

January 2016
Winter Issue



The Guild Gab



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Edén Garcia-Balis,
AMCS Executive Director

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The Prez Sez

Welcome to our 2nd issue of the WMHG Newsletter. As we start our 54th year of promoting the cause of affordable mental health care in the greater LAX area, we want to wish you all a happy and healthy 2016! We had a busy Fall Season starting with a fundraiser at Tony P's Dockside Grill, a garage sale in September and a Fashion Show in October, all coordinated by Marlene Obreitan, our Ways and Means Chair. The Fall Season culminated with our biggest fundraiser, the 33rd annual Holiday Home Tour. The response from

those who attended was extremely positive, especially regarding the diversity of homes and styles. A HUGE thank you goes to Linda Peterson and Candy Yip who co-chaired the event.

We are now looking forward to new events in 2016, including a **Fashion Show at Talbots in Manhattan Village Mall on February 11th, a Spring Tea on March 5th and the Annual Meeting on April 20th**. Please look at our special interest articles to learn more information about these

events. Don't forget to check out our WMHG website <http://westchestermhg.org> and Facebook page for updates, photos, etc. We hope to see you at these new events and would love to hear your feedback on how we are doing.

Remember our goal of staying connected and demonstrating our support for AMCS through membership and community spirit.

Vlla De Leon and Judy Dewes
Co-Presidents 2015-16



Edén's Epistle

Airport Marina Counseling Service (AMCS) hosts an annual fundraiser, the **Spring Event**, which raises critical funding for the programs and services offered by the Clinic. Each year, AMCS recognizes a Community Builder and Champion of Mental Health. For the 2016 Spring Event, **Christina Davis and the LAX Coastal Chamber of Commerce will be honored** as our Community Builder for ongoing community support and involvement. *The Westchester Mental*

Health Guild will be recognized as the Champion of Mental Health for its tireless efforts to raise awareness and funding for AMCS. The Westchester Mental Health Guild was formed a year after AMCS opened its doors in 1962 to ensure the underserved and underprivileged in our community had a safe place to go for affordable and comprehensive mental health care by fundraising for AMCS. The Westchester Mental Health Guild has given millions of dollars to AMCS since its inception. Planning for the Spring

Event is well underway. AMCS will rename its signature event, and the name will be something that connects with mental health. The look of the invitation will also be updated. We are very excited about the changes and hope that you will join us. The fundraiser is scheduled for **April 2, 2016 at LMU at 6:00pm**. For more information, please contact AMCS' Special Events Coordinator, Samantha Brockschmidt at sbrockschmidt@airportmarina.org

Meet a Member - Anna Cody



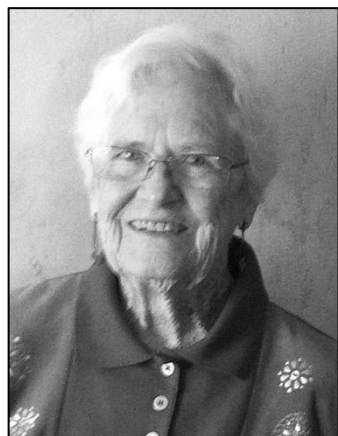
Anna Cody is a new member of the WMHG. She is a native Californian having grown up in South Pasadena. She graduated from LMU and has lived in Westchester since 1983. Anna is married and has 2 grown children. After working 20 plus years in advertising, she currently works independently doing various projects for local

clients and small businesses, including print layouts, web, photography, photo editing, music/photo presentations and office support. She serves as Board Secretary for Music West, Inc. which is our local musical theatre group. In her spare time, she enjoys exploring the hiking trails of the local mountains, photography,

and comedy. Anna is impressed by the tenacity and accomplishments of the WMHG's dedicated fleet of volunteers. We are impressed with Anna's skills. She created our beautiful website and our newsletter. Anna's talents are a great asset to the Guild.



Meet a Member – Mildred Hanson



Mildred Hanson is a senior member of WMHG. She is a native Californian born and raised in Santa Monica. She graduated from Santa Monica City College and worked for 23 years at the Santa Monica Malibu Unified School District. She is married and has 4 children and 3 grandsons. The family moved to Westchester in 1957. Mildred served as PTA President at the Loyola Village Elementary

and PTA Committees at Orville Wright Jr. High School. She learned about AMCS from Mary Ellen Cassman. Mildred has been a member of Alpha Gamma Chapter of Epsilon Sigma Alpha International for 65 years and has been instrumental getting her chapter to hold fundraising events. Since 1972, the chapter has given over \$17,000 to AMCS and continues to hold fundraising events every

year and designates AMCS as one of the recipients. Mildred has served as President, held many offices of the Guild and received the Heart of Gold in 2005. Currently she serves as Tribute Chair, Parliamentarian and volunteers at The Guilded Cage. In her spare time, she loves to read and needlepoint. We are truly grateful for all of her contributions.



