

Member of
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs
Area C

Elisa Trasoras, President

**LOS CERRITOS
DISTRICT BULLETIN**

April 2021
LXIII VOLUME 7



Barbee Heiny, Editor



PRESIDENT'S MESSAGE

Hats off to our District Officers and members who attended the CFWC February Winter Board Zoom Meeting last February 26th. I delivered a 2 minute report on the Area C breakout session about membership retention. The CFWC 118th Convention is

scheduled for May 12-15, 2021 via Zoom with a theme of: "Metamorphosis". Hopefully, many of you will be able to attend.

The March 8th Birthday Council was great. I was elated to hear from our 8 Past District Presidents. I am very proud of our new Members effort to attend this special day that was dedicated to them. Our Guest Speaker, Ms. Sonja Matthies, CFWC 2ND VP-Membership, also delivered an inspiring message. Additionally, an excellent PowerPoint presentation of our District Dean, Katherine George Chu helped our new members get a better grasp and understanding of our organization. Sixty one members in attendance that day was remarkable. With Chemo Oropeza's piano playing and singing performance and Nathan Trasoras' "Singing in the Rain" dance performance sums up a fun and made it a very special day.

Through dedication and perseverance we are going to have our one day District Convention on Saturday, April 24th at 9:30 a.m. You will find the Registration Form attached in this months' newsletter. Please don't wait for the deadline to submit your reservation, do it right away. This years' Convention is free of charge. All we ask is to join us and experience the unique way of attending the Convention via Zoom. Let's triple the attendance and see how your District meets the challenge of serving you all in this very unique situation. See you at the Convention!

COUPONS FOR MILITARY

Please save coupons and bring it to our next live District Meeting! We will be clipping coupons during our meeting. Please bring scissors and/or ruler.



Don't forget to send your request to reservationscfwc@gmail.com to join the States' Open House Happy Hours via ZOOM, the 16th of each month, 5:00 p.m.-7:00 p.m.

Lastly, thank you so much for your Clubs donation to my President's Project. Your full support of helping the Veterans is greatly appreciated. I will inform you of the total amount donated on next months' newsletter.

MAY YOUR EASTER BE FILLED WITH BLESSINGS OF LOVE, PEACE AND JOY!



Fri. 9 District Exec. Meeting 10:00 a.m. ZOOM
Mon.12 District Board Meeting 9:30 a.m. ZOOM
Fri. 16 CFWC Open House Happy Hour 5-7 p.m. ZOOM

Thurs. 22 Earth Day
Sat. 24 65th ANNUAL CONVENTION ZOOM

GFWC Federation Day On April 24, 1890, the GFWC constitution was ratified. Sixty-three clubs from across the United States met in New York City and officially formed the General Federation of Women's Clubs under the leadership of Jane Cunningham Croly.

1st VP DEAN: Katherine George Chu



March was a very busy month. Thank you to our District Chairs for returning the Judging Final results to me; club reports have been judged on the District-level and are now ready to be awarded. Certificates will be announced at this year's District Convention. For those of you who may not know what the District Chair responsibilities include, this information is posted in the District yearbook on page 46, Article VI Executive Board, Section 4. *District Chairmen shall give a report at the Board meeting (when they have information to share). They shall provide materials to individual Clubs, have annual reports judged, and make an annual report to be sent to GFWC/CFWC. At the end of her term, each Chairman shall give all papers to the incoming chairman.* Additionally, District Chairs will be announcing the club awards under their program at the District Convention, so please plan on attending.

Because CFWC is holding a virtual Convention in May, you can expect some changes for this year's Arts and Crafts exhibit. The categories remain the same, as do the forms, but CFWC will only accept **photographs** of the artwork. The idea is to display them at the Convention and have members vote on their favorites in each category, announcing the winners on Friday afternoon, May 14, 2021. Only the District Dean or Arts Chairman can submit these entries in .jpg or .pdf format to the state, therefore, a consolidated list of first-place winners will be sent to the Convention Art Show Chairman by the given deadline.

The Arts and Craft entries that were submitted at this year's District Fine Arts Festival have been judged. Only the first-place winners will go on to state. Since announcement of the winners (at the District-level) has to be done prior to posting in our District Bulletin, ribbons will be awarded at this year's District Convention.

