

Member of
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs
Area C

Elisa Trasoras, President
**LOS CERRITOS
DISTRICT BULLETIN**

June 2021

LXIII VOLUME 12



www.loscerritosdistrict.org

loscerritosdistrictwomen'sclub FB



Barbee Heiny, Editor



PRESIDENT'S MESSAGE

It is going to be a great New Beginning on 2021-2022 for all of us as we concluded the years 2020-2021. Check out what our Clubs and District accomplished with Perseverance and Resilience.

CIVIC ENGAGEMENT: for our desire to continue to serve our community, a Club created a way to have a toy drive, our Clubs delivered Holiday Buddy Boxes to Veterans in the Long Beach V.A. Hospital, and our District committed to a curb side delivery of snacks to Long Beach Veterans Hospital once a month.

Some Club Members' ability to assist on administering Covid-19 Vaccine to Public and helping out distributing free meals to City residents.

Clubs that sewed and stitched masks to be donated to hospitals, first responders and communities.

Let's not forget the Clubs monetary donations to Canine Companions, Doctors without Borders, Heifer Project, HOBY, March of Dimes, Operation Smile, St. Jude and UNICEF USA.

With Students Virtual learning, Seniors' in High School were still able to graduate, therefore, our Clubs proceeded on awarding the Student's Scholarships during this very unique time for everyone.

COMMUNICATIONS: Shout Out to our Clubs Officers who maintained their communications to its members by Zoom, Face time, E-mail, cards and the old fashioned phone calls.

CONVENTIONS: Pandemic put a halt on our 2020 Convention, the Restaurant deposit was refunded to the District and Hotel room reservations

and RSVP's were cancelled. What a disappointing moment when things stopped just like that.

Then with 2021 looming up on me, a last minute decision was made. We are going to have our 65th Convention. Wow! Hard to believe it happened and it was done virtually.

Thank you State President, Madam Pam Ament for a very inspiring message to "keep smiling" no matter what the challenge will be.

Also a thanks to our Paramount Mayor Brenda Olmos, for delivering a very heartwarming welcome and to our Parliamentarian Pro-tem Ms. Marcia Willet (Area C Vice-President), what triple treats we had in our District.

Thank you all, for contributing your time to make our Convention a success.

FUNDRAISING: Obligations and responsibilities remained as we faced the limiting of the ways to raise money. Several clubs managed to raise funds electronically.

MEMBERSHIPS: assessing some members left us for good to be with our Creator, currently we are down 13 members for this upcoming year. On a positive note, we will keep accepting Memberships all year long.

"Happiness lies in the joy of achievement and the thrill of creative effort..."

(www.livehappy.com)

Hugs to All,
President Elisa Trasoras

1st VP DEAN: Katherine George Chu



Looking forward to a brand new year ahead! I hope that you are all as excited as I am. Twelve members from Los Cerritos District attended this year's CFWC Annual Convention. Because it was virtual, it was a convention like no other. As the GFWC Second Vice President, Wendy Carriker, remarked, no one had any cause to complain about the room being too cold AND our lunches were served just as we preferred. I'd like to add, everyone had the best seat in the house and there was no mad rush in getting back home.



The awards ceremony went smoothly this year. Timing has a way of working out when you're not waiting for each recipient to make their way up to the front dais to receive their award. Let me start off by saying that no awards were given in the Arts and Crafts categories. CFWC did not receive enough entries in each category in order to present awards. Perhaps with the pandemic, coupled with challenges downloading content into Dropbox, participation was low. Convention attendees did, however, get to see the entries that were submitted during the Virtual Art Show. This ran several times during the convention breaks. Thank you to all of our members who participated.

A huge congratulations to Janie Sullivan from the El Dorado Woman's Club. Her CFWC Poetry entry, "A COVID Christmas" won 1st place in the **Creative Writing** Contest.

The **Newsletter Contest** award for Intermediate club went to the Lakewood Women's Club. Great job Lakewood!

Now for the winners who were announced during the **Membership** Awards Ceremony.

