

Member of
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs

Elisa Trasoras, President

LOS CERRITOS
DISTRICT, AREA C

November 2020

LXII-Volume 12



Barbee Heiny, Editor

PRESIDENT'S MESSAGE



Shout out to our Clubs 1st VP/Deans': an excellent reporting on our October Board Meeting, what a way to keep going with the new normal.

Congratulations to our very own Janie Sullivan of El Dorado for winning first place in

Poetry. Her poetry was published in the GFWC California Clubwoman Fall 2020 issue.

Los Cerritos District 2020-2021 Budget was approved as presented on October 12, 2020.

Any members can request to see a copy through Club President.

OCTOBER is Domestic Violence Awareness Month. GFWC has added Violence against Native American Women, Military Sexual Abuse & Campus Sexual Assault to Intimate Partner Violence, Child Abuse, Teen Dating Violence and Elder Abuse.

WEAR PURPLE, whether it's a top, a scarf or purple hair! (Diane Waterhouse, Chair)

California Federation of Women's Club "Meet the Chairs" Registration deadline is on October 21, 2020. Make sure you email our State President Ms. Pam Ament at ament.pam5@gmail.com

OCTOBER 31, 2020 - AREA C VIRTUAL CONFERENCE 9:00 a.m. to 1:00 p.m.

Virtual doors open at 8:30 a.m.

Meeting Link:

<https://arbonne.zoom.us/j/93284435140?pwd=RXJOTkYvbGgrTTc2TUVERE5RTTJzQT09>

Meeting ID: 932 8443 5140

Passcode: 242249

WEAR YOUR BEST HALLOWEEN HAT AND YOU COULD WIN SOME GREAT TREATS!

"Look Back and Be Grateful;

Look Ahead and Be Hopeful;

Look Around and Be Helpful."

(Paul Coelho)

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.



NOVEMBER

Fri.6 - Executive Meeting 9:30 a.m. ZOOM
Mon.9 District Board Meeting 9:30 a.m. ZOOM
Wed. 18 Paramount Reciprocity - Cancelled
Mon. 23 Parliamentary Law Class - Cancelled

1st VP DEAN: Katherine George Chu



After these past few months of downtime and seeing events across-the-board, cancelled in quick succession, it seems activities are once again beginning to fill my calendar. This was my first time attending the GFWC Western States Region Conference and although it was done on a digital platform, I still felt that the experience was well worthwhile. I'd say the most memorable thing from attending WSR was listening to the speech given by the GFWC International President Marian Simmons-St. Clair. At a time when we need our spirits lifted, Marian called on us to, "find our light and shine."

October was Domestic Violence Awareness Month. I attended a panel discussion organized by the Los Angeles County Women & Girls Initiative. The Web seminar focused on – What lessons has COVID-19 taught the County about Intimate Partner Violence and its impact on homelessness? The discussion topic focused on interpersonal violence, which is often referred to as intimate partner violence, domestic violence or battering. The abuse can take several forms: physical, emotional, sexual and economic, as well as, threats such as, stalking/surveillance, isolation and intimidation. According to the data that was collected from the months of March-July of this year, L.A. County is reporting a 30% decrease in reports of child abuse. This may be due to remote-learning and children not having the opportunity to report abuse. As one of the panelists stated, "Not everyone is safer at home."

Report Writing is quickly approaching. At the October District Board meeting, I suggested setting aside some time to write the description of your club that will go at the top of each Club Award Entry Cover Sheet. By composing this paragraph now, it will make it easier to insert, once you begin your Report Writing process. It's also a good time to begin collecting some club & district items that may make your Report Writing easier. These include:

- Meeting Minutes
- Financial Reports
- Old Reports
- Newsletters
- Fliers of events
- Committee Reports
- Yearbook
- Membership Logs for Volunteer Hours
- Correspondence

Each Club Dean will receive a packet via email containing the CFWC Club Award Entry Form, CFWC Statistical Report Form, GFWC's 7 Grand Initiative Stat Form along with a short Report Writing tutorial video. There will not be a separate Report Writing Zoom meeting as posted in the District yearbook. It is my hope that by providing a link to a pre-recorded video, the information will be more accessible to those who don't use video-conferencing or whose schedules don't allow them to Zoom during the day. A video is also easier to pass along to your Chairmen. The Report Writing period is from January 1, 2020 through December 31, 2020. Report forms can also be located on the CFWC website. Reports are due to the District by January 11, 2021.

