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CALIFORNIA STAR

Native Daughters of the Golden West

Love-A-Child & American Heart Month!



The Academy Project Secures NDGW Childrens Foundation Grant for Foster Youth

Submitted by: Camelia Robles, PGP, Chairman

The Academy Project hosted its annual "Christmas with the Cubs" event at Loyola High School, where students eagerly volunteered their time. The event's name, "Cubs," is a nod to the school's mascot and nickname, symbolizing the spirit of community and playfulness that defines this holiday gathering.

The images captured during "Christmas with the Cubs" tell a story of celebration and gratitude. Picture the beaming smiles of children, the festive decorations, and the warm interactions between students and foster youth. These moments are a testament to the impact of YOUR contributions.

We invite you to continue supporting initiatives like this, whether through volunteering, donations, or spreading the word about the incredible work being done. Together, we can create more opportunities for foster youth to thrive.

As Lauren Costa, Executive Director of The Academy Project, beautifully stated: "As you view the photos of 'Christmas with the Cubs' - the smiles you see are all your fault!" **Your support has brought happiness and hope to many young lives.**

The Childrens Foundation's involvement in funding this heartwarming event for foster children is truly fitting, as supporting foster and homeless children has been a cornerstone of our mission since the 1950s. We are delighted to share a video of "Christmas with the Cubs" with our members through the *California Star*, though we kindly ask that **these images not be shared on social media.**

[Click Here to view video](#)



When a cardiac emergency happens — the first responder is YOU!

A message from the American Heart Association

Women are six times as likely to die of heart disease as breast cancer. Heart disease kills more women over 65 than do ALL cancers.

Cardiac arrest can strike anytime, anywhere — at home, at an NDGW meeting, or in your community. But right now, only about 40% of people step in to help. That means too many lives are lost, not because people don't care, but because they aren't prepared.

For American Heart Month, the American Heart Association is giving you the tools to take control of that moment. Because when every second counts, the choice to act can mean the difference between life and death.

You don't need a medical degree. You don't need a uniform. You need knowledge. You need courage. You need to know CPR. You are the first responder until help arrives. Learn CPR. Because protecting your family, your friends, your NDGW Sisters and your community starts with being prepared.

Share "Hands-Only CPR" this Heart Month at a Parlor Meeting.

Hands-Only CPR has two simple steps, performed in this order:

Step 1: Call 911 immediately if you see a teen or adult suddenly collapse.

Step 2: Push hard and fast in the center of the chest to the beat of a song with 100 beats per minute (i.e., "Staying Alive").

Spread the Word

- Give out **Hands Only flyers** to Parlor Members
- Watch a **Hands-Only Video**
- Share "Hands-Only CPR steps" in the Parlor Newsletter
- Take an **on-line CPR Class** for \$18.95

Find more resources on CPR at heart.org/nation.

Kathy Murtha, Grand Trustee

It is with deep sadness and heavy hearts that we announce the passing of our esteemed Sister, friend, and Board Member, Kathy Murtha from Vendome Parlor No. 100.

Our hearts go out to her family, especially Sister Diane Meyer, during this difficult time.



Did you know we have a Blog?

Submitted by the Electronic Communications Committee

Our blog page is a vibrant platform where Parlors can come together, share their stories, and support one another. Whether you are looking for motivation, inspiration, or simply a sense of connection, our blog page is the perfect place to start.

[Blog Question of the month](#)

How did your Parlor spread the word about "Hands-Only CPR" ?

[Share Here](#)

Lighting the Way: Supporting Pigeon Point Lighthouse

Submitted by Suzi Riley, PGP, CFIC Chairman

In a significant milestone for California's maritime history, members of the **California Lighthouse Preservation Committee** recently gathered at **Pigeon Point Light Station State Historic Park** to support the ongoing efforts to save one of the state's most iconic landmarks.



PGP Susan Collins (Fort Bragg No. 210) and Vickie Van Winkle (San Bruno No. 246) were honored to join PGP Suzi Riley, State Chairman of the NDGW Charitable Foundation, for a special check presentation. The donation, presented to the **Pigeon Point** staff and park rangers, will directly benefit the continued restoration of the lighthouse.

Despite a pending rainstorm, the day was a resounding success. The park staff expressed deep gratitude for the Native Daughters of the Golden West and their commitment to preserving California's historical treasures. The group enjoyed a memorable afternoon at the beach, celebrating the progress made in ensuring this "tallest lighthouse in California" stands for another 150 years

PARLOR HAPPENINGS

Woodland No. 90 Donate to Travis AFB Fisher House *Submitted by Jenni King*

The Sisters of Woodland Parlor No. 90 recently made a generous contribution to the Travis Air Force Base (AFB) Fisher House by delivering essential supplies along with a \$500 check. The Fisher House is a non-profit organization dedicated to providing free housing to active or retired military personnel and their families during hospital stays. Serving all of Northern California, as well as parts of Nevada and Oregon, the Travis AFB Fisher House allows patients to stay for free for up to 100 days, depending on their needs.



The Native Daughters of Woodland No. 90 are proud to support this vital initiative, assisting veterans and their families during challenging times.

Pictured: Fisher House Assistant Director Stephen Wymer, Julie Mustard, Gretchen Adan, Jenni King, MaryAnne Azevedo, Raylene Ewing, and Fisher House Manager Ivana Jordovic.

Legislative Measures Update

Submitted by Denise Delmatier Theisen, Program Manager

A bipartisan resolution has been presented in the California State Capitol to honor both the **Native Sons of the Golden West (NSGW)** and the **Native Daughters of the Golden West (NDGW)**.

The measure specifically recognizes the contributions of these two fraternal service organizations through their respective charitable foundations:

- **NSGW Cleft Palate Foundation: Honored for its work in the well-being of children.**
- **NDGW Children's Foundation: Recognized for its similar commitment to California's youth.**



The resolution acknowledges these orders as integral to the successful preservation of California's history and the continued support of its children. As of mid-January 2026, the Special Legislation Committee has presented a **draft** of this resolution, with further developments expected as it moves through the legislative process. Stay tuned...

The monthly *California Star* is brought to you by the Members of the Electronic Communications Committee (ECC). We welcome your articles, suggestions and feedback via email to: webmistress@ndgw.org

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