

January 2020
Winter Issue



The Guild Gab

HAPPY
NEW YEAR



Linda Peterson
President 2019 - 2021

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Eden Garcia-Balis, LMFT
Chief Executive Officer
AMCS

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The Prez Sez

Happy New Year!

As we begin another year of Guild activities, we hope we can count on you to join us. Our events are designed not only to provide financial support for **Airport Marina Counseling Service**, but to play a role in improving the mental health and community spirit of our members with activities that are fun as well as fundraisers. As described elsewhere herein, we are touring the **Getty Villa** this month, and next month we will enjoy our annual **fashion show at Talbotts** followed by lunch at **California Pizza Kitchen**.

We are planning a **spring tea**, although the date has not yet been determined. We have a new twist on it this year---we are including a silent auction of donated treasures. Many of us are downsizing, but find ourselves dismayed when our children are not particularly

Eden's Epistle

On **April 29**, AMCS will hold its 16th annual **Spring into Well-Being Celebration**. This is our opportunity to celebrate all that we do to provide low-cost mental health services to the community and our commitment to training the next generation of therapists. It is also our chance to recognize some of the people who make us successful.

This year, we will honor longtime **WMHG member Sandy Lubovski** as our 2020

interested in inheriting our treasured possessions. If that is you, please consider donating your heirlooms to us. If you have something you would like to be cherished by someone new, please contact Gail Ruhlen at gailruhlen@aol.com or 310-645-9820. We are not looking for furniture, but items such as silver pieces, crystal stemware, porcelain figurines, and fine jewelry. Please be sure all items are in good condition, with no defects. Not only will you free up closet space, you will be supporting good mental health in our community. Our **Tea and Treasures** event should be a lot of fun, too.

In addition, be sure to mark your calendar for our **annual membership meeting**, which will be **Wednesday, May 20**. This year's meeting will feature two authors who have researched and written about

Champion of Mental Health and local restaurateur **Tony Palermo from Tony P's Dockside Grill** as our 2020 Community Builder.

We hope you will join us beginning at **6 p.m. on April 29 at the LAX Marriott Hotel** for our most important event of the year. The funds raised at our Spring Celebration will help to promote a safe place for those in need to come for help and healing. We are thankful to all of you

parallels in the growth and development of human and wild animal adolescents. Fascinating!

If you make only one resolution for 2020, please make it to renew your membership in the Guild. Our annual membership drive starts now, with a renewal envelope included in this newsletter. Membership is an easy way to support good mental health in our community because all the proceeds from our activities go to AMCS to provide critical support to local people with group, family and individual therapy, as well as with outreach to schools and community groups. In addition, AMCS is recognized as one of the best places in the area for training therapists. We need you to renew your support for these vital activities. See you at our events!

and for the work that the Guild does to support affordable, mental health services and for the trust, encouragement and support that you have given us over so many years. We could not do what we do without all of your support.

We look forward to seeing you at the Spring Celebration as we continue to fulfill our combined mission.



Meet a Member – Gayle Love



Gayle Love is a new member of the WMHG. She was born on a military base at Fort Monroe, VA. The family moved out to California when she was age five and settled in Los Angeles. Gayle attended L.A. public schools and graduated from UCLA with a BA in Sociology and a Masters in Social Welfare. She worked as a clinical social worker and has always been interested in mental health issues. After she attended our annual meeting and learned about

the relationship with AMCS, she decided to join the WMHG. Two years ago, Gayle was shopping at the Westchester Triangle and saw a home tour flyer Marlene Obrietan posted at the Westchester Bakery. She went on the 2017 Home Tour and truly enjoyed the experience. She decided to volunteer as a docent for the 2019 Home Tour and was assigned to a Westchester home where Candy Yip was one of the Home Coordinators. When Candy called her to give her

instructions, she asked Gayle if she attended Dorsey High. Well, it turned out Candy and Gayle went to Dorsey High at the same time and they reunited at the Home Tour! Gayle has recently retired and now she has more time to devote to her many interests which includes traveling to new places, doing crossword puzzles, gardening in pots, going to the theatre and volunteering again as a docent for the next Home Tour. We welcome Gayle to the WMHG!



Meet a Member – Linda King



Linda King grew up in Michigan and graduated from the University of Michigan with a teaching degree. She taught English in Secondary School and to this day she has no plans to retire. She loves to teach and has been subbing for the past 20 years at the Chadwick School in Palos Verdes where her younger son is a teacher.

Her first home was in Westchester but now she lives in Hermosa Beach. Through her friendship with Linda Peterson and Gene White, she knew they were supporters of the WMHG and AMCS. She realized it is hard to ignore the mental health crisis in our country and she decided to join the WMHG which helps raise

awareness and gives support to AMCS.

