

Member of  
General  
Federation of  
Women's Clubs

California  
Federation of  
Women's Clubs

Elisa Trasoras, President  
**LOS CERRITOS  
DISTRICT, AREA C**  
February 2021



Barbee Heiny, Editor

**PRESIDENT'S MESSAGE**



What a great accomplishment for all the Clubs that submitted Club Reports, Congratulations and Thank You Everyone. Now that we have wrapped up the 2020 Report Writing, you should start your 2021 ledger now! It's not

too early to start recording things you do for your Club.

We officially have a District Flag, can't wait to show it off! I have the flag in my possession so I will be the one responsible for transporting it. I will be taking the flag with me whenever we attended the State Convention and Board Meetings.

The CFWC February Winter Board Zoom Meeting is on Friday, February 26, 2021 at 9:00 a.m. The deadline to register is by February 12<sup>th</sup>. Please let me know if you are interested in attending so I can submit your name to Debbie Pietraszko and she will send you an invite. If you are on the CFWC Committee please visit [www.cfwc.org](http://www.cfwc.org) and print the actual "Call" so you can follow the schedule. If you need additional information please give me a call at 562-861-0408 or email me at [elyed@aol.com](mailto:elyed@aol.com)

March Birthday Council is fast approaching, and this is the time that the Clubs donate to the President's Project. I thank you in advance for Clubs

generosity. All new members will be recognized as well at this time.

So far I have not heard from the City of Paramount regarding opening up their facilities for meetings, therefore, we will proceed on conducting our meetings via ZOOM till March 2021.

"A heart is not judged by how much you love but by how much you are loved by others...."

brainy quote

HAPPY VALENTINE'S DAY

Hugs to all!



**FEBRUARY**

- Mon. Jan 25** Fine Arts Festival 10:00 a.m.ZOOM
- Fri. 5** District Exec. Meeting 10:00 a.m. ZOOM
- Mon.8** District Board Meeting 9:30 a.m. ZOOM
- Wed.10** Lakewood Silver Tea CANCELLED
- Mon. 17** El Dorado Reciprocity CANCELLED

**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.



## 1st VP DEAN: Katherine George Chu



Report writing is done! Thank you all for getting your reports in to me. For some of our chairmen, this was the first time they've ever written a report. Well done for working outside of your comfort zone. I'm including some notes here that we can include in next year's report writing workshop:

- Some reports that were submitted had **projects** written as **Community Service Programs** – it's important that our club chairmen, who are often the ones writing the reports, understand that "Penny Pines" is a project and "Environment" is the program that it goes under. A good way to remember this is that there is an Environment Chair, however, there isn't a Penny Pines Chair. Since this occurred on several reports, it may be a good idea to go over it with your chairmen by making a game of it. List several "projects" that your club is involved with and have your chairmen match it with the Community Service Program. See the "Where to Report it" guide that is posted on the CFWC website and included the CFWC yearbook.
- I also received some reports that did not include a club description. Each club report has to include a club description so that the reader knows who you are. Although I am the one who receives the reports on the district-level, the reports do not stay with me. Outside judges read the reports and so do the State Chairs. They need the information that is included in the description to know more about your club.
- It's important that those who are writing these reports attend the report writing workshops. Many of us are visual learners, including myself. It's easier to grasp a concept fully when someone has watched a report being composed. Because of this, we may need to conduct some hands-on, instructional workshops with those who are actually completing the reports (not only a representative from the club).
- Some club reports were submitted in pen and ink. While it's important that the district receives the reports, volunteer hours, dollars donated, etc., please note that reports that are submitted in pen and ink are not judged. In the report writing materials, it specifies that the font used should be at 11-point or higher (although it was stated in the Leadership pamphlet that it could be 10-point font).
- Lastly, multiple projects from the same program are to be included in ONE report. Example: a club report for Civic Engagement may include military coupons as a project. You do not need to write a separate Civic Engagement report from the same club that includes a project for Veteran donations. Only one club report should be submitted under the Civic Engagement program; this report would include both military coupons and Veteran donation projects. Club reports are limited to 3 pages each.

