

A proud Member
of the
General
Federation of
Women's Clubs

California
Federation of
Women's Clubs
Area C

Elisa Trasoras, President

**LOS CERRITOS
DISTRICT BULLETIN**

September 2021

VOLUME LXIV ISSUE 14



Website: www.loscerritosdistrict.org

Facebook: [loscerritosdistrictwomenclub](https://www.facebook.com/loscerritosdistrictwomenclub)

Page: @LCDWomensClub



First off, I like to welcome our newly appointed volunteers to Los Cerritos District Women's Clubs: Ms. Bernadette Advincula Atienza is our new District Public Relations and Sponsorship Chairman. She is a member of The Los Angeles Philippine Women's Club. Followed by Ms. Amy Richardson, and she is our new District Parliamentarian. Ms. Amy is a member of the Paramount Women's Club. What a great addition to our District. Welcome and thank you for volunteering.



What a very challenging and successful year for our District and Clubs. Even with the pandemic we were able to accomplish so much. As a group, we adapted to the new normal with such enthusiasm. We accepted hybrid communications, attended Zoom meetings and receiving virtual hugs. It is so hard to believe that as a District, we managed to have a Zoom Convention and a Zoom Fine Arts Festival, with a live guest entertainer playing guitar, piano and singing. Can't wait to see everyone on our very first in-person meeting on September 13th at 10:00 a.m. – Progress Park Plaza, 15500 Downey Avenue. Paramount, CA 90723.

In talking about our General Board Meeting on September 13th, our District is very fortunate to have a sponsor to provide breakfast to all attendees as long as you RSVP to our District Corresponding Secretary, Jean Williams via email: jeanwilliams367@gmail.com or by phone (310) 962-3048. Please read the attached flyers for additional information. This will help us plan for how much food we will need. Thank you, Bernadette for working very hard to make this happen. Please join us and meet our District Officers in person.

Shout out to our very own State President, Madam Pam Ament and her Officers for a job well done and for keeping us busy the whole summer. To all members that were able to attend, I hope you enjoyed the June, July and August California Federation of Women's Clubs workshops.

A friendly reminder to all members, please make sure to RSVP for the upcoming October Council luncheon to Ms. Jean Williams. The cost for the luncheon remain at \$15.00 a person, payable to: Los Cerritos District. This is a Club Fundraising so please make sure you support the event. The October luncheon will be prepared and served by The Los Angeles Philippine Women's Club and table decoration will be by the Woman's Club of Artesia-Cerritos.

A friendly reminder that each Club shall provide 6 copies of their Club Yearbook to the District on September 13th.

"SUCCESS IS NO ACCIDENT.
IT IS HARD WORK, PERSEVERANCE,
LEARNING, STUDYING, SACRIFICE
AND MOST OF ALL,
LOVE OF WHAT YOU ARE DOING
OR LEARNING TO DO"..... Pele

Hugs to All,
President Elisa Trasoras

***1st Vice President - DEAN
Katherine George Chu***



Hello September -

Welcome back everyone! The summer months just flew by. Many of us, here in Los Cerritos District, have been busy keeping up with all the tasks that it takes to keep things running smoothly. Over the course of the summer, Elisa, Barbee and I met via Zoom to organize, edit and put together this year's District yearbook. Thank you to all the clubs who sent in their updated yearbook information.

In July, Elisa and I met with Marcia Willett, Area C Vice President to select the menu for this year's Area C workshop. Back in June, Gerda Trutzl, who agreed to take on the position of Area C Treasurer, joined us to look at the venue for this year's upcoming event. There are a million details that go into planning any event and since Los Cerritos District is hosting this year's Area C, expect to hear more information as we get closer to October 9th.