- Membership - Small District – Los Cerritos District
- Chimes Award – Los Cerritos District

Clubs awarded in Area C:

- GFWC Long Beach Women's Club
- Paramount Women's Club
- Norwalk Woman's Club
- Lakewood Women's Club

Drumroll, please. During the **Program** Awards Ceremony, awards were presented for:

- Leadership – Small District – Los Cerritos District
 - Environment – Small District – Los Cerritos District
 - Public Issues – Small District – Los Cerritos District
 - Civic Engagement – Medium District – Los Cerritos District
 - Health and Wellness – Small District – Los Cerritos District
 - Arts and Culture – Small District – Los Cerritos District
 - Domestic Violence Awareness – Small District – Los Cerritos District
- Domestic Violence Awareness Creativity Award – GFWC Women's Club of Huntington Park

TREASURER: Ruby Cure

A "Special Thank You" to each of the eleven clubs in Los Cerritos District for submitting your Club Data Blank, member roster and payment for club dues in a timely manner. It allowed me the time needed to prepare CFWC Dues Remittance Form for 394 members and the check for District Dues \$7,486.00 payable to California Federation of Women's Clubs by the deadline. Your club support is always appreciated by Los Cerritos District Officers and Chairman, especially when we have a deadline to meet.

NOTE: If you are currently serving as an Officer or Chairman, in District, and have any expense for which you expect to be reimbursed, expense reports MUST be submitted to me ASAP. Month of May is the last month of 2020-2021 for expense items to be paid.

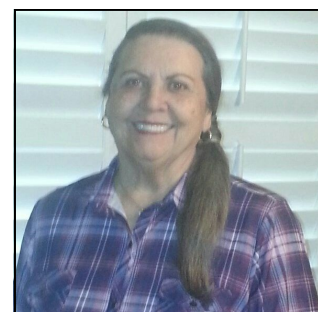
I enjoy serving the position of Treasurer, my third year, for Los Cerritos District. Thanks for your support. If you have a question regarding Los Cerritos District Treasurer's Reports, feel free to give me a call. Cell 562-818-3137 msrubycure@verizon.net



2nd VP MEMBERSHIP: Sandra Richardson

Hello

Hopefully by now everyone has paid their Dues. Needed to pay State by May 15th. So looking forward to Summer Vacation. Have a great Summer and see you back in September hopefully well rested and ready to go.



4th VP FUNDRAISING: Eloisa Velasquez

Dear Club Members:

This is wishing all of you a safe and great summer and hope that our next meeting in September will be in person, only time will tell. Enjoy your summer!!!

I want to thank all of you for the support you have given to raise funds to provide monthly snacks for the veterans of Long Beach, which is much appreciated by them.

It has been exciting meeting some of you for the first time and zooming each month for District Board Meetings. Let's continue our fundraising efforts for Los Cerritos District with enthusiasm and open hearts.

June fundraising is provided by Los Cerritos District Executive Committee. The items will be \$50.00 cash and a gift card. Please purchase tickets as follows:

\$5.00/6 tickets - \$10.00/25 tickets or \$20.00/60 tickets and mail checks



payable to Los Cerritos District to Eloisa Velasquez 7871 Westra Lane – La Palma, CA 90623. The drawing will be June 14th, 2021.

September 13th, 2021 opportunity drawing, if able, will be El Dorado Woman's Club and GFWC Women's Club of Huntington Park.

I hope you are enjoying the monthly opportunity drawings as much as I have and please submit any ideas for fundraising to me. Let's have fun!!

Thank you again so much and many blessings to all.

REFLECTION: The greatest joy in life is to see those you love Happy.

PARLIAMENTARIAN: Barbee Heiny

I INVITE ALL President's, Deans and Parliamentarians, and anyone else interested to attend and join Theta, a member of the California State Association of Parliamentarians. We meet the 1st Thursday at 9:30 at Paramount Chamber of Commerce, 15357 Paramount Blvd. 90723 and will be meeting during the summer.