In her spare time, Linda loves traveling, reading, bridge, Mahjonn, working out and crafts. She also enjoys her 5 grandchildren. Thank you, Linda, for joining the WMHG and volunteering as a Home Coordinator for the Home Tour. You did a super job.



Meet a Member – Janet McMaster



Janet McMaster has been a longtime member of WMHG. She is a native Californian and grew up in Santa Monica. She worked for 18 years at the Santa Monica Malibu Unified School District. Janet has been a member of Alpha Gamma Chapter of Epsilon Sigma Alpha for 70 years and this chapter has raised

over \$17,000 for AMCS and continues to hold fundraising events every year and designates AMCS as one of the recipients. Janet is devoted to helping raise funds for AMCS. After she retired, she volunteered at The Guilded Cage in 1999 and was a buyer until the store closed. She enjoys being a member of the Guild

Crafters where she continues her friendships with past Guilded Cage volunteers.

Janet loves reading and movies and adores her 4 grandchildren and 5 great-grandchildren. Thank you, Janet, for all your years of service and support to WMHG and AMCS.



37th Annual Holiday Home Tour

The communities of Westchester and Playa del Rey came out on a beautiful fall Sunday to support good mental health. About 400 people attended our 37th annual **Holiday Home Tour** on November 3, and more than 120 people volunteered as docents at the homes and helped at the reception. This year's Tour raised more than \$49,000. for Airport Marina Counseling Service.

The Tour featured five special houses in the community, each decorated for a particular holiday, but all differing in size, architecture and features. There were **three Westchester homes**, including a two-story Kentwood bluff home that featured New Year's décor and refreshments, a one-story bungalow with an amazing guest house and swimming pool, all decked out for a Thanksgiving pool party, and a two-story Mediterranean home ready for Christmas with five decorated trees.

In **Playa del Rey**, a four-story home with spectacular ocean, marina and city views was decorated for Christmas, and a two-story home with views of Catalina and Palos Verdes had a Halloween beach party theme. In each home, arrangements from **Flowers by Felicia** enhanced the holiday décor. Pictures from the 37th annual Home Tour are available on the Guild's website, at www.westchestermhg.org.

Former Guild President Patty Crockett won AMCS's Hawaii raffle prize, scoring a week-long trip for two to Oahu. Tour goers were enthusiastic about a basket raffle featuring 20 unique gift baskets that included restaurant and hotel gift cards, wine and spirits, food, games, holiday decorations and personal care products. In addition, guests at the reception shopped for a wide variety of merchandise at a marketplace featuring 12 different local vendors, including our own **Guild Crafters**, who sold holiday decorations and other handmade items.

Ever since 1982, the Holiday Home Tour has been the Guild's largest fundraising event of the year. Net proceeds from the Tour support AMCS, to help it continue to provide thousands of hours of low-cost counseling annually to people in our community. AMCS also trains mental health therapists and has established outreach programs to local schools, providing child therapy and preventive intervention

Mark your calendar for the **2020 Tour**, the 38th annual such event, which will be **Sunday, November 1, 2020.**



Former Guild and AMCS President, Patty Crockett, won the Hawaiian vacation raffle.



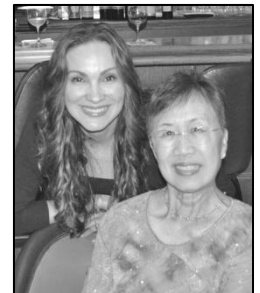
Guild Treasurer Judy Dews with Patty



Guild Member Tanya Gutierrez



2019 Home Tour Co-Chairs Janie Guthrie & Linda Peterson



AMCS' Eden Garcia-Balis with Home Tour Coordinator Candy Yip



Guild Recording Secretary Mary Gluck



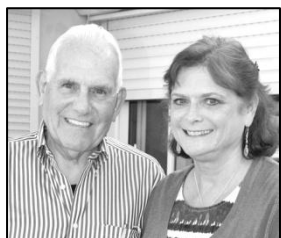
Guild Corresponding Secretary Pam Crockett



Guild 1st Vice President Gail Ruhlen with reception guest



Margarita Monday Merriment



Annual Meeting = Special Guests

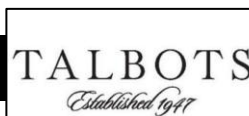
Wildhood, written by New York Times bestselling authors, Barbara Natterson-Horowitz and Kathryn Bowers, deals with the adventurous journey from adolescence to adulthood in humans and other animals. The authors will be the featured speakers at the **Annual Meeting** of the Westchester Mental Health Guild on **Wednesday, May 20**. They will share stories of real-life adolescent animals in the wild, dealing with anxiety disorders, risk-taking, the origins of privilege, and the nature of sexual coercion and consent. *Wildhood* is a fascinating guide to the life skills essential to surviving adolescence and thriving as an adult.