2nd VP MEMBERSHIP: Sandra Richardson

Hello Ladies and Gentlemen,

Happy Thanksgiving

On Nov 9th at our Zoom Meeting I will be Hosting a "Q & A" Membership Forum. So membership chairmen have your questions ready.

We can still recruit members by having: (1) an Elevator speech (a 2 min short speech about your club) , (2) Tri-fold containing club info, (3) Website, (4) Social Media, (5) Membership Drive Mail/Event, (6)

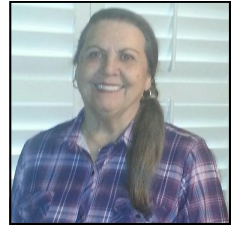
Press Releases.

It is very important to concentrate on Club Retention.

(1) focus on Retention, (2) Get members involved, (3) Identify new members (introduce/b badge, (4) stay in touch and (5) Highlight them in any way.

The main thing is to Stay in Touch and be ever Present. We will get thru this and come out for the better.

Appreciate, Appreciate, Appreciate.



3rd VP PROGRAM: Gerda Trutzl

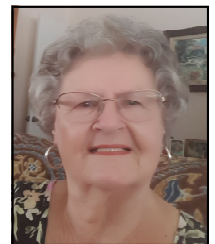
Hello dear Friends.

It was so nice to see some of you at our Zoom meeting on the 12th of Oct., better would be in person, but....As we are still stock in this Pandemic and no live events are happening, there are no Programs planned until the March 2021 Council meeting. Support your District, purchase tickets for the Baskets.

Please join our monthly Zoom

meetings to learn how clubs , even now, keep going. Eloisa will pull the numbers for the Basket winners and you might just be the lucky one.

Mail your check directly to Eloisa, made out to LCD for the November and December drawings. Take care, stay safe.



4th VP FUNDRAISING: Eloisa Velasquez

Thank you ever so much for all who supported the three (3) October gift baskets fundraiser. Over \$100.00 was raised with proceeds to help Long Beach Veterans.

The winners were Julie Brame (LWC), Lynn Hutton (Long Beach WC) and Janie Sullivan (El Dorado WC).

Congratulations Ladies. Thank you to Sandra Richardson, Claudia Vidaurri and Eloisa Velasquez for making the gift baskets. The next opportunity drawing is November 9th during the District Board Meeting. Let's continue supporting LCD to benefit community organization. El Dorado Woman's Club and Huntington Park Women's Club are responsible for the next drawing and I am happy to report that both clubs have so graciously done the gift baskets.

The process is the same, please mail your check payable to Los Cerritos District to Eloisa Velasquez 7871 Westra Lane La



Palma, CA 90623. Tickets are \$5.00 for 10 tickets or \$10.00 for 25 tickets. Baskets were prepared by Ivonne Correa and Janie Sullivan.

I thank all of you for stepping up with fundraising opportunities and it also gives me an opportunity to get to know all of you amazing women that love to give back to the community, especially during these challenging times.



The pandemic basket has pandemic items and has a; \$10 Starbucks gift card and a \$5 gift card from target .

PARLIAMENTARIAN: Barbee Heiny

Standing Rule Page 54 #20 The Care and Concern Chairman shall send cards to members of the Executive Board who are ill.

Will read: The Care and Concern Chairman shall be responsible for sending get-well, sympathy or

celebratory cards to members of the Executive Board. In the event of the death of a member of the Board, a memorial of \$25.00 shall be sent to the CFWC Itinerary Fund.

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CORRESPONDING SECRETARY: Jean Williams

Hello all my sisters in Federation. As your Districts corresponding secretary I want to inform you that LCD has mailed the following clubs 4 LCD year books: El Dorado Women's Club, Women's Club of Huntington Park, Long Beach Women's Club, Lakewood Women's Club, Norwalk Women's Club, Paramount Women's Club, Women's club of Artesia Cerritos, Women's Club of Bellflower.

Those clubs who have not received their LCD year books and those clubs that have not submitted their clubs year books, please contact me via cell at 310-962-3048 or email, JeanWilliams367@gmail.com. Thank you.



