

July 2015
Summer Issue



The Guild Gab



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Eden Garcia-Balis,
AMCS Executive Director

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The Prez Sez

Welcome to our revamped Westchester Mental Health Guild Newsletter! It's more than a newsletter; it's our way of connecting or reconnecting with YOU, our members. We know how important it is to stay in touch with our members and how much we value your support and participation in our activities. With that in mind, our goal for the newsletter is to keep you informed of upcoming activities; introduce you to various members of the WMHG; keep you abreast what's happening at the Airport Marina Counseling

Service (AMCS) as a result of the beneficial effects of your fund-raising and to bring you *Tweets from the Cage*, also known as The Guilded Cage.

At the Annual Meeting, held on May 20, 2015, Co-President Judy Dews summarized the WMHG's activities for the past year. It was a busy year which culminated in our being able to donate approximately \$50,000 to AMCS. We're very proud to be able to support AMCS at that level and hope to do the same next year.

Marlene Obrietan, our Ways and Means Chair, has already lined up some activities for this year. Please look at the Calendar of Events on page 5. You can see that our year will be an active one, filled with activities in which we hope you will partake.

Join us! Visit us at The Guilded Cage! Most of all, let's stay connected and continue to demonstrate our support to AMCS through our membership and community spirit.

Ylla De Leon and Judy Dews
Co-Presidents 2015-16

Eden's Epistle

August 29th marks the 31st annual **Jet to Jetty 5k/10k Run/Walk for Mental Health** benefiting Airport Marina Counseling Service (AMCS). AMCS is pleased that The Drollinger Family Charitable Foundation is, once again, the name sponsor for the event. The race is set for Dockweiler Beach - a great location cooled by ocean breezes. In addition to the 5K and 10K races, there will also be a Kid's Fun Run. Race Day Registration and Packet Pickup begin at 6:30 am.

At 8:00 am, the 5K Run/Walk and Team competition begins. The 10K begins at 8:30 am and the Kid's Fun Run will

begin at 9:30 am. This year we are encouraging participants to set a fundraising goal and ask their friends and family for support to reach their goal. **The entry fee is \$35 if you register before August 27th and \$40 after that.** The Kids Fun Run entry fee is **\$15.00**. Entry fees include a free T-shirt and the beach parking fee. This event is fun for the whole family!

The Race Expo will feature vendors giving away snacks, drinks and much more. A face painter and a children's booth are staples at the race to ensure all the youngsters have a good time. Thanks to the generosity of the **William**

H. Hannon Foundation, a fabulous Pleasant Hawaiian vacation for two will be awarded to the winner of the prize drawing. Come and support a great cause! **Register online at www.w2promo.com.**

This year the fun continues at Tompkins Square (T2). Join us after the race for breakfast and a celebratory mimosa. T2 will donate 15% of sales, excluding tax and tip, to AMCS from 9:30am-1:30pm on the day of the race. The first 25 guests at T2 receive a free mimosa.

For detailed information feel free to contact Eden at ebalis@airportmarina.org



Meet a Member - Liz Mohler

Liz Mohler is our youngest member on the Westchester Mental Health Guild. Her youth and fresh ideas brings lots of positive energy our way. Liz was the special guest speaker at our Annual Spring Meeting. She captivated the audience with a wonderful talk about her personal journey growing up in Wisconsin and now making

her home in Playa del Rey. She mentioned how AMCS helped her get through a personal tragedy.

Liz is married and has two sons. She has her own business being a Career Coach, Speaker and Trainer. In spite of her busy schedule, she still finds time to get involved with the Community by

helping out at the YMCA Youth and Government Service Group and serving on the WMHG Board. On Friday afternoons she can often be found relaxing in her front or backyard with friends, enjoying delicious food and drinks. This is affectionately called "Happy Time." So if you are ever in the area, don't hesitate to stop by and say hello!

Meet a Member – Marty Francis



Marty Francis is one of our senior members on the Westchester Mental Health Guild.

She is a native Californian, born in Whittier and has lived in Westchester since 1951. When her children, Nancy and Jim attended school in Westchester, she was active in PTA and was a Girl Scout Leader for 13 years.

Marty has been a WMHG member since the 70's. She volunteered at AMCS helping with the phones, bookkeeping and other clerical duties. Marty served as the Treasurer of the Guild 5 or 6 times and kept track of ticket sales for the Guild's fundraisers for many years. She received the Heart Of Gold in 2001.

In her spare time, she loves to play bridge and belongs to 3 different groups.

She keeps socially active in the community and is passionately committed to the YMCA, the Y Service Club and WMHG.

Marty is a shining example on how to stay young at heart.



Meet a Member – Jane St. John



Jane St. John is a long-time realtor and supporter of the Guild, dating back to 1989 as a co-sponsor of the Reception at the Women's Club.

