

July 2017
Summer Issue



The Guild Gab



Linda Peterson
President 2017 - 2019

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Eden Garcia-Balis, LMFT
AMCS Executive Director

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The Prez Sez

Summertime means a lot of things to a lot of people, but to the Guild, it marks the beginning of a new fiscal year. For me, it means the start of my new two-year term as President. I am excited to take on the responsibility to lead what has been a very successful organization. Since 1962, the Guild annually has donated several hundreds of thousands of dollars to support Airport Marina Counseling Service (AMCS), and we hope and expect to continue that tradition.

The Guild raises money through membership dues and special events like the Holiday Home Tour, fashion shows and museum outings. So, first, we need your membership dues. If you

haven't yet paid your 2017 dues, please be sure to do so right away, by contacting Gail Ruhlen and sending your check to her. Membership, only \$25 per calendar year, is a very easy way to support the Guild.

There are other ways we could use your participation. We need people to staff our committees, so that our organization's work gets done. We did not host a Garden Tour this past spring, due to a lack of interest by members in preparing for the event. If you would like to work on a Garden Tour for next spring, please let me know. In addition, our Home Tour committee is meeting over the summer to make plans for what is our 35th annual Home Tour, and that

would be a great way for any member to get involved. Please contact Ylla De Leon, 2017 Home Tour Chair, if you wish to participate. And, mark your calendars for our Holiday Home Tour, set for Sunday, November 5.

Do your Amazon shopping at amazon.smile.com and designate 'Westchester Mental Health Guild' as your charity and .5% of your eligible purchases will be donated to WMHG.

Finally, we need your help with new ideas to raise funds for AMCS. We are open to your suggestions of ways for us to generate funds, so if you have any ideas, please let me know. Meanwhile, have a great summer!

Eden's Epistle

Exciting things are happening at Airport Marina Counseling Service (AMCS)! Below is some information on current happenings at the clinic:

We are currently interviewing for our September 2017 cohort of Marriage and Family Therapy trainees/interns. Anyone interested in applying is encouraged to send a cover letter, resume and application to our Training Coordinator, Mr. Bob Northcutt, LMFT at bnorthcutt@airportmarina.org. The AMCS training application may be found on our website.

The clinic is reevaluating its intake process. We are looking at adding regular standing times when clients can call to start the intake process and having the same therapist, that does the intake, see the client for therapy. The goal is for potential clients to have a seamless experience from the time they first contact AMCS.

AMCS is expanding its programming and is developing a LGBTQI (lesbian, gay, bisexual, transgender, questioning, and intersex) Track. The goal is for our therapists to

develop the knowledge and skill set to service this population with a greater understanding to be as effective in treatment as possible. AMCS has hired a supervisor that specializes in this field and the track will formally launch in September.

AMCS is teaming up with Maleman Ink to develop and implement a Marketing and Communications Strategy for the clinic. This strategy will help AMCS to raise its public image, enhance fundraising and more effectively brand AMCS. Stay tuned!



Meet a Member - Mireya Wharton



Mireya Wharton is one of our senior members of the Guild and still serves on the Board. She is 96 years young and was awarded the Heart of Gold in 2002. Mireya remembers volunteering at AMCS doing office work before computers did everything. Mireya was born in Nicaragua, one of 6 children. Her father was a distinguished statesman in Nicaraguan politics. Her mother was a beautiful, resourceful woman who

raised the family during some turbulent times, including the Revolution of 1927. She met her husband, Ed, during World War II while he was working for the US Army Corps of Engineers and she was working in the American Library. She married the handsome *gringo* and they lived in Nicaragua, Chile and Mexico. In Mexico, Mireya founded a Montessori Kindergarten and taught Spanish. In 1954, they moved to the U.S. with their 3 young

children and settled in Westchester in 1955. Mireya worked for Western Airlines and enjoyed traveling around the world. Mireya has been active in many charitable endeavors including President of the AFS, Chapter President of the ACLU, Westchester Democratic Club, PEO and of course WMHG. Mireya, we are honored to know you and thank you for your many years of service and your bright and happy disposition.



Meet a Member – Lisa Schwab



Lisa Schwab is a native Californian, raised in Hawthorne by her Italian grandparents. She is the owner of Cantalini's Salerno Beach Restaurant in Playa del Rey and Cantalini's Express in Mar Vista. As a member of WMHG, Lisa has generously supported our fundraisers and has served her delicious food at our Annual Spring meetings.

Elks and is a past President of the Ladies of the Westchester Elks. Additionally, Lisa serves as Secretary for AMCS and is on the Board of Advisors for the Foundation for Women Warriors.

the Human Rights Campaign, and the Trevor Project. She holds a special place in her heart for education and is a longtime supporter of the Boys and Girls Club and the YMCA.

