

# LAS CANDALISTAS APRIL NEWSLETTER

## LETTER FROM THE PRESIDENT

From the President's Sofa:

April of 2020 is here. Our nation, and the world, are following the serious restrictions and precautions set up to best protect the public from the Coronavirus COVID-19. We are from different states, countries, cities, beliefs, and backgrounds. It is very difficult to love and miss people that are far away. It is especially difficult if those persons are hospitalized, ill, or elderly.

Each of us have different concerns and circumstances. These concerns can lead to an assortment of apprehensions and unease. Many of you have friends, family, church members, to provide reassurances that you will 'live to tell the tale'. Some of you do not and may feel forgotten and/or neglected. Each of you has the right to privacy and may not feel emotionally able to request help. I can understand that and want you to know you are not alone.

As a group, we can help our members that need support. Karen Tucker is an amazing woman, and has an article in this newsletter that I find very helpful. Several of our members are thinking of ways to help our membership feel 'cared for'. Possibly not for everyone, but others may welcome the idea.

As your president I want to ask that you send me updates on what you are doing, what you find helpful, what you are doing to stay healthy, as well as what you might need. We may be quarantined for weeks or months. Thankfully we have email, eBlasts, Facebook, and the telephone.

As far as new news from Las Candalistas, we do have a few articles compiled to keep you informed and amused. Keep sending them.

Thinking of you,

**Suzanne Manavian**  
**President**



## **FROM THE BOARD OF DIRECTORS**

We have been keeping you and your families in our thoughts and hoping that you are all staying healthy and safe during this time of uncertainty. In times like this we are reminded of how lucky we are to be a part of such a kind and caring group of women that are dedicated to helping our community. One thing that is quite certain is that our philanthropies will need our help even more now than ever and in the future. With that in mind, the Nominating Committee has continued to move forward to find a team of leaders for next years' term. We are very pleased to report that we have filled all of the Officers positions for 2020-2021! We are so appreciative to the devoted and very qualified members that have stepped up to lead us. The full slate of Officers and Board of Directors will be announced at a later date, after the BOD voting process is complete.

Since the April General Meeting has been cancelled, we have postponed our Annual Meeting of the Board of Directors until May 13th. We are keeping positive thoughts that we will be able to conduct a meeting in May but if necessary, we will hold the vote for the Board of Directors (and the vote to change the Standing Rules to allow Voting Associates to be eligible to hold office) by absentee ballot.

All eligible voting members will be voting to elect three new members for the Board of Directors' for the 2020-2022 term. Irene Almeida, Tracey Peffer and Janie Woodburn will be finishing their term, Janis Davis and Sue Spellacy will continue next year. Please review the four members that have been nominated to fill the three Board of Directors positions so that you can be familiar with their experience and what they can add to the Board of Directors. We so appreciate their desire to further serve as Las Candalistas Board of Directors.

### **Polly Goodman**

I've been a member of Las Candalistas since 2012. Working with this amazing group has been a joy as well as a challenge. One of the things Las Candalistas does so well is to give us all opportunities to learn and grow by taking on responsibilities we didn't know we could handle. Being Treasurer for two years, 1<sup>st</sup> V.P. Philanthropy Chair for two years,

Co-chairing the Spring Event, and implementing and managing the DonorSnap software and database have all been growth experiences for me that have enhanced my skills. I previously served as a board member, and if I am selected, I would be proud to continue to support Las Candalistas and our charities in this capacity.

### **Lucy Huebner**

Hi, I am Lucy and I live with my husband, Chuck in Palos Verdes Estates. We have two sons, Nick, age 26, who graduated from USC, and now works as a Regional Manager for Oracle in Santa Monica, and Matthew, age 22, who also graduated from USC, and now works as a Search Engineer with Canvas Worldwide in Playa Vista. While both have their own apartments, we are blessed to have them close by and they visit frequently.

I was born in Montgomery, Alabama, attended Southern Methodist University for my undergraduate degree, and then got my MBA from George Washington University in Washington, DC. Our family moved

several times earlier in Chuck's career starting in Westport, CT, then to Atlanta, GA, then to Tokyo, Japan, then to Houston, TX, then to Barrington, RI before moving here in 2005. When we arrived here I got very involved with the local schools and the PTA until my sons graduated from PV High School. After joining Las Candalistas in 2012 I was very active and was the Corresponding Secretary for three years. When conflicting commitments caused me to travel frequently, I became a sustainer and have been less involved in the past few years. My schedule has changed and I would very much like to get back involved with Las Candalistas. When asked if I would consider a Board position I enthusiastically agreed to be nominated.