Jane is a native Californian and never lived more than 120 miles from her hometown of Wasco in Kern County. When she married Don St. John and moved to Playa del Rey/Westchester area in the early 1980's, she was so impressed with the small town feel. Jane has co-sponsored the Home Tour over the past 26

years, served as an AMCS Board Member, volunteered as a docent for the Home Tour and volunteered at the annual Jet to Jetty.

Jane is very proud to support the work of both the WMHG and AMCS because they address so many unmet needs in our community. She feels we all have been touched in some way by mental health concerns. Jane says "our Daddy taught us that 'you spend your money where you make it' and my financial support to

WMHG and AMCS offers me the opportunity to give back."

A two-time cancer survivor, Jane also serves on the Board of Helen's Room, a well-known women's cancer support center, founded by another long-time Guild and AMCS supporter, Monica Kahn. When not involved in her busy real estate business, she and her sister, Julie, enjoy spending time with their adult children, shopping, walking and dining in the Beach Cities. She says, "Life is good!"

Our 2015 Garden Tour



Eight was the magic number for this year's Garden Tour on May 3rd. It was the 8th Biennial Garden Tour of the **Westchester Mental Health Guild** and the tour showcased 8 lovely gardens in Westchester and Playa del Rey, on a breezy, sunny day. The Emerson Ave. Community Garden joined in our activities again, as they did in 2013.

Given the recent interest in water conservation in Los Angeles, we featured a variety of landscaping techniques used in water-

wise planting. This sparked much discussion among the guests and garden owners, all of whom were present at their own garden for the majority of the day.

At one of the gardens, **The Guided Cage Gift Shop** held a Boutique featuring plants and gift items related to the garden; complimentary refreshments provided by the WMHG Board were served there as well.

Proceeds from the Garden Tour allowed us to donate \$10,000 to benefit the

Airport Marina Counseling Service so it can continue to provide affordable mental health care services and to train pre-licensed therapists for the community.

Find us on Facebook
<https://www.facebook.com/westchestermentalhealthguild>

Tweets from the Cage

For nearly 40 years, we have operated our gift and card shop known as **The Guided Cage** to raise funds for AMCS. During those 40 years, our little shop has donated nearly \$500,000 to AMCS.

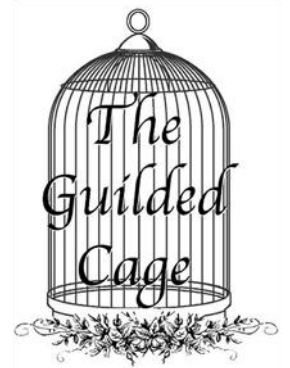
Volunteers do all the work at The Guided Cage, including staffing the store, purchasing, decorating, and bookkeeping. Right now, we are looking for new volunteers because we have cut back for the summer from six days a week to five due to a staffing shortage. We hope to recruit enough new volunteers to reverse that trend in the fall.

Each volunteer is asked to work two half-days each month, or a total of eight hours. No prior retail experience is necessary; volunteers receive on-site training, and once they begin, are supervised by more experienced personnel.

If you are interested in volunteering with us, please contact **Jodie Hagen, at either 310-670-2561** or joanne@rjhagen.com.

The Guided Cage should be your first stop any time you need to buy a greeting card or a gift, as there is always new merchandise coming in the shop. We also are hosting new occasional "Saturday happenings" outside the store, where we supply refreshments, balloons and discount coupons. **Tuesday mornings are "Senior Mornings" where everyone over 60 can get a 20% discount on any one regular-price item between the hours of 10 a.m. and 1:30 p.m.**

You can follow The Guided Cage activities on Facebook, and you also can subscribe to our **monthly email newsletter**. If you already get the newsletter, please forward it to your friends, and please also share our posts on Facebook. We hope to see you at The Guided Cage!



"...The Guided Cage has donated nearly half a million dollars to AMCS."





Congratulations to our new Board

(l. to r.) Tanya Gutierrez, Mary Gluck, Ylla DeLeon, Judy Dews, Linda Peterson, and Marlene Obrietan
(not pictured) Nancy Edwards, Barbara Clark and Mildred Hanson



Linda Peterson
2015 Heart of Gold Award Recipient



Judy Dews & Jodie Hagen
2015 Belle of the Guild Award Recipients



2015 /2016 Board

Co-Presidents

Ylla DeLeon & Judy Dews

1st Vice President, Chairperson

Annual Meeting

Nancy Edwards

2nd Vice President, Ways & Means

Marlene Obrietan

3rd Vice President, Membership/Awards

Tanya Gutierrez

Treasurer

Barbara Clark

Recording Secretary

Linda Peterson

Corresponding Secretary

Mary Gluck

Parliamentarian

Mildred Hanson



Annika Backman accepting for her husband, Dahn Backman, Anna Cody and Suzanne Simmons
Certificates of Appreciation



GUILD GARAGE SALE

September 12, 2015

Time to clean out your closets and garages for the WMHG's Garage Sale, which will be held on **Saturday, September 12, 2015 from 7:30 a.m. to 1:00 p.m. at 7755 Hosford Avenue, Westchester.** Please drop off your donations on Friday, September 11, 2015 from 10:00 a.m. to 2:00 p.m. We would like small items such as books, clothing, flower pots, household things, toys, etc. Please no TV's or Furniture.

