

Member of
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs

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



Barbee Heiny, Editor

PRESIDENT'S MESSAGE



"Goodbye 2020!" Hello 2021.

Wishing everyone a very
Prosperous New Year.

As I look back on the 2020, I am so pleased how our District members adapt to the new normal: wearing mask, social distancing, sanitizing, Hand washing like crazy and maintain communication with one another via phone, text, email and Zooming. Congratulations to all.

Hats off to our District Executive Officers and Clubs Officers for doing a job well done. Meeting each Clubs' Executive Officers and hearing their clubs' accomplishments was a blast. Presently, I haven't heard from the City if we were able to meet, so for now, Zoom Meeting is still on our January and February Calendar. "Thank you 2020, we are proud to remind you of our Districts' accomplishments: "

We maintained communication with the Members in spite of COVID-19. We kept everyone involved by learning and using Zoom for our meetings in addition with our monthly District Newsletters. Ed and I were able to hold Art Classes every other Wednesday at 6:00 p.m. each month for the Veterans till March. In addition, as President of the District, Ed and myself

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.



were able to help on the Veterans Bingo game. Upon cancellation of in-person activities, our District helped the V.A. by providing snacks for their treats as they continue to provide entertainment to their in-house activities such as Bingo and watching movies 3-5 times a week. Our District donated 131 holiday Buddy Boxes on December 5th done by curbside delivery. As you can see 2020, in spite of the very difficult challenges, it is not so bad after all. We accomplished so much and there is more planning in store for us.

Welcome 2021, Los Cerritos District Women's Clubs are here with open heart, open mind and we are here to face and accept the challenge of the new normal. Together we can do it!

Being challenged in life is inevitable, being defeated is optional. (Roger Crawford)



JANUARY

Fri. 1 NEW YEARS DAY

Fri. 8 District Exec. Meeting 10:00 a.m.
ZOOM

Mon.11 District Board Meeting 9:30 a.m.
Club Reports, Photography, Creative Writing,
Arts & Crafts submissions due ZOOM

Thurs.14 WC Artesia-Cerritos Reciprocity
CANCELLED

Mon. 18 Alumnae CANCELLED

Mon. 25 Fine Arts Festival 10:00 a.m. ZOOM

1st VP DEAN: Katherine George Chu



Farewell 2020! Welcome 2021!

When the Lunar New Year rolls around in early February, we will say goodbye to the Year of the Rat and welcome the Year of the Ox. The Ox is hardworking, patient, strong-minded and industrious. This past year has been a challenging one but we have persevered. May we look forward to better days ahead. Thank you all for working together; no matter what was thrown at us, we got the job done!

Report writing is currently in progress. In fact, I have already begun receiving club reports! I've included some information below on how-to submit your reports, areas for reporting, current contests and information on Fine Arts Festival entry submissions. Additionally, as District Dean, I'd love to know what your club is doing, please be sure to add me to your Newsletter emails.

REPORT WRITING

The District set January 11th as the deadline to submit club reports. This date was chosen because it coincided with the first District Board meeting of 2021. Since the January meeting will take place via ZOOM, reports can be sent to me via email, snail mail (postmarked by January 11th), or clubs can drop off report packets at the Paramount Chamber of Commerce, 15357 Paramount Blvd., Paramount, CA 90723. Anything dropped-off at the Chamber needs to be done on January 11th before 4:30 p.m. Please address the envelope to Elisa Trasoras c/o Katherine George Chu. I will pick up any submissions by the close of business.

Along with the Club Award Entry forms, each club is also submitting a Statistical Report and the Affiliate Data Report. The Statistical Report is **required** from each club, even if you are not submitting club reports this year. Please submit all of the forms to me. I will compile the reports and send them to the designated Chairmen and forward the Statistical & Affiliate Data Reports in one bulk email to the CFWC First Vice President, Barbara Briley Beard.

CFWC COMMUNITY SERVICE PROJECTS, PROGRAMS AND ADVANCEMENT AREAS FOR REPORTING:

- **Advocates for Children**
- **Arts and Culture**
- **Civic Engagement and Outreach**

- **Communications and Public Relations:** press releases, media relations, branding, club pins, flags, banners, club t-shirts, pop-up publicity events, club communications, email platforms, website, social media, club pages/groups, video sharing, webinars, ZOOM, etc. Does your club have something on display in the city? library? Do you have club profiles on hand at the Chamber of Commerce or other location?