With so much going on, it may still seem a little early to begin planning this year's Garden Conference. May will be upon us soon enough. This year's Garden Conference theme is, "A Bookworm Garden Party". This will be a literary-themed virtual Garden Party. Which books will inspire you? A Secret Garden, James and the Giant Peach, The poppy field from the Wizard of Oz, The enchanted rose from the Beauty and the Beast, The Grouchy Lady Bug by Eric Carle or The tiger lilies in Alice in Wonderland. Plans are underway, so please let this inspire you while you are out tending to your gardens.

2nd VP MEMBERSHIP: Sandra Richardson

Hello Ladies and Gentlemen,

Well it's that time of year. Yes it's Membership "Dues" time. Now don't get all excited. You have till the end of month to get them in. Please make checks payable to your Club. I need to give a special shout-out to the Norwalk Women's Club for being the first to turn in their Dues. Congratulations and Hip Hip Hurray.

Hopefully we will be back to regular meetings and Lunches in the near future. Until then I hope to see you all on Zoom. Just a reminder that on March 20th at 12:00pm there will be a zoom workshop on "Social media



Communication Tools for Members"

and on March 26th at 11:00am a workshop on "Smartphone Tips for Photos & Videos". Our very own Barbara Briley - Beard will be doing a CFWC Brag Hour on March 30th at 10:00 am on Zoom so please show up and share. Look forward to seeing your Happy faces soon.

3rd VP PROGRAM: Gerda Trutzl

Hello dear Friends.

What a super District March Council we just had. It brought real Joy to have Sandy introduce the Clubs new Members and we had great Entertainment. Excellent Job Madam President and Madam 1ST. Vice President.

I am happy to report that we will have real nice Entertainment for our District Convention, April 24, 2021, via Zoom. We are getting so good at that, don't you think so. There is also a light at the end of The Tunnel and I believe we could meet in Person soon again. I for one am looking forward to that day.

Do the right thing, still wear your Masks, get your shots if you are eligible and be happy.



4th VP FUNDRAISING: Eloisa Velasquez

I can't believe it's time to celebrate the 65th Annual Los Cerritos District Convention. I am looking forward to it because all eleven (11) clubs will be virtual celebrating this event. Please refer to a special separate advertisement in the newsletter regarding the opportunity drawings for April 24th, 2021.

Please also take note that we will only have opportunity drawings at the District Convention event on Saturday 4/24/2021 and NOT at the District Board Meeting on 4/12/2021. That means we will be able to save more funds to purchase tickets for the 11 opportunity drawings on Saturday April 24, 2021. From what we have experienced with the amazing baskets and gift cards provided by individual club members in the past few months, I can honestly say that amazing opportunity drawings will be forthcoming on Saturday, April 24th, 2021 by each club. Please buy your tickets early and be prepared for a fun day!!

The tickets charge has been changed ONLY for this event as follows: \$5.00/6 tickets - \$10.00/15 tickets or \$20.00/40 tickets. **Make checks payable to Los Cerritos District** and



mail to Eloisa Velasquez, 7871 Westra Lane, La Palma, CA 90623. All the tickets will be placed in one container and one ticket will be drawn for each item and the club donating that particular item will be announced until all items are called.

We look forward to The L.A. Philippine WC and Artesia-Cerritos WC, if able, to provide opportunity drawing baskets on May 10, 2021. The tickets are \$5.00/10 tickets - \$10.00/25 tickets or \$20.00/60 tickets.

Please mail checks made out to **Los Cerritos District** to Eloisa Velasquez - 7871 Westra Lane, La Palma, CA 90623 and any questions you may have please email or call 714 994 - 1847.

Thank you and many blessings.