Meet a Member – Patty Crockett



Patty Crockett has been a member of the WMHG for over 20 years. She was born and raised in Westchester and attended all the local schools. She went to UC Santa Barbara and returned to Westchester to work with her mother and grandmother in the family real estate business. Patty became a Real Estate Broker and is the third generation in her family to sell real estate in

Westchester and Playa del Rey. She has 2 children. In her teens, she was an avid softball player and has coached several Westchester Girls Softball League teams. Playing golf is another favorite pastime. Patty is very active in the Community. She is a past Exalted Ruler of the Westchester Elks and currently serves as Secretary and First Lady. Patty has served as Treasurer, President of the

Guild Board of Directors for 2 terms, Chaired the Home Tour for 3 years and is now the President of the AMCS Board of Directors. Patty is very supportive and gives generously as a sponsor to the Guild's fundraisers. She brings great ideas and enthusiasm to the Guild. We wish her all the best on her upcoming marriage to Craig Bromberger in 2016.

33rd Annual Home Tour & Boutique a Grand Success



2015 Home Tour Co-Chairs
Candy Yip & Linda Peterson



Guests at our 33rd Holiday Home Tour enjoyed a beautiful sunny day when they came out to see five homes on Sunday, November 1, 2015. Our fundraiser for AMCS was successful, **raising more than \$40,000.** Many thanks and much appreciation goes to the five homeowners whose homes were showcased on the tour and to all the local realtor sponsors, businesses and individuals who generously supported the event.

Not only is the home tour the Guild's largest fundraiser, it has become an important community tradition. Guests to the home tour included families and friends who

have been coming every year. There is even a group of friends who traditionally walks to each home each year.

We are very grateful for the community members, too, who participated in the home tour, helping us raise money for a very worthy cause. There were more than 100 volunteer docents who helped at the five homes in Playa del Rey and Westchester. **Flowers by Felicia** created beautiful floral arrangements, and other neighborhood businesses promoted and supported the event. Guild volunteers provided a lovely reception and holiday boutique at the YMCA Annex.

If you would like to view the video of the home tour, please go to our website at www.westchestermhg.org and click on Events. **Our 34th Holiday Home Tour will be on Sunday, November 6, 2016.** Save the date, you don't want to miss it.



Supporter and Congresswoman Maxine Waters with Candy Yip

Tweets from the Cage

Anyone who likes to get real mail through the US Postal Service (and who doesn't?), should send greeting cards. As spring approaches, The Guided Cage stocks greeting cards for all the major holidays, including Valentine's Day, St. Patrick's Day and Easter. Treat your friends and family to this "old-school" pleasure by sending them a greeting for these holidays---it will be treasured longer than any e-card would be.

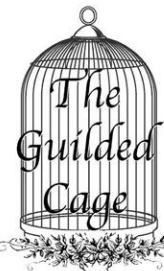
In addition, we have a wide variety of other cards, especially considering our small size. Our birthday cards include cards for specific family members, special friends and sweethearts, humorous cards, religious cards, cards featuring cats or dogs, "milestone" birthday cards, and belated cards. You can send one of our cards to congratulate someone on a graduation, a new home, a retirement, an engagement or wedding, an anniversary, a new baby, or a new grandchild, a First Communion or confirmation, or a Bar or Bat Mitzvah.

We have lovely cards to console someone on the loss of a spouse, parent, sibling, child or pet. We also have get-well, thank-you, bon voyage, friendship and encouragement cards, a variety of blank cards, and souvenir postcards.

Many of our cards are terrific bargains priced under one dollar. Be sure to check out our reduced cards in the back of the shop, where you can find cards as low as 25 cents. There are no better deals anywhere!

In addition to cards, The Guided Cage also carries a wide variety of gift items, ranging from jewelry to coasters and drink stoppers to toy cars and stuffed animals. Not only will you find unusual items not seen everywhere else, you will find friendly service, too.

For anyone who has yet to visit our shop, The Guided Cage is located at 8719-B South Sepulveda, in the Ralphs/CVS parking lot. We are open 10 a.m. to 5 p.m. Monday through Saturday. We hope to meet you soon!



WMHG Annual Spring Meeting Wednesday, April 20 Covenant Presbyterian Church

Do you ever wonder where your water comes from? With California's record drought and our costly and uncertain reliance on importing over 80% of Los Angeles' water supply, **Heal the Bay** is committed to advancing the education, tools, and policies needed to create a sustainable water future. We can't expect people to be part of the solution to our water woes if they don't understand the problem. **Heal the Bay's President, Alix Hobbs, and Vice President, Sarah Sikich,** will discuss ways we can more sustainably manage water here in the L.A. region, to both protect our coast from polluted runoff and wastewater discharge, while helping to provide a more reliable local water source. As a nonprofit environmental group with a 30-year track record of success, **Heal the Bay** is dedicated to making the coastal waters and watersheds of greater L.A. safe, healthy, and clean.



● Fundraisers 2015 ●

Marlene Obrietan, Second Vice President, reported all the yearly fundraising events which included Pizza Rev, Descanso Garden Bus Trip, Talbots Fashion Show, Tony P's Dockside Dollars fundraiser and the Guild's Garage Sale raised over \$2,500.00 for AMCS. She wanted to give special thanks to Bill Hatton who graciously gave his yard for the garage sale and to Marty Francis, Kathy Davison and all her helpers who volunteered at the garage sale.

