

Member of
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs
Area C

Elisa Trasoras, President

**LOS CERRITOS
DISTRICT BULLETIN**

March 2021
LXIII VOLUME 7



Barbee Heiny, Editor

PRESIDENT'S MESSAGE



I am so proud of our 11 Clubs for submitting their Clubs' Statistical Report. This concludes our Report Writing segment for the year 2020. Kudos to Everyone to a job well done.

Let's party! Join the State MONTHLY OPEN HOUSES via ZOOM, every 16th of each month starting February 16, 2021. Happy Hour 5:00-7:00 p.m. For your invitation, just send your name and email address with the date or dates you want to attend to: ament.pam5@gmail.com

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 12th. 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 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

On March 8th Birthday Council will be at 9:30 a.m. and every member is invited to attend and meet the

Districts' 2020 New Members and District Past Presidents. I invited Ms. Sonja Matthies, CFWC 2ND VP-Membership, as our Guest Speaker. Please join us on this very informative and fun program.

Just a thought

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others. Quickbytes

"WEAR GREEN ON MARCH 8th"



Fri. 5 District Exec. Meeting 10:00 a.m. ZOOM
Mon.8 March Birthday Council 9:30 a.m. ZOOM
"WEAR GREEN"
Mon.15 Alumni ZOOM
Mon. 22 Parliamentary law CANCELLED
Wed. 24 Long Beach WC Reciprocity

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



Welcome March! In like a lion, out like a lamb. The Dean of Chairmen responsibilities include: First, to assist the President at her direction. Second, to act as liaison or a link for providing information from the California Federation and the General Federation of Women's Clubs to the District, Club Deans and District Chairmen. Obtain information by attending the State Board Meetings, State and General Federation Conventions. It is my hope that the information that I provide you is taken and utilized at the Club-level. As District Dean, here is the list of events, webinars, workshops that I have attended or have on my upcoming schedule. All are welcome to attend these events, unless specified.

On the **GFWC Advancements and Programs Forum** Facebook page, you will find Live streaming events. These sessions usually run about 20-minutes long. They do not require prior registration but the page is set as a private group page, so you will need to join in order to participate. If you miss the Live streaming session, the recorded video is usually posted following the Live event.

Topics covered in February:

Health & Wellness – focused on Heart Health and Food Banks, Food Pantries, and Soup Kitchens. Call local food banks and ask them what they need. Suggested serving breakfast biscuits to those waiting in long, vaccine lines. Wear logo and pins.

Education & Libraries – TEACH IT Tuesday Nights – Challenge Project – STEM (Science, Technology, Engineering and Mathematics) projects for special needs students. Demonstrated four STEM activities. .PDF is available online.

Membership - The GFWC Membership Committee is making Building the Connection easier with this great new Membership Orientation PowerPoint that's available in the Member Portal.

Membership Committee Member Jen Nowak provided a handout in the forum that leads you step-by-step on how to access the PowerPoint from the portal and then customize for your membership orientation!

CFWC events

February – CFWC Winter Executive Board Call – General Session is on Friday, February 26th

March 1 – 30th - CFWC March Madness Workshops (see flyer in District Bulletin).

GFWC Affiliate Organization Webinars. Registration is through the GFWC Member Portal. Please note that the time for these webinars is 4 p.m. Eastern Standard Time (which is 1 p.m. PST).

February 10th - Attended the St. Jude Children's Research Hospital webinar

February 17th - Prevent Child Abuse America (PCAA) webinar

February 24th - Canine Companions for Independence webinar

March 10th – UN Foundation Shot@Life Campaign webinar

March 3rd Headquarters Event - Woman's History Month

Speaker-Sara Hammel - a journalist, bestselling author and screenwriter.

They said women couldn't keep up. They said women weren't strong enough to do the military's toughest jobs. In 1995, a ragtag band of civilians came to prove them wrong.

THE STRONG ONES will inspire a new generation with its cast of ordinary women overcoming daunting obstacles-and will thrill readers with a stunning and heartwarming twist. The Strong Ones is the inspiring true story of forty-five civilian women, including the author, who volunteered for a controversial seven-month Army strength study in 1995-and proved just how strong women can get. A hybrid of memoir and military history that will appeal to fans of Wild and Ashley's War, The Strong Ones lays bare the raw emotions, vulnerabilities and body image struggles of those who dug deep to show what it means to be a strong woman-in every sense. With females still banned from combat and their supposed lack of physical strength used as a reason to keep them out, women from around Massachusetts-including moms, teachers, a landscaper, a prison guard, a journalist and one soldier-came to change the rules. Female soldiers were busy serving their country so these civilians stepped in, forming a sisterhood like no other through 75-lb backpack hikes, 110-lb trailer pulls, shared pain, keg parties, snowball fights and a refusal to fail.

