



Sisters in SERVICE

NOVEMBER/DECEMBER 2010

COURT SANTA SOPHIA #2520 · SPRING VALLEY, CALIFORNIA

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Honoring Our Veterans and Service Members

By Melissa Hiatt

The Catholic Daughters of the Americas have a long history of supporting the military. During World War I, they sold Liberty Bonds and collected clothing and food for war victims. During World War II Catholic Daughters prepared box lunches for U.S. troops passing through Nebraska by train on the way to the front.

distribute cookies to a VA home. When it came to light that the VA home would only accept foodservice-prepared cookies,



Parade photos courtesy of Shelby Leininger

our plan changed and we decided to hand out cookies to the veterans and active service members at the Veteran’s Day Parade.

On November 7th, 12 members met at Pam Kay’s house to bake and decorate cookies. Once the procedure of rolling out

Reflecting on our history, a resolution was made at the 2010 National Convention to organize or partner an activity in support of our Armed Forces. Veteran’s Day proved to be a perfect opportunity for Court Santa Sophia to do just that.

the dough was given, Pam Kay, Anne Havin, Elide Barker, Claire Lake, Marie Mixon, Barb Stewart and Melinda Bauers headed the effort to bake the cookies. I demonstrated how “pipe and flood” the cookies and left it to Diana

We planned to bake, decorate and

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REGENT’S LETTER



I love the holidays—the smell and warmth of comforting food, the 10 to 20 degree drop in temperature (having been born and raised here, it’s significant to me!), and the chance to reflect on the many blessings that we have—especially family and friends.

may not be celebrating and sharing the same blessings that we have. Every grocery store has a food donation bin, the red buckets are out, and there are various clothing and toy drives. While more people are generous in their donations during the holiday season, what happens when Christmas is over?

That’s where we step in. CDA members give their time and talent *beyond* the holidays. Our fundraising

efforts this past year allowed us to distribute donations to 13 charities. Not only that, we have given our time in assisting various organizations when there is a call for help.

We have set lofty goals for the upcoming year and your help is needed to make our upcoming fundraisers a success. A few of our members have developed an exciting incentive

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It is also more apparent that during this time, many in our own community

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program to encourage members to volunteer. We have started this program in October and members have already accumulated tickets! See the article, "Volunteer Incentive Program" for more information.

My friend reminded me of a quote by Edward Everett Hale that struck a chord with me many years ago: "I am only one, but I am one. I cannot do everything, but I can do

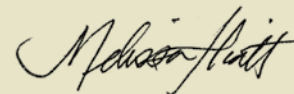
something. And I will not let what I cannot do interfere with what I can do." When deciding to volunteer, really think about that—as we have said many times in the past, you are not alone in your efforts but what you do really counts.

Have you noticed the new name of our newsletter? "Sisters in Service" couldn't be more fitting! Congratulations to Georgene Kruzal who came up with the name—she

will be receiving a CDA tote bag.

We do not have a meeting in November but will have a potluck and meeting on the 16th of December. See "December Meeting" for the time, location and details. May you and your family have a blessed Thanksgiving and Christmas!

In Unity and Charity,



The Cherry Tree at the SSA Family Picnic



On August 28th Marie Mixon and Melissa Hiatt "womaned" the Cherry Tree booth at the SSA Family Picnic. Numbers were written inside a red tissue paper which wrapped a Tootsie Roll. When people picked the number off the cherry tree, they win the associated prize. Our booth was so popular that people came back over and over again! We made a small profit but it was a fun to witness the joy in the prize winners' eyes!

Our 2nd "Junk From Your Trunk" Sale!

Our Fall "Junk From Your Trunk" sale was held on October 2nd. We partnered again with an E-waste service company to help us generate traffic and to provide an outlet for those who need to get rid of *their* "E-Junk." We had a lot of competition that day with the Spring Valley Cleanup and La Mesa Oktoberfest occurring at the same time. However, we were still able to raise over \$300 from space rentals and sales from our booth. Vendors commented on how they enjoyed the fellowship with other parishioners. It was also recommended that we try having the event in the Parish Hall next May.

UPCOMING EVENTS: Your Opportunity to Help

We have many upcoming events where your help is needed. This is a great opportunity to earn your tickets!

Our **Afternoon Tea and Membership Drive** will be held on January 16th. We will need women to donate snacks and help decorate and set up the event. Contact Cora McNamee at alfabeta@cox.net or (619) 670-5291 if you would like to help.

The **Catholic Charities Baby Shower** is usually held at the end of January. We need members to donate baby items and to also help sort and organize items at Catholic Charities. Contact Anne Havin at jnahavin@aol.com or (619) 461-3780 for more information.

Our **Education Contest theme this year is "The Lord is My Light."** Pam Kay and Debbie Crutchfield are co-chairing the contest. If you would like to offer your help, contact Pam at PamKay@fiberartist.com or (619) 464-2009.

The **Valentine's Day Dinner and Dance** will be held on February 12th. We need volunteers to chair and co-chair our biggest fundraiser. This is a joint venture with the Knights of Columbus and they have offered to provide volunteers for the event.

WELCOME OUR NEW MEMBER!