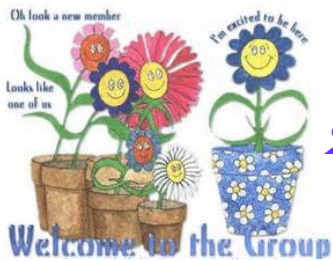
Purchasing wine for hostess gifts, holiday parties or special events? See the flyer below for the Los Cerritos District Wine Fundraiser. To access the fundraising page directly, click on this link: <https://www.onehopewine.com/event/108024>

A flyer for the Los Cerritos District Wine Fundraiser. The background is a blurred image of a wine bottle, a glass, and a laptop. The text is centered and reads: 'LOS CERRITOS DISTRICT WINE FUNDRAISER' in bold, underlined letters. Below that is 'SHOP TO SUPPORT OUR DISTRICT' in bold. The main text says: '10% of your purchase will be donated to Los Cerritos District. Also, a ONEHOPE cause entrepreneur will match the donation, amounting to a total donation of 20% of all purchases.'

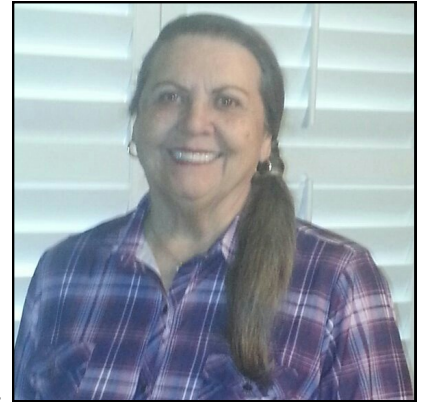
<https://www.onehopewine.com/event/108024>

Feel free to share the event link with family and friends. Fundraiser ends January 2022.

Thank you for your support!



2nd V.P. - MEMBERSHIP
Sandra Richardson



WELCOME BACK, WELCOME BACK, WELCOME BACK

Hello September ..OMG! I can't believe we are finally going to actually meet. I look forward to seeing all your smiling faces. We now have 404 Members and still growing. Now is the time for all of us to hit the road to membership recruitment. Here are some recruitment ideas for you. Plan a dinner and invite family, friends and neighbors. Maybe participate in a Farmers Market. Set up a table and pass out pamphlets. Maybe pass out water with club name on label at a Car Show or rent a Booth at a craft show and sell your homemade crafts .

Exposure is the name of the game. Just think Membership and with that brings New Members, New Ideas and New Friendships.

Thank you for letting me represent you..



4th V.P. - FUNDRAISING
Eloisa Velasquez



Dear Club Members:

The beauty of summer months has come and how wonderful it will be when we are together again. The past fifteen (15) months have made each of us rethink how we contact one another and plan to gather to nurture relationships.

Certainly, I have learned “zooming” these past 15 months and all of us have made adjustments to follow recommendations of health authorities and California regulations which has helped the clubs in the Los Cerritos District stay in compliance, so grateful for that legal guidance.

Looking forward to fundraising and providing fun and exciting events to support Los Cerritos District with proceeds benefiting the Veterans of Long Beach.

Once again, thank you to all the clubs for your thoughtfulness and support during the past 15 months of the pandemic with opportunity drawings of baskets, gift cards, etc. to provide snacks for the veterans and believe that each veteran feels blessed because of each of YOU caring for them and yet never meeting them. Each one of you have come through a year of challenges and yet made others “feel” your presence.

Take care and be safe.



Hello Everyone.

Hopefully all had a safe and enjoyable Summer and everyone stayed happy and healthy. Can you believe it, we are almost there to be at our first in person meeting.

As your Program Chairman I have been successful in booking a great Entertainer for October Council and you will love her.

It will be a fun day for all. Please, everyone, come and join us, I for one look forward to see my Federation Sisters.

Take care,
Gerda Trutzl, Program Chairman

3rd V.P. - PROGRAM
Gerda Trutzl

The Los Cerritos District Alumnae will hold it's first in person luncheon meeting. Monday, October 18, 2021 at Denny's Restaurant. The address is 5520 South Street, Lakewood, CA
Time: 11:00 a.m.- 2:00 p.m.

Please attend and bring a friend as a perspective member.

Stay safe and wear a mask.

