

Member of
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs

Elisa Trasoras, President

LOS CERRITOS
DISTRICT, AREA C

October 2020

LXII-Volume 11



Barbee Heiny, Editor

PRESIDENT'S MESSAGE

What a joy to listen to our 9 Club Presidents and Deans as they proudly shared their accomplishments since the Pandemic. During our October Board Meeting, I would like to hear from the Clubs 1st VP /Dean and a maximum of 2 minutes will be allotted. I want everyone to get familiar with one another so when we finally meet in person we are going to work, work, work and PARTY! We have 3 more Zoom meetings left, I will be opening each meeting 15 minutes early so we can help you get familiar and assist anyone with the Zoom issues. Again, Thank You, Barbara Crowson of Paramount Chamber of Commerce for all your help.



In last months' article I made a statement that the District Newsletter cost \$7 a month, I would like to correct that to \$7.00 a year which will defray the cost of mailing and copies. **Send a check to Julie Lehenbauer, District Financial Secretary, 41 W. 53rd Street, Long Beach, CA 90805 and make the check payable to: Los Cerritos District.**

Thank you Club Presidents and Deans for sending your members a copy of the monthly Newsletter. This is a great way to communicate with members. Also, the District Newsletter is free of charge via internet, simply email our Editor: Barbee Heiny@gmail.com, to request for one. You can also read the Newsletter on our website:

www.loscerritosdistrict.org

One more thing, please follow the "Chain of Inquiry" which you can find on page 58 of the District Yearbook.

If you are inquiring about opportunity drawings, please contact our District Fundraiser, Eloisa Velasques. Anyone with questions and needing assistance about how to recruit or retain members please direct your questions to the District Membership Sandra Richardson. If you would like to request a copy of the District Minutes we have our Recording Secretary Lynn Hutton and so on and on. Remember, you elected our District Officers so let's utilize them, we are all here for you. Executive Officers and Chairmen information can be found in the District

yearbook. Our District Yearbook is available for purchase for **\$5.00** and we have our District Corresponding Secretary to handle your order: Jean Williams 310-962-3048.

On Saturday, September 5th, my husband Ed and I dropped off "Curb Side" the following items to the Long Beach V.A: 2 boxes (100 bags) of miscellaneous chips; 3 boxes (96 pcs) of microwavable popcorn; 3 boxes (108) individually wrap ice cream; (18) WWII Magazines and 1 book. The snacks will be use during their Bingo game that weekend. Yes, temporarily V.A. still have their activities without the help of outside organizations. Our next curb side delivery is on or before Halloween. They will be contacting us for what type of snacks to bring.

I'd like to thank
Laura Oropeza of
Paramount, Gerda Trutzl of
Paramount and Alicia de
Aragon of L.A.



Philippine/Paramount for
their cash donations. Yes, I take donations from
everybody.

**"During this time when we cannot
physically wrap our arms around each other,
Let us find ways to be the loving embrace of
God to our neighbors."** (Prayer for a Pandemic,
author unknown)

ELISA TRASORAS, President, Los Cerritos District



October 9 - Executive Meeting
at 9:30 a.m. ZOOM

October 12 District Board Meeting
At 9:30 a.m. ZOOM



1st VP DEAN: Katherine George Chu

In September, I attended the GFWC summer webinar series. These six recorded webinars consisted of workshops in Leadership, Legislation/Public Policy, Communications & Public Relations, Juniors' Special Program: Advocates for Children, Membership and the GFWC Signature Program: Domestic Violence Awareness and Prevention. Each workshop offered a useful handout and an



educational component. The workshop handouts will be disseminated to the corresponding District Chair and Club Deans. Because we are at home more than ever due to this pandemic, it is a good time to brush up on your knowledge in these Programs and Advancement Areas.

There are many resources available through CFWC and GFWC but not everyone is aware of or knows how to access these resources. It is my personal goal to help bridge that gap. For any member who has purchased anything through the GFWC Marketplace, you already have a member account. For any member who doesn't have an account set up, I urge you to do so. The **GFWC Member Portal** not only allows you to shop and sign up for events, it also gives you access to the members-only digital library. Here you can find helpful resources for recruiting and building club membership, as well as, download forms, certificates, club anniversary order forms, an in-kind donation guide, the 2020-2022 Club Manual and so much more!

My Digital Library can be found directly under your Profile icon on the upper right corner of the screen. Because I want to be sure all of our members have access to this resource, I am assigning a two-part homework assignment plus some extra credit if you want brownie points. For the first part of this assignment, I ask that you take some time to log-on to the GFWC Member Portal (some of you may need to set this up), locate "My Digital Library" and look through the index and files.

