

July 2016
Summer Issue



The Guild Gab



Special Interest Articles:

- Meet Our Members 2
- Goodbye to the Cage 3
- Home Tour Sneak Peek 5



Eden Garcia-Balis
AMCS Executive Director

Highlights:

- Annual Mtg. 3
- New Board 4
- Fundraisers 4
- Spring Tea 5
- Calendar 5



The Prez Sez

Dear Guild Members and Friends,

On April 2, 2016, Airport Marina Counseling Service (AMCS) held their "Spring into Well-Being" Celebration at LMU. At the celebration, the Westchester Mental Health Guild (WMHG) was presented with the **Champion of Mental Health Award**. Judy Dews and Ylla De Leon, past Co-presidents of WMHG, gratefully accepted this prestigious award on behalf of all of our members. In recognition of this honor, we pledged to continue our efforts to support AMCS through our work.

Eden's Epistle

The 32nd annual Jet to Jetty 5k/10k Walk/Run for Mental Health will take place on August 28th and AMCS has set a fundraising goal of \$100,000! In order to reach this ambitious goal, we are encouraging individuals to create fundraising teams! We have made it easy for runners to get pledges and when you raise \$150 or more, you will receive free race registration. We will also award a fantastic prize to the largest team the day of the race! To register, visit Jet2Jetty.com. The website also contains all of

Our Annual Spring Meeting was held on April 20, 2016. At the meeting, we summarized our activities for the year and our donation of approximately \$50,000 to AMCS.

As we begin our new fiscal year, we are busy planning new activities and annual events. The preparation for the 2016 Holiday Home Tour, our biggest event of the year, is underway. The Holiday Home Tour will take place on November 6, 2016. Marlene Obrietan, our Ways and Means Vice President, is also currently organizing a bus trip to the Union Station and San Antonio Winery. The bus trip will take place

August 24, 2016. Marlene is always open to new ideas to raise funds. Please share any ideas that you may have with her.

On August 17, 2016, our Board of Directors meeting will be held at Tony P's. **Join us!** Come see your Board in action! We look forward to seeing you at Tony P's and our other upcoming events.

Remember our mission is to raise funds to support AMCS. We can continue to do this with your assistance, membership and community spirit.

*Ylla De Leon and Mary Gluck
Co-Presidents 2016-2017*

the event details including race times, location, race awards and more. The William H. Hannon Foundation has generously donated a fabulous Pleasant Hawaiian Holidays Vacation for two to beautiful Maui which includes: Round trip airfare for two from LAX; 8 days and 7 nights at the Royal Lahaina Resort; 2 luau tickets; and, a bonus \$300 credit at selected resort restaurants. Your contribution will help AMCS continue its vital work in the community. The drawing for this

exciting opportunity will take place August 28th immediately after the race and **you need not be present to win!** All you have to do to win is **buy a ticket**. Each ticket is only \$5 or, increase your chances to win and purchase 12 for \$50. Tickets are also available at Jet2Jetty.com. If you are interested in helping AMCS by volunteering on race day, please contact Samantha Brockschmidt at 310-670-1410. We look forward to seeing you August 28th!!



Meet a Member - Robin Adams

Robin Adams is a native Angeleno, raised in Mar Vista and currently living in Inglewood with 3 cats, 2 dogs and her mother. She has a B.S. degree in Home Economics from Cal Poly, San Luis Obispo and worked for 15 years in the food industry doing recipe and menu development, and product evaluation for large companies, as well as catering. Her pride and joy are her 2 children,

Oliver, 25 and Laura, 20. Robin first became involved with the WMHG as a docent for the Home Tours; later she worked at AMCS for 2 years as Executive Assistant for Kathleen O'Leary Lefferman. She has served as First Vice President on the Board and her food expertise and creativity really comes into play when she chairs the Reception for our Home

Tours. She serves up great food for our reception! In her spare time, Robin loves to read, do crossword puzzles, cook and bake. She also participates in 5K walks with friends raising funds for medical missions in Africa and breast cancer research. This fall, Robin is planning on visiting her daughter during her study abroad program in Amsterdam.



Meet a Member – Jodie Hagen

Joanne (Jodie) Hagen was born and raised in Grand Rapids, Michigan. She attended the University of Wisconsin with a major in dietetics. After moving to California in 1953, she became a consultant in convalescent facilities for 30 years. She worked at the VA and met her husband, Russ. They have been married for 61 years and have 4 grown children and 10 grandchildren. She belongs

to a national philanthropic organization called Epsilon Sigma Alpha International. Since 1978, her chapter has donated most of their philanthropic monies to AMCS. In ESA, she held many offices and chairmanships and was named State Woman of the Year in 2011. Jodie has been with the Guided Cage since 1999 and volunteers many hours at the Cage. She has served on the Advisory Board,

written the job descriptions and the training manual and currently trains new volunteers. She received the Belle of the Guild in 2015. Jodie is also active in her church and has sung in the choir since 1959. She is deeply appreciative of all the many friends she has made at The Guided Cage and in the WMHG.