2nd VP MEMBERSHIP: Sandra Richardson

Hello to everyone.

Let me check off my boxes.

- 1 Q & A check
- 2 Pineapple check
- 3 Report check

What's left you ask? Well let me tell you. March Birthday Council, Convention, Garden Conference and the almighty collection of Dues. A glorious supply of Zoom and Webinar meetings. Take time to join our State President with her Open Houses on the 16th of each month via Zoom. Chances to Win

3rd VP PROGRAM: Gerda Trutzl

have past without personal get togethers, however, we did have great Zoom meetings with special Programs, like the Pineapple Centerpiece by Sandy Richardson and our Fine Arts Festival was very entertaining. Ladies, we still have to be careful but I believe things are looking up and when the time is right, we will meet in Person.

March Council is next on the Agenda and we are Entertaining ourselves by the introduction of new Club Members, make sure all your new Members join our Zoom meeting that day, it will be fun. In the meantime, have a great Valentines day, stay well and happy and laugh a lot, even at yourself sometime. I look forward to see you all very soon.

4th VP FUNDRAISING: Eloisa Velasquez

Dear Club Members:

Fundraising has been amazing so far and it's because of YOU, our 11 clubs that have sustained the goodness and generosity of providing beautiful baskets, gift cards and a member even donated a handmade afghan made 100 years ago by her grandmother for a special opportunity drawing for Fine Arts Festival. All these miracles are just good members with kind hearts.

The challenge of modifying the fundraising process is working out and I am grateful for all of YOU in supporting it and let's continue the process until we will be able to be together again.

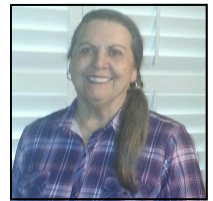
An update on the winners for January were Jean Williams of Paramount WC, Paulina Jones of Bellflower WC and Frances Itkoff of Lakewood WC and Elisa Trasoras, President of LCD and member of Paramount WC. Winners for February were Jannette Iturrino of Bellflower WC and Eloisa

CARE & CONCERN: Judy Dessel

STRONGER than you seem. MORE beautiful than you imagine. LOVED more than you know. OUR MEMBERS & THEIR FAMILIES NEED YOUR PRAYERS Corrine Lewis' daughter Susan, Linda Peressini, Barbara Briley-Beard, 2nd V.P. of CFWC, President of the Norwalk Woman's Club recently lost her Mother, Patricia Peters due to a stroke. Cards may be sent to the family at the Michigan home address: 816 N 100th Avenue, Hart, MI. 49420 until the end of this month. After that time, Barbara will be returning home to Downey and cards may be sent there at that time.

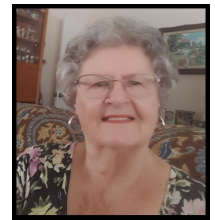
our Opportunity Drawings and just good old times to meet with fellow member and

friends. So just a friendly reminder that we will be collection dues soon. So please be prepared to pay. Remember we have saved a fortune this year (\$15 × 7 = \$105.00 for lunches we did not eat) and still I managed to gain weight. So when your Membership Chairman asks for dues please be kind. I don't want to loose one single member. You are all very important and we need to stay strong and united. Thank You .



Hello dear Friends.

Another month or two



Velasquez of Norwalk WC.

A BIG THANK YOU to all who have provided baskets and to all who support and continue supporting LCD by buying tickets. So far this year, \$690.00 has been raised and all the proceeds benefit the Long Beach Veterans. It's a wonderful project that is supported each month and the veterans really appreciate it. They sacrificed so much for us and we owe it to them to support them now.

We look forward to South Gate WC and Bellflower WC, if able, to provide opportunity drawing baskets on March 8, 2021, which is our next opportunity drawing. The tickets are \$5.00/10 tickets or \$20.00 for 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: "Life is short, don't take one day for granted, for everything can change in a moment."

YOU are braver than you believe.