I hope that this information is helpful. If there was something that you struggled with during this report writing period, please feel free to share it with me. We can address it in the next report writing workshop. Sending you a big round of applause for all of the work that you do all year long!

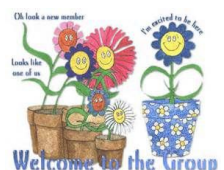
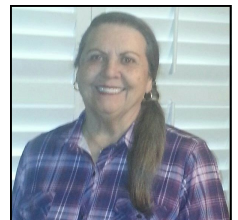
## 2nd VP MEMBERSHIP: Sandra Richardson

Well we made it pass the first month of 2021. Welcome February! Vaccines are on the way and we should be getting our shots soon. Not a lot to report this month. No new members. Membership chairmen try to set up a recruiting plan. Keep lines of communication open to your members. Remember they are our life's blood. Try to keep them engaged. An engaged member is an active member.

This is a new year and a new beginning. Don't be afraid to ask friends, Relatives or neighbors to join. Life still goes on and so does

Los Cerritos District. We still need to grow and be the best we can. Thank you for all your cooperation this past year. I am so proud to be a member of this fantastic organization.

March meeting is still up in the air. Hopefully we will be able to hold March Birthday Council and Lunch. Please keep your fingers crossed. I can't wait till all of us can be together. I truly miss you all!



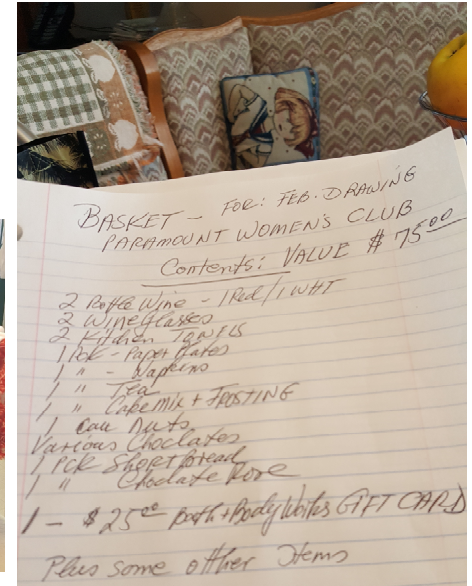
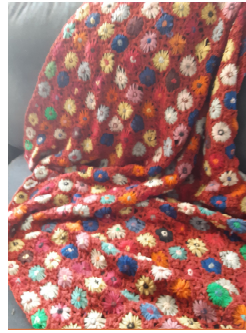


## 4th VP FUNDRAISING: Eloisa Velasquez



MESSAGE ALERT!! MESSAGE ALERT!!!

Dear Club Members: Every year for Fine Arts Festival, Los Cerritos District has a special opportunity drawing and this year is no different because a beautiful afghan donated by Barbee Heiny (see picture) will be drawn. Please support LCD by purchasing tickets at \$5.00 for 10 tickets or \$10.00 for 25 tickets. Please make checks payable to Los Cerritos District and mail to Eloisa Velasquez - 7871 Westra Ln La Palma 90623. Time is limited so please respond immediately if you are able to support the LCD. Your donation will be much appreciated. All proceeds benefit Veterans of Long Beach. I will take prepaid requests by email or call me at 714 994-1847. Thank you and hope to see you at the Arts Festival on Monday January 25,2021 via Zoom.