WHO IS INCLUDED IN THE NOMINATING COMMITTEE?

ARTICLE XI NOMINATIONS

Section 1. A Nominating Committee of five (5) and five (5) alternates shall be elected from the floor of the District Convention in the non-election year. Three (3) members shall be from the Executive Board. No member may serve more than one consecutive term.



PUBLIC RELATIONS: Bernadette Advincula

We want to welcome Bernadette to the team of Los Cerritos District Executive Committee.



CLUB ARTICLE - GFWC Long Beach Women's Club

For all of us, this has surely been a year of uncertainty and adapting. When we were allowed to meet in person, we met on the patio of the Crab Pot restaurant in Long Beach. There we were able to discuss, plan and vote on different projects.

- One of our ongoing projects is Ronald McD House and because of the quarantine we were not able to go inside to prepare meals. Another option was to deliver restaurant meals once or twice a month to the residents along with much needed snacks.
- We voted to donate \$600.00 to the Gaby O'Donnell scholarship fund at Cal State U at LB to support students in the healthcare field. Gaby O'Donnell was the mother of LB Mayor Robert Garcia who lost both of his parents to covid-19.
- We were able to purchase 7 biogas stoves with a \$690.00 donation to Heifer Project International. We also purchased shares of several animals.
- We socially distanced at the Dominguez Community Hall to participate in the District Presidents' Buddy Box Project at the Long Beach VA Medical Center. At the same time we filled 20 ditty bags with personal hygiene items for the LB Rescue Mission and delivered them along with 2 turkeys and bags of clothing.
- \$300.00 was donated to the Long Beach Send a Kid to Camp Program.
- We sewed 62 covid masks for some nurses at LB Memorial Hospital and friends and family.
- Some of our budgeted items include CFWC Funds for Disaster, Itinerary, Arts & Music. We also donated to the Women's History Preservation Fund. The CC Kleefeld Contemporary Art Museum at CSULB was also the recipient of a \$75.00 donation.
- We 'crafted for a cause' and knitted and crocheted nests for orphaned animals which were then donated to the Ramona Wildlife Center.
- Breast cancer, LB Rescue Mission and Habitat for Humanity Thrift Stores were also recipients of clothing & household items. Lynn Hutton, Dean

CLUB ARTICLE - The Los Angeles Philippine Women's Club



The L.A. Philippine Women's Club was organized in 1961 and was incorporated and federated in the same year. Club motto is " Together We can do Great Things".

President's flower: Orchids.

- We have 100 % renewal of membership except one who passed away last December due to COVID-19.
- In spite of the Pandemic our club continued its charitable & philanthropic missions. We have distributed food packs for senior meals at the Historic Filipino town.
- Distributed face masks & face shields to the neighborhoods in need.
- Volunteered for the Covid-19 testing sponsored by L.A. City Government and LA Downtown Medical Center.
- Donated Personal Protective Equipments to Front liners in a government hospital.
- Annual Christmas Gift Giving to Senior residents of 3 Skilled Nursing Facilities in the area.
- Participated at the County Sheriffs Community Drive - Thru Food Distribution in Covina and also Downey.
- Assisted Covid-19 Community Vaccination Campaign hosted by LA Downtown Medical Center.
- Collaborated a Wine Tasting Fundraiser Event sponsored by Montemaria Cellars at Bradbury Estate attended by 100 guests.



- For the International Projects: Had shipped 75 PCs. 80 Hospital beds with 500 blankets & bed sheets, 3 PCs. Ultra sound machine, 250 wheelchairs, 175 PCs. of IV pump machines, 3 units Hoyer's Lift, jumbo boxes of adult diapers and various hospital side tables, equipments including furnitures which was donated to Batangas government hospital amounting to \$84,000. All donated items were solicited by various philanthropist friends who are willing to participate in our international project.