If you have any questions or would like to volunteer to help set up for the garage sale on Friday or help on the day of the garage sale, please call **Marlene Obrietan at (310) 645-9698.**

Upcoming Fundraisers

TONY P's DOCKSIDE DOLLARS

August 16 - 22, 2015

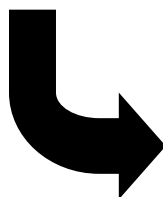
The WMHG will have a fundraiser at **Tony P's Dockside Grill in Marina del Rey on August 16-22, 2015.** This is an easy way to raise money and enjoy delicious food at the same time. Each time someone dines at Tony P's Dockside Grill and gives the server a coupon during the fundraiser period of August 16-22, 2015, Tony P's will contribute **20% of the bill excluding tax and tip to the WMHG.**



Please use the coupon provided and invite your family and friends to participate. The more the merrier!

Print as many copies as you need.

Coupons also available on our website
www.westchestermhg.org



Tony P's DOCKSIDE GRILL
4445 Admiralty Way • Marina del Rey
(310) 823-4534 Fax: (310) 822-4901

WESTCHESTER MENTAL HEALTH GUILD
AUGUST 16-22, 2015

Present this coupon to your server and Tony P's will donate 20% to your organization!
Not valid with any other promotions



2014 Event Memories



Holiday Home Tour 2015

Preparations are underway for our 33rd annual Holiday Home Tour, scheduled for Sunday, November 1, which is our largest fundraiser of the year. This community event helps neighbors get to know neighbors and brings people together to raise money for the great cause we support, the Airport Marina Counseling Service (AMCS).

We are excited about this year's tour, which will feature five distinctive homes in Westchester and Playa del Rey, each decorated for a particular holiday. There will be three houses in Playa del Rey and two in Westchester. The homes this year include a three-story Playa del Rey view

home filled with artwork, decorated for Halloween; a four-story modernistic Playa del Rey bluff home with magnificent marina views, decked out for New Year's Eve; a three-story Alpine-style Playa del Rey home, furnished with antiques and decorated for an old-fashioned Christmas; a charming one-story Westchester bungalow, recently renovated by a designer for her own use and decorated for Christmas; and a unique Westchester ranch home remodeled and decorated by its two talented artistic owners, featuring Thanksgiving décor.

After the tour, guests will enjoy a festive reception at the YMCA Annex in Westchester, where there

also will be a special one-day holiday boutique hosted by our own Guided Cage.

We need your help to make the Holiday Home Tour happen. Members of the Guild are needed as docents on the day of the tour to help tour guests view the homes. Volunteers also can help on Saturday with the set-up of The Guided Cage Boutique, and on Sunday after the tour, with packing up unsold merchandise.

If you can help as a docent or if you can help with The Guided Cage Boutique, please contact Linda Peterson at lpeterson7053@ca.rr.com or 310-822-0435.

Sneak Peek... some 2015 Tour Homes



2015 Calendar of Events

August 16-22
Tony P's Fundraiser
Details & Coupon on Pg. 4

Saturday, August 29
AMCS Jet to Jetty 5K/10K
Run/Walk for Mental Health
www.jettojetty.com

Saturday, September 12
WMHG Garage Sale

October – TBA
Fashion Show

Sunday, November 1
WMHG Holiday Home
Tour





Westchester
Mental Health Guild

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

PHONE
310. 641-7850
* * *

Westchester
Mental Health Guild
and
The Guided Cage



Visit our website
www.westchestermhg.org

Welcome New Members

Anna Cody
Jordi Daley
Julie Porter
Luanne and George Sinski
Helen Wharton

Tributes

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.

Recognition

The Westchester Mental Health Guild was presented with a '**Certificate of Special Recognition**' by Congresswoman Maxine Waters for its more than 50 years of dedicated leadership.

Certificates of Merit

Certificates of Merit were presented to the following friends for their generous support of WMHG:

Billy Tompkins
Tompkins Square Bar & Grill

Gary Walker
The Argonaut

Tony Palermo
Tony P's Dockside Grill



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

