



July 2022  
Summer Issue



# The Guild Gab



Janie Guthrie  
President 2021 - 2023

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Eden Garcia-Balis, LMFT  
Chief Executive Officer  
AMCS

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## The Prez Sez

Summer is here, the weather is changing, kids and grandkids are out of school, vacations are being planned, and the calendar is filling up. The Guild's calendar is also filling up with **FUNdraisers**. Our main goal is to keep the *fun* in fundraisers while raising funds for a great cause, Airport Marina Counseling Service (AMCS).

Our Board Members are working hard in creating several new fundraising events to help generate funds with the cancellation once again of this year's

holiday home tour, our major revenue fundraiser.

In August, look for a **succulent demonstration** and a **wine dinner at Cantalini's Restaurant**. Then in the fall, we will have a **fashion workshop**, and a **Zoom cooking show about Thanksgiving side dishes**. In December, our **Third Annual Holiday Lights Tour & Contest** returns for fun for the entire family. Looking forward to seeing you at one or all our upcoming FUNdraisers.

We continue to celebrate the anniversary of our **60-year partnership with AMCS**. In this special year, we are excited to be introducing several new members of our Board of Directors in the fall. It is still amazing how after 60 years; we continue to remain strong to meet a common goal of raising funds to allow AMCS to provide accessible and affordable mental health services to the community.

Thank you for continuing to support the Guild and AMCS!!

## Eden's Epistle

### We're back!

AMCS is adapting to the new normal, and that means we have begun holding **in-person therapy sessions at the clinic again**. Many studies show how important in-person, face-to-face interaction is in achieving success with our clients, so we are happy, once again, to offer that option.

Of course, we are working hard to make sure this

move is done safely for our staff, our therapists and our clients.

In order to minimize risk and maintain safety, the clinic is opening slowly and only for a limited number of hours each day. We will continue to evaluate our hours as time goes on and hope to eventually return to our pre-pandemic hours. In addition, the clinic has installed an air purification system for the health and safety of all at the clinic.

And, for those who prefer to continue on-line and telephone sessions, we will continue to offer telehealth sessions, as well.

We are excited to be back in-person and we are committed to making sure the move is a safe one for everyone. Anyone interested in in-person sessions should call the clinic at 310.670.1410 and schedule an initial consultation and request in-person sessions.



**Meet a Member – Tina Vanderjagt**

**Tina Vanderjagt** hails from Windsor, Connecticut. She joined the WMHG in 2021, after participating in the Holiday Lights Tour & Contest. Her husband Jon’s love for decorating their home in neon not only made him famous when their home was voted the *Fan Favorite* but it spurred Tina to be more involved in her community.

Recently retired from 25 years of nursing cardiac and stroke

patients at Torrance Memorial Medical Center, Tina keeps busy with walks in the neighborhood, bike rides on the beach bike path, and classes at the YMCA. Tina makes friends in all of her activities, and her boundless energy leads to leadership positions. An example is the Emerson Avenue Community Garden, where she originally volunteered to weed and plant but now spends countless hours as Director-at-Large for

common areas, creating a community green space.

She hopes to encourage further cooperation among the YMCA, the Garden and the Guild. She wishes that all retirees could find such meaningful projects because, as she says, they come with ‘friend benefits.’ Thank you, Tina, for joining our Board and bringing creativity, energy and new ideas to the Guild.



**Meet a Member – Angela Mosinskis**

**Angela Mosinskis** was 18 months old when her family fled Lithuania to avoid Russian occupation. After living in German refugee camps, her family came to Chicago in 1949, where she started first grade just two weeks later. Her family relocated to Westchester in 1964. She graduated from UCLA, then taught school in Torrance, married and bought a house near her parents. After raising two sons in the home in which she now resides, she returned to teaching at St. Anastasia where she organized and taught the science program

for nine grades for 12 years. Later she earned a Special Education Credential and Master’s Degree, and worked as a LAUSD Resource Specialist. When she retired, she joined WMHG to give back to the community. She volunteered at the Guided Cage for five years, as a jewelry and accessories buyer, enjoying those tasks and making many friends.

Angela’s passion is traveling and so far, she has visited 50 countries, and also travels frequently to Pennsylvania to visit her three grandchildren. She stays agile through

ballroom dancing and hiking. In addition to supporting Guild activities, she volunteers at The Landing in Venice, a safe place for mothers with young children to get counseling, food, clothing, and socialization. Gardening is one of her duties there, and she takes loving care of their plants. She also finds improved mental health in her own garden, which has been a lovely setting for 50 years of celebrations. Thank you, Angela, for continuing to be a charming and generous supporter to WMHG and AMCS.



**Meet a Member – Ylla De Leon**

**Ylla De Leon** was born and raised in a suburb of Cleveland. After graduating from Ohio State University and teaching one year in a children’s psychiatric hospital, she moved to Los Angeles, where she continued teaching and ultimately became an administrator with the Division of Special Education for the Los Angeles Unified School District. When she retired, a fellow teacher and Guild member, Irene

Yoshinaga, recommended that Ylla volunteer at the Guided Cage. That led Ylla to become an active WMHG member and to join the Guild board, where she has held various offices, including Co-President, Second Vice President and currently, Treasurer.

