



July 2021
Summer Issue



The Guild Gab



The Prez Sez



Janie Guthrie
President 2021 - 2023

Special Interest Articles:

- Meet Our Members 2
- Big Birthdays 3
- Handcrafts 5



Eden Garcia-Balis, LMFT
Chief Executive Officer
AMCS

Highlights:

- Annual Meeting 4
- Membership 5
- Calendar 5

The summer season changes are in full swing. Changes are also happening at the Guild with the election of new officers for the **Executive Board for 2021-2023**. Our former president, **Linda Peterson** who brilliantly guided us for the last 4 years (serving 2 terms) has passed her gavel onto me. Linda has left a hard act to follow; however, I am ready and excited to start my term as President. Thank you for putting your trust in me. Our newly elected **Executive Board Officers** are ready to meet our mission of raising funds for AMCS. We are setting goals for our terms to increase fundraising dollars, memberships, and

Eden's Epistle

With vaccines widely available and case numbers dropping, restrictions are being removed and we are all focused on 'getting back to normal' for the summer. But for many, after more than a year in isolation, 'normal' feels scary. Experts say we need to talk more about what transitioning to a more open society will be like and what our new normal will be like.

Here are some tips on how to do that. Sometimes, it helps to talk through your feelings and learn new skills to cope with the changes we are all facing, and AMCS is just a phone call away.

community awareness. The Guild met challenges over the last year to host their traditional fundraiser events. However, this did not slow us down; we overcame these challenges by shifting to virtual fundraising, a totally new concept to us. So far this calendar year, we offered a virtual **Valentine's Wine & Chocolate Pairing** hosted by Sommelier **Bill Priestley** in February. Followed by **Focus on Flowers**, hosted virtually by our local florist and supporter, **Felicia St. Denis** in March, where we all learned how to make fabulous flower arrangements. Then in

Our phone number is 310-670-1410. Please know that AMCS is always here to help.

Find the Right Coping Skills – People need to acknowledge their anxiety, and find the best coping skills to move forward. Maybe it's taking some quiet time for yourself, baking cookies or taking a long walk through the neighborhood. Find what works for you.

Evaluate Your Feelings – It's important to pay attention to these changes and make new evaluations about what is stressful, and how you handle it, while our workplaces and

April, we sold tacos at **Taco Tuesday Takeout 2.0**, another event brought back by popular demand. Thanks to so many of you for attending these events. We are continuing with our virtual fundraisers with the hopes of adding in some 'in person' events and hybrids of both 'virtual' and 'in person' when the time is right. Keep a lookout for information about upcoming events through our emails, Facebook, and web page. Mark your calendars for the next event on August 19th. Sommelier **Bill Priestley** graciously offered to return to host another spectacular **wine tasting**.

(continued on back page)

communities adjust.

Find Common Ground – When interacting with people who had a different response to the health threat, it's important to find common ground and make sure everyone involved is comfortable with the level of precautions taken in every situation.

Talk About Mental Health – We need to process what has happened during the pandemic and move forward, and that all starts with talking about our mental health.

Meet a Member – Stephanie Davis



Stephanie Davis grew up in Westchester and loves supporting the community through her publication, the Westchester/Playa HomeTown News. After years of supporting AMCS and admiring the work of the Guild, she recently joined the organization and is excited to participate in fundraising activities. In 2018, she was honored to receive the Community Builder Award for her volunteer work with AMCS and a variety of local

nonprofits including the LAX Coastal Education Foundation and Rotary. She enjoys supporting these organizations by writing about them in the pages of the HomeTown News, sponsorships, and especially serving on event committees! She is proud to help organize the Fourth of July Parade, the Rock Roll & Run, WAM and the Spring Into Well-Being Gala. If you enjoy the colorful paintings on utility boxes throughout

the area, Stephanie also helped spearhead the effort to bring this type of public art to the community. In her spare time, she loves traveling with her husband, Evan, especially if it is to England or Hawaii, spending time with her pup, live music and trying new vegetarian/vegan restaurants. Thank you, Stephanie, for joining the Guild and for all your generous support to the community.