Blessings,

Robbie Hicklin



ALUMNAE CHAIR
Robbie Hicklin

The following members, and their loved ones need your prayers:
Corinne Lewis, Veronica Hernandez, Rosa Mesa,
Pat & Jim Martin, Terry Torres, Anita Ortiz, Carol Jubers,
Nephew Eddie and Gerda Trutzl.

8 Powerful Words for the day:

1. **Believe** in yourself
2. **Stay Strong**
3. **Never** give up
4. **Be** Grateful
5. **Work** Hard
6. **Stay** Humble
7. **Be** Kind
8. **Keep** Smiling



CARE & CONCERN
Judy Dessel

Judy Dessel
Care & Concern Chairman
714-904-6219

CIVIC ENGAGEMENT & OUTREACH: by Elisa Trasoras



This was a Sunday and the District delivered snacks and supplies to the community living Center at the Long Beach V.A. Hospital. There are approximately 50 to 60 patients and the snacks go towards making their lives more tolerable as they are not allowed visitors.

We delivered Ice Cream, water, frozen fruits, popcorn, potato chips, Root beer soda both regular and diet, paper plates, plastic forks and spoons, a roll of paper for a tablecloth and a watermelon. Recently we supplied the V.A. a blender which they use to make smoothies for the patients. This is where the frozen fruits and the watermelon go. Additionally, root beer floats are made utilizing the vanilla ice cream and the root beer. These snack items are given out during movies, bingo games or courtyard activities. The snacks we deliver will last a month or so and costs around \$200+.

It is a good feeling to be doing something to help out amidst all the problems we face each day. We do appreciate the sacrifices our veterans have made for us.

CFWC QuickBytes **August 9, 2021**

Military & Veterans - Yolanda Petroski, Chair

With the submission of proper documentation, the DMV will issue a special license or ID for Veterans. It will have "VETERAN" near the bottom of the license or ID card, bordered by a red line on top and a blue one below the designation.

The application can be obtained on the DMV website. The Veteran must take his/her DD214 (military discharge certificate) to a county Veteran Service Office to obtain a Veteran Status Verification form (good idea to call first). There is a special \$5 fee for the designation, if done ahead of normal renewal time.

Veteran reservists are eligible for this designation if they served on active duty and received an honorable or general discharge "under honorable conditions." A benefit of having this designation on one's license is that restaurants, stores, etc. may offer a discount in appreciation of one's service. Spread the word!

DOMESTIC VIOLENCE AWARENESS AND PREVENTION

Missing and Murdered Indigenous Women

Katherine George Chu

First, I'd like to begin by thanking our District Domestic Violence Awareness Chair, Gloria Medina, for allowing me to use her platform to address Violence Against Native American Women which is one of the eight focus areas under GFWC's Signature Program. Specifically, I'd like to focus on the topic of Missing and Murdered Indigenous Women and Girls.

This issue is not only important to me as a Colville Tribal member but also, because I lost a sister on my biological father's side who went missing in July of 2019; her remains were later identified in August of 2019. To this day, no one has been identified in her murder.

This is sadly not uncommon. There are thousands of unsolved cases of missing and murdered Indigenous people across this nation. Indigenous women suffer murder rates ten-times the national average, one in three will be raped in their lifetimes, and some 84 percent will be the victims of violence. California is home to 700,000 Indigenous people.

California has the sixth highest death rate of Indigenous women in urban cities. According to the Centers for Disease Control and Prevention, homicide is the second to seventh leading cause of death for Indigenous women.

There are many factors that contribute to these statistics on a national-level: jurisdictional issues, unreliable data collection and reporting, lack of funding for supportive services for victims of violence, sexual trafficking, extraction industry camps that put thousands of men in temporary housing in areas near Tribal lands, and many other contributing factors.

There have been a few times when I have been asked, "How do we address violence against Native American women?" Awareness is crucial but so is legislation and funding. Los Cerritos District supports the VAWA Reauthorization Act of 2021, which contains provisions that allows Native women to prosecute assaults by non-Indian perpetrators.