Through the Guild, Ylla has met numerous community members and made many new friends. She enjoys planning and participating in

fundraising events, where her family members often volunteer, too. Ylla supports the Guild Crafters by crocheting and knitting items for sale. When not engaged with Guild activities, Ylla enjoys traveling, reading, walking with friends and trying out new recipes. Thank you, Ylla, for being an active Guild board member and generous supporter to WMHG and AMCS.





## A Great Day at SoFi

On April 29, the Guild hosted a mini-fundraiser for a group of 50 Guild members and supporters to tour the **SoFi Stadium** in Inglewood, home to the **Los Angeles Rams** and **Los Angeles Chargers**.

The group learned about the design of the unique building, the earthquake safety features, the landscaping using only California native plants, and the Wi-Fi capabilities allowing thousands of people to upload fantastic plays at the same time.

During the tour, the group visited the amazing home team and visiting team locker rooms, and viewed several of the club house areas, tried out the different tiers of seats while learning the cushion and comfort increase as tickets get closer to the field.

Some of the group participated in kicking a field goal, tossing footballs, and running a 50-yard dash, while the others just enjoyed being on the field. There were many great photo opportunities during the tour.

An enjoyable time had by all!



**SoFi**   
**Stadium**

## 3<sup>rd</sup> Holiday Lights Tour & Contest Set

Given the phenomenal success of the past two **Holiday Lights Tour & Contest**, we are planning our third Tour for **Dec. 10-26**. Once again, we hope to feature another 20-25 homes in an outdoor decorating contest.

Last year's contest had tour-goers selecting the *Fan Favorite*, while three judges also selected winners for *Best Theme*, *Best Lights*, and *Most Whimsical*. We expect that last year's winners will be noted on the Tour map, but will not participate in the contest this year.

We will again be seeking sponsors for the event, in the hopes of raising at least as much as we did with the second Tour, which brought in more than \$15,000. The **Holiday Lights Tour & Contest** and numerous other small fundraisers throughout the year have helped the Guild replace the funds that pre-pandemic were raised with the Holiday Home Tour. The Guild Board has decided not to do a Home Tour again this year because it is primarily an indoor event and requires substantial expenditures of money and time that would be forfeited in the event of cancellation.

If you have any suggestions or comments for the **Holiday Lights Tour & Contest**, or would like to help plan this year's Tour, or if you know of any homeowners who would like to participate, please let us know at [info@westchestermhg.org](mailto:info@westchestermhg.org).

## Quick and Easy Recipe

### Tina's Zucchini Noodles with Basil Pesto

#### Ingredients:

- 5 medium zucchini
- 2 oz. Parmesan cheese cut into chunks
- Pinch of salt and pepper
- Clove of garlic (use more to taste)
- ¼ cup olive oil
- 1 cup fresh basil leaves
- Pinch of red hot chili pepper (optional)

Using a spiralizer or a mandolin, make noodles out of zucchini. In a food processor, add cheese, garlic, pinch of salt and pepper and chili pepper (optional). Pulse until fine. Add basil leaves and pulse. Pour olive oil into the feed tube and slowly pulse.

Place zucchini noodles in a large serving bowl and add pesto and toss until noodles are coated. If pesto is too thick, add a little water or olive oil. Serve immediately.

**Makes 6 servings.**

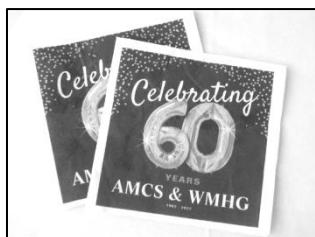
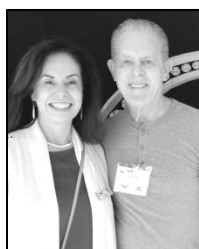
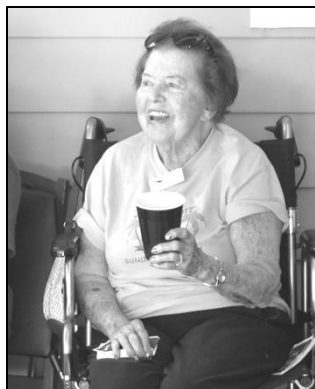
### Diamond Celebration

Board members of **Airport Marina Counseling Service** and the **Westchester Mental Health Guild** celebrated our joint history of 60 years of providing mental health services in the community, on June 21, 2022, with more than 50 supporters toasting this impressive history of counseling services provided since 1962.

**Rick and Myra Kriwanek** hosted the event on the first day of summer in their lovely Westchester backyard. Founder **Mary Ellen Cassman**, who is now 99 years old, was recognized for her determination in starting the organization at a time when mental health counseling was controversial. The Guild presented Mary Ellen with a diamond pendant in recognition of this diamond anniversary.