LEADERSHIP

CFWC Leadership Chair, Dori Kelsey, has put together some handy Leadership booklets that cover a variety of topics. These include: History of CFWC, Planning & Goal Setting, Crisis Management, Leadership Self-Care, Leadership Workshop Ideas, Dealing with Difficult People, Conflict Resolution, Making a PowerPoint Presentation and more. The booklets can be found in Dori's Leadership Library in QuickBytes. The booklets come in .pdf format and are easy to print and assemble.



CFWC Health and Wellness: Myrna Binford, Chairman

Fall is Flu Shot Time - Fall is fast approaching. It's that time for your annual influenza shot. This year there is an extra push to get it early. Many doctor's offices, pharmacies, etc. have already started notifying patients/members that they have the flu shots available now. CDC Director said, "This is a critical year for us to try to take flu as much off the table as we can". Our resources such as hospital beds and doctors have been overwhelmed with COVID-19 so anything that will prevent using those resources for cases of flu is important (a 2018 study showed that the vaccine reduces the risk of being admitted to the ICU by 82%). Some medical personnel said to get the flu shot as soon as possible while others advocate by October 1. This is because the vaccine takes about two weeks to be effective against the virus. Since the vaccine lasts about six months, either September/October will see you through the flu season of March/April. This year so



far, the cases look to be modest as experts look at Australia's flu season to get a sense of the strain and how it spreads. It is just past winter in the Southern Hemisphere. There is a nasal spray, but doctors prefer the shot. People over 65 should get the Fluzone High-Dose (FLUAD). This contains four times the antigen making it stronger than the regular flu shot (about 24%). Also, there two types of vaccine available for 2020-2021. The trivalent (two flu A strains and one B strain, available in only high-dose vaccines and the quadrivalent (two A and two B strains), in either high-dose or standard vaccines. Either one should do. Always read the paperwork you are given when getting the flu shot and ask questions if you need to and remember, try to use a local Walgreen's as they participate in the Shot@Life program.



CIVIC ENGAGEMENT: Elisa Trasoras

The United States Mint recently launched a program to recharge the coin circulation in the United States. Many of us have seen the news about a national coin shortage due to the increase use of credit cards and other forms of electronic payment during this pandemic. The U.S. Mint confirms that the lack of coins in circulation is due to the decrease in cash transactions. To address this circulation problem, the U.S. Coin Task Force is making efforts to get people to spend their coins. If you have change in your car or in a jar at home, they want you to spend it or deposit it to help get the coin moving through the U.S. economy.

A suggestion that I want to make is that if you don't want to separate your coins into coin rolls for bank deposit and decide to use the Coinstar kiosks that can be found at some grocery chains, you will see that there are 3 options available when you cash in your coins: receive dollar bills in exchange for change with a 11.9% service fee, choose an e-gift card with no service fee but there is a minimum amount that usually begins at around \$5.00, or Donate to Charity. There is a list of charities in this option. From this list, I noted that a few of them are included as part of the GFWC Affiliate Organizations: Feeding America (Health & Wellness), UNICEF (this is not the Shot @ Life campaign but it does fall under Advocates for Children), and the World Wildlife Fund (WWF). The other charities listed include: American Red Cross, Children's Miracle Network, Leukemia and Lymphoma Society, The Humane Society, and United Way. Please save your receipt so that you can report your efforts.



WOMEN'S HISTORY & RESOURCE CENTER: Laura Oropeza

My very dear Sisters in Federation,

When I wake up in the morning, I'm happy for the new day. It's like I get to start all over again and I'm very grateful. I see all the blessings my Lord has surrounded me with and I think of you.



I miss you all and the times we shared together, so I'm glad we get to Zoom and look forward to when we can share with one another. By the time you get this Halloween will be over. I hope you all got to do some fun things. I will wear my witch's hat and be my door in case a goblin or two should drop by.

Our country just celebrated the 100th Anniversary of the Ratification of the 2nd Amendment which gives women the right to vote. Be an active force in the formation of our country and use your right to vote.

Elections are just around the corner. Be proud, GO VOTE.