### **Jennifer Sittel**

My husband, Rich and I have lived on the Peninsula for over 42 years. We have one daughter, Jacqueline, who is married to her wonderful husband, Tristan. They live in northern Virginia with their 2 rescue cats. We also have 2 "purr babies" that keep us entertained with their antics.

I was delighted to join Las Candalistas in 2009 and felt I had found "my own kind." I began my Provisional year by co-chairing Sunshine and putting together a Thanksgiving table with Michelle Joye for our first ever Entertaining for the Holidays fundraiser. The following year, believing that innocence is bliss, I co-chaired our Spring Event, "Celebrating Our Nation's Capital," with Marcia Butler. I served as Recording Secretary from 2011 to 2012 and went on to co-chair Membership. I served as Las Candalistas President from 2016 to 2017. Rich and I were happy to host the Celebration Party for Las Candalistas' 50<sup>th</sup> anniversary in the Spring of 2017. It was quite a milestone for our organization. Over the years I have served as table design coordinator and co-chaired ambiance and centerpieces for Entertaining for the Holidays. For our Spring Event, I have co-chaired Garden Shop, Ambiance, Centerpieces, Flowers, Members' Hospitality and served on the Silent Auction Committee. I also co-chaired Sunshine again last year.

I value the work of Las Candalistas and cherish the friendships of the many talented women I have met. It would be an honor and a privilege to serve on the Board of Directors as we continue to make a positive contribution to so many worthwhile charities in the South Bay.

### **Karen Tucker**

Although originally from the Midwest, I moved to the South Bay area in 2000, met and married my wonderful husband, Chuck in 2002. We share five children and five grandchildren. I was a successful IT professional, retired with over 25 years of project management experience in all phases of development and Information Technology with major companies including United Airlines, Universal Studios, Warner Bros. Studios and Toyota Motor Corp. I have used my business skills and experience in serving a number of South Bay non-profits. I have served in a variety of positions for Las Candalistas over the years, was one of 12 women who started the Harbor Interfaith Services Women's Auxiliary, volunteer for South Bay Children's Health Center and served as Board President and interim Executive Director for Family Promise of the South Bay. I enjoy golf, skiing, reading and knitting. I love the diversity, creativity and passion for those in need that my Las Candalistas sisters demonstrate every day!

**Thank you and be well,**

**Irene Almeida, Janis Davis, Tracey Pepper, Sue Spellacy and Janie Woodburn  
Board of Directors**

## PARLIAMENTARIAN

We will not be holding our April meeting to vote in-person for new members of the Board of Directors. We plan to hold that vote at our May meeting but as things progress that will be determined. If we are still unable to vote in-person in May we will hold the election virtually. We will then be distributing a ballot via email to be returned with your choices.

Our June luncheon is still scheduled for June 10th but is subject to change due to COVID19 precautions. More information will follow as we get closer to June and see how social distancing rules develop.

Hope everyone is making the best of social distancing. I know my dog Sherlock is getting more cardio training with me than he ever did! Ralph and I are also discovering strange and interesting antiquities as we clear out rooms and the garage on the weekends. We are also finding time (it takes dedication) to enjoy some of our better wine.

Stay safe and healthy!

**Hollidae Brown**  
**Parliamentarian**



**OCTOPUS'S GARDEN**

gg68238495 GoGraph.com

The 2020 Spring Event has been postponed to May 28. We were very lucky that everything fell into place with the venue, the caterer, the speaker, and most of our vendors.

That said, we are realistic and know that a month from now we **hope** that the state of the state and the nation is such that this can occur, but we have our “cancellation without penalty” dates in mind, and will do whatever we need to do to not incur any expense.

If cancellation occurs then we may need to have a classy, upscale, Las Candalistas style Estate Sale or Church Multi-Purpose room sale of those items which won't keep until fall or the next event. Or perhaps a booth if anyone has a street fair or farmers market. The online auction site can be used for any auction items which are date sensitive. We have many options...