Current AMCS Chief Executive Office **Eden Garcia-Balis**, AMCS Board President **Nancy Edwards**, and Guild President **Janie Guthrie** all thanked the board members and community sponsors who attended for their unwavering support over the years in raising funds to support the clinic. The Guild presented a **\$5,000 check to AMCS** from tributes and memorials from Guild members, one of the countless ways the Guild has provided funds for the cause. Although precise records for the 60 years are unavailable, in recent years, the Guild has calculated that it has **raised more than a million dollars for AMCS**. As a non-profit fundraising organization, the Guild works side-by-side with AMCS, which provides affordable mental health counseling and trains mental health therapists.

To learn more about the mental health services at the AMCS clinic, which is located at 7891 La Tijera Boulevard, contact 310.670.1410, or access the website: [www.amcshelps.com](http://www.amcshelps.com). In addition, the WMHG website provides ways for you to volunteer for the cause by joining with friendly neighbors raising money for this important cause in the community, and have fun while doing so. Our website is: [www.westchestermhg.org](http://www.westchestermhg.org).





## Membership / Support

It's hard to believe that we're halfway through our **60<sup>th</sup> Diamond Anniversary** year! It's been fun to enjoy some in-person events like our **tour of SoFi Stadium** and the Airport Marina Counseling Service (AMCS) **Spring into Well-Being Gala**.

We continue our fundraising efforts to support AMCS. As the pandemic continues, the need for affordable mental health care also continues. Participating in our events helps us raise money, but our basic funding for AMCS comes from your membership/support.

It's so easy to help – just **send us a check WMHG**

**7891 La Tijera Blvd.**

**Westchester, CA 90045**

or go to our website [westchestermhg.org](http://westchestermhg.org) to **pay by credit card, Paypal or Zelle**. Special for this **60<sup>th</sup> Diamond Anniversary**, we have our **Jewel Level for \$35, Diamond level for \$60, or Double Diamond level for \$120**.

Who wouldn't want to provide double diamonds to support such a good cause! 90% of your membership/support money goes to AMCS. If you have any questions, please feel free to contact **Robin** at 310. 962. 9850 or [robingadams01@gmail.com](mailto:robingadams01@gmail.com).

## Quick and Easy Recipe

### Mary's Peach Crumble Pie

Line a pie dish (greased) with 7 peaches, sliced, either peeled or not. Combine 3 Tbs. of soft butter with 1 cup of flour and 1 cup of brown sugar. Combine until crumbly. Spread over peaches and bake at 350 degrees for 45 minutes. It is delicious with a scoop of vanilla ice cream.

**Makes 6 servings**



## Crafters Continue to Create

Our **Guild Crafters group** has continued to be productive throughout the pandemic and has resumed their regular meetings. The group has come up with a few new handmade items to sell this year, including a **casserole caddy**, an insulated bag to use to carry food to potluck gatherings. The caddies come in different styles to fit various containers, and also come in a variety of fabrics. In addition, the Crafters have continued their production of their favorites: **crocheted hanging kitchen towels, microwave bowl caddies, cork trivets and coasters**.

The Crafters will again sell their creations at **St. Jerome's Catholic Church holiday sale on November 19-20, 2022**.

The sale will take place at the church, located at **5550 Thornburn Street, Los Angeles**. In the meantime, if you are in need of any of the Crafters' unique handmade items, please contact

**Annika Backman** at [dabackman@yahoo.com](mailto:dabackman@yahoo.com).



Please visit our website [www.westchestermhg.org](http://www.westchestermhg.org) for ticket purchases and additional information.

\*Please note events are subject to change.\*

August 13	Succulents Demonstration by Robin (Live)
August 23	Cantalini's Wine Dinner
October 6	Fashion Workshop (Live)
November 10	Cook Along with Robin – Thanksgiving Sides (Zoom)
November 19 – 20	Shop WMHG Crafters Items at St. Jerome's Holiday Fair
December 10 – 26	Third Annual Holiday Lights Tour & Contest
January 18, 2023	WMHG Annual Meeting

CALENDAR



Westchester  
Mental Health Guild

c/o Airport Marina  
Counseling Service  
7891 La Tijera Blvd.  
Los Angeles, CA 90045

\* \* \*

**Westchester  
Mental Health Guild**  
and Airport Marina  
Counseling Service



Visit our website  
[www.westchestermhg.org](http://www.westchestermhg.org)

Contact Us  
[info@westchestermhg.org](mailto:info@westchestermhg.org)

## 60<sup>th</sup> Anniversary Raising FUNds



Members and friends raised their glasses and opened their wallets for a successful virtual **Champagne and Sparkling Wine Tasting.**

**Sheila Miller-Nelson** was the Super Bowl basket auction winner.

## Newest Board Members



Welcome Tina Vanderjagt,  
Eve-Lyn Taplin and Anabel Porter

**Decide.  
Commit.  
Act.  
Succeed.  
Repeat.**

Tim S. Grover  
*Relentless: From Good to Great to  
Unstoppable*

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