



# GFWC Long Beach Women's Club

Member of the General Federation of Women's Clubs, Int'l  
and the California Federation of Women's Clubs

February/March 2021

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## PRESIDENT'S MESSAGE

Ladies, it has been an eventful year. Hopefully we will meet at our new location The Crab Pot if it doesn't rain. It will be outdoors, but they have heaters. Hope to see you all there.

We would like you all to attend the next Los Cerritos Board Zoom meeting on March 8. It is our Birthday Council where we honor all the new members. I must apologize to our two new members, Christine and Sarah, that we did not get your dues in so you will be honored next year. Hopefully that meeting will be in person.

Hope to see you at our next LIVE meeting February 24.

Thanks to Lynn for getting all our reports in. It shows even under the circumstances that we can get things done.

Last week January 25, we had a Zoom Fine Arts Festival. It was loads of fun with a great presentation by Sandi Richardson on carving a pineapple into a lovely centerpiece. Many participated with their own carvings.

Barbee



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## Officers

President—Barbee Heiny

First Vice-President—Lynn Hutton

Second Vice President— Dorothy Malcolm

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Newsletter Editor— Vicki Holden

Secretary—Suzanne Kennedy

Treasurer— Julie Lehenbauer

Financial Sec'y—Jo Collins



Contact us : [longbeachwomensclub@outlook.com](mailto:longbeachwomensclub@outlook.com)

As this is being prepared on President's Day, perhaps a few thoughts from our former leaders might be in order...

"If freedom of speech is taken away, then dumb and silent we may be led, like sheep to the slaughter." — George Washington

"The issue today is the same as it has been throughout all history, whether man shall be allowed to govern himself or be ruled by a small elite" – Thomas Jefferson

"I believe there are more instances of the abridgement of freedom of the people by gradual and silent encroachments by those in power than by violent and sudden usurpations." ~ James Madison

"Upon the subject of [education](#), not presuming to dictate any plan or system respecting it, I can only say that I view it as the most important subject which we as a people can be engaged in." — Abraham Lincoln

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in." ~ Theodore Roosevelt

"I believe that for the past twenty years there has been a creeping socialism spreading in the United States." ~ Dwight D. Eisenhower

"There is little value in insuring the survival of our nation if our traditions do not survive with it. And there is very grave danger that an announced need for increased security will be seized upon by those anxious to expand its meaning to the very limits of official censorship and concealment." ~ John F. Kennedy

"We must reject the idea that every time a law's broken, society is guilty rather than the lawbreaker. It is time to restore the American precept that each individual is accountable for his actions." ~ Ronald Reagan

"We will not waver, we will not tire, we will not falter, and we will not fail. Peace and freedom will prevail." ~ George W. Bush

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." ~ Barack Obama

Hello again,

It's hard to believe it's the middle of February. Tomorrow is Valentine's Day and I've already received a box of See's chocolates. Love that stuff!

**CFWC is hosting a monthly Open House** on ZOOM for ALL members. Until we're able to meet face-to-face an Open House will take place the 16<sup>th</sup> of each month from 5-7 pm. Registrations can be made through the CF President at [ament.pam5@gmail.com](mailto:ament.pam5@gmail.com) a week prior.

'**Knit Your Bit**' is a continuation of the knitted scarves project for VA facilities around the country. This project was tabled during the quarantine but they are once again asking for scarves - 6" by 60". They should be gender neutral and as a club we will mail them to the WWII Museum in New Orleans, LA.

**DUES! Yes, it's that time again.** You might think we haven't been able to meet so why pay dues. It's true we haven't met too many times but we've still been donating money. At our meeting on the 24<sup>th</sup> I'll bring a summary of the money donated in 2020 and you'll be able to see we haven't been idle. Our dues allow GFWC, CFWC and Los Ceritos District to continue hosting instructional electronic workshops and meetings. These meetings have kept us connected with GF & CF maybe more than before the pandemic.

**The month of February is Heart Health Month.** The first Friday of February has been designated as National Wear Red Day and both women & men are encouraged to wear red as a symbol of their support of women's heart health. Women's symptoms may differ from men's symptoms and these may include:

1. Discomfort in your chest or back
2. Dizziness, lightheadedness, fatigue, cold sweats
3. Any discomfort in your upper body - sharp pain that resembles a toothache, ear-ache, pain in the neck, jaw, or shoulder
4. Indigestion, heartburn, nausea

Consult a doctor if you have any of these symptoms.

Unfortunately, they'll still have residents living at **Ronald McDonald House** as long as children need hospital care. We're scheduled to deliver lunch to those residents on the 19<sup>th</sup> and I also have 2 bags of pop-tops to deliver at the same time.

CFWC is holding workshops throughout the month of March. 'March Madness' offers 10 Workshops on many chairmanships and you're invited to attend on ZOOM. Register at [reservationscfwc@gmail.com](mailto:reservationscfwc@gmail.com). These Workshops are always informative. Try one or all. You might like them.

If it doesn't rain we'll be having our first meeting of the year on Wednesday the 24<sup>th</sup> at 11 am at the Crab Pot restaurant. We'll be able to discuss new or old projects we'd like to work on this club year.

Stay safe and I hope to see you on the 24<sup>th</sup>.

With hugs,  
Lynn

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We need to laugh so here's a little more pandemic humor. Bless those clever folks who come up with these jokes.

Wouldn't it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle free, back to our original shape, three sizes smaller and smell April fresh?

**FUN GAME**.....I like to make lists. I also like to leave them on the kitchen counter and then guess what was on the list when I get to the store.

They say that laughter is the best medicine.....or wine. It might be wine.

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**Odd Facts for March**

March 2021 is Observed as

- Women's History Month
- National Nutrition Month

Fruit & Veggies for the Month of March

- Asparagus
- Kiwi
- Canistel (EggFruit)
- Guava
- Grapefruit
- Tamarillo
- Feijoa
- Red Banana
- Kiwano Melon

March Astrological Sign

Pisces (till 20th) & Aries (21st→)

March Flower - Daffodila

March Birthstone Aquamarine, Bloodstone & Jade



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**DATES TO REMEMBER**

<b>February 24</b>	Meeting at the Crab Pot	<b>March 8</b>	District Birthday Council
<b>March 17</b>	St Patrick's Day	<b>April 4</b>	Easter Sunday