So for now, if you have unfinished projects you want to work on great, but don't start new. It's also a great time to gather your receipts and get expenses ready on forms for reimbursement.

**Stay safe and healthy ladies!**

**Debbie, Janie, and Karen**  
**Spring Event Chairs**

## L.C. CREATIONS

Thanks to all for helping with the Jewelry, sewing, tile coaster, and card making workshops.

We have more projects to work on like sewing shrugs, crocheting and knitting marine animals, and scarf making.

We look forward to our future time together.

**Michelle Joye and Susan Sanborn**  
**LC Creations Chairs**

**Isolating and baking Candalistas style. Yes, that is lemon bread!**



## DONORSNAP

While we are being “confined”, please give some thought to friends you might like to add to our DonorSnap mailing list so that once we are set free and ready to have our event, our lists will be completely up to date. Also, if friends have moved or should no longer receive our invitations, please let me know that as well so that we don’t waste the postage.

**Stay well.....Polly**

## PHILANTHROPY

### Community's Child Needs Local Hunger Heroes!!!

At this time when local schools are closed and stay-at-home orders are in place, Community's Child is still at work caring for the food insecure children and some seniors in our community. If you are able to donate \$50 to purchase a pallet of food from the LA Food Bank you'd be helping to meet the needs of keeping these children and seniors fed during this crisis. You can donate online at [www.cchild.org](http://www.cchild.org) or call Dede at 310.534.4040 ext. 302.

They can also use additional baggers on Tuesday and Thursday mornings, 10:00 a.m.-Noon. Gloves and face masks are provided and the bagging takes place outside. Contact Irma Valdez at [Irma.v@cchild.org](mailto:Irma.v@cchild.org) or 310.534.4040 ext. 301.

### Family Promise of the South Bay Emergency Relief Fund

Please visit <http://www.familypromiseosb.org> where you will be able to make a donation to Family Promise's Covid-19 Emergency Relief fund. Funds donated will assist in caring for the families that presently live at one of their shelter churches. The funds will provide food, toiletries and school supplies for the children to be homeschooled during the month of April, and possibly beyond. Their website shows they have raised \$11,524 out of their goal amount of \$20,000. Any amount would be appreciated.

### Boys & Girls Club of the Los Angeles Harbor

Our recent book drive was a phenomenal success. Thank you to everyone who donated either books or cash in support of their elementary school reading program. We collected 100 books and \$240 in cash. The cash donation will allow us to purchase approximately 200 more books for the children. If there is a member that was unable to attend the April general meeting and would like to donate, you are welcome to drop deliver books to my home at your convenience. I will be purchasing the additional books and delivering them to the Club's Director of Donor Relations as soon as possible.

If you know or hear of a need at one of our charities and would like to share it with our members, please email me and I will send an e-blast and post it on our Las Candalistas Members Only Facebook page. Stay safe and healthy!

**Amy Mosher**  
**Philanthropy**

## RALPHS

### Ralphs Shoppers:

We now have three more members or friends contributing to the donations to Las Candalistas when shopping at Ralphs. 51 households raised \$486.23 from December 2019 through February 2020! Thank you for signing up to make these contributions as you shop at Ralphs.

If you haven't registered yet, just **call 1-800-443-4438** to register with the Community Contribution Program. Give the Ralphs representative your phone number or Ralphs number and designate Las Candalistas **NPO # SH584** to receive your contributions.

**The Ralphs receipt should note Las Candalistas donation if you are registered.**

Please feel free to call me or email should you have questions!

**Mary Ross, [mmgatross@aol.com](mailto:mmgatross@aol.com) or 310-544-4417**

**Las Candalistas Community Contribution Coordinator**

## MEMBERSHIP

### New Members

I hope you all are well during this unprecedented time. It that time of year where we are looking for new members (virtually). New blood to bring in new ideas and renewed energy into this great group that we all love. More members to share the load! Think you know someone that may want to join? Please let us know their contact details.

### Change of Status

Thinking about changing status? As per the standing rules, all changes in membership status must be submitted by May 15th. **A status change request must be in written form (includes e-mail)** to the Membership Chairman.