PARLIAMENTARIAN: Barbee Heiny



The booklet that was used for the class at the meeting is not listed on the NAP site. One that might be close is Parliamentary Procedure 101.

WHAT IS A QUORUM?

The minimum number of voting members that must be present for business to be conducted. The actual number should be in the bylaws. It may be a majority or some other number. If there isn't a quorum, it may be necessary to recess, adjourn, or try to obtain a quorum.

HEALTH & WELLNESS

On February 5th, the Los Cerritos District Executive Committee wore red for National Wear Red Day. February is American Heart Month. We wore red to bring awareness to the number one killer in America and the number one killer of women, heart disease, which causes 1 in 3 deaths each year. What can we do to change this? Check your numbers i.e.,

- Manage your blood pressure.
- Control cholesterol.
- Reduce blood sugar.
- Get active.
- Eat better.
- Lose weight.
- Stop smoking.

To find out more about healthy living and other cardiovascular health topics, visit the American Heart Association heart.org or goredforwomen.org

Los Cerritos District Executive Committee wearing red today!

#NationalRedDay #WearRed #GoRedForWomen #HeartHealth #CFWC #GFWC



CIVIC ENGAGEMENT and OUTREACH: Elisa Trasoras

LONG BEACH VETERANS HOSPITAL

Curb-side delivery on January 23, 2021 was received once again by CLC - Ms. Sonja Grayson. Veterans snacks are as follows: individually wrap oatmeal, microwavable popcorn, planters peanuts, misc. chips, 2 boxes of hot chocolate and 12 magazines (approximate value: \$30). \$111.12 was spent on January snacks. It does run from \$80 to \$100 plus per month and donations are very welcomed. Ed and I deliver to the V.A. as soon as the snacks are purchased.

It is important to remember our Veterans who have given so much and have sacrificed so much for our freedoms and way of life. Many veterans are at the V.A. for injuries and PTSD and don't get out to enjoy life. With the pandemic they are virtually isolated from outsiders so as to not introduce COVID-19 to the hospital. No visitors, no family members can physically see them. If COVID-19 gets into the hospital the results could be devastating. It could go down like the retirement homes back east and kill hundreds. We can only deliver the treats out front of the Community Living Center (CLC) to one individual and leave.

If you'd like to personally donate to this very good cause please make the check payable to:

Los Cerritos District, mail to: Elisa Trasoras, 7752 Pivot St. Downey CA 90241-4440



INSPIRATION

Recipe for a Happy New Year

Take twelve, fine, full-grown months.

See that these months are thoroughly free from all old memories of bitterness, hate and jealousy.

Cleanse them completely from every clinging spite: pick off all the specks of pettiness and littleness.

In summary, make sure that these months are freed from all the past: have them as fresh and clean as when the first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year.

Do not attempt to make up the whole batch at one time but prepare one day at a time as follows: Into each day put twelve parts of faith, eleven parts of patience, ten parts courage, nine of work, eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest, three of prayer, two of meditation, and one well selected resolution.

Vigorously add in a teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

Mix well and cook thoroughly at an honest heat; garnish with a few smiles and add a sprig of joy;

Then serve with quietness, unselfishness, and cheerfulness.

This is a guarantee that a full Happy year will be yours.

—Author unknown —

Wear Green Wear Green Wear Green

PARAMOUNT WOMEN'S CLUB ARTICLE

Paramount women's club has continued to have only our business meetings on zoom since April 2020 at 4:00 p.m. on the 4th Wednesday.

I chose the Lydia house of Long Beach as my project. We were allowed to bring six members of the club. Our appointment was October 21st at 10:00 a.m. We wore our club t-shirts and were guided all through the Lydia house downstairs building and also the mission across the street. We learned about all the assistance they give the women and children. They get to stay up to three years if they choose that program. There are three different programs. We wanted to bake cookies for the children but later on after the pandemic was over.

Laura Oropeza, Anna Flores, Cecilia Edinger, Beth and Eric Houser and myself got to meet with the staff and workers as well as some of their clients. They provide clothing, food, housing, training, and education so they can become productive , contributing citizens again. Two of their workers had graduated from the program. We have made a couple of trips to take clothing to them. Laura had sweaters for them , Anna brought a man's suit and coat, and I had a bag of women's dresses and two bags of children clothing. We took toys and books and decorations to them for Christmas. They have an ongoing wish list for household necessities and sanitizers.

