.



In April, we gathered with friends and family to remember our friends who in this past year left us.

Minnie Perez, a member since 1971 was honored by her daughter Suzanne Perez.

Edna Rathel, a member since 1986 was honored by life long friend Edna White.

Cruz Baca serenaded us in song and Rosie Breceda lit candles while Diana Asmundson and Maureen Foster Davis gave words of inspiration and prayer.

We enjoyed lunch together and all members were encouraged to share stories and reflections of their time with our friends. *Rest in Peace dear friends until we meet in the heavens.*



Edna White our dear friend, honors Edna Rathel. Below is Diana Asmundson offering prayers.



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.