God bless you

LEGISLATION & PUBLIC POLICY

Current legislation that GFWC is monitoring and supporting:

- H.R. 1585: VAWA – Violence Against Women Reauthorization Act of 2019
- H.R. 3265 and S. 1831 - 3-D Gun Safety Act of 2019
- H.R. 2793 and S. 1787 - Miranda's Law
- H.R. 1923 - Women's History and Nineteenth Amendment Centennial Quarter Dollar Coin Program Act
- S. 3398 – The Earn It Act – The Eliminating Abuse and Rampant Neglect of Interactive Technologies Act
- H.R. 1957 – Great American Outdoors Act – *This bill was signed into law on August 4, 2020.*
- H.R. 8015 – The Delivering for America Act – *This bill prohibits the implementation or approval of any changes to Postal Service operations or service levels, in effect on January 1, 2020, that impede prompt, reliable, and efficient service. This prohibition would remain in effect for the duration of the corona virus crisis or through January 31, 2021. The bill also bans any prohibition on paying postal employees overtime and prohibits closing, consolidating, or reducing the hours of any postal facility. The bill includes \$25 billion in emergency funding, meeting the funding request of the Postal Service. The bill also includes provisions requiring all official election mail to be treated as First-Class mail, prohibiting the removal of mail boxes and mail sorting machines, and reversing any changes to policies that delay mail delivery. *Los Cerritos District agreed at the October District Board meeting to encourage our members to purchase stamps as a means to show our support for the USPS.*

Legislation that was presented and supported on District-level:

- S.B. 793 – Bans the sale of flavored tobacco products in the State of California - *The aim of SB 793 is to reduce the lure of teens and tweens to engage in vaping now known to be a significant issue in middle and high school students. Flavors such as cotton candy, mango, melon twist, and tropical fruit have been draws for the younger set to try and soon after get hooked on vaping. SB 793 was signed into law on August 28, 2020 and goes into effect on January 2021.*
- A.B. 1788 – Pesticides: use of second generation anticoagulant rodenticides - *Prohibits the use of second-generation anticoagulant rodenticides. Rat poisons have been known to poison wildlife, including California's mountain lions. AB 1788 was approved by the Governor on September 29, 2020 and will go into effect on January 2021.*
- S. 227 – Savanna's Act - *Savanna's Act directs the Department of Justice (DOJ) to review, revise, and develop law enforcement and justice protocols to address missing or murdered Native Americans. The bill is named after Savanna Greywind, an Indigenous 22-year old pregnant woman who was abducted, murdered and had her unborn baby cut from her womb. *Under the GFWC Signature Program – Violence Against Native American Women is 1 of the 8 focus areas.*
- S. 982 – Not Invisible Act of 2019 - *The Not Invisible Act paves the way for greater collaboration between federal agencies, law enforcement, and elected tribal officials, ensuring Alaska Natives and survivors have a voice in developing methods to end these horrible crimes. Savanna's Act and the Not Invisible Act of 2019 were both signed into law on October 10, 2020.*



ENVIRONMENT: Katherine George Chu

A few weeks ago, I signed up for an Intro to Foraging workshop on the California Department of Fish and Wildlife (CDFW) website. The Harvest Huddle Hour (R3H3) is a live virtual seminar series for beginning adult audiences. The informal huddles are intended to increase knowledge and confidence around skill sets required to harvest wild food in California in a fun and approachable way. Participants are given an opportunity to ask questions and engage with presenters, who are subject matter experts. Participation is free and open to anyone but seating is limited and requires registration.

In the foraging session, two CA foragers (one from the CDFW law enforcement division and the other, a CDFW environmental scientist) spoke on the basics of wild food foraging and identifying California's edible plants. During the live video, the presenters showed viewers how to safely collect pine nuts, mushrooms, acorns and berries. One of the safety tips they gave for foraging berries was, "when picking berries off the side of a road, never pick from the bottom third of a berry bush." The reasoning for this was that many drivers use the bushes on the side of the road when they can't get to a restroom area. The foragers also showed how to safely pick prickly pears using gloves, a pair of tongs and a propane-fueled torch. With so many wild fires, it's important that this be done only in areas that are a safe distance away from vegetation. They even included a recipe for prickly pear margaritas: 3 parts prickly pear puree and juice, 2 parts lime juice and 1 part agave tequila.

The next series is on tackle box basics. While some of the sessions might not be applicable to our members, like turkey hunting, there are other topics, like Bats in the Backyard. There is also a section on the website called, California's Wild Kitchen where you can find topics on cleaning & cooking fish, as well as, duck & goose recipes. If you miss a seminar in the series, the recorded video is posted on the website at a later date.