In the last legislative session, Los Cerritos District supported both Savanna's Act and the Not Invisible Act which help to combat issues surrounding this important issue. The Not Invisible Act mandates the creation of a Joint Commission that will focus on reducing violent crimes against American Indians and Alaska Natives and address the long-standing missing and murdered Indigenous person crisis.

If your club would like a resource on this topic, the California Consortium for Urban Indian Health (CCUIH) has created the Red Women Rising project which includes a domestic violence resource website: <https://ccuih.org/red-women-rising-program/>

PARLIAMENTARIAN: Amy Richardson

Amy Richardson is a native of Chicago, Illinois where her roots in social activism were formed. After making Los Angeles her home in 1984, Amy returned to college, graduating from University of Southern California with a degree in Urban Planning and Development. She is former Coro Fellow, class of 1999, and served as Deputy Director of the Minority Business Opportunity Committee with the City of Los Angeles.



Amy planned and executed initiatives that increased efficiency of the procurement process by recommending levels of small business participation and building contracting resource groups.

Amy is passionate about economic development and interested in building resources for community growth and sustainability in her home district. She is an active member of Ward A.M.E. Church where she serves on the Stewardess Board.



WOMEN'S HISTORY AND RESOURCE CENTER

Identifying America's Historic Resources

WHRC NEWS

Mary Baird, WHRC Committee Member

The National Register of Historic Places was authorized in 1966 under the National Historic Preservation Act. Along with the National Park Services, the National Register coordinates and supports public and private efforts to identify, evaluate, and protect America's historic and archeological resources. Listing in the National Register of Historic Places provides a formal recognition of a property's historical, architectural, or archeological significance based on national standards used by every state. Currently, more than 96,000 properties are listed in the National Register and almost every county in the United States has at least one location listed in the National Register.

Do you have a house, land, or building that you believe is worthy of preservation? The house or building must be at least 50 years old and look much the same as it did in the past. Begin the nomination process by contacting your state's Historic Preservation Office. They will provide the research materials and necessary forms to help with the process. If the property is on federal or tribal land, the process will need to start with the Federal Preservation Office or Tribal Preservation Office. Nominations can be submitted by property owners, historical societies, preservation organizations, governmental agencies, or other individuals or groups.

Proposed nominations are reviewed by your state's Historic Preservation Office and the state's National Review Board. The length of review time varies, but it will take a minimum of 90 days. Following initial review at the state level, the forms are submitted by the state to the National Park Service in Washington, D.C., for final review and listing.

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LEGISLATION

Service Dogs for Wounded Veterans

Urge the Senate to enact S. 613, the Puppies Assisting Wounded Service members (PAWS) for Veterans Therapy Act. The House of Representatives approved H.R. 1448 on May 12, with strong bipartisan support. It is time for the Senate to act.

The bill establishes a five-year pilot program allowing veterans with post-traumatic stress disorder (PTSD) to work with service dogs. After graduating from training, the veteran can adopt his or her newly-certified canine partner to provide continuous treatment. The Department will implement and evaluate the pilot program, and determine the feasibility and advisability of expanding the pilot program to address mental health conditions other than PTSD.

Eligible veterans would have to be enrolled in the Department of Veterans Affairs (VA) patient enrollment system and recommended by a qualified health-care provider or clinical team. The pilot program would ensure the program is carried out by at least five VA medical centers located in geographically diverse areas.

The VA would enter into agreements with nonprofit groups to implement the program. Those entities would have to: certify they are an accredited service dog training organization; provide veterans with training from a certified service dog training instructor; prohibit participant access to a dog without supervision; train dogs to develop skills unique to the veterans' needs; offer follow-up training support for veterans who choose to adopt for the remainder of the dog's life; and use positive reinforcement training, agreeing not to use shock or prong collars.

Veterans could adopt a dog that they trained if they decide, in consultation with a health-care provider, that adoption is in their best interest. It is important to make certain that participating in the program wouldn't prevent veterans from receiving other forms of VA medical care to treat PTSD.

Take action by logging onto the GFWC Legislative Action Center and completing the fill-in form. A letter will be sent directly to both U.S. Senator Feinstein and U.S. Senator Padilla.

