

# AGUA DULCE WOMEN'S CLUB

THE HEART OF AGUA DULCE

33201 AGUA DULCE CANYON ROAD, BOX #7, AGUA DULCE, CA 91390 (833) OUR-ADWC (687-2392) [WWW.ADWC.ORG](http://WWW.ADWC.ORG)

## A MESSAGE FROM OUR PRESIDENT

Hello,

I hope everyone's summer is kicking off great. My favorite holiday is fast approaching, the 4th of July 🇺🇸!

Celebrate our country, our freedom, and of course, be safe!

The club is quiet for the month of July, but we did sneak in an awesome event on July 30 to catch elementary age students before they return to school. Donations and volunteers are needed for the Back-to-School Giveaway. Please email Anne, the event chair, at [adwcvp@gmail.com](mailto:adwcvp@gmail.com), to see how you can help.

Our next general meeting is August 3, @ 6:30pm at the clubhouse. We'll start with a short program, a Jam-Making Demonstration, followed by club business @ 7pm. I hope to see many of you there! Don't forget to let Oralia know at [adwcprograms@gmail.com](mailto:adwcprograms@gmail.com), if you will be attending so you get a fresh-made jar of delicious blueberry jam to take home.

Have a great summer everyone!

Best Regards,  
Kat Hupp  
661-714-8209 call/text  
[adwcpresident@gmail.com](mailto:adwcpresident@gmail.com)

**JULY 2023**

**-no general meeting  
in July-**

**-no Board Meeting  
in July-**

### 2023 BOARD MEMBERS

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**VICE PRESIDENT**  
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ADWC reserves the right to determine the appropriate nature of all our publication.

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## JUNE GENERAL MEETING

Recipients of our annual student scholarship program were presented their scholarships at the clubhouse on June 1, 2023. These students, all residents of Agua Dulce, are **Arriana Guardado, Emma Clegg and Lia Rubin** (left-right) and ADWC member **Kat Hupp** received the Doreetha Daniels Adult Continuing Education Scholarship. Scholarship Committee co-chairs **Celeste Brooks** (left) and **Karrie DeMott** (right) presented scholarships. **Celeste** and **Karrie** also presented a certificate to **Arriana** at Vasquez High School's "Night of the Stars" event.



Congratulations scholarship winners!



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## RUMMAGE SALE

The adage "one person's trash is another's treasure" held true at the rummage sale this past month. Lots of treasures! If you missed this one there will be more opportunities for rummaging! The sale is held twice a year and if you are interested in renting a 12x12 space to sell your treasures, contact, committee chair, **Summer Walters** at [summerwalters@gmail.com](mailto:summerwalters@gmail.com)



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## AUDIO VISUAL EQUIPMENT TOWN HALL MEETING

A Town Hall Meeting was held on Wednesday, June 14, 2023 using the newly installed audio visual equipment that was purchased with a grant awarded by the office of Supervisor, **Kathryn Barger**. The meeting, which is held on the 2nd Wednesday of the month via Zoom, was conducted both in-person at the Agua Dulce Women's Club and on Zoom. This meeting format called "hybrid" is an in person meeting combined with a virtual meeting online. This will continue quarterly. Please check the Agua Dulce Town Council website for meeting information and agendas. They meet on Zoom monthly and in person quarterly.

<http://adtowncouncil.com/>

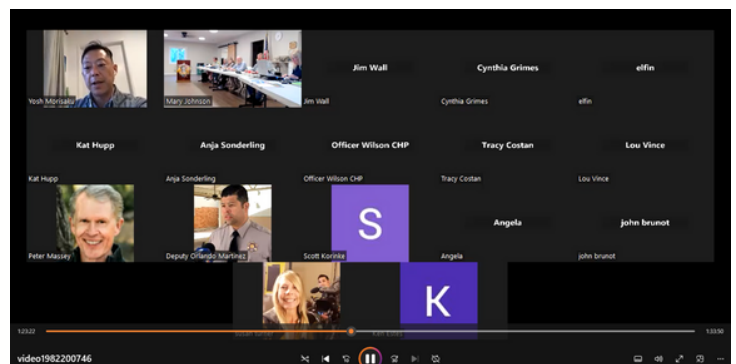
**Mary Johnson** reported *"the equipment includes a 70" wall mounted TV screen, along with a microphone system and speaker system and all the necessary cables and miscellaneous equipment."*