- **Community Impact Program Award** – The award period for this project began in January of 2020 and goes through December 2021. Club projects that help make your community a better place to live, by revitalizing distressed communities and improving living conditions, are considered community improvement projects. Projects do not have to start or end within this timeline; you only report on what was planned and accomplished during this period. Please let me know if your club is submitting an entry in this area. Although entries are submitted directly to the State CIP Chairman, I'd like to make sure you have the contest rules available to you.

- **Creative Writing Contest** – Contest rules were included in the December newsletter. If you don't have a copy, the District newsletter can be found on the Los Cerritos District website. All entries must be completed by the end of December 2020. Entries must include a Creative Arts Waiver form which is included in this month's newsletter. Please submit your entries to me in the same way as report writing i.e., email, snail mail or drop off. Please make sure you keep a copy for yourself.
- **Domestic and Sexual Violence Awareness and Prevention** – This program was expanded to include eight focus areas: Intimate Partner Violence, Child Abuse Prevention, Teen Dating Violence, Campus Sexual Assault, Elder Abuse, Violence Against Native American Women, Military Sexual Assault, and Human Trafficking for Sexual Purposes.
- **Education and Libraries** – The Epsilon Sigma Omicron Handbook and Reading List can be found in the GFWC Member Portal under E in the Digital Library.
- **Environment**
- **Fundraising**
- **Health and Wellness**
- **Leadership**
- **Legislation and Public Policy**
- **Membership**
- **Newsletter Contest** - The deadline for the **CFWC** Club & District Newsletter Contest is February 1st of each year. Submit 3 copies of your best issue published during the calendar year to the CFWC PR Chairman Sonja Hults. Your cover sheet must state club and district name, number of members, newsletter editor's name, address, phone number and email address. Include a 250 work narrative on usage, distribution, frequency of the newsletter and other pertinent information. The deadline for the **GFWC** Newsletter Contest is in mid-March. Any club interested in participating, feel free to contact me for more details.
- **Photography Contest** - Contest rules were included in the December newsletter. If you don't have a copy, the District newsletter can be found on the Los Cerritos District website. All entries must be completed by the end of December 2020. Entries must include a Creative Arts Waiver form which is included in this month's newsletter. Submissions can be dropped off at either the Chamber on January 11th or can be emailed to me as an attachment by the January 11th deadline. I will make arrangements to pick up the actual photo entry sometime in February. The purpose of getting the digital entry to me is so that it can be judged and included in a slideshow along with all of the Fine Arts Festival entries.
- **Website Contest** – GFWC Website Contest deadline is March 15th. Contest rules are on the GFWC website in the GFWC Member Portal.
- **Women's History Resource Center**
- **Young Musicians Competition** – Entries must be received by March 1st 2021. Entry forms can be found on the CFWC website. Only CFWC Entry Forms will be accepted. Contest rules must be followed.

FINE ARTS FESTIVAL

Let's go on with the show! **The Fine Arts Festival will be via Zoom on January 25th at 10:00 a.m.** While we will have a different format this year, we are still determined to press on. Please take a photo of your Arts and Crafts entries and email them directly to me at katgeorgechu@hotmail.com by January 11th. Photos can also be submitted via snail mail (postmarked by January 11th). Art & crafts entries will be included in a slideshow presentation and judged. Winning entries will be picked up at a later time. In the body of the email, please include your name, email, phone, Club name and description of your item. Contest rules were included in the December newsletter. For art entries, please include the size of your artwork, medium used and which category i.e., novice or advanced.

We will not have Club Craft Table judging this year but we are accepting **Centerpiece** entries. Club submissions will be done in the same fashion as the other entries. Snap a photo of your tablescape with centerpiece and email it to me, along with a description. Centerpieces need to be under 12" and must be 75% handcrafted. Table size is of your choosing. Please do not include any club members/family members in your photo entry. The Festival theme this year is "Messages of Hope and Resilience".

Club participation entries in Readings, Speeches, Song or Music are currently being accepted. Five (5) minutes will be allowed per club entry. Zoom is not the best platform for multiple performers to read or sing at the same time. You will have more success if members take turns reading a poem individually or play something on a piano or arrange for solo singing. If your club wishes to participate, send me the name of your club, performer(s), contact number and title of selection by January 11th.