ENVIRONMENT

The most ambitious salmon restoration in history is happening here in California. A proposal to bring down four hydroelectric dams near the California-Oregon border recently cleared a major regulatory hurdle setting the stage for the largest dam demolition project in U.S. history. The four hydroelectric dams on the Klamath River that prevent Chinook, coho salmon and steelhead from reaching their historical spawning grounds are slated to be removed in 2023 under an agreement reached between the states of California and Oregon, PacifiCorp, the Karuk Tribe and the Yurok Tribe.

The aging dams were built before current environmental regulations and essentially cut the 253-mile-long river in half for migrating salmon, whose numbers have been plummeting. If the dams remained, PacifiCorp would likely have to spend hundreds of millions of dollars to retrofit the structures to comply with today's environmental laws.

In a letter of support to the Federal Energy Regulatory Commission (FERC), Interior Secretary Deb Haaland stated, "Dam removal will restore salmonid fisheries, reestablish fish passage, improve water quality, and bring new recreation and economic opportunities to the Basin."

LEADERSHIP

As we begin to re-enter the world after what may have been a long period of sheltering at home, this may be a good time to decrease the time we're spending on our digital devices. Below are some digital detox suggestions pulled from the GFWC Leadership Link.

Mental Focus Through Digital Detox By GFWC Honorary Leadership Chairman Kristin Martinez

DIGITAL DETOX:

1. Turn off your notifications and pop ups on your phone, watch, tablet and laptop. The average adult has difficulty focusing on a single task for more than 90 seconds due to interruptions. By switching to checking your email, texts or other messages at certain times of the day, you can improve your productivity.
2. Monitor your screen time. Your devices have a running account of how long you are spending online. Decide how much time online works for you – perhaps a weekday amount or a weekend day amount that is reasonable and try to not exceed that amount.
3. Separate phones and laptops for work and home so you can put up healthy barriers at certain times of the day and days of the week. This enables focus on the loved ones in your life and cuts down on work distractions when you are “off duty”. Depending on your job, if you can turn your work phone off on days off/weekends, that can help give you focus on your personal life and avoid burnout.
4. Experts say to limit the blue light emitted by devices through blue light glasses and others say to limit device use two hours before your bedtime to improve sleep quality.
5. Greyscreen your apps on your phone so that they are less appealing. Another way to manage distractions on your phone is to move your social media apps to the second page of your apps and put your healthy apps – meditation, exercise, reading, poetry, etc. on the front page.
6. Set your goals to minimize times of days or days of the week when you don't use devices. For example, I try not to watch TV during the week, and instead go for a walk or read outside surrounded by as many trees as possible. My small version of “forest bathing”.
7. One day of the weekend, try not using your phone (or laptop). The best digital detox I ever did was to stop using my phone from Saturday sundown to Sunday sundown, similar to how my friends observe their religious Sabbath.
8. Turn on your “I am driving notifications” on your phone while driving. It is illegal in many states to hold your phone while driving, so perhaps get in the habit of putting your phone in the glove box or keeping it in your handbag in the backseat of your car while driving.
9. Set hours per day that you will return texts, emails etc. rather than checking all day long. In a 2010 series of articles for The New York Times, technology investigative reporter Matt Richtel noted that on average, people check email up to 37 times an hour. Imagine how much more focused you can be if you have an hour a day you devote to emails then you shut your laptop and do something else.
10. Switch from reading on a tablet, computer, etc. to reading real paper books, magazines etc.



Bernadette Advincula Atienza

LCD Public Relations Chairman

LCD Sponsorship Chairman

Dear fellow Women's Club Members,

May I please inform you that we are going to have our very first in-person meeting after eighteen (18) months since after Stay At Home Order due to COVID-19 pandemic.

We are excited to welcome everyone! We will have a sumptuous breakfast especially prepared for the Members at **no charge, complimentary!**

RSVP is a must to make sure we serve breakfast for all Members attending.

We will observe social distancing!