CARE & CONCERN: Judy Dessel

Life is like a camera, just focus on what's important and Capture the good times. Develop from the negatives and if Things don't work out, just take another shot.

MEMBERS IN NEED OF YOUR PRAYERS

Lore Page, Angela Secuet, Dorothy Malcolm, Solada Villergan, Naomi Nixon, Phyllis Godsill's grandson, Anthony, Betty Bates, Erica Hidalgo, Naomi Pasillas, Winnie Baker

We mourn the recent passing of Barbara Briley Beard's Aunt Rose.

Our **El Dorado** club has assembled a basket for the Nov. 9th opportunity drawing. It's super cute and Thanksgiving themed with an \$80 value. It includes some Thanksgiving/Harvest napkins and decorations, a wonderful Autumn Harvest Soy Candle, a \$25 Ralph's Grocery Card and a \$25 See's Candy Gift Card. Please support our district and buy the tickets for this opportunity drawing! I will deliver to you if you're the lucky winner!"



Paramount Woman's Club is having a fundraiser, raffling off a beautiful basket filled with everything you will need for your Thanksgiving table, including coasters, table runner, dish towels all with Turkeys, pumpkins anything Thanksgiving. plus a lot more . So feel free to buy a chance. The tickets are 7for \$5. Just send me a check, cash, venmo made out to the club and I will put your number in a bowl to be raffled off at our November meeting.

Cecilia Eidinger
9835 Karmont Ave .
South Gate, Ca 90280
562-618-1021



Lazy DOG
EAT. DRINK.

FUNDRAISER

Norwalk Women's Group

*invites you to join them
for a meal at Lazy Dog*

Print this flyer, bring it with you, and 15% of your total bill will be donated back to the organization!

date: October 28th, 2020

time: 11 AM - midnight (take out only)

location: lazy dog restaurant + bar
278 los cerritos center
cerritos, ca 90703

See You There!

lazydogrestaurants.com

Club Dean Reports

“The **El Dorado Woman’s Club** Board Members met last month for the first time since the Pandemic. We did this in the park and were socially distanced. Because our club focuses on scholarships and schools have been closed, our efforts are on hold for a bit. Our monthly membership meetings are on hold for the duration, at least until after the New Year. Our wonderful President, Pat Rhodes, has been diligent with keeping in touch with all our members via email at least every week with her “Love Notes” publications.

The **Lakewood Women's Club** has continued, since March, to conduct club business by holding Web Ex meetings and small in-person groups. We held Web Ex meetings this summer to review and update our bylaws. Our 2020 - 2021 yearbooks are in the final review process and will soon go to the printers. We have also used Web Ex to conduct Executive Board meetings.

The **Paramount Women’s Club** uses the phone, text, email and zoom monthly meetings as our line of communicating with each other .

Prayer for peace: Lord we pray for peace in our nation. We pray for all in authority. Guide them in the best way to manage, to govern and to promote cooperation with others. Lord, keep us in pursuit of peace and prompt us to be constant in prayer. May we be at peace with all men\women and bring glory to your name. In Jesus name amen

The **Woman's Club of Artesia-Cerritos** have been kept busy these last few months with 4 projects. We have provided a meal to the Casa Youth Shelter in Sept. and Oct. Two more meals will also be taken one in Nov. and one in Dec. We have provided a meal to our two Fire Stations that serve our cities of Artesia and Cerritos. Items are being collected to fill 20 Holiday Buddy Boxes for the VA Hospital in Long Beach. Our latest project is to provide snack bags to the 40+ men and women Veterans in the Windsor Palm Care Facility. There is no vending machine on site so these will be used as prizes for their bingo games. Thank you to our members as they continue to support these great projects.

The **Norwalk Woman’s Club** has not been able to meet in person YET but the Executive Board has held its meetings at the home of our fabulous President Barbara Beard. Our committees are still working hard and we have a fundraiser coming up on 10/27 at the Cerritos Lazy Dog restaurant. Speaking of fundraising we have asked our members to create a piggy bank and deposit the money they would have spent at our meetings in the bank and bring it to our first in person meeting. Hopefully we will need a wheelbarrow to take the funds to the bank! Stay safe and healthy