Basket donated by Paramount Women's Club

This afghan was made by my grandmother over 100 years ago and I don't have anyone to give it to, so hope you enjoy it as much as I did. Barbee

## PARLIAMENTARIAN: Barbee Heiny

### JUST A REMINDER!

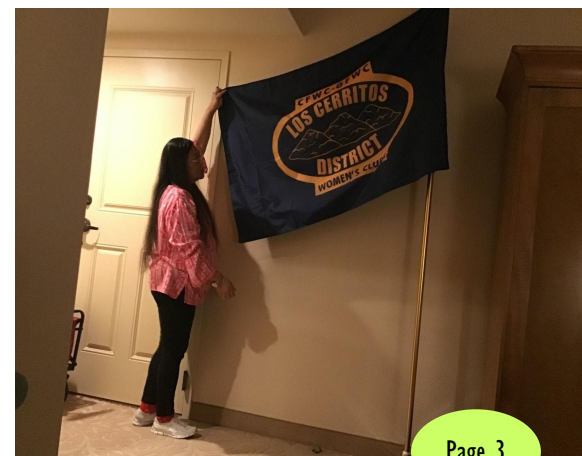
All Club Parliamentarians need to send questions for our next Board meeting as we will be having a Parliamentary Law Class. Send to [barbeeheiny@gmail.com](mailto:barbeeheiny@gmail.com)



## CARE & CONCERN: Judy Dessel

Linda Perrisini's daughter Suzanne Dester is very ill. Prayers for her and her family.  
Barbara Briley Beard is in Michigan with her mother. Prayers for her and her family also.

## CIVIC ENGAGEMENT and OUTREACH: Elisa Trasoras



## LAKWOOD CLUB BULLETIN ARTICLE

Lakewood's Women's was organized in 1953. Our Club is made up of 42 women and 1 man. Our club includes three smaller sections: Hearth & Horizons, Garden Groomers and an evening group. Last year was challenging due to the Covid-19 pandemic.

During the first three months of 2020, our members donated, prepared and served dinner to residents of Fisher House. Fisher House is a home where military and veteran's families can stay free of charge while a loved one is in the Long Beach VA hospital. In February we held our club's Annual Silver Tea. Also in February, our club was chosen by the city of Lakewood as one of twenty service clubs to be given a "Legends of Lakewood Award". This award is given to organizations that have contributed to Lakewood's development and success. In early March 2020, our club held a successful Quartermania, enabling us to continue our support of the Lakewood Senior Center and two local libraries. We also awarded scholarships to two local high school sophomores. In December we participated in Project Shepard by adopting two families. This program helps provide food for a holiday meal and other items families requested at Christmas time. Since several Club Chairs had little or no experience with writing our end of year reports, we met as a group to work on reports together. This enabled us to share information to include which might have otherwise been overlooked. This method of report writing was so successful we will continue to use this approach every year.

After the safer-at-home orders were issued in March, we were unable to meet in-person for our meetings and were very limited in our usual club activities. Our club rose to the challenge though, learning to hold meetings via Zoom and Web-Ex. During these on-line sessions, we revised and updated our club by-laws. Our club also created a Facebook page.

Last summer as everyone was growing weary of the safer-at-home lifestyle we were all following, one of our members decided to host a weekly lunch in her back yard. Several of our members live by themselves so these lunches provided a much needed opportunity to connect with each other. Masks were worn and we practice social distancing in our seating on her back patio as we enjoyed a sack lunch. These lunches did an amazing job of lifting everyone's spirit.

What an amazing experience it was to see our member's resilience and determination to continue to enhance the lives of others as we continue to stay true to our mission of making Lakewood a better place to live.

## NORWALK CLUB BULLETIN ARTICLE

Our Norwalk Woman's Club is Blessed!

We all have a roof over our heads and a warm place to call Home. We have food to eat and family and friends to care for and that help care for us.

Quality quiet time prevails, and many of us are cooking more, baking, and I have even gone back to canning our own homegrown tomatoes and bartlett pears that we bought for me to can. I donate the canned goods to club and CFWC State members as a Thank you for all they do as officers in our State.

We are continuing to work, but now it is behind the scenes and that is what has prompted me to write this article this month on the club's accomplishments.

Please be kind when you speak of any club as you never know who ears your words fall upon and they think an opinion of a club.

The Norwalk Woman's Club has been thriving for 98 years! We are proud of our Heritage!

I hope you all had a joyful Thanksgiving and Christmas though much different than in years past, we are celebrating quietly. We count our Blessings and are glad we have each other.