Crafting project – For those of you who attended the GFWC Holiday Open House, you got to see GFWC International President, Marian Simmons - St. Clair carve a holiday pineapple centerpiece. A portion of time will be set aside for each of us to do this project during the Fine Arts Festival from the comfort of our homes. Some members may simply enjoy watching us carve our pineapples. For those of you who wish to participate, the instructions and supplies are included in this newsletter. Because we are limited in time, we may not get to the assembly portion of the project (attaching the evergreen pieces to the floral foam) so just plan to have your pineapple, window template and carving knife ready. The size of the window templates will vary depending on the size of the pineapple. Photos of us completing this project will be shared online.

CORRESPONDING SECRETARY: Jean Williams

Hello and happy holidays to all of you. Good news!

Our District mailing address for all correspondence is:

Los Cerritos District
P. O. Box 1201
Paramount, CA 90723
Please start using this mailing address immediately.

PARLIAMENTARIAN: Barbee Heiny

JUST A REMINDER!

Don't forget to update your Standing Rules to include Electronic communication and ZOOM meetings.

HAPPY & IN PERSON NEW YEAR !



Thank you and have a safe and healthy holiday.
HAPPY NEW YEAR!





CREATIVE ARTS WAIVER

With my signature I declare that:

- I have created the submitted work, entitled _____, and I own the full copyright. The work has not been published before.
- With my work, including pictures, tables, or additional media, I do not violate or infringe the copyright of other persons or entities.

The work in question is (please check one): Photography Poetry Short Story

- I grant the General Federation of Women's Clubs a royalty-free perpetual license to use, reproduce, post, display, create derivative works, sell, license, or sub-license the work in any media now known or later invented without limitation, for commercial or non-commercial purposes.
- I agree that I shall not release the work to any other publication in the same or substantially similar form, without prior written and explicit consent from the General Federation of Women's Clubs.

This agreement shall become effective and binding at the date of formal acceptance of the work for publication by the General Federation of Women's Clubs.

Full Name (Print)		
Mailing Address		
City	State	Zip
Email		
Phone		

Signature

Date

Parent/Guardian Signature (if submitter is under 18 years of age)

Date

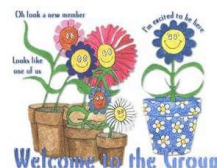
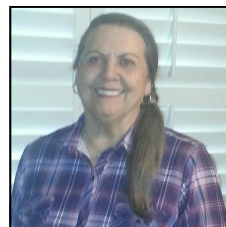
2nd VP MEMBERSHIP: Sandra Richardson

Hello Ladies and Gentlemen,

Holiday Greetings to all and here's to a healthier and better New Year. Congratulations to LA Philippines for Recruiting 6 new members and 9 late paying members. This brings our total

membership to 407. Great job ladies. Hopefully each club will be able to recruit 1 new member. Challenge on. Let's continue to grow.

With the New Year fast approaching let's hope it won't be long before we can all meet and Greet one another. I truly miss seeing all your smiling faces. Happy New Year!



4th VP FUNDRAISING: Eloisa Velasquez

Well, we made it! Undeniably 2020 was one of the most difficult years for most of us and finally came to an end. There's no doubt it was a challenging year, but I hope not without its brighter moments. The 2020 year was closed out with another successful fundraiser for Los Cerritos District (LCD) bringing in \$175.00. I am very grateful for club members who provided baskets and gift cards for the opportunity drawings. Gerda Trutzl (Paramount WC) won the basket provided by Long Beach WC and Rachel Poulos (Norwalk WC) won the Mini Christmas tree with gift cards, provided by club members. Congratulations ladies and thank you for supporting LCD.

For January 2021, three (3) baskets have been provided for the opportunity drawings.

Two (2) from Lakewood Women's Club: (1) theme - COZY NIGHTS (includes a large red blanket and lots of more great goodies) (2) theme - the "ITALIAN" basket (includes lots of Italian items, you name it, it has it !!). Third basket, from Norwalk Woman's Club: theme - SPA TIME (includes bath towels, candle,

\$20.00 gift card from Chili's, plus more). Baskets pictures are available for you.

The tickets are \$5.00 for 10 tickets or \$10.00 for 25 tickets for the opportunity drawings. Please mail your check payable to LCD to Eloisa Velasquez 7871 Westra Lane, La Palma, CA 90623. All proceeds benefit Veterans of Long Beach.

A reminder that District pins are available for \$5.00 each, just email me to reserve them for your club members. Hopefully soon, we will be meeting in person so you will be so proud to be wearing your pin, I know I will.