Yard Sale



Marlene Obrietan and volunteers host another successful event



Upcoming Fundraisers in 2016



CALIFORNIA PIZZA KITCHEN
Wednesday, February 10
Thursday, February 11

The Guild will host a two-day **California Pizza Kitchen Fundraiser** on **February 10, 2016 and February 11, 2016** from **11:00 a.m. to 10:00 p.m.** Come enjoy a meal at CPK, **3280 North Sepulveda Boulevard, Manhattan Beach.** The restaurant will give back 20% of the bill excluding tax and tip to WMHG. Be sure to tell the waiter you are supporting the WMHG Fundraiser today. This is a great way to raise money for AMCS and have delicious food at the same time.

Double fun...Enjoy our Fashion Show, then walk across the parking lot for a CPK lunch.

TALBOT'S FASHION SHOW
Thursday, February 11

The Guild will host a **Fashion Show Fundraiser at Talbots Store** located at **3200 North Sepulveda Boulevard, Manhattan Beach.** Please mark your calendar for **Thursday, February 11, 2016 at 9:30 a.m.** to attend this fun event. Come see the latest fashions and also have a chance to win Talbots gift cards. Light refreshments will be served. The price is **\$15.00** and checks should be made to the Westchester Mental Health Guild. Proceeds from this event will be given to AMCS.

Please call Marlene Obrietan at (310) 645-9698 for reservations. *Seating is limited.*

www.talbots.com



SPRING TEA
Saturday, March 5, 2016

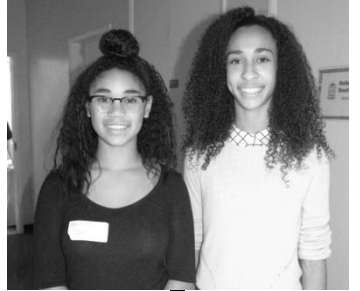
This year WMHG is sponsoring a **Spring Tea** as the spring Fundraising event. It will be held on **Saturday March 5, at the El Segundo Women's Club, 541 Standard St.** This is a great opportunity to meet and enjoy the company of other Guild members. In addition, we invite your daughters, daughters-in-law, sisters, etc. to join you at the Tea. At the tea will be a presentation of the activities at AMCS as well as highlights of the November Home Tour. If you would like to join us, we will start accepting requests on February 1. Tickets can be purchased for a cost of **\$30.00** at The Guided Cage starting that date. If you have any questions, please email tanyaig@aol.com.

Thank You for Your Membership

Thank you for being a member of WMHG. It's now time to renew your membership or join WMHG if you aren't already a member. For a small fee you can join in the campaign to **support AMCS**. Through your donation we have been able to help AMCS with their mandate to provide counseling services in area schools and add a number of programs to various groups, e.g. helping those experiencing loneliness at the holidays.

Your membership provides this newsletter which will keep you aware of various events during the year – both fundraising, e.g. the **Home Tour** and the upcoming **Spring Tea**, and opportunities to get to know others better, e.g. the **Annual Meeting** and the various receptions presented at the tours.

The envelope to submit your membership is included with this newsletter. If you misplaced it, other envelopes are available at **The Guided Cage**.



Boutique and Reception Highlights



2016 Events at a Glance

Wednesday, February 10
Thursday, February 11
 California Pizza Kitchen

Thursday, February 11
 Talbot's Fashion Show

Saturday, March 5
 Spring Tea

Saturday, April 2
 AMCS Spring Fundraiser

Wednesday, April 20
 WMHG Annual Meeting

Sunday, November 6
 34th Annual WMHG
 Holiday Home Tour

**check www.westchestermhg.org
 for updates**



Guild Members enjoy Descanso Gardens

CALENDAR

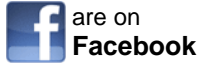


Westchester
Mental Health Guild

The Guided Cage
8917-B S. Sepulveda Blvd.
Los Angeles, CA 90045

PHONE
310. 641-7850
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Westchester
Mental Health Guild
and
The Guided Cage



Visit our website
www.westchestermhg.org

Tributes

Remember to purchase **Tribute Cards** to honor family and friends, acknowledge birthdays, anniversaries, special occasions, accomplishments, or in memory of someone dear. **Tribute Forms** are available on our website or at The Guided Cage.

Thank You

WMHG wishes its members, families, friends, supporters, sponsors, volunteers, and benefactors a most blessed and Happy New Year 2016. We look forward to our 54th year of working together in support of AMCS.

HAPPY NEW YEAR!

❄️ **Join Us** ❄️

*“Never doubt
that a small group
of thoughtful,
committed citizens
can change the world;
indeed, it's the
only thing
that ever has.”*

-Margaret Mead-

Recruit a Friend



<https://www.facebook.com/westchestermentalhealthguild>

Westchester Mental Health Guild
8917-B So. Sepulveda Blvd.
Los Angeles, CA 90045