Cora McNamee took the CDA pledge at the September Meeting and has volunteered to chair our membership drive. We extend our warm welcome and gratitude for her involvement!



Top photos, counter-clockwise: Our baking crew working hard in the kitchen. The decorating team adds their creative touch. Diana shows off the final product.



Left to Right: The Parade Program, Celebrating Cold War Veterans. Two sailors who received cookies before walking in the parade.

Veterans and Service Members - continued from page 1

Garra, Roseanne De Riso, Carol Williams, and Stella Blackfelner to decorate. The cookies were very whimsical - red, white, blue and yellow, with sprinkles on star shapes and circles bearing the letters, "U.S.A." They were wrapped in cellophane with a tag that read, "Thank You for Protecting Our Freedom."

On Veteran's Day, there was a delay in getting the cookies to the parade staging area due to the infamous, "Carnival Splendor" pulling into port after the fire. With my daughter, Mya, in tow, I picked up the cookies from Pam at the nearest location where she could temporarily park and handed them out to all the veterans and service members we encountered. Even with all the setbacks, Catholic Daughters can always turn lemons into lemonade!

We received many thanks, handshakes and hugs. It was amazing and humbling to see so many people from all walks of life who served our country. One poignant moment was when I handed a cookie to a Gulf War (Desert Storm) veteran—he said, "This is great. You don't know how much this means to me. I need to give you a hug!"

It just goes to show, with what little we can do to show our support for the military, comments like that sure make our effort well worth it.

Volunteer Incentive Program



YOU CAN WIN Visa Gift cards in the amounts of \$25, \$50, and \$100 by earning Attendance and Service Tickets to be entered in the drawing. You can earn:

- ONE Attendance Ticket for every meeting you attend
- ONE Service Ticket for volunteering to help at an event
- TWO Service Tickets for co-chairing an event
- THREE Service Tickets for chairing an event

How does it work?

- At every CDA meeting the Regent will assign two ticket managers. Visit them to pick up your Attendance and, if applicable, Service Ticket(s). Sign the ticket and put into the ticket container.
- The chair for every event will be responsible for turning in the name of their co-chair and list of service volunteers who qualify for a ticket for their event. Remember, you are eligible for a ticket if you sign-up to help AND complete service.
- Service Tickets must be picked up at one of the next two meetings after the event. Service Tickets not redeemed during one of the next two meetings after the event are forfeited.

- The ticket container remains at our meeting site.
- No tickets can be added to the container except during CDA meetings. Only the assigned ticket managers can give out tickets.
- Tickets can only be picked up and turned in by the attendee or service person. No one else can add tickets to the container for you.

THE DRAWING WILL BE HELD OCTOBER 27, 2011. You must be present to win!

Make it more fun by bringing a little gift as a donation for our drawing!

Please Pray For...

Harriet Chagnon that her health may be quickly restored.

Anita Sanford that the Lord may help her on her path to recovery.

Congratulations to...

Rebecca Kelly and her husband Bill who became grandparents on October 26th!

Melinda Bauers and her husband Steve on the convalidation of their marriage on October 31st!

Clarice Lake for being elected as our new Recording Secretary! Thank you for accepting the position!

Keeping Christ in Christmas

With the hustle and bustle of Christmas time, it's sometimes easy to forget the real meaning of the season. Here are some suggestions on how to remember and honor the birth of Christ:

- As you receive your Christmas Cards say a prayer for the sender of the card before you display and/or store it.
- Write a thank you note to someone who displays a Nativity scene in their front yard.
- Ask meaningful questions when celebrating with friends, such as: What were you most thankful for this past year? What have you learned from the past year? How would you like to grow next year?
- Consider the gift of forgiveness.
- If you write a Christmas letter in your cards, write about how Christ has blessed your life in the past year.



Volunteering is Good For You!

By Pam Kay

Are you stressed out? Need a vacation? Think you're too busy? Wish you could spend a day at the spa to get back in balance? Think again! There is a better way to bring peace, calm, and satisfaction to your life. Studies show that volunteering is good for your health. It is only one of many benefits you reap when you work on behalf of others or a particular cause without payment for your time or service. Studies also show that religious organizations are the most popular medium for volunteers to serve.

A deep misconception is that people are more likely to volunteer when they have more leisure time. It is the other way around. On average, volunteers watch TV about 15 hours a week, where non-volunteers watch 23 hours a week. It is also interesting



to note that more women volunteer than men. Good works can lengthen your life expectancy. The evidence is clear, volunteering is good for you. Helping others bolsters your immune system, reduces your blood pressure and adds years to your life span by reducing despair and depression and lowering rates of cardiac-related illness. Other health benefits include reduced insomnia and quicker recovery time after surgery. Of course benefits of volunteering also increase levels of life satisfaction, self esteem and happiness. Youth who volunteer are more likely to do well in school,

graduate, and vote. Young people who volunteer just one hour a week are 50% less likely to abuse drugs, alcohol and cigarettes.

Surprisingly, it doesn't require a huge expenditure of time to obtain the many benefits of volunteering. Research shows that volunteers show real benefits to the body and soul by "donating" just 40-100 hours per year. People feel good about themselves when they reach out and give back to the world.