Meet a Member – Mary Gluck



Mary Gluck was born in Oceanside, CA 13 minutes before her twin brother. She grew up in Altadena with a desire to become a nurse. Mary attended UCLA and nursing school at Pasadena City College. When she got married, she moved to Inglewood and eventually ended up in Westchester where she has lived in the same house for 53 years. Mary raised her family and worked at the Daniel Freeman Memorial Hospital

for 8 years. One day, Barbara and Stan Clark knocked on her door and asked if she would be interested in being on the Garden Tour in 2009. Her husband, Dan, was thrilled since he was an artist and a sculptor and wanted to show off his craft. Mary started volunteering at the Guilded Cage and was approached by Marlene Obrietan to join the Guild board and the rest is history. She has served many office positions and is

currently the Guild's recording secretary for a second term. Mary has 3 children and 6 grandchildren who give her much joy. Her outside interests include socializing with friends, playing bridge, participating in a book club, cooking and shopping. You can always count on Mary to pitch in and help whenever she can. Thank you, Mary, for your years of service and generous support to the WMHG.



Meet a Member – Alice Williams



Alice Williams grew up in Anderson, Indiana and graduated from Indiana University majoring in elementary education. She married Rick in 1961 and they will be celebrating their 60th anniversary this year. After graduation, they moved to California and eventually settled in Westchester where they have lived for 55 years. They have 3 sons and 9 grandchildren. While raising her family, Alice was active in PTA and started the

Academic Booster Club at Westchester High School honoring students with high GPAs with an academic jacket. Alice taught 1st grade for 5 years and was a substitute teacher for LAUSD for 25 years. Alice became interested in AMCS and the WMHG when she volunteered at the front desk where she answered phones and took intakes from new clients. She enjoyed working with the office staff and meeting the interns. She was so impressed with the

mission of AMCS and their commitment to the community. Alice says AMCS and the WMHG have contributed to the feeling of a community that cares. For many years, she helped with Jet to Jetty organizing and ordering the t-shirts. Her interests are tennis, pickle ball, reading, water aerobics, knitting, cooking, and staying in contact with her family. Thank you, Alice, for all your years of volunteer service at AMCS and supporting the WMHG by being a long time member.



Centennial Celebration

Past president and longtime supporter, the lovely **Mireya Wharton**, celebrated her 100th birthday in style, surrounded by Guild members, friends, and family.



Relics Raise Riches

Guild members raised more than \$2000 on a July Saturday by selling vintage 'treasures' and memorabilia donated by members. Held in **Gail Ruhlen's** garage and driveway, the sale included such things as Lladro figurines, crystal glassware, artwork, A & W root beer mugs, and a wide variety of jewelry. Not only was it a financially successful day, it was a pleasant morning of reconnecting with Guild members and friends who hadn't seen each other during the COVID lockdown.



Another Milestone

Our legendary nonagenarian, **Mary Ellen Cassman**, put another candle on the birthday cake, turning 98.



Annual Meeting... Alfresco

The Guild's annual membership meeting was different this year. It was the first outdoor meeting held by the Guild. On June 16 in **Gail Ruhlen's** backyard, shaded by large umbrellas, Guild members enjoyed Panera Bread box lunches at their first-in-person gathering since the pandemic began. **The Guild Crafters** displayed their handmade creations for sale, with all proceeds going to the Guild.

AMCS CEO Eden Garcia-Balis thanked the Guild for its generous support and innovative fundraising during the past fiscal year when **the Guild raised more than \$54,000 for AMCS.**

An important part of the annual membership meeting was the awards that were presented to individuals who helped the Guild accomplish its goals. **Robin Adams** was awarded the **Heart of Gold**, **Pam Crockett** and **Pam Hodges** were awarded **Belle of the Guild**, and certificates of appreciation were given to **Liz Mohler** and **Gail Ruhlen**. In addition, certain non-members received certificates of merit for their work for the Guild, including **Leia De Leon, Oliver Adams, Nick Kuebelbeck, Judy May, Bill Priestley** and **Felicia St. Denis**. Congratulations to all the award recipients!