What: Los Cerritos District General Board Meeting

When: Monday, 13th September 2021

Where: Progress Park Plaza - 15500 Downey Avenue, Paramount 90723

Time: Registration and Breakfast starts at 9:15am
Meeting starts at 10:00am

RSVP by September 6th (please include your Breakfast choice) to:

Jean Williams, LCD Corresponding Secretary

Text/Call: (310) 962-3048 Email: jeanwilliams367@gmail.com

Breakfast choices, please choose one (RSVP):

Buenos Dias Bowl – scrambled eggs, peppers and onions, Spanish rice, black beans, avocado, pico de gallo, chipotle crema.

Bangin' Breakfast Sandwich - fried egg, cheddar cheese, bacon, spicy mayo, brioche bun.

Bangin' Breakfast Burrito – flour tortilla, scrambled eggs, hashbrowns, black beans, cheddar cheese, peppers, onions, chipotle crema
(salsa verde serve on the side)

Thank you!

Looking forward...

Sincerely,

Bernadette

CFWC Back to Basics Summer Workshops Los Cerritos District Attendance

The CFWC Back to Basics summer workshops have been a wealth of information. Thank you to the club members who attended and represented their clubs. I have kept a running attendance record. If there are any discrepancies or corrections, please send me a note so I can update my file. The current list is fluid and subject to change.

Many of the workshops included handouts that were forwarded to those attending. If you are interested in information on a specific workshop, you can look at the list of attendees and ask your Club representative to share this information or send me a note and I will forward it to you. Also, if you were not able to attend the summer series or missed a workshop, CFWC is posting the recorded videos on the GFWC California Federation of Women's Clubs YouTube channel.

June 15, 2021 Topic: Secretaries; Recording and Corresponding

Gloria Medina	GFWC Women's Club of Huntington Park
Barbee Heiny	GFWC Long Beach Women's Club
Lynn Hutton	GFWC Long Beach Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos

June 18, 2021 Topic: New Club Presidents and President Elects

Terri Belch	Lakewood Women's Club
Rose Nelson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Cheri Kelly	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Rosalie Caratao	The Los Angeles Philippine Women's Club
Alicia de Aragon	The Los Angeles Philippine Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos

June 25, 2021 Topic: Presidents Open Forum

Barbee Heiny	GFWC Long Beach Women's Club
Terri Belch	Lakewood Women's Club
Rose Nelson	Lakewood Women's Club
Sandra Richardson	Lakewood Women's Club
Kathy Cook	Norwalk Woman's Club
Barbara Briley Beard	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Elisa Trasoras	Paramount Women's Club
Alicia de Aragon	The Los Angeles Philippine Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
Valerie Saragosa	Woman's Club of Artesia-Cerritos
JoAnne Sims	Woman's Club of Artesia-Cerritos
Pamela Gray	Woman's Club of Bellflower

June 29, 2021 Topic: Club and District Finances and Forms

Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos

July 01, 2021**Topic: Club and District Finance**

Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Ruby Cure	Norwalk Woman's Club
Cheri Kelly	Norwalk Woman's Club
Eloisa Velasquez	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Alicia de Aragon	The Los Angeles Philippine Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos

July 10, 2021**Topic: Building Trust within Your Leadership Team**

Barbee Heiny	GFWC Long Beach Women's Club
Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Linda Kelly	Norwalk Woman's Club
Eloisa Velasquez	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos

July 13, 2021**Topic: Amenities, Protocol and President's Aide**

Barbee Heiny	GFWC Long Beach Women's Club
Rose Nelson	Lakewood Women's Club
Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Linda Kelly	Norwalk Woman's Club
Eloisa Velasquez	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos

July 18, 2021**Topic: Communication with Your Members**

Barbee Heiny	GFWC Long Beach Women's Club
Vicki Holden	GFWC Long Beach Women's Club
Terri Belch	Lakewood Women's Club
Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
Joanne Witt	Woman's Club of Artesia-Cerritos

July 19, 2021**Topic: Combining in Person and Virtual Meetings****Absent****July 27, 2021****Topic: Keeping Parliamentary Procedures**