Lisa is the President-Elect for the Playa Venice Rotary Club and has served on the Board for over a decade. She is a member of the Westchester

Lisa has been a member of the LAX Coastal Area Chamber of Commerce for years and has served on its board of directors. Lisa has volunteered with numerous organizations and has worked for decades to help those living with HIVAids, to end discrimination and find a cure through her work with APLA,

Lisa has received many honors for her contributions to our community such as Rotarian of the Year, Friend of Education Award, City of Angels Howard B. Drollinger Achievement Award and the Star of the Neighborhood Award.

We salute Lisa for her exceptional dedication.



Meet a Member – Janet Chiljian Fox



Janet Chiljian Fox was born in Selma, California to a farming family. The family moved to San Francisco where Janet attended Lowell High School and Heald's Business College. After graduation, she was a secretary and modeled furs for David Benioff Furrier. Janet later moved to Malaga, California and lived with her grandparents who were grape farmers. Her girlfriend, Barbra, invited her to sail to Honolulu on the SS LeiLani

and Janet and her friend decided to live in Honolulu. Janet met the love of her life, Patrick, on Aloha Drive in Waikiki. They were married in Honolulu in 1964. Patrick worked for the US Dept. of Agriculture at the Honolulu Airport while Janet worked for the FAA. Patrick's job transfers enabled them to live in Puerto Rico for six years and finally settling in Los Angeles.

Janet attended El Camino College and earned a BA in

Communication Arts at LMU. She worked as the director of an after school facility in Santa Monica and at UCLA as a medical secretary. Janet has traveled all over the world. She was introduced to the WMHG when she attended an annual meeting. Janet was a Gilded Cage volunteer, a docent on the home tours and currently serves on the WMHG Board. Janet is known to get the board members to think outside the box and make their voices heard.

Our 2017 Annual Meeting

The WMHG's Annual Spring Meeting held on April 5 this year included a delicious lunch provided by Cantalini's Salerno Beach Restaurant and was enjoyed by approximately 80 Guild Members and guests. Our Co-president **Ylla De Leon** welcomed all and spoke of the importance of Guild Membership and encouraged non-members to join our guild. With membership and community support, the Guild has been able to donate over \$50,000 to AMCS this past fiscal year in support of affordable mental health services.

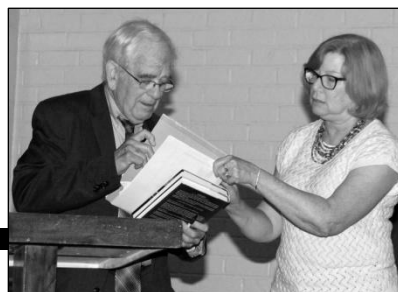
Airport Marina Counseling Service Executive Director **Eden Garcia-Balis** reported on the current programs at Airport Marina Counseling Service and showed a movie about AMCS that truly spoke to the audience about why we support AMCS so passionately. Eden introduced **Dr. Ronald Markman**, who has been with AMCS since 1969. He discussed his history as a forensic psychologist in legal proceedings, including more than 3000 cases. The audience was fascinated and questioned how he retained his sense of humor with such gruesome cases and outcomes. The answer: a very supportive family. Mrs. Markman, also in attendance, wholeheartedly agreed.

Our special thanks to the following 2017 Award Recipients for their tireless support of the WMHG: Heart of Gold, **Julie Case**; Belle of the Guild, **Robin Adams** and **Annika Backman**; Certificate of Merit, **Pam Crockett**; Certificates of Appreciation to all the **Guided Cage volunteers** at the time of its closing, and **Daniel Dews**.



2017 – 2019 Executive Board

President	Linda Peterson
1 st Vice President, Annual Meeting	Nancy Edwards
2 nd Vice President, Ways & Means	Ylla De Leon
3 rd Vice President, Membership / Awards	Gail Ruhlen
Treasurer	Judy Dews
Recording Secretary	Candy Yip
Corresponding Secretary	Mildred Hanson



Ruth Dawson was recognized as The Guided Cage's longest reigning volunteer!

We honor and thank all The Guided Cage volunteers over the years.





2017 Home Tour – Save the Date

Preparations are underway for our 35th annual **Holiday Home Tour**, which will be held on **Sunday, November 5**. This is our largest fundraiser of the year. This community event is a fun way for neighbors to get to know neighbors; it brings people together and most important, it raises money for the Airport Marina Counseling Service (AMCS). Last year we were able to donate \$35,000 to AMCS from the proceeds of the Holiday Home Tour. This year we hope to do even better.