For the second part of the assignment, click on "My Profile" on the GFWC Member Portal and scroll down to **Communication Preferences**. Here you will see a toggle for email. If you slide the toggle to opt-in, four choices will appear: Events, General, News & Notes, and WHRC News. You can click on all of them or choose which ones you would like to receive. Most of you should already be receiving GFWC News & Notes. I, also, find the Women's History and Resource Center quarterly publication very informative. I understand that not all of our members use the internet and so having a Chairman assigned to receive this information via email and report on it, is perfectly acceptable.

If you've come this far, the extra credit is joining the **GFWC Advancements and Programs Forum** on Facebook. Again, I realize not everyone uses social media, so please assign this to someone from your club. This members-only Facebook group is administered by the GFWC Communications and Public Relations, Leadership, and Membership Advancement Chairmen. They, along with the other Advancement Chairmen, the Community Service Program Chairmen, and Special Program Chairmen, will share various tips, strategies, and real-world tools for you to use to strengthen and grow your local clubs. Here you'll have access to monthly live mini workshops, live video streams, interviews, as well as live Q & A's and daily posts designed to help support, inspire, and empower our membership. In order to join, you will need to first answer and submit questions about your club membership. Again, the point in all of this is to make sure that each of the clubs in our district have access to as many resources that are available. Of course, if you need assistance in any step of this process, please feel free to contact me.

REPORT WRITING - With our district not physically meeting until the new year rolls around, the Report Writing Workshop will take place via video. I am currently working out the logistics of this endeavor and will have more information as it comes.

By the time this October newsletter goes out, I will have attended the CFWC Fall Board and will have received all of the report writing information from the state. My aim is to send the report writing paperwork to each club in the month of November and then have an informative video available that can be watched at your leisure. Whether you choose to quarter a sandwich while you sit and watch it will be at your discretion. Stay tuned for more to come.

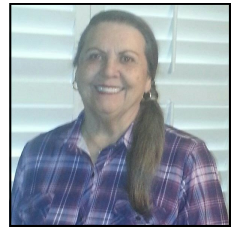


2nd VP MEMBERSHIP: Sandra Richardson

Hello Ladies,

So here we are fast approaching Halloween. I guess I'll have to purchase the candy and eat it myself. Will this Virus ever be over. Can't wait to see everyone's smiling face. I had so many great ideas for Membership when I took this position. Then the virus hit and every thing is on the back burner. Not being able to go out and recruit in public

has been a challenge. So please think of someone you would want to join and bring to our first human contact meeting. Once they see how awesome and wonderful we are they will want to join. We accept women and men, Family, Friends, Relatives and yes even acquaintances. So please be on the lookout for possible new Members. Size does Matter. Let's grow.

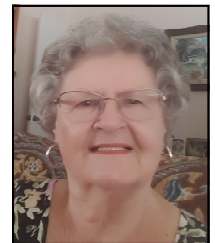


3rd VP PROGRAM: Gerda Trutzl

Hello everyone.

We are still at the same place as last month, no events, no planned Programs for 2020. Our first get together in need of a Entertainer would be March Council, count on it, we will have one.

Please stay well, keep your distance, do what needs to be done to stay healthy. My thoughts are with you. Take care



4th VP FUNDRAISING: Eloisa Velasquez

Dear Club Members:

Thank you for continuing to support the opportunity drawing of baskets with the winner(s) to be announced October 12, 2020 at our Zoom General meeting.

There is still time to purchase tickets at \$5.00 for 10 or \$10.00 for 25. Mail your check payable to Los Cerritos District to Eloisa Velasquez 7871 Westra Ln. La Palma, Ca 90623.

Baskets were prepared by Executive Committee members and a description of each baskets is as follows:



- #1 Basket:- Beautiful Plant Arrangement
 - #2 Basket - Huge Assortment of COVID19 necessities
 - #3 Basket - Lg Starbucks Mug filled with a gift card and Keurig K-cup pods
- Each basket has a value between \$25.00 and \$50.00.

I appreciate all your ideas and support for Los Cerritos District.

Take care and blessings, Eloisa Velasquez



PARLIAMENTARIAN: Barbee Heiny

Job of the Parliamentarian:

Parliamentary procedure is a must to assure that all members may be heard. During the meeting, the parliamentarian advises on parliamentary procedure. Only the presiding officer has the power to rule on questions of order.