REFLECTION: "A cheerful heart makes a quick recovery"



CARE & CONCERN: Judy Dessel

Los Cerritos District is currently made up of 11 clubs, with 407 members. We are like a large family with disruptions we have had with isolation, and keeping a safe distance from each other. We have not had much of a chance to get to know our members from our other clubs. I am anxiously waiting for the day that we can return to regular meetings. We have members that need your prayers. They are SYLVIA MASUSHIGE, BOBBY THOMPSON, JUDY JOHNSON, NAOMI TEAL, WINNIE BAKER, LINDA PERESSINI, CORINNE LEWIS & DAUGHTER SUSAN, BARBARA EDDINGTON. WE MOURN THE RECENT PASSING OF NANCY SOUSA, WHO WAS KNOWN AND LOVED BY A LOT OF MEMBERS. I NEED A LIST OF MEMBERS IN YOUR CLUBS THAT PASSED AWAY IN 2019 AND 2020 WHO WILL BE ACKNOWLEDGED AT A SPECIAL MEETING THAT WILL BE VIEWED ON ZOOM. PLEASE CALL ME, **JUDY DESSEL AT 714-904-6219.**

ARTS & CULTURE

Do we have any members in our District working on sewing projects for The Painted Turtle? What is The Painted Turtle, you ask? The mission of The Painted Turtle is to provide a year-round, life-changing environment and authentic camp experience for children with chronic and life-threatening illnesses. The Painted Turtle supports children’s medical needs, inspires them to reach beyond their illnesses, and provides care, education, and respite for their families. All campers and families attend completely free of charge. The Painted Turtle began as a dream in 1999 when Paul Newman and Page Adler, along with a group of other dedicated individuals, co-founded The Painted Turtle to let kids with medical conditions just be kids. Located just outside of Los Angeles in Lake Hughes, California, The Painted Turtle has

served tens of thousands of children and families since opening in 2004.

Many of the campers spend very little time away from home and family. To make the transition to camp as easy as possible, each camper’s bed is made up with a handmade quilt and lap blanket, as well a beautiful stuffed turtle pillow. Campers take their lap blankets and turtle pillows home with them as tangible memories of their time at camp.

With the current CDC and County guidelines in place, The Painted Turtle has been conducting “Camp At Home Family Days”. Still, campers are receiving camp care packages and so, if you are interested in sewing turtles, lap blankets or even face masks, I suggest you go online to connect with The Painted Turtle directly.

Sewing instructions (with special restrictions) along with the address on where to send the completed items can be found on The Painted Turtle website: <https://www.thepaintedturtle.org/sewing-projects>

DOMESTIC & SEXUAL VIOLENCE AWARENESS & PREVENTION

Child Abuse Prevention Month April 1-30, 2021

April is Child Abuse Prevention Month, a time to act collectively to raise awareness and empower people across the nation to play a role in making great childhoods happen.

Prevent Child Abuse America (PCAA) is a GFWC Affiliate organization. It is the nation’s oldest and largest organization committed to preventing child abuse and neglect *before it happens*. PCAA promotes programs and resources informed by science that enable kids, families, and entire communities to thrive - today, tomorrow, and for generations to come.