### **HAPPY BIRTHDAY TO OUR APRIL BIRTHDAY GIRLS!**

Doris Duncan Brigham 4/4

Deri Antrim 4/6

Judy Hessick 4/10

Joan Sedillo 4/11

Pam Barrett-Hill 4/11

Lucy Huebner 4/12

Diana Klink 4/14

Donna Ciminera 4/15

Sara Jane Bettge 4/16

Sherry Granstrom 4/24

Cheryl Guheen 4/26

Joanne Mineo 4/28

Barbara Smith 4/29

Susan Mills 4/30

**Paula and Judy  
Membership**

## Stanford Bulletin on Coronavirus

The new Coronavirus may not show sign of infection for many days. How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrosis and it's too late. Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs, basically indicates no infection.

In critical time, please self-check every morning in an environment with clean air.

\*\*Serious excellent advice by Japanese doctors treating COVID-19 cases:

-Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water regularly, the virus can enter your windpipe and into the lungs. That's very dangerous.

### **IMPORTANT ANNOUNCEMENT - CORONAVIRUS**

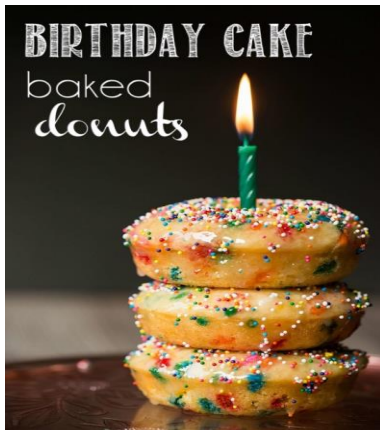
1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. Normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

### **THE SYMPTOMS**

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
  2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
  3. With the pneumonia comes high fever and difficulty in breathing.
  4. The nasal congestion is not like the normal kind. You feel like you're drowning.
- >>>>>>>>> *It's imperative you then seek immediate attention.* <<<<<<<



## WHAT WE'RE DOING....



Pretend you are celebrating 'something' and blow out a candle before eating the prize. Today I am celebrating the first day before John and I attempt to follow a *schedule*. *By using a very simple tracking technique, John and I will be able to visualize our individual participation. Haven't decided yet what the reward will be.*

**Suzanne 3/23/20**

Each day I take a beautiful walk for an hour. I started putting together a 1,000 piece puzzle. And I am reading books. I have not been doing anything constructive like cleaning out closets and drawers, maybe later. Miss all of you.

Love, **Sue Spellacy 3/22/20**

As most people know, I love to sew. Now that I have some "down" time I thought I could make some cosmetic bags. I need medium weight fabrics and 3/4" Velcro strips (not the stick on kind). People can drop off stuff in the basket on my front porch. The pattern is approximately 20" x 12" and the Velcro strips are about 8 inches.

Thanks, **Janie Hasselman 3/23/2020**

Hi! Here is my toss in the basket...

I'm happy to fix any piece of broken jewelry that you've missed wearing. Text me an image of the item so I can see if it's something I can readily fix.

I'm also accepting damaged jewelry, parts and pieces that can be recycled. Old and vintage jewelry can also be recycled or updated. Please feel free to drop off at my home. Text me to let me know when you're coming by to drop off.

Blessings. **Selina Hamilton 3/23/2020**

Hi everyone, Rich and I are enjoying long walks and appreciating the beauty of the area in which we live and often take for granted. Rich is threatening to trim my bangs! LOL!

Wishing you the best of health during these uncertain times.

**Jennifer Sittel 3/23/2020**

I have been going through, editing and culling old photographs in my Photos program on my computer. This project will keep me busy for months. I also have stacks and stacks of magazines that I need to peruse, another several month-long project. Then there are items of clothing that need to be mended and lots of beads waiting to be made into jewelry. It is important that we get out in the fresh

air every day for at least a half hour and take a walk. Steve and I have also been listening to audio books, which we can enjoy together.

These are my suggestions.

Fond regards, **Sue Soldoff 3/23/2020**

Sending my love to the Las Candalistas community!

Getting through all this by realizing how much I'm loving the same sweatpants, not putting on makeup, organizing some cupboards (not too many...pacing myself), baking, staring into space (all time favorite), Netflix and reading! I love following Chrissy Teigan and John Legend on IG. Taking way too long showers to get away from the husband and initiating a no open door policy to my office! I was inspired by Debbie Sampson to update my music on Spotify. So many great songs out there that gets me in a happy mood!