At club meetings:

- Have available *Roberts Rules of Order, Newly Revised*
- Have a copy of the club Bylaws and Standing Rules
- Know the quorum required for the meeting
- Keep track of the motions and their amendments and their disposition
- Maintain a position of impartiality.

CFWC Parliamentarian - Valerie Barnes

place
know members
member let
good things
whether
want
listen
hear
try
please
Order
respect
answers
working
show
restrain
ensure



CORRESPONDING SECRETARY: Jean Williams

Hello to all my sisters in Federation.

This is a reminder to each club president to mail to me 6 copies of your clubs 2020 -2021 yearbook.

Also the District 2020-2021 yearbook is now available. Each club will be given 4 copies. Additional copies can be purchased for \$5 each.

You may arrange for delivery or pick up of the District yearbook by calling my cell # (310) 962- 3048. My home address is 15545 Brayton St., Paramount 90723.

If your clubs 2020-2021 yearbook is available now we can succeed in achieving two things in a single action (Club yearbook/District yearbook).

Lord we humbly come to you in prayer to ask you in Jesus name to heal the land and stop the chaos... and evil that is at play. May the land be whole again! Amen



PUBLIC RELATIONS: Claudia Vidaurri

PUBLIC
RELATIONS



ALUMNAE: Robbie Hicklin

"Giving is not about making a donation.

It's about making a difference."

ALUMNAE

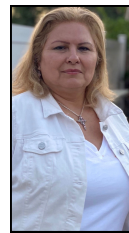


Monday, October 26, 2020.....Cancelled

HEALTH and WELLNESS: Rae Holtzendorff



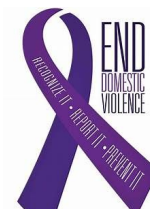
LEADERSHIP: Blanca Claire



DOMESTIC VIOLENCE AWARENESS and PREVENTION: Gloria Medina

October is Domestic Violence Awareness Month. GFWC is asking clubs to use the following hashtags on their social media pages to help bring awareness to Intimate Partner Abuse: #GFWC #BreaktheSilence – Members can also create videos of them doing something “noisy” and tag others to challenge them to “Break the Silence”. Next put the GFWC “Break the Silence” template on your profile pic for the month of October.

You can also post the National Domestic Violence Hotline – 1-800-799-SAFE



CIVIC ENGAGEMENT: Elisa Trasoras

There are many veterans who have medical conditions derived from there experiences while in service to this country. Many hundreds are under treatment at the Long Beach Veterans Hospital.

With Covid-19 these patients have been isolated from all outsiders since March, 2020. They are alone and except for Face time and phone this is all they have to communicate with the outside world. Not even family members can enter the hospital. What few know is that many have no immediate family members, so they are all alone.

Woman's Club of Cypress reach out for us again this year. We have an opportunity to help with the assembly and delivery of Buddy Boxes. This has gone on for several years just before Christmas. A Buddy Box is given to each patient and it contains items which the veteran can use. The Buddy Box is clear plastic shoe box and is stuffed with items for their use and entertainment.

While we may not be able to see the smiles on the Veteran's faces when they receive our gift, we will know that we made their holiday special because they were remembered! They have given so much for all of us to have the freedoms and peace we have. We can return some of our appreciation with these holiday buddy boxes.

I am asking each Club to each donate a **minimum of 10 filled boxes**. Proposed delivery date is December 5, 2020, more info on delivery and/or curbside drop off as the time gets closer.



Buddy Box Suggestions - MEN Only

baseball cap or knit beanie	athletic or diabetic socks
T-shirt with logo (size L or XL)	Pen/Note pad or journal
travel size toiletries (lotion, lip balm, toothbrush/paste)	
deck of cards/puzzle book/pocket or travel size game	
small LED flashlight	paperback book
Small picture frame (max 4x6")	Small Christmas/holiday décor item
small calendar	Christmas cards/ postage stamps

The veterans really like the mini flashlights--try to get LED ones that don't require batteries. Also, preference is for travel size toiletries not hotel size.

NOT ALLOWED: food or candy, metal nail files or other sharp objects, hand sanitizer, mouthwash or razors.

WOMEN'S HISTORY & RESOURCE CENTER: Laura Oropeza



CLUB INFORMATION: WOMEN'S CLUB OF ARTESIA-CERRITOS

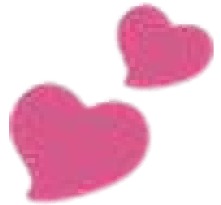
Suzanne Verwey

We remained an active part of our community in the year 2019. Through great donations from our members as well as our community, we filled 65 Holiday Buddy Boxes. At the beginning of December, the boxes were distributed to numerous patients at the VA Hospital in Long Beach. Quite a few lap robes and crocheted throws were made and donated to a local care center that houses a number of Veterans. Also, we were fortunate to continue to make monetary donations to various charities in our local area, State, National as well as International communities. We have a strong and dedicated membership that is always willing to step up and help where help is needed.