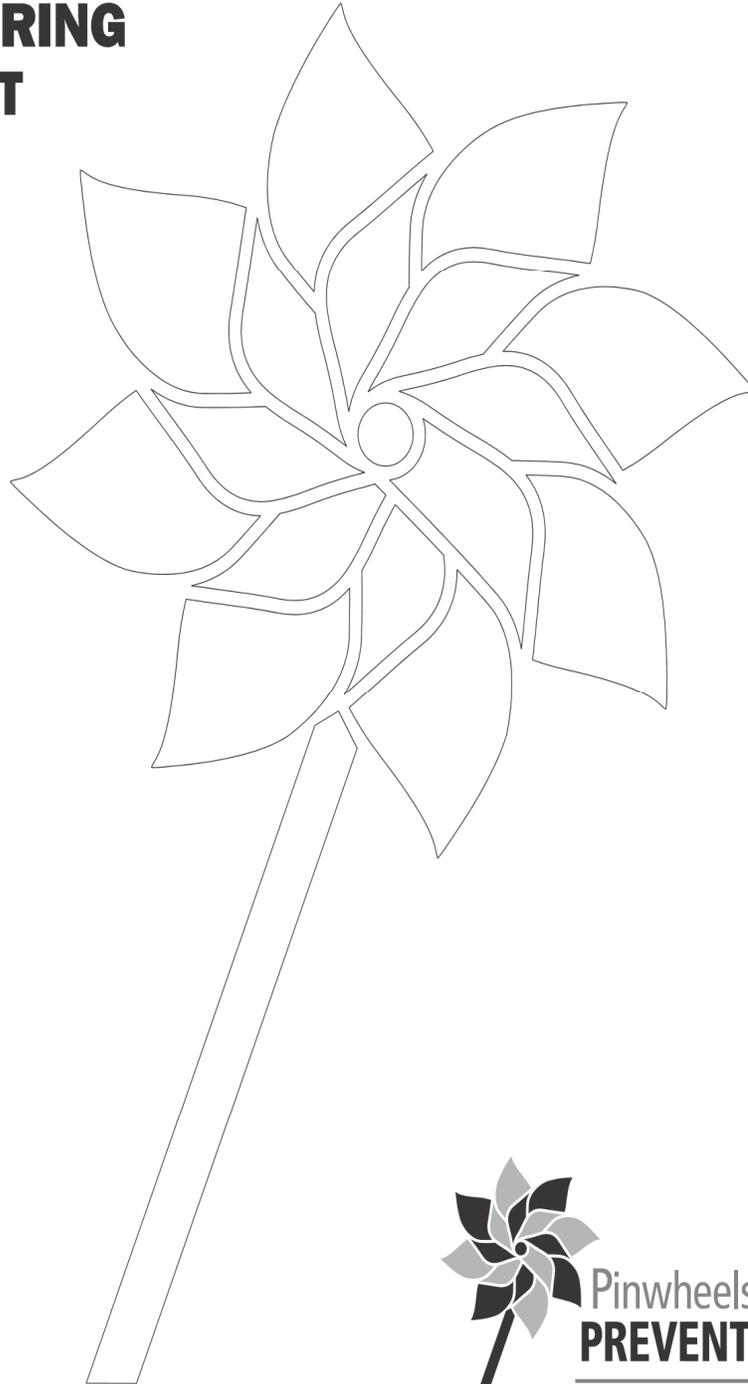
There are several virtual ways to support child abuse prevention throughout April:

- Follow Prevent Child Abuse America on social media
- Digital Advocacy Day is on April 21, 2021 –An action alert will be sent out calling on the public to contact their representatives to support family friendly policies moving through congress during April. Action Alert Sign Up: <https://preventchildabuse.org/what-we-do/public-policy/policy-action-center/>

- Donate to PCAA.
- Show your support for our nation's children and help get your children involved in the movement by making your own pinwheel display. Use the pinwheel coloring sheet to inspire involvement at your local school, community center, religious institution, or even just within your family.

Email or text the LCD Dean a photo of your completed pinwheel by April 1st, include your name and club name. A collection of pinwheels will be posted and shared on social media.

PINWHEEL COLORING SHEET



preventchildabuse.org



Pinwheels for
PREVENTION[®]

Prevent Child Abuse
America[®]

LEGISLATION & PUBLIC POLICY

ERA Anniversary March 22, 2021

In 1972 the ERA was approved by the Senate and ratification by states began. Learn how the fight continues today by visiting the [Legislative Action Center](#).

The Equal Rights Amendment: Are we there yet?

By Hope Royer, GFWC Women's History and Resource Center Committee Chairman

The answer is a resounding "no!" The Equal Rights Amendment (ERA) is not a long amendment made confusing by rhetoric. It is a brief, simply worded, three-section proposal:

Section 1. Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.

Section 2. Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.

Section 3. This amendment shall take effect two years after the date of ratification.

The ERA was passed by Congress in 1972 and sent to the states for ratification. It was the culmination of a nearly 40-year fight – a fight that appears to be far from over. When the legislation was passed in 1972, it included a seven-year deadline. The ERA failed to achieve the requisite number of state ratifications by the required deadline, so ERA advocates convinced Congress to extend the deadline until 1982. However, the ERA failed, again, in 1982, just three states short of the 38 needed for ratification. It has been at a stalemate since.

The ERA Coalition and Fund for Women's Equality composed a letter in December 2020, to the incoming administration documenting the urgency of ratification, requesting a pledge from the new administration to encourage publication and certification of the ratification, and removal of the deadline. At the request of the ERA Coalition D.C. Director/Director of Outreach and Advocacy, and in support of the Coalition's effort, GFWC International President Marian St.Clair added the name of the General Federation of Women's Clubs to the list of organizations that support the ERA.