The next time an opportunity to volunteer comes about, raise your hand, you'll be glad you did!

STATE NEWS

Congratulations to **Daphne Bernestine**, Second Vice State Regent, who won a position on the 2012 National Nominating Committee. Our new National Representative for the state of California is our very own, **Emily Guilherme!**

CIRCLE OF LOVE WINNERS:

Education: 1st – Ct. Holy Innocents #2446

Leadership: 1st – Ct. Blessed Sacrament #2024

2nd – Ct. Our Lady of Perpetual Help #1402

Quality of Life: 1st – Ct. Our Lady of Shasta #2312

2nd – Ct. St. Mary Margaret #1450

2nd – Ct. St. Raymond #2057

3rd – Ct. Santa Barbara #293

Spiritual Enhancement:

1st – Ct. Blessed Sacrament #2024

2nd – Ct. Our Lady of Redwoods #1742

3rd – Ct. Santa Barbara #293

Youth: 1st – Ct. Blessed Sacrament #2024

2nd – Ct. St. Francis of Assisi

3rd – Ct. Our Lady of the Miracle #1707

Courts are strongly encouraged to submit their Circle of Love Reports in 2011.

NATIONAL NEWS

Information on the following 2010 contests have been sent: Education Contest, Newsletter Contest, High School Scholarships, Graduate Scholarships.

Courts are encouraged to update their address and confirm their EIN with the IRS to ensure their 501(c)(3) non-profit tax-exempt status.

CDA store is now available on the National website at www.catholicdaughters.org. All orders must be approved by the court and be paid with a court check.

The Tools of the Trade 2nd Edition and revised Bylaws are now available for sale.

OPERATION MORNING STAR: Call Senators and Representatives asking them to co-sponsor the “No Taxpayer Funding for Abortion Act.” Although there is no timetable yet, it is most important to have hundreds of sponsors for this important bill. Contact Senators and Congressmen as soon as possible.

Remember to speak as individuals, not as members of Catholic Daughters. Encourage friends and family members to write or call, too.

Thank You!

Many thanks to the members who volunteered and donated beverages, baked goods and sale items for our 2nd “Junk from Your Trunk” sale!

Thank you to everyone who helped bake and decorate cookies for our service members!

DECEMBER MEETING

Our December meeting will be held on **December 16th at 6pm at the Hiatt Residence, 3504 Doveview Court, in Spring Valley.** Please bring a potluck dish to share, a card with a recipe and \$10 which will go towards bracelet supplies for Garden of Innocence. We will also be assembling bracelets during the meeting. Raffle prizes will be available and proceeds will go to charity!

CONTACT INFORMATION

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Vice Regent, Melinda Bauers
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Melinda.Bauers@Wellpoint.com

Recording Scty., Claire Lake
(619)461-3001
crerucha@att.net

Financial Scty., Rebecca Kelly
(619) 670-7033
pengybecca@cox.net

Treasurer, Carol Williams
(619) 462-0663
wifam@cox.net

Chaplain, Fr. Devdas
(619) 463-6629
FrDevdas@santasophia.org

MEMBER SPOTLIGHT



Dee Sanford joined the Catholic Daughters because of a personal invitation by Pam Kay. She just missed being a charter member, as she says, “by the snap of a finger.” Dee served our Court as the second Vice Regent and the third Regent. Dee loves being a Catholic Daughter and promotes our organization through her wardrobe by wearing either a CDA sweater, sweatshirt, t-shirt, jacket, blouse or apron. She has attended National and State Conventions as well as numerous workshops. Dee has been responsible for many women joining our Court.

Dee is a native San Diegan. She and her family have lived in Spring Valley for 36 years. Dee and her husband have been married for 41 years and are parents to Marcuz, Karla and Anita, and grandparents to 6 grandchildren. One of Dee’s first jobs was elevator operator for Walter Scott, and one of her most exciting jobs was working for the San Diego Chargers for 10 years. That proved to be too much traveling for her so she got a job in San Diego as a bus driver, which she retired from after 25 years.

Dee enjoys her retirement and is busy with many activities. She is an accomplished artist—A sample of her work, an oil painting of Mother Teresa, hangs in the St. Vincent De Paul Pantry. Dee belongs to many church organizations, but her favorite activity is her volunteer ministry at the hospital where she brings communion three to four days a week. She always finds time to volunteer for her church, she is a shining example for Christian women!

UPCOMING EVENTS

NOVEMBER

No Meeting - See you in December!

DECEMBER

12/16/10 6:00pm

General Meeting and Potluck at the Hiatt Residence:

3504 Doveview Ct., Spring Valley

Please bring a dish to share and a card with \$10 and a recipe!

JANUARY

1/16/11 1:30pm

Afternoon Tea and Membership Drive

To Be Announced

Catholic Charities Baby Shower



Catholic Daughters of the Americas

Court Santa Sophia #2520

9800 San Juan Street

Spring Valley, CA 91977

Mission Statement

Catholic Daughters of the Americas strives to embrace the principal of faith through love in the promotion of justice, equality and the advancement of human rights and human dignity for all.