CARE & CONCERN: Judy Dessel

This is a gentle reminder to take care of yourselves. If you or someone you know is in

need of a get-well card or prayers, please contact me. 714-904-6219



Does anyone have a Wheelchair that they want to get rid of. Nothing fancy, right now just for transportation and to get around. I appreciate it. Thanks, Gerda



CELEBRATIONS

We were blessed to have such a joyous occasion. I appreciate LCD sharing the celebration with my family and friends. It was all a surprise by the children. Robbie & Jim Hicklin

ENVIRONMENT

In the recent issue of CFWC QuickBytes, CFWC Environment Chair Jane Thomey wrote about the California wildfires raging across the state and the Penny Pines program.



Penny Pines lends a helping hand by providing funds to prepare plantation sites for new trees and planting seedlings. Seedlings are grown from local seeds and acorns and are replanted near areas where they were collected to improve their chances for survival. The funds may also be used to improve habitat for wild life that have survived the fires. It contributes greatly to the rebuilding of our forests and to the animals who inhabit them.

Jane included an important update: Because of COVID-19 restrictions and the wildfire events throughout the state, all US Forest Services offices are closed. Therefore, contributions from your club can still be collected but held until the offices are able to receive them.

COUPONS FOR MILITARY

Please save coupons and bring it to our next live District Meeting!

We will be clipping coupons during our meeting.





**GFWC California Federation of
Women's Clubs**

MEET THE CHAIRS

CFWC CHAIRMEN REPORTING & ANSWERING YOUR QUESTIONS
~MODERATED BY BARBARA BRILEY-BEARD, CFWC 1st VP/DEAN OF CHAIRS &
PAM AMENT, CFWC PRESIDENT

FEATURING

November 3, 2:00 PM – 4:00 PM Via ZOOM

FEATURING THE FOLLOWING CHAIRMEN IN THIS AFTERNOON'S SEGMENT

Arts & Culture
Health & Wellness
Legislation & Public Policy
Fundraising Areas: A, B, C, D

Music Scholarship Award
Creative Writing & Photography
Convention Art Show
GFWC Publications

Stephanie Zichichi, Chair
Myrna Binford, Chair
Deborah Bushnell, Chair
Lois Fitzhugh, A Chair
Jule Arevalo, B Chair
Yvonne Cahill, C Chair
Cecille Collar, D Chair
Anna Dinter, Chair
Olma, O'Neill, Chair
Mary Lou Benzel, Chair
Chris Herzog, co-Chair
Toni Lima, co-Chair



Registration October 1 – 21, 2020, see Quick Bytes on Monday,
September for more Information



**GFWC California Federation of
Women's Clubs**

MEET THE CHAIRS

CFWC CHAIRMEN REPORTING & ANSWERING YOUR QUESTIONS
~MODERATED BY BARBARA BRILEY-BEARD, CFWC 1st VP/DEAN OF CHAIRS &
PAM AMENT, CFWC PRESIDENT

FEATURING

November 10, 2:00 PM – 4:00 PM Via ZOOM

FEATURING THE FOLLOWING CHAIRMEN IN THIS AFTERNOON'S SEGMENT

Civic Engagement & Outreach
Leadership
Domestic & Sexual Violence Awareness & Prevention
Community Impact Program Award
Amenities & Protocol
President's Aide
CFWC Convention

Quick Bytes Editor
Itinerary
Finance

Yolanda Petroski, Chair
Dori Kelsey, Chair
Diane Waterhouse, Chair
Jan Emde, Chair
Joyce Opjorden
Janice Petrosino
Priscilla Bolinder, co-Chair
Edie Seger, co-Chair
Vicki Holden, Chair
Diane Lindwall, Chair
Reggie Mattox, Chair

Registration October 1 – 21, 2020, see Quick Bytes on Monday,
September for more Information



**GFWC California Federation of
Women's Clubs**

MEET THE CHAIRS

CFWC CHAIRMEN REPORTING & ANSWERING YOUR QUESTIONS
~MODERATED BY BARBARA BRILEY-BEARD, CFWC 1st VP/DEAN OF CHAIRS &
PAM AMENT, CFWC PRESIDENT