ENVIRONMENT

Many of the clubs in our District already contribute to the Penny Pines Program. For those who are still unsure of what Penny Pines is all about or how to contribute, here is some information:

The **Penny Pines Program** was initiated in California in 1941. It started small, under the sponsorship of the San Francisco Sportswomen's Association in 1941. The minimum donation is \$68.00. To date, 59 years later, those pennies have amounted to well over 1 million dollars, and the program is a statewide conservation project supported by numerous individuals and organizations. Over the years, individuals, community organizations, and groups of all sizes have participated in the Penny Pines Program. Garden clubs, women's clubs, men's service organizations, youth groups, and schools have all cooperated to help keep California's forests green and growing.

Other states have cooperative planting programs, but the Penny Pines Program is unique to California. Almost every National Forest in the State has a Penny Pines program and plantation area. A sign at each plantation lists the organizations which have donated to that particular site. Since funds are sent to the closest National Forest, contributors are able to visit the plantation sites and enjoy the results of their cooperation.

During the past 59 years, the Penny Pines donations have helped maintain the National Forests in California. Participation in the program has also helped many people understand important things about conservation of natural resources and wise management of the public forestlands that belong to them.

For more information on the Penny Pines program contact your nearest **Forest Service Office** or if you receive the District Bulletin electronically, you should be able to follow this link to the Penny **Pines Brochure (PDF)**.



ARTICLE X CONVENTIONS

Section 2. Representation, Voting Body

- a. District Officers.
- b. District Chairmen.
- c. District Reservation and Co-Chairman, Financial Review Chairman, Credentials Committee, Resolutions, and Bylaws Committees.
- d. Club Presidents or alternates.
- e. Club Deans of Chairmen or their alternates.
- f. District Past Presidents who are members of a Federated Club in the District.
- g. Clubs are entitled to one delegate for every twenty (20) members or majority thereof.**
- h. A Club of fewer than twenty-five (25) members may have one elected delegate,
- i. A delegate shall represent but one club and shall have one vote. Voting by proxy shall not be permitted.

Section 3. The President and Secretary of each Club shall certify the names of delegates and alternates and send to the Credentials Committee at least one (1) week before the Convention.

ARTICLE XV ENDORSEMENT FOR STATE OFFICERS AND COMMITTEES

Section 1. Before January 21 of the election year, the names of those qualified for State Office shall be presented to the State Nominating Committee. (GFWC/CFWC Bylaws, ARTICLE XIV, Section 3.)

Section 2. The District Convention shall elect candidates to be presented at the Area C meeting at GFWC/CFWC Convention.

- a. GFWC/CFWC Bylaws and Resolutions candidates shall be elected in the election year of the administration. Candidates for the Bylaws Committee shall have served one or more terms on the Executive Board.
- b. GFWC/CFWC Nominating and Election candidates shall be elected in the non-election year of the administration.

Let's talk Delegates! Over the next few months, we shall be speaking about Delegates quite a bit. The months of April and May will be filled with Delegate duties for both District and State Conventions. And, as one of the most important and needed aspects of our Federation, Delegates is a subject that needs to be brought into the light now!

What exactly is a Delegate? A Delegate is the voice of the body it represents...Club Delegates represent the Club voice; District Delegates represent the District voice, and State Delegates represent the State voice.

When we are the voice of the body we represent, the obligation is upon us to make sure the rights, opinions and votes we represent are honest and true. Now that is a lot of responsibility, and rightly so because when you choose a Delegate to attend a meeting to be one voice in a sea of many, their job is to make sure that the voice of your Club, District, and State are heard and counted.

Many of our Delegates are chosen for Conventions by the written word of our Bylaws and Standing Rules. You may, on examination, of your Club and District Bylaws read who the Delegates are. But, what about the others, those that are chosen to fulfill the roster of Delegates at Convention? CFWC Districts, and State levels have placed in the written word of their Bylaws and Standing Rules, a ratio of how many Delegates a Club may send to a Convention.

There are also many permanent Delegates to a District and State Convention as mentioned in the same source: Bylaws and Standing Rules, (what I like to call the written word). It is up to You, the Member, to know who your Delegates are as stated by the written word, and further: it is up to You, the Member to send the appropriate number of additional Delegates to these Conventions.