Meet a Member – Nancy Edwards

Nancy Edwards grew up in New York, Spanish Harlem in Manhattan and moved to California in her twenties. She is very devoted to her family and adores her grandson, Gavin. When she retired in 2011, she thought she would be bored but she doesn't have time to be bored. Nancy serves on 3 Boards with committee responsibilities and many meetings. She keeps fit

with regular exercise sessions. Nancy and her husband, John, enjoy outdoor activities, skiing and hiking. They also have a passion for travel, good food and wine. Nancy first became involved with the Guild when she and John participated on the 27th Holiday Home Tour. Since then, she has become an active board member. She presently serves as First Vice President and recently

chaired the Annual Spring Meeting. Nancy and John's home was on the 8th Biennial Garden Tour and they have generously sponsored many AMCS and WMHG fundraising events. We are grateful to have Nancy on our board with her exceptional organizational skills and enthusiastic personality.



Patty Crockett
2016 Heart of Gold



Ylla De Leon
2016 Belle of the Guild



Alex Hobbs
President
Rita Kampalath
Science and Policy Director
Heal the Bay

Our 2016 Annual Meeting ★ ★ ★

The WMHG's Annual Spring Meeting held on April 20 was a wonderfully informative gathering of approximately 100 Guild and non-Guild members. A delicious lunch was provided by Cantalini's Salerno Beach Restaurant. Our Co-Presidents, Judy Dews and Ylla De Leon, welcomed all and introduced Eden Garcia-Balis, Executive Director of the Airport Marina Counseling Service (AMCS), while presenting AMCS with a **BIG** check for \$10,000.00. Eden thanked and acknowledged the importance of the Guild and its mission to support affordable Mental Health Services to which our fundraisers and membership contribute.

Our speakers, Alix Hobbs, President of Heal the Bay and Rita Kampalath, Science and Policy Director for Heal the Bay provided slides and spoke on the health of our waters and

the work that has gone into healing the Santa Monica Bay. The importance of what each of us can do to continue to improve our environment was not lost on our meeting participants.

The message remains: there is still much more work to be done and opportunities to recycle water right here in Los Angeles.

Our special thanks to the following 2016 Award Recipients for their tireless support of the WMHG: Heart of Gold, Patty Crockett; Belles of the Guild, Jane St. John and Ylla De Leon; Certificates of Appreciation, Brenda Lacour and Gene White and Certificates of Merit to Lisa Schwab of Cantalini's Salerno Beach Restaurant, Fabian Giron of Talbots in Manhattan Village and Shevaun Frizius of Truxton's American Bistro.



Jane St. John
2016 Belle of the Guild



Lisa Schwab
Certificate of Merit



Gene White
Certificate of Appreciation

"To everything there is a season, and a time to every purpose under the heaven" Ecclesiastes 3

Tweets from the Cage

We have been gratified with the outpouring of support we have received since we announced that **The Guided Cage** will be closing its doors for good in the coming months. We are very sorry to need to close the shop after 41 years in business, but our efforts in recent years simply did not generate enough funds for the **Airport Marina Counseling Service** after we paid for merchandise and our overhead at the shop. We hope that after closing the shop, our volunteers will be able to focus on other more productive efforts to raise funds for AMCS.

As you know, customers' shopping habits have changed over the years, and we now find that many people do much of their shopping through on-line stores. In addition,

the diminished use of the U.S. mail to send greeting cards has reduced our sales. Finally, the reduced numbers of volunteers available to operate the shop has made it more difficult to staff the store and do all the behind-the-scenes work to keep it stocked and running.

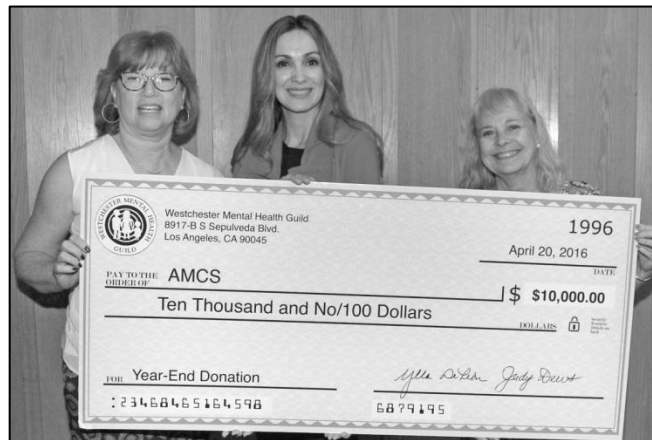
Our closing sale will continue through the summer, with very substantial discounts in place until we sell our merchandise and fixtures. We expect to close the shop in early September. So please come in to say "goodbye," and to stock up on gifts and greeting cards at terrific prices. We treasure the relationships we have made during the past 41 years with our customers and our volunteers, but it is time to wish them all a fond farewell.

Meet the New Officers



Congratulations to our new Board

Marlene Obrietan, Judy Dews, Mary Gluck, Nancy Edwards, Helen Peterson, Linda Peterson and Ylla De Leon
Not pictured are Gail Ruhlen and Mildred Hanson



Former Co-Presidents Ylla De Leon and Judy Dews presented Eden Garcia-Balis, *Executive Director of the Airport Marina Counseling Service (AMCS)* a check for \$10,000.00.