- Donated essential needs for Pandemic to underprivileged children of the Philippines amounting to \$500.
- Giving sacks of rice to the mountain people of Negros Island that cannot be reached by the government food distribution amounting to \$1,000.
- Sent monetary assistance of \$1,500 to disaster victims of flood, typhoon and volcano eruptions in Luzon areas thru the outgoing LA Consul General of the Philippines
- Monetary donation of \$2,500 to Vatican.
- A total of 10 new members who have joined our Club and that makes the Los Angeles Philippine Women's Club 53 membership for 2021.

Thank you for the valued support of our Officers & Members

Ms. Trinity Foliente, President
2019 - 2021

CLUB ARTICLE - South Gate Women's Club



1st V.P. - Dean Claudia Vidaurri
of South Gate Women's Club at work.
Serving the community of
South Gate.

LEGISLATION

CFWC, including Los Cerritos District, supported the Circulating Collectible Coin Redesign Act of 2020 that was introduced by CA Representative Barbara Lee. This legislation became law in January of 2021. It directs the Treasury Department, through the U.S. Mint, “to mint and issue **quarter-dollar coins in commemoration of the ratification of the Nineteenth Amendment granting women the right to vote**. The design on the reverse of each coin shall be emblematic of the accomplishments and contributions of a prominent woman who was a resident of a state, the District of Columbia, or a U.S. territory.” Effective January 1, 2022, through the end of 2025, the Secretary of the Treasury “shall issue quarter dollars that have designs on the reverse selected in accordance with this subsection which are emblematic of the accomplishment of a prominent American woman.”

The act provides for up to five coins per year. Coins will feature one prominent woman on the reverse while maintaining George Washington’s likeness on the obverse and flexibility in the placement of inscriptions. Women depicted may be selected from fields and accomplishments such as “suffrage, civil rights, abolition, government, humanities,



science, space, and arts.” The first two coins introduced celebrate the writer and poet, Maya Angelou and astronaut Sally Ride, the first American woman to fly in space. The Secretary of the Treasury will select the women to be honored after soliciting recommendations from the general public, and in consultation with the Smithsonian Institution American Women’s History Initiative, National Women’s History Museum, and the Bipartisan Women’s Caucus. If you would like to submit a recommendation, a google doc can be found on the National Women’s History Museum web page: <https://www.womenshistory.org/>. Please note, the Act requires that the designs not feature any living person, and therefore all of the women being honored must be deceased.

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.



ENVIRONMENT



CFWC Environment Chair, Jane Thomey, gave a workshop at the State Convention that covered a variety of ways that we can protect our planet. At the onset of the workshop, a short video on "How to Save Our Planet" narrated by Sir David Attenborough was played. It can be found on YouTube on the World Wildlife Fund International (WWF) channel.

Two handouts were included in this workshop: "Protecting Our Planet Starts With You" and a Plastics Identification Chart that makes sorting plastics for recycling easy to do. They are both included in this newsletter.

PROTECTING OUR PLANET STARTS WITH YOU

BIKE MORE DRIVE LESS

When you further your own education, you can help others understand the importance and value of our natural resources.

reduce REUSE recycle

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable

seafood
Learn how to make smart seafood choices at www.FishWatch.gov.

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.
PLANT A TREE

EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER

The less water you use, the less runoff and wastewater that eventually end up in the ocean.

-SHOP-WISELY

Buy less plastic and bring a reusable shopping bag.

Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.

Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!

Long-lasting light bulbs - ARE A - BRIGHT IDEA

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

oceanservice.noaa.gov

Household

Plastics

■ In your quest to go green, use this guide to use and sort plastic. The number, usually found with a triangle symbol on a container, indicates the type of resin used to produce the plastic. Call **1-800-CLEANUP** for recycling information in your state.