My other project was visiting convalescence patients but the pandemic squelched that. I chose to continue to write to the girls love mail. I passed out some cards to our members to write to the girls and collected them back but we haven't an address for them yet. Whomever is designated for this project in

the district hasn't been in touch with us yet. We would like for our loving concerns to be received by the ones met to be blessed by them. I need the name of who is in charge of mailing them out to that organization.

We had a fundraiser for a Thanksgiving basket in November. Paramount women's club gave away \$100 to a family of five for Thanksgiving and another \$100 to a family of eight for the Christmas holiday. Paramount women's club also worked with the city to give out toys and cookies to the children of Paramount. We made monetary gifts to Doctors without borders, plantations, heifer international and Operation smiles. Beth Houser gave an extra \$68 to plantations and Eric Houser gave an extra one-hundred fifty dollars for heifer international and Operation smiles. Four students received scholarships from Paramount women's club in 2020.

Cleon Hatwan keeps in touch with the members who don't make it to our schedule meetings to see how they are and to keep them informed on what the club is doing and then let the club know how they are. Gerda Trutzi has been calling the shut-ins to keep in touch with them and to keep them abreast of what's happening. She chose to do this herself so they aren't so lonely because of the pandemic.

Before the pandemic, we had a bingo luncheon fundraiser, alumni and parliamentary meetings, presented a fine arts festival and baked cookies for the families at Ronald McDonald House in Long Beach. We also put out a newsletter for the club members and your articles need to be in by the 15th of the previous month to be included.

ALUMNI: Robbie Hicklin



The Los Cerritos District Alumnae warmly invites members to attend our first Zoom Alumnae Meeting.

Our Theme Is: "Giving Is Not About Making A Donation, But Making A Difference." This is what the Alumnae is all about – making a difference in the lives of others.

This meeting will take place on Monday, March 22, 2021 at 11:00 a.m. via Zoom. A link will be sent to you prior to the Zoom meeting.

New members are encouraged to join. The dues are \$10.00 annually.

Hopefully, during this crucial time of Covid-19, this meeting will serve as an incentive to place a little joy into the hearts of our members as the other Zoom meetings have done. Some of us have been inside for long periods and to see the faces of your friends will serve as good medicine.

LEGISLATION

Now is the opportunity to finally ratify the Equal Rights Amendment as the 28th Amendment to the United States Constitution. Urge Members of Congress to cosponsor bipartisan House Joint Resolution 17 and Senate Joint Resolution 1 to remove the deadline for ratification of the Equal Rights Amendment. In January 2020, the necessary three-quarters, or 38 states, ratified the proposed Equal Rights Amendment (ERA) as the 28th Amendment to the United States Constitution. Unfortunately, the United States Archivist refused to publish and certify the ratification based on a 2020 memorandum from the U.S. Department of Justice, Office of General Counsel, stating that the deadline had passed.

Congress must press forward and end any unnecessary barriers to the ratification of the Equal Rights Amendment. In 1972, the initial deadline was established in the preface that stated the amendment must be "ratified by the legislatures of three-fourths of the several States within seven years from the date of its submission by the Congress." This set the date to March 22, 1979, and Congress has acted once to extend the deadline to June 30, 1982. The deadline must be removed to clear any remaining barriers, so that ratification can take place and gender equality will be protected by the United States Constitution.

Except with regard to the right to vote, the United States Constitution does not guarantee women the same legal status and protections guaranteed to men, and will not do so until an amendment for that purpose is included in the U.S. Constitution. For example, for survivors of sexual violence, workforce discrimination due to pregnancy, or unequal pay, the ERA provides critical support in the fight for equal justice. We believe that ratification of the ERA will lead to more equal opportunities for women in all spheres of life.

ENVIRONMENT

The California Academy of Sciences will host a free 1 hour 30 minutes online event on their YouTube Channel on February 25, 2021 at 7 p.m. The program is called NightSchool: California Grizzlies. Here is the link: https://youtu.be/1mrDy_QYKcw

California grizzly bears once roamed the entire length of the state, from the Sierras to the coastal regions. Learn about this now-extinct iconic species, discover what it might look like to reintroduce grizzlies to the state, and meet Monarch, one of the last of his species and now part of the Academy's research collections.