*Going forward, there will be a hands-on tutorial/class for those members and groups who may want to use the equipment.*

*The equipment will also be able to be used for community meetings to present slide shows and powerpoint presentations.*

*Additionally, there is a simple one speaker PA system with 2 wired microphones for events that need an amplified audio source.*

*A big thanks to **Supervisor Barger** for her continued support of the Agua Dulce Women's Club."*



## **HANDS ONLY-CPR TRAINING & FENTANYL AWARENESS PRESENTATION**

According to the DEA, 6 out of 10 illicit drugs on the street contain a lethal dose of Fentanyl. One pill can kill – It is 100 times stronger than morphine, 50 times stronger than heroin. Overdoses are on the rise. How do you respond to someone that has overdosed on Fentanyl? These are some of the important points that were discussed at the presentation held on June 22, 2023.

Additionally, Los Angeles County Department of Public Health is offering free trainings on Hands-Only CPR for community members. Hands-Only CPR is a life-saving skill that increases the survival rate of a person in a cardiac arrest emergency. If you would like **Marielle Parrillo** to give a presentation at your church, school, organization, or business contact her – it is FREE.

Knowledge can save someone!

More information & flyers on  
Page 17, 18, & 19

## **ADWC BOARD MEETINGS**

All are welcome to join the Board Meetings which are held the 3rd Monday of the month (except July). Agenda & Zoom link are on the ADWC website: <https://adwc.org/index.php/calendar-events-2/>



Marielle Parrillo RN, BSN

Homeless Outreach Community Liaison-Public Health Nurse

Community and Field Services Division- SPA1 & 2

Los Angeles County Department of Public Health

Cell: 323-788-6325

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## July Birthdays



### **Birthstone - Ruby**

**Raya Shanazarian - 2nd**

**Heather Harris - 24th**

**Erin Letson - 28th**

**Shannon Silverman - 31st**

## MONTHLY HOROSCOPE

According to astrologyk.com "a breath of change is felt. In life, progress is planned, at a critical moment the right people and the necessary money are found. At the same time, these are just outlines of future successes; there is no need to rush to conclusions. The atmosphere of the month of Cancer is conducive to reflection, focusing on important things. Everyone feels more deeply their belonging to the family, seeks to spend more time in the circle of loved ones. This is a great chance to settle old conflicts. As far as health is concerned, there is no need to complain about well-being. Although the risk of injury increases during the Thunder Full Moon in July, care must be taken while driving and when playing sports. It is better to replace training with meditation." Note: A Thunder Full Moon is also called a Buck Full Moon



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- **7/30 Back to School Give-Away\***
- **9/6 Red Cross Blood Drive**
- **9/16 Country Fair and Parade\***
- **10/31 Halloween Event**
- **Veteran's Day Luncheon TBD**
- **11/18 Holiday Boutique**
- **12/2 Parade of Tables**
- **Tree Lighting Date TBD**
- **12/9 Santa's Secret Shop**
- **12/13 Red Cross Blood Drive**

**\*FLYER BELOW**

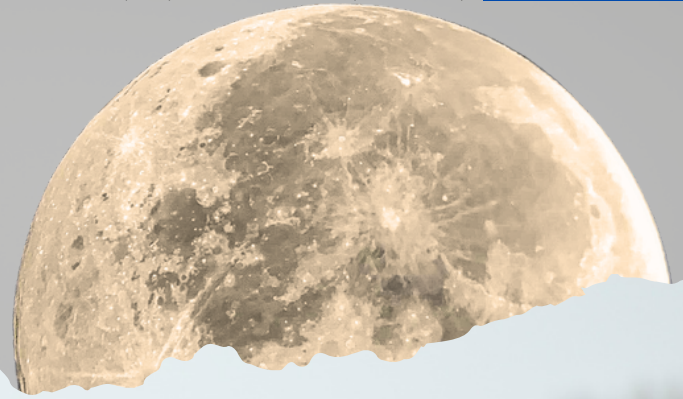
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## FUN FACT PAGE...