PETE

Number 1 • PETE or PET (polyethylene terephthalate)

IS USED IN microwavable food trays; salad dressing, soft drink, water, and beer bottles

STATUS hard to clean; absorbs bacteria and flavors; avoid reusing

IS RECYCLED TO MAKE . . carpet, furniture, new containers, Polar fleece



HDPE

Number 2 • HDPE (high-density polyethylene)

IS USED IN household cleaner and shampoo bottles, milk jugs, yogurt tubs

STATUS transmits no known chemicals into food

IS RECYCLED TO MAKE . . detergent bottles, fencing, floor tiles, pens



V

Number 3 • V or PVC (vinyl)

IS USED IN cooking oil bottles, clear food packaging, mouthwash bottles

STATUS is believed to contain phalates that interfere with hormonal development; avoid

IS RECYCLED TO MAKE . . cables, mudflaps, paneling, roadway gutters



LDPE

Number 4 • LDPE (low-density polyethylene)

IS USED IN bread and shopping bags, carpet, clothing, furniture

STATUS transmits no known chemicals into food

IS RECYCLED TO MAKE . . envelopes, floor tiles, lumber, trash-can liners



PP

Number 5 • PP (polypropylene)

IS USED IN ketchup bottles, medicine and syrup bottles, drinking straws

STATUS transmits no known chemicals into food

IS RECYCLED TO MAKE . . battery cables, brooms, ice scrapers, rakes



PS

Number 6 • PS (polystyrene)

IS USED IN disposable cups and plates, egg cartons, take-out containers

STATUS is believed to leach styrene, a possible human carcinogen, into food; avoid

IS RECYCLED TO MAKE . . foam packaging, insulation, light switchplates, rulers



OTHER

Number 7 • Other (miscellaneous)

IS USED IN 3- and 5-gallon water jugs, nylon, some food containers

STATUS contains bisphenol A, which has been linked to heart disease and obesity; avoid

IS RECYCLED TO MAKE . . custom-made products

Dia Del Niño (Day of the Child)



Every year on April 30th, we celebrate Dia Del Niño (Day of the Child). A special thank you to Los Ángeles County, Supervisor Hilda L. Solís for allocating toys for our GFWC Women’s Club of Huntington Park. Our club was extremely happy to distribute the toys among the children in the community and make them smile on their special day! Also, thank you to our club member Gloria Medina for picking up the toys and to our Los Cerritos District President Elisa Trasoras for the surprise visit and seeing our Club President Ivonne Correa in action. Always keeping in mind social distancing, wearing a mask and staying safe.





Member
The Los Angeles
Philippine Women's Club



Connie Sarmenta Gonong

Connie was born on April 18, 1920 in Cabanatuan Nueva Ecija, Philippines.

She attended Elementary and High School education
at St. Paul College in Cabanatuan City, Philippines.

Graduated B.S. Education at the Philippine Normal College, Valedictorian.

Master's degree and PhD at the UP Diliman, Magna Cum Laude in 1941.

Fulbright Hayes Scholarship Grant sponsored by Rotary Club,
University of California Los Angeles (UCLA) 1953-1955.

Migrated to the US in 1957, got her first job in the County of Los Angeles
as Secretary of the Department of Aging and retired in 1978.

1966-1967 President of The Los Angeles Philippine Women's Club,
the 4th President and one of the Founding Members of the Club.