I look forward to when we can all be together again, and hopefully for the Norwalk Club the Norwalk Lodge will reopen to us in the first

quarter of 2021. We will all have had a vaccine and can socialize again with a mask and social distancing. We hope the Los Cerritos District will be able to meet again, we miss seeing everyone in person.

CFWC is over 10,000 members strong, we are one of 241 clubs and there are 18 Districts in the State.

The Norwalk Woman's Club members are still working hard.

In 2020 these are our accomplishments.

Linda Kelly and Kathy Cook went to Ronald McDonald House and dropped off pull tabs and a \$150. check donation. They took blankets and beanies donated by Ericka Hidalgo and friends. This is under Advocates for children.

I took over 400 pounds of plastic bottle caps to Redondo Beach for the making of recycled buddy benches for parks and walkways. This is for Environment Projects in CFWC.

Money has been donated to the American Cancer Society to help with research on breast cancer. This is for Health and Wellness Projects. Jan Hamilton volunteered at PIH Hospital in the wig bank, also for Health and Wellness.

Donna Atwood and Esther Alejandro continued to have fundraisers at restaurants where



our club gets a percentage of the total bills on take out deliveries, or patio dine in when allowed. Chick Fil la is the next fundraiser. This money is for Norwalk Scholarships.

Many of us are reading. Please join CFWC ESO (Epsilon Sigma Omicron) and turn in your books to Shirley Lorraine at CFWC for credit. I have read 21 books since March when we all became home quarantined. This is under Education and Libraries Projects.

Many of the club members are journaling and that is part of Arts & Culture Projects.

We donated blood for Emergency medical services for children which is under Advocates for Children.

I donated blood at the Red Cross for our club under Health and Wellness Projects.

We clipped coupons for the military for Civic Engagement Projects.

Some of us are under organ donor programs. We used our club profile, GFWC and CFWC logos, Donna puts out a great newsletter, we conducted and attend zoom meetings; all of which is a part of Communication and Public Relations projects.

We give volunteer recognition in the newsletters and the Norwalk paper where Marilee

Stephanhagen put the article about Linda and Kathy in the paper. This is under Membership projects.

We continued to have Board meetings at my home and we socially distance and can wear a mask if the member chooses. We did preparation and attendance, made agendas and travelled back and forth.

Linda Kelly attended a membership meeting at Sandy Richardson's for Los Cerritos District 11 clubs membership officers. This is under Leadership for CFWC.

We kept in touch and have volunteered services in Women's History for the City of Norwalk. This is under Women's History and Resources project.

We did shot for life at the CVS Pharmacy, and when we get a flu shot, one is donated to someone who cannot afford a flu shot. This is under the GFWC Affiliate Project Shot for Life.

Dear Los Cerritos District Members, the Norwalk Club is busy and prospering, even under the Covid shutdown. There is always something we are doing to help one another, our Club or communities.

Thank you for your continued service to our communities.

Take care and Be safe. Love in Federation

## BELFLOWER CLUB BULLETIN ARTICLE

To Our Federated Sisters of Los Cerritos District,

There is no doubt that 2020 was one of the most difficult years for our communities and for the world. There is no doubt that a new era was ushered in that altered the course of history and the ways of life for most people. We were faced with hard decisions. People, things, and experiences were taken from us. We were given doubt. Our distractions from worry were no longer available; we were encouraged to stay at home when many of us found joy in serving the community beyond our homes. 2020 left us with a lot of unknown. The Woman's Club of Bellflower would like to take this moment to recognize what is STILL known to us. We are loved! We have community! We have federation. We are not alone. We are in this together. We hope that you feel our sentiment when we say: things will get better. Together, we have an opportunity to take these unprecedented challenges, overcome them, and create unprecedented success: new joy!