How do you choose a Delegate? Is it by Popularity, is it the friend of the Executive body, is it whoever is missing from the meeting and you can nominate in their absence, (that will teach them for not being in attendance)? NO, NO, NO! Do not laugh...I have seen that happen; truth is we all have.

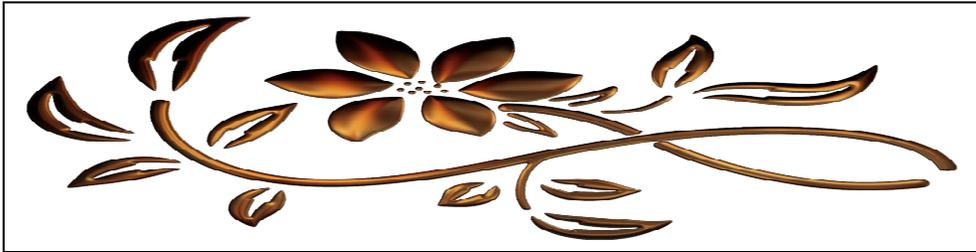
When we choose a Delegate, we are choosing our voice to represent us at the level they come from. So, when you get your CALL to Convention, we will let you know how many Club Delegates you can

send to represent your Club's voice. We expect that there will be discussion on proposed items and at the District level, there should be the same treatment and care given, as well as nominations for the Committees needed for CFWC.

There is no cost to attend Convention this year, there is no travel, it is all on Zoom and we are opening it to everyone in Los Cerritos District to be there. But consider becoming a Delegate and really working with your club and district on what they want. Be the voice they need at this moment in time. (Taken from QuickBytes by Pam Ament)

CLUB DELEGATES AS FOLLOWS

GFWC Long Beach Women's Club..12-1 Delegate, South Gate Multicultural Women's Club..13-1 Delegate, El Dorado Woman's Club..40-2 Delegates, GFWC Women's Club of Huntington Park..28-2 Delegates, Paramount Women's Club..32-2 Delegates, South Gate Women's Club..22-1 Delegate, The Los Angeles Philippine Women's Club..22-1 Delegate, Lakewood Women's Club..43-2 Delegates, Norwalk Woman's Club..46-3 Delegates, Woman's Club of Bellflower..53-3 Delegates, Woman's Club of Artesia-Cerritos..75-4 Delegates.



NORWALK WOMAN'S CLUB

APRIL FUNDRAISER!

SPRING GIFT BASKET INCLUDES

- ▶ \$25.00 HOME DEPOT GIFT CARD
- ▶ PLANT
- ▶ ANIMAL PLANT HOLDER
- ▶ GARDENING TOOLS
- ▶ GARDEN GLOVES
- ▶ GARDEN STATUE
- ▶ FLOWER/ VEGETABLE SEEDS
- ▶ AND A FEW EXTRAS

Opportunity Tickets:

10 for \$5.00 – 25 for \$10.00

Drawing will be held April 14, 2021

Please mail your check payable to:

Norwalk Woman's Club

Donna Atwood

6823 Emerson Dr

Buena Park Ca. 90620

Must arrive by April 2, 2021



HOW THE "PENNY PINES" PLANTATION WORKS

Briefly, the plan is this. Under a Conservation Agreement, you or your organization contributes \$68 toward the cost of planting seedlings on about one acre of National Forest land in California. Using your donation together with Federal funds, the Forest Service will do the planting on the National Forest nearest you or the forest of your choice. (Refer to the enclosed map for National Forest locations).

The plantation will be marked with a standard Forest Service sign that names the contributing individual or organization. Contributions must be in multiples of \$68 or more. For each \$68 contribution, you will receive a PENNY PINES certificate from the Forest Supervisor, who will inform you of the location of the plantation at your request.

MEMORIAL PLANTATIONS

You may request a memorial plantation for which you will receive a special memorial certificate with the deceased person's name. Duplicate certificates are available upon request. The deceased person's name will be placed on the sign at the plantation site as follows:

"Friends of	"
"Family of	"
"Relatives of	"

THE IMPORTANCE OF REFORESTATION

As the result of past catastrophes such as forest fires, thousands of potential forest land on the National Forests in California is now brush-

covered. Once the land is brush-covered trees grow back only very slowly – if at all. To accelerate reforestation, brush must be removed, the sites prepared, and seedlings planted.