Another reminder, in February 2021, Paramount Women's Club and South Gate Multicultural Women's Club are scheduled for a basket(s) donation, only if you are able. Any questions, please call me. I thank you in advance for all your support and ideas for fundraising.

I appreciate all your support for LCD and many blessings to all.

The drawing will be held Monday, January 11, 2021.



Norwalk



Both from Lakewood



Holiday Pineapple Centerpiece

Marian St.Clair

Pineapples are a symbol of hospitality, marking the warm welcome, affection, and good cheer of a winning hostess. Many years ago, a gardening friend taught me how to make a carved pineapple centerpiece. Now, I can't imagine Christmas without this family favorite.

To make the centerpiece, you need:

A ripe but firm pineapple

Paper and scissors (for window templates)

Straight pins

Sharpie or other marking pen

Sharp knife

Cookie or cake tray

Oasis (or similar wet floral foam), soaked in water

Florist tape

Florist picks

Three (or more) types of evergreen cuttings

A votive candle in a small glass holder

GENERAL FEDERATION
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Make three identical gothic window templates that are roughly four inches tall and three inches wide (this varies depending on the size of the fruit!) and then pin them to the pineapple, ensuring at least 2 inches between each window by trimming the templates if they are too large. Then, use a Sharpie pen to mark the surface of the fruit.

Remove the templates and use a sharp knife, cutting toward the center of the pineapple, to carve the windows and lift away chunks of the fruit. Trim the inside of the pineapple as need to remove excess pulp and to make a flat base for the candle.

Cut the block of Oasis in half and secure it to a tray with florist tape. Place the pineapple on top of the Oasis, pushing it into the soft foam until it is perfectly upright. Secure the pineapple in place with florist picks, inserting the picks into the yellow flesh at the base of the pineapple and pushing them down through the Oasis.

Use a variety of evergreens to create a decorative base under the pineapple, pushing the foliage into the damp Oasis. Finally, place a votive candle inside the pineapple. When the candle is lit, the fragrance of the warmed fruit will lightly perfume the room.

CARE & CONCERN: Judy Dessel

LIFE IS TOO SHORT TO WAKE UP WITH REGRETS, SO LOVE THE PEOPLE WHO TREAT YOU RIGHT, FORGET ABOUT THOSE WHO DON'T BELIEVE, EVERYTHING HAPPENS FOR A REASON. IF YOU GET A CHANCE, TAKE IT IF IT CHANGES YOUR LIFE, LET IT! NOBODY SAID LIFE WOULD BE EASY, THEY JUST PROMISED IT WOULD MOST LIKELY BE WORTH IT!

The following people need your prayers: Sola da Villergan, Lore Page, Kathy Cook, Winnie Baker and Betty Bates. Gerda Trutzl, member of the Paramount Women's Club + Los Cerritos District Board. Needs your prayers. Her husband Frank recently passed away, and we will miss him dearly. Harriet Robbins from Norwalk Woman's Club also passed away.



CIVIC ENGAGEMENT and OUTREACH: Elisa Trasoras

CIVIC ENGAGEMENT AND OUTREACH
LONG BEACH VETERANS HOSPITAL
(Reported by: Elisa Trasoras)



The Holiday Buddy Boxes were assembled by several Clubs members of Los Cerritos District for the Veterans in Long Beach. One Hundred thirty one(131) boxes were delivered curb side on December 5th to the Community Living Center at the Hospital. So many women helped to make this effort a success.

It was truly amazing to see the creativity of each club in filling their Buddy Boxes and how they were decorated for delivery. The patients at the hospital have no visitors what so ever due to Covid-19 so our effort helped bring them a little bit of Joyful Christmas and a Happy New Year.

Shout Out for Excellence: El Dorado Woman's Club (10 boxes); GFWC Women's Club of Huntington Park (11boxes); GFWC Long Beach Women's Club (10 boxes); Lakewood Women's Club (10 boxes); Norwalk Woman's Club (10 boxes); Paramount Women's Club (20 boxes); South Gate Women's Club (10 boxes); The Los Angeles Philippine Women's Club (10 boxes); Woman's Club of Artesia-Cerritos (20 boxes); and Woman's Club of Bellflower (20 boxes).