Time for my next feeding! **Lorri Mino 3/23/2020**

I am going to work on my April newsletter article tomorrow morning while my son is in online school from 9 until noon. We're working together today on a big project he was assigned with a creative element. It's giving us something to do and its actually interesting (Ancient Rome). Anyhow, look for it tomorrow. (3/23/2020)

**Amy**

Here's what I've been up to:

I've been enjoying the peacefulness and beautiful view and nature right here in our backyard at our temporary home. We are visited by so many different birds every day, the hummingbirds being our favorites. A few hawks glide by several times a day, too.

We're getting tons of photos organized and listening to great music, keeping in touch with family and friends on fb and video chats. Also keeping all of you in my thoughts and wishing you well. I'm being reminded what is really important – inner peace and the people in our lives, our family and friends.

**Irene**

Hi Everyone!

Just a quick note to say hello and hang in there to all our sweet sisters and their loved ones! Chuck and I are “hunkered down” and getting into the rhythm of the new norm. We're staying busy and trying to take an hour walk every day to get some sunshine and fresh air. It's actually wonderful to see so many folks out walking and they're doing a good job of keeping the required social distance.

I received an email from a friend about making face masks at home for hospitals and the homeless but have had trouble finding the ¼ inch elastic tape. If anyone is interested, I can forward to you.

When I'm not reading the newspaper and emails from family and friends, I'm in a manic jigsaw puzzle mode (just completed 1000 piece Paris City View), reading *The Dutch House* by Ann Patchett, completing knitting projects that have gathered dust in my yarn bin, playing Mah Jongg with players from all over North America and bridge with players around the globe, tackling Sudoku for the first time, cleaning out junk drawers (UGH!!) and, of course, my LA Times and WSJ crossword puzzles to help me go to sleep – WHEW!!

A parting thought: Several years ago, I started a Good Neighbor Network at our church with volunteers who make social visits to our homebound church families. Since visits are not allowed at this time, we're calling them once a week to make sure they are okay and don't need anything, but most of all, they have some personal interaction at a very difficult time. I have a training manual we created if anyone is interested in starting something like this in their faith community, neighborhood or organizations. Stay well and safe everyone! Love to all! **Karen Tucker**

**(Messages sent To all of Us from community members)**

Thank you very much for your email. Yes, unfortunately we will not be holding public meetings in response to the COVID 19 virus. We would very much like for you and your group to join us at our next public meeting.

I am sorry to hear you have had to postpone your spring event to May. I hope that your “Octopus’ Garden” turns out to be a wonderful event.

Thank you for your 50 years of philanthropy in the South Bay. Congratulations on helping our children and our environment through your work. We are a better community because of organizations like yours. I look forward to meeting you in person.

**Velveth Schmitz** 3/21/20

Mayor, City of Rolling Hills Estates

Dear Suzanne

Thank you for the kind words about the Conservancy. I'm glad you know Barb Ailor!!! Las Candelitas is a great organization. I came to the fall fete and bought some wonderful things at the silent auction.

Need to get my massages booked, come to think of it!! And also got a wonderful cake stand which will be used in May.

All the best, **Susan Wilcox** 2/27/20 (PVPeninsula Land Conservancy, Director of Development)

Wonderful newsletter!!! Thank you! (Ann is referring to the INSIDER)

**Ann 2/2020**

**Ann C Lynch**, Director South Bay Wildlife Rehab 310-378-9921 [www.SBWR.org](http://www.SBWR.org)

# APRIL 2019

## April Birthdays

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
			Officers Meeting CANCELLED	Doris Brigham		Deri Antrim
07	08	09	10	11	12	13
			General Meeting CANCELLED Judy Hessick	Joan Sedillo Pam Barrett-Hill	Lucy Huebner	
14	15	16	17	18	19	20
Diana Klink	Donna Ciminera	Sara Jane Bettge				
21	22	23	24	25	26	27
			Sherry Granstrom	Octopus's Garden Re-scheduled for May 28	Cheryl Guheen	
28	29	30				
Joanne Mineo	Barbara Smith	Susan Mills				