FEATURING

November 17, 2:00 PM – 4:00 PM Via ZOOM

FEATURING THE FOLLOWING CHAIRMEN IN THIS AFTERNOON'S SEGMENT

Education & Libraries, ESO
Advocates for Children
Women's History Resource Center
Jenny June Contest
California Clubwoman Editor
Inspiration & Meeting Timer
Meeting Planner
CFWC Election Committee
CFWC Bylaws & Standing Rules

Shirley Lorraine, Chair
Carol Burkhardt, Chair
Julie Lehenbauer, Chair
Sandra Cabral, Chair
Sandra Lucas, Chair
Peggy Baumann, Chair
Jean Lash, Chair
Wanda Lohman, Chair
Valerie Barnes, CFWC Parliamentarian



Registration October 1 – 21, 2020, see Quick Bytes on Monday,
September for more Information



**GFWC California Federation of
Women's Clubs**

MEET THE CHAIRS

CFWC CHAIRMEN REPORTING & ANSWERING YOUR QUESTIONS
~MODERATED BY BARBARA BRILEY-BEARD, CFWC 1st VP/DEAN OF CHAIRS &
PAM AMENT, CFWC PRESIDENT

FEATURING

November 24, 2:00 PM – 4:00 PM Via ZOOM

FEATURING THE FOLLOWING CHAIRMEN IN THIS AFTERNOON'S SEGMENT

Environment
Communication & PR, FB and Newsletter
Resolutions
Visual & Zoom
Audio & Song Leader
Color Guard
CFWC Nominating Committee
CFWC Website
Promotional Sales



Jane Thomey, Chair
Senja Halls, Chair
Micki Read, Chair
Debbie Pietraszko, Chair
Barbee Heinley, Chair
Lynne Youngstrom, Chair
Nancy Alcorn, Chair
Linda Queen, Chair
Gail Fitzpatrick, Chair

Registration October 1 – 21, 2020, see Quick Bytes on Monday,
September for more Information



Deborah Sampson-Soldier Continental Army



Deborah Sampson was born December 17, 1760 in Plympton, Massachusetts. Her father deserted the family while she was young. Her mother did not have the means to take care of her, so as was the custom Deborah was sent to live with relatives. She moved around and ended up as an indentured servant. She had no formal education as women were not expected to go to school. She learned to read and write from the children she cared for. When she was 18 her indentured servant time was over. Deborah taught school in the summer and worked as a weaver in the winter. She was very skilled and stayed with the families she worked for. She developed woodworking skills and mechanical skills.

Deborah was considered tall for a woman at 5'-9". Most women were 5' and men topped 5'-8". She had a strong build and was not considered pretty which would come to serve her. In 1782 Sampson enlisted in the army and was quickly discovered as a woman and sent home. Not to be deterred she enlisted a second time under the name Robert Shirliff and served in an "elite" light infantry unit of the 4th Massachusetts Regiment. Because of her height and size no one suspected her as a woman. She bound her breast to complete the deception. Deborah (Robert) was involved in several battles and in one action outside Tarrytown, New York, her thigh was hit with 2 musket balls and her head was injured. She begged her fellow soldiers to let her die as she would be found out as a woman. She left the hospital before her thigh was examined and she removed one of the lead balls herself. She left the second one as she was unable to pull it out. The ball remained there for the rest of her life. Her leg did not heal right and Deborah was assigned new duties. After the Battle of Yorktown, the war was considered over and her unit was sent north to Philadelphia to quell a rebellion of American soldiers demanding their back pay and discharge papers. While there, she became very ill and at this time a doctor discovered her secret. He did not inform anyone that in fact she was a woman. When she was well the doctor sent her to the commanding general with a note. She figured this was the end of her time in the Army and she was right. No charges were presented and she was discharged quietly and given some money to go home with.

With the Army behind her she was married to Benjamin Gannett in 1785 and lived in Sharon, Mass. They had 3 children, a boy and 2 girls and adopted an orphan girl. They all lived on a small farm which did not do well during the post war depression. Sampson petitioned the state legislature for her back pay which was denied to her for being a woman. Eventually she received her pay. She gave lectures about gender roles and would go up on stage in her uniform. She was a good friend of Paul Revere and after some time and effort she was placed on the Invalid Pension Roll and was eventually given \$76.80 per year.

Deborah Sampson died of yellow fever on April 29, 1827 at age 66. Deborah was an extraordinary woman. She worked her way up and never gave up and was a true American. Life was hard on her but she never conceded defeat and constantly strove to better herself, her family and those around her. In a time when no woman in her right mind would go into the military, she did and performed her duties the same as any man and was severely wounded. What a great story of a female veteran for Memorial Day.