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

We need your help to make the Holiday Home Tour a successful event. Members of the Guild are needed as docents on the day of the tour to help our guests view the homes. Volunteers also can help with the reception or holiday marketplace. If you can help as a docent or at the reception, please contact Ylla De Leon at 310-410-9560 or ylladeleon16@yahoo.com.

Tour Homes Sneak Peek



2017 Fundraisers



- Homeboy Industries Tour
 - Lunch at Homegirl Cafe
 - FIDM Museum
- Thursday, August 24, 2017**

The WMHG has planned a fun day trip. Please join us for a tour of the **Homeboy Industries** set for 11:00 a.m. and a no-host lunch at the **Homegirl Café** at noon. After lunch, we will proceed to the **Fashion Institute of Design & Merchandising** and view their galleries. Please meet at the Westchester Swimming Pool Area – 9100 Lincoln Blvd., Westchester at 9:30 a.m. We will board the bus at that time and return around 4:00 p.m. The cost will be **\$25.00 a person**. Please read the enclosed flyer for more information. All proceeds benefit the Airport Marina Counseling Service. If you have any questions, please contact Ylla De Leon at (310) 410-9560 or info@westchestermhg.org

Tony P's Dockside Grill Fundraiser Marina del Rey

Bring your coupon. Enjoy.
August 13 – 17, 2017
Tony P's will donate 20% of the bill excluding tax and tip to the WMHG.



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

Dockside Dollars Fundraiser

WESTCHESTER MENTAL HEALTH GUILD
AUGUST 13-17, 2017

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

Invite family and friends!
Parties of 10+ require reservations.
Additional coupons available on our website
www.westchestermhg.org

amazon smile

You shop. Amazon gives.

If you haven't already done so, please go to smile.amazon.com from the web browser on your computer or mobile device. On your first visit to **AmazonSmile**, before you begin shopping, please type in *Westchester Mental Health Guild* in the box below Amazon's suggested national charities, where it tells you to *pick your own charitable organization*. Amazon has approved WMHG as a charity, so it will then show up as the organization to receive donations from eligible purchases. Amazon will remember your selection, so that every eligible purchase you make at smile.amazon.com will result in a **donation to WHMG of 0.5%** of your purchase price. You continue to use the same account on AmazonSmile as you always have on Amazon.com. For you shoppers, there is no simpler way to help the Guild.

Volunteer and Learn Our Community's History

Because we know that volunteer work is a path to better mental health, we want to alert our members about a local volunteer opportunity. Studies have demonstrated that volunteering improves the brain's biochemical activity by releasing endorphins, the *feel good* chemicals that help us combat stress.

There is a new local history center, called Westchester's **Jewel and Playa's Treasure**, that has been established in the Westchester Triangle, and needs volunteer docents. If you can spare two hours every other Sunday, you might be interested in helping to staff the new history room, which is intended to be open during the Sunday Westchester Farmers' Market. After receiving

training and a one-hour presentation on local history, volunteers will be expected to open or close the room, serve as hosts to create a welcoming atmosphere, answer general history questions, and act as stewards for the collection housed at the center. Volunteers do not need extensive knowledge about our community, but should have an interest in it. If that is you, please call 310-645-5151.

Whether it is packing boxes at a food pantry, answering questions at the local history center, or serving as a docent at the Guild's annual Holiday Home Tour (which, by the way, is Sunday, November 5 this year), helping others is a great way to make new friends and feel you are part of our community.



Guild Crafters Create Success

Many of the former **Guided Cage** volunteers have found a way to keep in touch with each other while at the same time benefiting the Guild. The group, calling themselves the **Guild Crafters**, meets about once a month to socialize and create items that can be sold at the Holiday Home Tour Marketplace, the Annual Meeting, other Guild meetings, or community craft fairs. Because of this effort, led by Annika Backman, some of the most popular handmade items formerly sold at the Guided Cage are still available. The Guild Crafters have sold a wide variety of items, including crocheted dishtowels, holiday decorations, knit hats, afghans, jewelry, plants and baked goods. The Guild Crafters took in about \$1500 at the Home Tour last November, and another \$600 at the Annual Meeting.



Fashion Show Highlights



Events Coming Up...

August 13 - 17
Tony P's Dockside Grill Fundraiser

Thursday, August 24
Homeboy & FIDM Bus Trip

Sunday, November 5
35th Annual WMHG
Holiday Home Tour

check www.westchestermhg.org for updates



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

 are on
Facebook

Visit our website
www.westchestermhg.org

Contact Us
info@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.

“What is the
essence of life?

To serve others
and to do good.”

-Aristotle-

★ **Join Us**
Recruit a Friend

New Board Members



WMHG welcomes our newest
Board Members, Janie Guthrie
and Loris Ourieff.

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