Hats Off to our Delivery Crews: Alicia de Aragon (L. A. Philippine); Katherine George Chu (Artesia-Cerritos); Theresa Gonzalez (South Gate); Sandra Richardson (Lakewood); Sylvia Masushige (South Gate); Eloisa Velasquez (Norwalk); Ed Trasoras (Paramount); Elisa Trasoras (Paramount); Claudia Vidaurri (South Gate).

These veterans gave their service to protect our way of life and the lives of others. These men and women gave their all and came back home with injuries and wounds for all their efforts. We must also honor the many who did not come home but are on eternal patrol. God Bless our Veterans!



NORWALK CLUB BULLETIN ARTICLE

OUR CLUB GOAL FOR THIS YEAR
January 2021
Norwalk Woman's Club

After almost 100 years of service to the city of Norwalk and beyond, our club has achieved so many goals! But as with any organization, the passage of time can take its toll on member participation and recruitment.

Our goal this year is to enhance our presence in communities by working more closely with others in and around Norwalk and introduce them to GFWC and CFWC! As an example, we are in the process of preparing to partner with our Senior Center in joint projects as well as working through the LA County Library in the city's homeless program.

We are confident that getting the word out and shining the light on who we are and what we do will help to boost the recruitment of new members!

Striving to retain and encourage members to look beyond just our Club and become invested in the workings of District, CFWC and GFWC is another goal we plan to embrace this year.

It's always fun to refresh your memory or learn something new, even if you've been a member for a very long time!

We look forward to this year and take up the President's theme of remembering "Our heritage of service is our strength for the future," while continuing to embrace our Club motto "The Best Is Yet To Be"!

Elizabeth Cady Stanton

Elizabeth Cady Stanton (1815-1902) was an American Suffragist Social Activist. She was also an abolitionist and an early figure for the Women's Rights Movement. She is credited with the organization of the first Women's Rights Movement. Elizabeth was the first push for Women's Suffrage in the United States. She was the founder and President of the National American Woman Suffrage Association.

Prior to the suffrage movement Elizabeth was an abolitionist. She was after more than voting rights for women and pushed for women's parental and custody rights, income, property rights, divorce, family and birth control. These issues put her at odds with other women's organizations throughout her life time. This was evident shortly after the Civil War when she started working with Susan B Anthony. Both these women declined to support the Fourteenth and Fifteenth Amendments. It wasn't that they were against giving legal status and voting rights to African American Men but they both believed that women as a whole black and white should have these same rights. Elizabeth Stanton believed that religion was a road block to women obtaining women's rights that she considered organized religion to be evil. She even wrote "The Woman's Bible" and her autobiography "Eighty Years and More".



Elizabeth was well educated as she attended Johnstown Academy. At 16, she was studying Advanced Mathematics, and Languages. She was a good debater and it wasn't until she graduated that she tasted sex discrimination. The men she graduated with could move on to Union College but this was denied to her even though her grades were better. Elizabeth gained entry to Troy Female Seminary.

In 1848, Elizabeth and a hand full of other women organized and held the Seneca Falls Convention which was attended by over 300 people. She is best known for her slight rewrite of the Constitution "That all Men and Women are created equal". Elizabeth's "All or Nothing" approach splintered the women's groups to form the American Woman Suffrage Association. Despite Elizabeth's negative stance on the two amendments both the Fourteenth and Fifteenth Amendments were passed.

Elizabeth pushed that the two amendments constitutionally gave women the right to vote and continuously fought for this. Elizabeth and Susan B. Anthony wrote a 6 volume the History of Woman Suffrage. Elizabeth pushed for reforms in a variety of states including New York, Missouri, Kansas. She even ran for U.S. Congressional seat in New York but was not elected. She was power behind the passage of the Women's Property Bill which was passed in New York. In 1878, Elizabeth convinced Aaron A. Sargent, a California Senator to introduce a Female Suffrage Amendment written like the Fifteenth Amendment. Elizabeth traveled to Europe promoting Woman Suffrage and was very well received.

Her unorthodox views on religion, female employment and other issues made other suffragist to identify with Susan B Anthony. Her Woman's Bible was not endorsed by the suffrage movements. Elizabeth Cady Stanton was the true start of Woman suffrage in the United States. She pushed for a multitude of women's rights which we are still debating today over a hundred years after her death. She was a fire ball and totally courageous.

In spite of her faults, she inspired the next generation to continue the fight for Women's Rights and Suffrage. Eighteen years after her death, women were granted the right to vote. Was she successful in her endeavors?