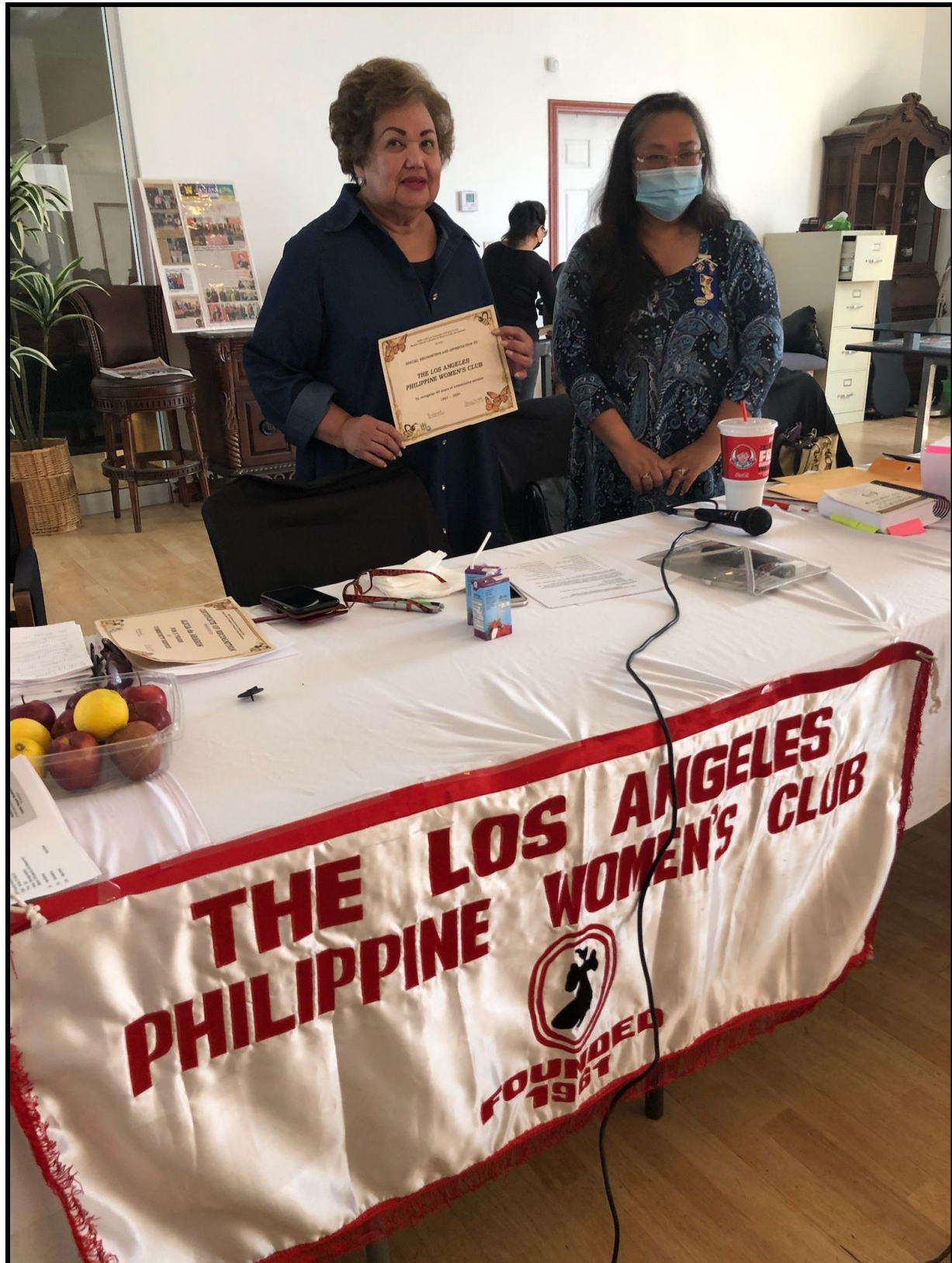
1978 Maria Clara Awardee for her most outstanding performance.
Maria Clara award portrays the embodiment of the ideal Filipino woman.

The LAPWC President Trinity Foliente cordially invites you to
The Los Angeles Philippine Women's Club 60th year Founding Anniversary.

Date: Monday, 31st May 2021 (Memorial Day Holiday) Time: 2:00pm

Place: Scientology Auditorium, Address: 11455 Burbank Blvd. North Hollywood, CA 91601
Minimum donation: \$25

Please RSVP to: Membership Director Rosalie Caratao (213) 280-1044
Treasurer Lisa Castillo (818)823-5250. Suggested Attire: Filipiniana/ Barong



Club Participation

Please be in attendance at the June 14th meeting. This is the time when each club will have a chance to choose between preparing meals (a great fundraiser for your club) and/or decorating a table at our luncheons for the year. We are optimistic that we will return to in-person meetings in September. To reiterate, please have a representative attend our June District Board Meeting via Zoom, so that we can schedule our 2021-2022 calendar.