Ms. Natterson-Horowitz is a Harvard and UCLA biologist, and Kathryn Bowers is a science journalist. For more information about their work, visit Wildhood.com.

The meeting is **open to the public** and will be held at **Covenant Presbyterian Church, 6323 W. 80th St, Westchester, at 11:30 a.m.** A complimentary luncheon will be served. For updated information and reservations, please visit our website, www.westchestermhg.org, or contact us at info@westchestermhg.org.



2020 FUNdraisers



BUS TRIP TO GETTY VILLA

Wednesday, January 29

Please join us **Wednesday, January 29**, for a WMHG Bus Trip to the Getty Villa. **Our bus leaves at 9:30 a.m.** from the Westchester swimming pool parking lot at 9100 Lincoln Boulevard in Westchester. The tour starts at 11:30 a.m. followed by a no-host lunch at the Getty Villa Café.

Tickets

\$20 for Guild Members

\$25 for Non-Members

Contact janieguthrie@gmail.com, and, remember, **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 Emails on Upcoming FUNdraisers

WMHG FUNdraisers are being planned and will be announced to our members by email. Some of the FUNdraisers include:

- A spring tea
- An evening at a comedy club
- An evening bowling party

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

TALBOTS FASHION SHOW

Thursday, February 27

Mark your calendars for our **Annual Fashion Show** at Talbots Manhattan Beach on **February 27 at 9:30 a.m.** Get a firsthand look at new spring fashions being modeled, while supporting AMCS.

Tickets

\$15 for Guild Members

\$20 for Non-Members

Contact Marlene Obrietan, who can be reached at (310) 645-9698.

CALIFORNIA PIZZA KITCHEN

Thursday, February 27

Use your CPK fundraiser ticket, enjoy a meal anytime that day and WMHG receives a **20% donation**. *More tickets at westchestermhg.org*

PLEASE PRESENT THIS TICKET TO YOUR SERVER

Westchester Mental Health Guild

FUNDRAISER

February 27, 2020



CALIFORNIA PIZZA KITCHEN



Membership 2020

IT'S TIME TO RENEW YOUR MEMBERSHIP. Please fill out the enclosed envelope and continue your membership and support for the **Airport Marina Counseling Service** in providing low cost mental health services to our community. We welcome new members to join us for the fun, friendship, and camaraderie we enjoy as members and the service we provide to those who are in need. **Annual Dues are \$35.** You are not required to attend meetings or volunteer in any way. However, we welcome your participation!



Included in your membership is this newsletter that keeps you informed about our myriad of events and activities. Many of you attended or participated in our most recent and successful **Holiday Home Tour**. We are looking forward to our **Tea & Treasures fundraiser** and our **Annual Meeting** featuring interesting and informative speakers. We are planning a trip to the **Getty Villa** and a fun time at the **Comedy Club**. You are welcome to join us!

Tour and Reception Memories



Please encourage your friends and neighbors to support AMCS by becoming a member. Thank you for renewing. We need you all!



Sandy Lubovski
Membership Chairman



Wednesday, January 29 Bus Trip to Getty Villa	Wednesday, April 29 <i>AMCS Spring into Well Being Celebration</i>	CALENDAR
Thursday, February 27 Talbots Fashion Show	Wednesday, May 20 11:30 am Annual Meeting	
Thursday, February 27 CPK Fundraiser	Sunday, November 1 38 th Annual Home Tour	



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.

“What counts in life
is not the mere fact that
we have lived. It is what
difference we have made
to the lives of others that
will determine the
significance
of the life we lead.”

Nelson Mandela

Accolades in 2019

**Airport Marina Counseling
Service** was awarded **Best
Nonprofit Organization**
in the Hometown News
Readers Poll.

The **Holiday Home Tour** secured
2nd place in the **Best Charity
Fundraising Event** category in
The Argonaut’s Best of the
Westside Readers Poll.

Annual Meeting Speakers

The New York Times bestselling
authors of *Wildhood*
will be speaking at our
Annual Meeting
Wednesday, May 20th at
Covenant Presbyterian Church.

Don't miss it!

Barbara Natterson-Horowitz
and Kathryn Bowers

NEW YORK TIMES bestselling authors of ZOOBILITY

WILDHOOD



The Epic Journey from
Adolescence to Adulthood
in Humans and Other Animals

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