There is a book called "Antifragile: Things That Gain from Disorder" by Nassim Nicholas Taleb. In the book he talks about the ability for individuals (and organizations) to become **better** against disorder, or "black swan events." This ability goes farther than "resilience" and urges us all to become stronger against bad circumstances. He calls this ability: antifragility. Last year the Woman's Club of

*Bellflower was forced to close the doors of our clubhouse for the first time in almost 100 years. As our main source of income, it was a difficult decision to make. Despite the challenge, we proved to be antifragile. We decided to hold our board and membership meetings online using Zoom. We hosted online and "no-show" fundraisers that strengthened our digital presence in our community that enabled us to meet our budgetary needs for the year. Our Christmas basket fundraiser was conducted online, and winners were chosen "Live" on Facebook. With our growth in members, we began to actively engage with more internal communications with "Care & Concern" cards and letters to our members. Our club also created 20 "Buddy Boxes" for veterans. We provided as much service as we could to engage our community and to make a difference where we could. We used technology, and we got better.*

If we made it through 2020, we can make it through anything. We hope that 2021 will allow us to open our clubhouse back up to our community and we can combine the new lessons of 2020 with our traditional service commitments. It is time that our federation use technology that is available to us to strengthen our bonds with our communities. We have the world before us, and our neighbors need us more than ever. With our 100-year anniversary upon us, the Woman's Club of Bellflower wishes you a healthy, happy, and "antifragile" year. Thank you for your commitment to our district.

# Norwalk Woman's Club Fabulous February Fundraiser!



- \* Stater Bros. Gift Card - \$25
- \* Bottle of Rose Wine - \$10
- \* Bath & Body products - \$25
- \* Floral tray with Godiva, Ghirardelli & Lindt Chocolates - \$10
- \* 2 Crafted Hand Towels - \$5
- \* Cozy Socks & More!

## Opportunity Tickets:

10 for \$5 - 25 for \$10

Drawing to be held February 17, 2021

Please mail your check payable to  
**Norwalk Woman's Club**

Donna Atwood

6823 Emerson Dr., Buena Park, CA 90620

(must arrive by 2/12/21)

**THANK YOU FOR SUPPORTING  
SISTERS IN FEDERATION!!!**

## Lakewood Women's Club

Quarantine Movie basket; Everything you need to enjoy your night at home watching a Fun Movie

Tickets are 1 for \$1.00  
6 for \$5.00  
12 for \$10.00  
30 for \$20.00



Total Value \$55.00  
Dominos Gift Card \$20.00  
Soft and Fluffy Throw  
Microwave Popcorn  
Assorted Candy  
2 Cokes

Movies:  
The Intern (Robert DeNiro, Anne Hathaway)  
Tammy (Melissa McCarthy)  
Blended (Adam Sandler, Drew Barrymore)  
Legally Blonde 1 & 2 (Reese Witherspoon)  
Mamma Mia (Doesn't matter, its GREAT)  
It's Complicated (Meryl Streep, Alec Baldwin)

Money for this raffle must be in by Friday, March 12, 2021. Make checks payable to LWC.  
All money donated will go back to the Community of Lakewood!

You can mail your check/cash (maybe no cash by mail) or drop off to  
Leslie Minnig

5016 Iroquois Ave Lakewood CA 90713.

Telephone Number: 562-461-2173/562-397-9082



## WHAT IS ESO? EPSILON SIGMA OMICRON

Epsilon Sigma Omicron is an honorary educational society. It is part of the General Federation of Women's Clubs Education Department.

Through ESO Federated Members can continue their education as they participate, at their own pace, in the society's reading program.

### MOTTO

Our Honorary Society Motto is "Enlighten Thy Own Pathway," translated from the Greek phrase "Epsilon ten saudou hoden."

California, the twentieth state to receive an ESO Charter, became Upsilon Chapter in 1954.

### RESOURCES

The most current ESO Handbook (2020) and a suggested reading list is available at no charge on the GFWC website at [www.GFWC.org](http://www.GFWC.org).

To access, sign into the member portal. Under your profile, select "my digital library" and search for ESO.

#### PURPOSE

Epsilon Sigma Omicron (ESO) is an honorary educational society open to all per-capital dues paying GFWC federated club members. Participants achieve recognition levels at their own pace.