District Events

25 points for providing district function meal, when cooking is done by club members.

10 points for providing district function meal when using a caterer.

25 points for decorations.

October Council - October 11, 2021

Decorations: _____

Luncheon: _____

Festival of Trees - December 13, 2021

Decorations: _____

Luncheon: _____

Coffee Hour: _____

Fine Arts Festival – January 24, 2022

Luncheon: _____

Coffee Hour: _____

March Birthday Council – March 14, 2022

Decorations: _____

Luncheon: _____

District Convention – April 22-24 2022

Decorations (for luncheon on 23rd): _____

Decorations (banquet on 23rd): _____

Decorations (for luncheon on 24th): _____

Garden Conference: May 2, 2022

Coffee: _____

Luncheon: _____

May Board Meeting – May 9, 2022

Decorations: _____

Luncheon: _____

Yearbook Updates

Each club will need to complete a district yearbook information form for 2021-2022. Please include any club events that you wish to have posted in the district yearbook. We want to try to schedule events so that they don't conflict with another club's events. This form will be sent directly to each Club President. Additionally, if there are corrections that need to be made in the current district yearbook, please include that information so that we may change it in the newly printed 2021-2022 yearbook.



Savers FUNdraiser

Clean out your closets and cupboards and help our Woman's Club of Bellflower at the same time!

What we need:

Each member to fill 4 kitchen size trash bags with items listed (clothes and household Textiles)

Bring to the club house between May 4 and May 29 preferably on Tuesdays.

If you can't fill 4 bags that's ok, some will fill up more than 4.

If you can't bring them on a Tuesday, give Pam or Shirley a call and we can arrange for someone to pick them up



We Are Collecting

Clothes

men's, women's and children's clothes, coats, shoes, scarves, handbags, wallets, fashion accessories, ties, belts, backpacks, etc.

Household Textiles

bedding, comforters, blankets, sheets, towels, linen, tablecloths, curtains, pillows, etc.



Tax Receipts Available at Drop Off. Please provide your name and number of bags donated on the clipboard and pick up your tax receipt when you drop off your bags. You must fill in the dollar value of your donation.

TAX RECEIPT

Women's Club of Bellflower

9402 Oak St.
Bellflower, CA 90706



TAX RECEIPT

Women's Club of Bellflower

9402 Oak St.
Bellflower, CA 90706



TAX RECEIPT

Women's Club of Bellflower

9402 Oak St.
Bellflower, CA 90706



TAX RECEIPT
for donated goods

NO CASH DONATIONS WERE RECEIVED

**Thank you for your
donation and support!**

Donor please complete the following:

Goods valued at \$

Donated on (date)

IRS declaration: No goods or services were received by the donor for this donation. Values claimed for income tax purposes are the sole responsibility of the donor.

TAX RECEIPT
for donated goods

NO CASH DONATIONS WERE RECEIVED

**Thank you for your
donation and support!**

Donor please complete the following:

Goods valued at \$

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TAX RECEIPT
for donated goods

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GFWC/CFWPC
LOS CERRITOS DISTRICT WOMEN'S CLUB



It is time to renew your District Newsletter
Subscription for the year 2021 - 2022.

Please send \$10.00 to defray the cost of postage and printing

Check Payable to: Los Cerritos District

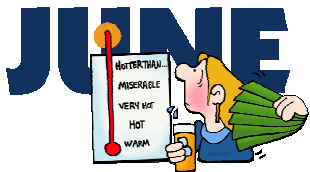
Mail to:
Los Cerritos District
P. O. Box 1201
Paramount, CA 90723

NAME: _____ CLUB NAME: _____

ADDRESS: _____

HOME PHONE: _____ CELL: _____ EMAIL: _____

DATE: _____ Amount Paid: \$ _____ cash/check # _____



Fri. 11 District Executive Committee 10 a.m.
Paramount Chamber of Commerce
15357 Paramount Blvd. Paramount 90723

Mon. 14 District Board Meeting 9:30 a.m. ZOOM