This month is a Full Buck Supermoon, as stated by The Farmers Almanac. *"It will rise on Monday, July 3. It has been called Buck Moon by Native American, Colonial American, and European sources. Traditionally, each full moon name was applied to the entire lunar month in which it occurred, not solely to the full moon. Antlers of male deer (bucks) are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by."* <https://www.farmersalmanac.com/>





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## RECIPE OF THE MONTH

From Julie White - member since 1997

### *Grape Salad*

*8 oz cream cheese (room temp)*  
*1/3 cup sour cream*  
*1 small jar marshmallow cream*  
*1 cup cheddar cheese*  
*2 lbs each green & red grapes*



*Mix first 4 ingredients together with a hand mixer.*  
*Combine grapes and refrigerate until salad is chilled.*

*If you would like to share your favorite recipe(s) to the newsletter, email to:*  
*[ADWCeditor@gmail.com](mailto:ADWCeditor@gmail.com)*

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## ADWC COOKBOOK

*MEMBERS!!!*

*We are putting together an ADWC Cookbook and looking for delicious recipes from our members. We will sell the cookbooks at events as a small fundraiser, or you just might win one in a raffle basket!*

*Contribute your favorite recipe(s)*

*by August 12, 2023.*

*Email to [adwceditor@gmail.com](mailto:adwceditor@gmail.com) and include how you would like your name published. If you have any photos of the completed recipe please email that as well.*



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AD SIZE	MONTHLY	ANNUAL
Business Card	\$5	\$60
1/4 Page	\$10	\$120
1/2 Page	\$20	\$240
Full Page	\$40	\$480

*Do you have a business you would like to advertise in our monthly newsletter? How about an upcoming event or a special message to someone? Our subscriber list is growing and we are growing! Advertising with us is another way you can support the Agua Dulce Women's Club! Email [ADWCeditor@gmail.com](mailto:ADWCeditor@gmail.com) for more information.*

*Host Your Next Event Here!*



## Agua Dulce Women's Club

**85 Person Capacity**

**Included in your rental:**

- Tables
- Chairs
- Kitchen
- Bathrooms
- Paper goods will be stocked

### **Clubhouse Rental Rates**

\$500 for 6-hour minimum rental

\$100 per additional hour

\$160 cleaning fee

\$500 security deposit (refundable)

\$150 booking fee (applied toward rental cost)

To reserve, contact Khanya Mkhize, Facilities Chair at  
[adwcfacilities@gmail.com](mailto:adwcfacilities@gmail.com) or call/text 917-570-5637.

**33201 Agua Dulce Canyon Rd., Agua Dulce, CA 91390**



# Does your student need supplies for the upcoming school year?

Join us July 30th 11 am-2 pm for free school supplies and kid friendly crafts!

Agua Dulce Women's Club  
33201 Agua Dulce Canyon Road  
Agua Dulce, CA 91390



**Volunteers needed!**  
If you would like to get involved  
Contact Chair, Patti Duce,  
[pattirduce@gmail.com](mailto:pattirduce@gmail.com)  
or give her a call @  
323.493.2300

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COUNTY

# Free Hands-Only CPR Training



BE THE DIFFERENCE FOR SOMEONE

Los Angeles County Department of Public Health is offering free trainings on **Hands-Only CPR** for community members. **Hands-Only CPR** is a life-saving skill that increases the survival rate of a person in a cardiac arrest emergency. We are asking our community partners to host these free and important trainings as a benefit for the people you serve. You play a significant role in helping us train as many people as possible.

**Hands - Only CPR** training is:

- A life-saving skill that will help you feel more confident to respond in an emergency
- A one-on-one or group session that lasts less than 10 minutes
- CPR *without* mouth-to-mouth breaths
- Only to be used on teens or adults
- Easy; no documents are required from anyone who would like to be trained
- **NOT** a Certified CPR course. NO CPR certification is provided; if you need a certificate you will need to take a different course offered by a certified provider

The trainings will be conducted by the Los Angeles County Department of Public Health staff at your facility. Trainings can be in various languages to accommodate the clients you serve. To host a training, please contact:

Marielle Parrillo, Public Health Nurse, Los Angeles County Department of Public Health  
Email: [mparrillo@ph.lacounty.gov](mailto:mparrillo@ph.lacounty.gov)



**LEARN HOW TO SAVE A LIFE!**

Los Angeles County Department of Public Health  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

-  [www.facebook.com/lapublichealth](https://www.facebook.com/lapublichealth)
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-  [www.youtube.com/lapublichealth](https://www.youtube.com/lapublichealth)



County of Los Angeles  
**Public Health**

## What is Substance Use Disorder?

Substance Use Disorder, also known as addiction, is a brain disease that happens when regular use of alcohol or drugs causes harmful and self-destructive behavior, and it can be treated.



## How to Get Help?

- ▶ Call us toll-free at **1(844) 804-7500**. Substance Abuse Service Helpline 24/7.
- ▶ Go to the **Online Provider Directory** [sapccs.ph.lacounty.gov/sbat/](http://sapccs.ph.lacounty.gov/sbat/)



## What are My Rights?

If you think you qualify, but have been turned away, denied services, or charged any fees, please call the County of Los Angeles Substance Abuse Prevention and Control (SAPC) at 1(626) 299-4532 to file a complaint. To learn more about your rights go to <http://publichealth.lacounty.gov/sapc/PatientPublic.htm>

Auxiliary aids and services, including but not limited to large print documents and alternative formats, are available to you free of charge upon request.

**ATTENTION:** If you speak another language, language assistance services, free of charge, are available to you. SAPC complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, or in any manner on the basis of sexual orientation. Call 1(844) 804-7500 (TTY: California Relay 711).

(Spanish) **ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1(844) 804-7500 (TTY: California Relay 711). SAPC cumple con las leyes federales y estatales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo ni de ninguna manera sobre la base de la orientación sexual.

(Chinese) **請注意:** 如果你只說中文, 你可以免費獲得語言援助服務。請致電 1(844) 804-7500 (TTY: 加州中轉 711)。SAPC 遵守適用的聯邦和州民權法。不因種族、膚色、民族出身、年齡、殘疾、性別、或性取向而歧視任何人。



## Are Alcohol or Drugs Getting in the Way?

Recovery is Possible

SUBSTANCE ABUSE SERVICE HELPLINE  
24/7 **1.844.804.7500**

County of Los Angeles  
Department of Public Health  
Substance Abuse Prevention and Control



COUNTY OF LOS ANGELES  
Public Health

## Substance Abuse Service Helpline (SASH)

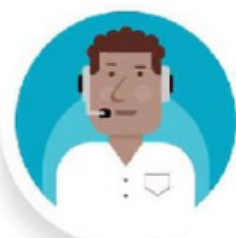
SUBSTANCE ABUSE SERVICE HELPLINE

24/7 **1.844.804.7500**

Toll-free, available 24/7, year-round • Interpretation available, including TTY



1. Anyone can call the SASH (adults, youth 12+)



2. Clinicians/Counselors conduct a screening and connect the caller to a treatment provider



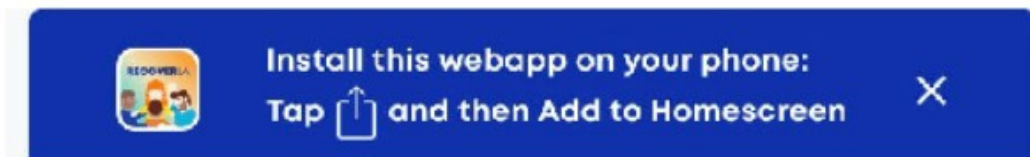
3. The SASH operator will connect you with a treatment provider or provide you with a referral options

# Recover LA Mobile App



- Free mobile app
- Provides education and resources for those seeking substance use services for themselves or others
- Available in 13 languages
- [RecoverLA.org](https://RecoverLA.org)

QR code can be used to access the app as well



18JAN2022

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Contact Marielle Parrillo  
to give a presentation to your  
school, church, organization or  
business! It is FREE

Marielle Parrillo RN, BSN  
Homeless Outreach Community Liaison-Public Health Nurse  
Community and Field Services Division- SPA1 & 2  
Los Angeles County Department of Public Health  
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