Guild members elected both new and renewed board members and new officers:

President	Janie Guthrie
1st Vice President	Myra Kriwanek
2nd Vice President	Heather Ivey
3rd Vice President	Robin Adams
Treasurer	Ylla De Leon
Recording Secretary	Mary Gluck
Corresponding Secretary	Candy Yip

The Guild's website contains more pictures from the annual membership meeting than we are able to print here. Check out www.westchestermhg.org.



Membership Key to Thriving

We're halfway through the year and are beginning to enjoy meeting in person, holding events and returning to the 'new-normal' of opening up after the pandemic. We appreciate all who have renewed their membership, as your dues help us support **Airport Marina Counseling Service**. After the pandemic year we have all lived through, we certainly know the importance of affordable and available mental health care that AMCS provides. ★

At our recent annual meeting in **Gail Ruhlen's** backyard, we celebrated being together and honoring several WMHG and community members with certificates and awards. Certificate of Appreciation honoree, **Felicia St. Denis**, of **Felicia's Flowers**, joined the Guild as a new member at the meeting. Thanks, Felicia for your membership support and your recent Zoom flower arranging demonstration – it was a great FUNd-raiser!

Thanks to **Sandy Luboviski**, our outgoing membership chair, for her years of service for WMHG and AMCS.

Thanks to **Candace Blankenship** and **Cozette Vergari** for their \$100+ memberships, **Jon and Maria Koenig** for their patron membership, and to **Marcia Findley, Janice and Gary Murphy, Liz and Daniel Mohler** for their membership renewals.

Any members who have *not* renewed, there is no time like the present! I hope everyone enjoys the summer and participates in our upcoming FUNd-raising events to support AMCS. ★★

Taco Tuesday Sequel Success



Handmade Specialties

The **Guild Crafters** have been very busy making lovely handmade items. There are face masks, towels, fabric coasters, neck warmers (filled with rice to be heated in the microwave), microwave caddies and specialty cards for sale.

If there is a specific gift you are looking for, Annika might be able to find it or have someone create it for you. Please contact **Annika Backman** by e-mail dabackman@yahoo.com to place an order. Thank you very much for your generous support. ★★



Monday to Thursday, **Aug. 9 - Aug. 12** _____

Thursday, **August 19** _____

September/October (tba) _____

Tuesday, **October 12** _____

Thursday, **November 4** _____

Sunday to Sunday, **Dec.12 –Dec. 26** _____

Tower Pizza Dining Fundraiser (*Coupon on pg. 6*)

Wine Tasting with Sommelier Bill Priestley

Fashion Show hosted by Bobbie Castillo Lewis

Takeout Tuesday Event

Cooking Demonstration with Robin Adams

Holiday Lights Tour

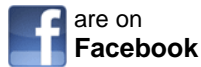


Westchester
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Westchester
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and Airport Marina
Counseling Service



Visit our website
www.westchestermhg.org

Contact Us
info@westchestermhg.org

The Prez Sez *continued from front page*

Then in the fall we are hosting a **Fashion Show, Cooking Demonstrations**, and another **Takeout Tuesday**. Unfortunately, due to the challenges of the pandemic, we are unable to hold our annual Holiday Home Tour in 2021. We are, however, hosting the **Holiday Lights Tour** event in December, which was a huge success last year. If you are interested in participating in any way from having your home on the holiday light tour, joining an event planning committee or offering ideas for fundraising, we would love to hear from you. Please email us at info@westchestermhg.org.

Thank you for your continued support of the Guild and AMCS by being a member, paying your membership dues, attending fundraisers, participating on committees, making donations, and adding the Guild as your charitable organization when you use your **AmazonSmile** account. We need the help from everyone to continue the success in supporting AMCS. Have a great summer as we start back gathering with family and friends from near and far.

Dining Fundraiser TOWER PIZZA



Aug. 9 - Aug. 12, 2021 (Monday through Thursday)

8351 Lincoln Blvd. • Westchester 90045

Hours: 11am - 10pm

Menu: www.towerpizza.com

**Present this coupon to your server.*

Tower will donate 20% of the bill excluding tax and tip to
Westchester Mental Health Guild.

PIZZA • SALADS • SANDWICHES • BURGERS • TOWER SPECIALTY DINNERS

**More coupons on our website at www.westchestermhg.org*



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