2016 /2017 Board

Co-Presidents

Ylla De Leon & Mary Gluck

**1st Vice President,
Chairperson Annual Meeting**

Nancy Edwards

2nd Vice President, Ways & Means

Marlene Obrietan

**3rd Vice President,
Membership/Awards**

Gail Ruhlen

Treasurer

Judy Dews

Recording Secretary

Linda Peterson

Corresponding Secretary

Helen Peterson

Parliamentarian

Mildred Hanson

Upcoming Fundraisers



**UNION STATION AND
SAN ANTONIO WINERY**

August 24, 2016

The WMHG has planned a fun day trip. Please join us for a one-hour tour of the **Union Station** and a half-hour tour of the **San Antonio Winery** on Wednesday, August 24th, 2016. We will have lunch at the **San Antonio Winery**. Meet at the Westchester Swimming Pool Area – 9100 Lincoln Blvd., Westchester at 8:30 a.m. Board the bus at 8:45 a.m. and return around 5:00 p.m. The cost of the ticket is \$25.00 for Guild Members and \$30.00 for non-members. For information, please call Marlene Obrietan at (310) 645-9698 or contact Marlene at gluckfried@yahoo.com. Tickets may be purchased at the Guilded Cage 8917-B South Sepulveda Blvd. (310) 641-7850. All proceeds benefit the Airport Marina Counseling Service.

TONY P's DOCKSIDE DOLLARS

August 14 – 18, 2016

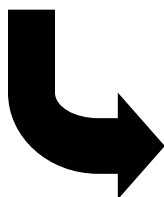
The WMHG will have a fundraiser at **Tony P's Dockside Grill in Marina del Rey on August 14 – 18, 2016**. This is an easy way to raise money and enjoy delicious food at the same time. Each time someone dines at Tony P's Dockside Grill and gives the server a coupon during the fundraiser period of August 14 – 18, 2016, 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 14-18, 2016**

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



Spring Tea Co-Chairs
Angela Mosinskis and
Tanya Gutierrez

Spring Tea

Since the Westchester Mental Health Guild didn't host a Garden Tour this Spring, on Saturday, March 5, WMHG hosted a very successful **Spring Tea** for approximately 100 women at the El Segundo Women's Club. Various Guild board members hosted tables using their favorite china and silverware and invited

their friends as well as other Guild members. The kitchen staff was headed by Robin Adams and Linda Glaza. Besides the tea, Blue Diamond Jewelers brought some of its items for sale. There was also a very successful raffle with items donated by Guild members. Among the items raffled were gift certificates, wonderful gift baskets, and beautiful hand crafted

items. The tea was able to net \$3400 which was donated to the Airport Marina Counseling Service.



34th Annual Holiday Home Tour 2016 – Save the Date

Preparations are underway for our 34th annual Holiday Home Tour, scheduled for **Sunday, November 6**, 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 all support, the Airport Marina Counseling Service.

For more information, email hometour16@gmail.com

We are excited about this year's tour, which will feature five distinctive houses in Westchester and Playa del Rey, each decorated for a particular holiday. After the tour, guests will enjoy refreshments at a festive reception, and will have the chance to do some holiday shopping at our special one-day holiday marketplace, something new that will feature a variety of vendors.

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 reception and holiday marketplace. If you can help as a docent, or if you can help with set-up, please contact Linda Peterson at lpeterson7053@ca.rr.com or 310-822-0435.

Sneak Peek... 2016 Holiday Home Tour



THE DROLLINGER FAMILY CHARITABLE FOUNDATION

2016

JET TO JETTY

5k-10k
for Mental Health

Airport Marina Counseling Service

SUNDAY, AUGUST 28TH

2016 Calendar of Events

August 14 – 18
Tony P's Fundraiser
Details & Coupon on Pg. 4

Saturday, August 28
AMCS Jet to Jetty 5K/10K
Run/Walk for Mental Health
www.jet2jetty.com

Wednesday, August 24th
Union Station and San Antonio Winery

Sunday, November 6
WMHG Holiday Home Tour



Talbot's Fashion Show
Fundraising Fun in February



**Westchester
Mental Health Guild**

(through end of Sept.)
The Guided Cage
8917-B S. Sepulveda Blvd.
Los Angeles, CA 90045

(after Sept.)
c/o AMCS
7891 La Tijera Blvd.
Los Angeles, CA 90045

PHONE
(through end of Sept.)
310.641.7850



Visit us on
Facebook

Visit our website
www.westchestermhg.org

**Welcome
New Board Members**



**Jordi Daley, Jenika Cuadra
and Rebecca Bednar**



**WMHG
Recognition**



**End of September
Farewell to
The Guided Cage**

Westchester Mental Health Guild
(through end of Sept.)
The Guided Cage
8917-B S. Sepulveda Blvd.
Los Angeles, CA 90045
(after Sept.)
c/o AMCS
7891 La Tijera Blvd.
Los Angeles, CA 90045