Over the last twenty years wildfires have burned an average of 100,000 acres of National Forest land in California each year. Fortunately, natural reseeding occurs on some of this burned land. But much of it must be replanted.

The present Forest Service program for replanting brushfields and recently burned areas can only accomplish a small part of what is needed to do the job. Current appropriations allow the planting of only some 14,000 acres a year. At this rate it would take more than 16 years to plant this unproductive land. And each year newly burned areas add to the total planting job still to be done.

WHY DO WE NEED FORESTS?

1. Forests provide a vacationland for our enjoyment; they keep the mountain and countryside beautiful
2. Wild animals, birds, and fish depend upon the forests and streams for food and shelter.
3. Forests help us to have a reliable supply of useable water; they help prevent foods and water shortages.
4. Grasses and shrubs in the forest furnish feed for wildlife and domestic animals
5. Forests hold the fertile topsoil in place, keeping fit from washing into streams and reservoirs.
6. Forests provide timber for lumber, plywood, boxes, poles, furniture, paper, and thousands of other products. They provide a livelihood for many of our people.

To provide all the benefits we enjoy from the National Forests in California, we must speed up the pace of reforestation.

HOW CAN YOU HELP GROW A FOREST?

One way is to help establish a PENNY PINES PLANTATION in a National Forest.

The "Penny Pines" plantings are made as part of the regular National Forest reforestation program on burned-over and brush covered areas which are potentially productive timberlands. The Supervisor of each National Forest selects planting sites. Northern California plantations are for soil protection, beauty, and future harvestable timber. Southern California plantations are for watershed protection, soil

stabilization and shade for recreation areas.

Total donations since the start of the Penny Pines Program in 1941 have come to more than \$1 millions. Using these donations combined with regular Forest planting funds, more than 2 million pine fir, redwood, and giant sequoia seedlings have been planted on 88,000 acres of National Forest land in California – truly an outstanding accomplishment in conservation! The funds you contribute will help pay for this needed planting.

HOW TO APPLY

If you want to contribute to the Penny Pines Reforestation Program, You may obtain Conservation Agreement forms by sending

the following information to the Regional Penny Pines Coordinator at the address below (please do not send money at this time):

Regional Penny Pines Coordinator
 USDA Forest Service
 1323 Club Drive
 Vallejo, California 94592

We are interested in contributing to a PENNY PINES PLANTATION. Please send Conservation Agreements Forms.

Name: _____
 Organization: _____
 Mailing address: _____
 National Forest: _____



LOS CERRITOS DISTRICT 65th ANNUAL CONVENTION
ZOOM EVENT - SATURDAY, APRIL 24, 2021



REGISTRATION FORM

ZOOM WILL OPEN AT 9:00 a.m. Program will start promptly at 9:30 a.m.

PLEASE TYPE OR PRINT CLEARLY
EACH ATTENDEE MUST SUBMIT AN INDIVIDUAL REGISTRATION FORM

Name of Attendee: _____
Address of Attendee: _____
Club Name: _____
Position in Club: _____
Position in District: _____

Please state if Officer (which office) or Chairman (which Chair) or Club Member

Delegate: _____ Member: _____ Guest: _____

MONTH AND YEAR YOU JOINED YOUR CLUB: _____

NAME OF YOUR SPONSOR: _____

TO CLUB PRESIDENT: YEAR CLUB ORGANIZED: _____
YEAR CLUB INCORPORATED: _____
YEAR CLUB FEDERATED: _____

Special Guest and Keynote Speaker: GFWC/CFWC Madam President Pam Ament

Registration Deadline: April 12, 2021

Mail Registration form to: LOS CERRITOS DISTRICT
ATTN: JEAN WILLIAMS, District Corresponding Secretary
P. O. BOX 1201
PARAMOUNT, CA 90723

For additional information, please contact:

Elisa Trasoras, President 562-861-0408; email: elyed@aol.com
Katherine George Chu, 1st V.P. Dean 562-552-4262; katgeorgechu@hotmail.com