#### GOALS

- Some goals of the ESO program are:
- To encourage and support continuing education for club members.
- To encourage and stimulate self-enrichment and personal growth.
- To encourage the establishment and continuation of home libraries.
- To encourage the formation of reading, study, and discussion groups.

#### HISTORY

The Indiana Federation of Clubs established ESO in 1928. From 1930 to 1940 it was incorporated as a national sorority. In 1940, it became a Special Committee of GFWC. ESO became a part of the Education Department of GFWC in 1950. California, the twentieth state to receive an ESO Charter, became Upsilon Chapter in 1954.

#### RESOURCES

The most current ESO Handbook (2020) and a suggested reading list is available at no charge on the GFWC website at [www.GFWC.org](http://www.GFWC.org).

### ESO CATEGORIES

1. American History
2. The Arts
3. Biography and Memoir
4. Business and Finance
5. NEW for CA - California History
6. Conservation and Ecology
7. Drama
8. Education
9. Fiction, Classic
10. Fiction, General
11. Fiction, Genre (mystery, sci-fi)
12. NEW for CA- Fiction, Historical
13. Health and Medicine
14. Home and Garden
15. Parenting and Families
16. Poetry
17. Reading to Children/Youth
18. Religion and Inspiration
19. Science
20. Social Science
21. Sports and Recreation
22. Travel and Geography
23. Volunteerism
24. Women's Studies
25. World History





## DID YOU KNOW?

Reading to children/grandchildren is a category! (#17) Talk about easy to fulfill!

SUGGESTIONS TO HELP SPREAD THE WORD ABOUT YOUR CLUB AND ESO – Include a club flyer and ESO brochure in books you donate. Make sure there is a contact method – you may get members.

Establish a Free Little Library and keep it well stocked. Add 3x5 cards with your opinion in books. Add your contact information if you are comfortable with that.

Create bookmarks with club information to put in all donated books. Keep them simple and fun. Start a book group in your neighborhood. Share what you are reading.

Start a kid's story corner in your neighborhood. Blankets on the lawn help with social distancing.

## ESO READING REQUIREMENTS

The first three ESO reading levels require the reader to write a brief report on what they learned from the book and their opinion. One or two sentences is sufficient.

The report form (newly revised) is located on the CFWC website ([www.cfwc.org](http://www.cfwc.org)). Each form reports four books to complete a single category. A cover sheet verifies the level completion.

Reading may be from the suggested reading list or the reader's choice as long as the book fits to a category. Audio books and Kindle books are also acceptable for reporting. A book may fit into several categories but may only be reported in one, of the member's choice.

These reports are handed in to the club chairperson. If there is no club chairperson, the reports are given to the District Chairperson. The District chairperson notifies the State Chairperson of a member's completion of a level and the member's accomplishment is recognized.

## DID YOU KNOW?

Hours spent reading and submitting required paperwork is reportable under Education on your club hours sheets.

Benefits multiply when you read!

## ESO LEVELS

**PLEDGE:** A member completes an ESO Pledge application, returning it to the club or District Chairperson to verify participation in the program.

**MEMBERSHIP:** Read and report on a total of 16 books (4 books from 4 different categories). On completion of this level, the member is eligible to purchase and wear the ESO pin and will be awarded a certificate and ID for the level.

**STAR:** Read and report on a total of 40 books (4 books from 10 different categories). The achievement will be recognized with a certificate and ID for the level.

**TORCH:** Read and report on 64 books (4 books from 16 different categories). Recognition will be awarded, and the member will be eligible to purchase and wear the torch guard on their ESO pin.

**CENTURY LEVEL:** Read 100 books. This level does not require reports. An Excel spreadsheet with author and title is sufficient. Members may include any other information deemed important.

With each 100 books read and submitted, an additional century level is reached, up to nine. Certificates are awarded for each century completed.

**DIAMOND:** A Diamond Award is given when a member has completed 1,000 books. Recognition will be given for this accomplishment.