- On the eve of the Gold Rush in 1848, California contained an estimated 10,000 grizzly bears: one for every 11 people in the state. By 1925, California's grizzlies were gone. Peter Alagona, environmental historian and founder of the California Grizzly Research Network, talks about what made California such a great grizzly habitat, what drove them to extinction, and poses the question if grizzlies could ever be brought back to the state.
- Did you know that Monarch, one of the last California grizzly bears, lived in Golden Gate Park? Learn more about this California icon with the Academy's Rebekah Kim, Head Librarian, and Moe Flannery, Collections Manager, Ornithology and Mammalogy. Rebekah will talk about Monarch's life, how the Academy acquired him, and how he became the model for the California State Flag, while Moe takes you into the collections for a rare look at extinct grizzly bear skulls and Monarch himself.
- The thought of living alongside a 2,000-pound bear can be a little unsettling, but was the California grizzly bear really that large? Join Alexis Mychajliw, Asst. Professor of Biology and Environmental Studies at Middlebury College, as she examines some of the teeth and skulls from California grizzlies in museum collections. These specimens provide the data to test, and ultimately refute, this estimate made by hyperbolic historical hunters.

Event virtual programming is intended for audiences 21+.

It's Not Too Late!

Take a chance to own this beautiful quilt. Quilt is worth over \$200 without the time and effort to create it.

Tickets are 1 for \$1 7 for \$5
Send check to Paramount Women's Club in care of: Lucy Hase
10681 Oak St. Space 93
Los Alamitos, CA 90720
Drawing will be held on March 24.
Thank you,
Lucy Hase, PWC Treasurer



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 McCartney)
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**



CFWC MARCH MADNESS 2021 WORKSHOPS

We are happy to offer these 10 Workshops during March for our Federation Members, each are 1-hour long. We hope you can join us for 1, 2, or All! Registration is required, send an email to: reservationscfwc@gmail.com for your meeting invitations. Each workshop will have a separate sign-in. Registration begins February 1, 2021 and closes 1 week prior to the Workshop.

Zoom...the Why & How!

Debbie Pietraszko, CFWC Visual & Zoom Chair
Tips for utilizing the Zoom Program to enhance your membership needs.

Monday, March 1, 2021 at 11 am

Procedure Books & their Importance for Memberships

Wendy Curran, Cindy Sanders, Marcia Willett, and Patsy Wilson, CFWC Area Membership Officers
The How-To's of creating and passing down Procedure Books for jobs in Clubs and Districts.

Thursday, March 4, 2021 at 2 pm

Trash to Treasure Pandemonium

Stephanie Zichichi, CFWC Arts & Culture Chair
Can you create a treasure in 30 minutes or less? Let's create something special together just for fun!

Sunday, March 7, 2021 at 1 pm

CFWC Finance Team Tips

Jill Drescher, Marsha LaRusso, and Reggie Mattox, CFWC Finance Team Officers
Finance Officers have certain things they must do to keep a Club and District running. Our CFWC Team will share their own special Tips of the Trade with you.

Friday, March 12, 2021 at 4 pm

So, You Want to Start a Cyber Club?

Sonya Matthies, CFWC 2nd Vice President
Cyber Clubs are all the rage; find out why & how!
Tuesday, March 16, 2021 at 10 am

Journaling for Goal Setting & Leaders

Pam Ament, CFWC President
Making Time for Everything is not as hard as it sounds
Why not learn how keeping a Journal can help you be a better Leader & Member?

Thursday, March 18, 2021 at 11 am

Social Media Communication Tools for Members

Sonja Hults, CFWC Communication & PR, Facebook & Newsletter Chair
How Facebook, Websites, Newsletters and other Social Media can enhance your club and district presence.

Saturday, March 20, 2021 at 12 pm

CFWC Executive Committee Recipe Share

Your entire CFWC 13-member Executive Committee
March is Women's History Month! We invite you to try-out Recipes from our past family history!

Wednesday, March 24, 2021 at 3 pm

Smartphone Tips for Photos & Videos

Sonja Hults, CFWC Communication & PR, Facebook & Newsletter Chair

Ever wonder how to take better photos and video with your smartphone and how to share them? Well then, bring your smartphone and let's "Say Cheese"!

Friday, March 26, 2021 at 11 am

CFWC State Brag Hour

Barbara Briley-Beard, CFWC 1st Vice President
Got A Brag? Show up and share with us All!
Tuesday, March 30, 2021 at 10 am