Gloria Medina	GFWC Women's Club of Huntington Park
Barbee Heiny	GFWC Long Beach Women's Club
Fran Itkoff	Lakewood Women's Club
Rose Nelson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club

August 3, 2021	Topic: Speaking and Listening Skills for all Members
Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Linda Kelly	Norwalk Woman's Club
Eloisa Velasquez	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Maria Parra	South Gate Multicultural Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
August 6, 2021	Topic: The Roles of a Club and District Dean
Terri Belch	Lakewood Women's Club
Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Lynn Hutton	Norwalk Woman's Club
Cheri Kelly	Norwalk Woman's Club
Linda Kelly	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Bernadette Advincula Atienza	The Los Angeles Philippine Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
August 7, 2021	Topic: CFWC Communications Bootcamp
Barbara Briley Beard	Norwalk Woman's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
Partial list...	
August 11, 2021	Topic: The Chairman
Terri Belch	Lakewood Women's Club
Sandra Richardson	Lakewood Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Linda Kelly	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Elisa Trasoras	Paramount Women's Club
Laura Oropeza	Paramount Woman's Club
Bernadette Advincula Atienza	The Los Angeles Philippine Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
August 14, 2021	Topic: Navigating the GFWC
Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Linda Kelly	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Elisa Trasoras	Paramount Women's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
August 17, 2021	Topic: The Membership Officers
Bernadette Advincula Atienza	The Los Angeles Philippine Women's Club
Barbara Briley Beard	Norwalk Woman's Club
Kathy Cook	Norwalk Woman's Club
Katherine George Chu	Woman's Club of Artesia-Cerritos
Linda Kelly	Norwalk Woman's Club
Ethylean Kendrick	Paramount Women's Club
Sandra Richardson	Lakewood women's Club
Elisa Trasoras	Paramount Women's Club



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Bernadette Advincula Atienza

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Founding President Women's Council of REALTORS® L.A./Beverly Hills

As your REALTOR® I am here for you for any of your real estate needs!
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Visit my website: www.BernadetteRealty.com



Featured Properties

For Sale! 376 S Westmoreland Ave. Los Angeles 90020
Single Family Residence • 2story • 2388 SF • Corner Lot: 5948 SF
Mediterranean architecture with grand floor plan! Ballroom ambience formal living room with grand chandelier! Spacious media/family room! Spacious Formal dining room! All three bedrooms upstairs! Remarkable wood floor and crown moldings! privacy and convenience with auto-opener mechanical driveway gate that opens to a long driveway that ends to 2car-garage! Site location center of Downtown LA and Hancock Park area! Own it now and make this your dream home!



For Sale! 4917 Melrose Ave. Los Angeles 90029
Zoning: CI • 2810 SF • Corner Lot: 6378 SF

Developer's dream! Hollywood Studio District! Several new developments within this location! 3 detached buildings in one lot! Commercial - Store Combination - Store and Residential Combination! Convenient accessibility to and from the 101fwy approximately within a mile!!! Plan your dream project, so many possibilities!!!



For Lease! 217 S Park View St. Los Angeles 90057

Duplex • 1story • 1 Bedroom • 1 Bathroom

Subject property available for rent is the first unit coming in from the automated driveway gate. Spacious living room, kitchen with dining area, spacious bedroom and bathroom. Tile floor. Washer, dryer, and refrigerator included. Spacious driveway that leads to the backyard with ample parking spaces (uncovered). Approximately 2miles to DTLA, 4miles to Hollywood, close to KTown and Echo Park/Silver Lake area. Convenient access to the US-101 freeway (approx 1mile).



For Sale! 12323 5th Ave. Victorville 92395
Single Family Residence • 2story • Lot size: 7800 SF

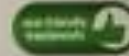
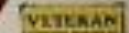
Elegant home, tile roof, 3car garage, 5 bedrooms, 2.5bathrooms! This house is 2,065sqft with Garage space of 670sqft! Enclosed patio with walk-in pantry and sink (covered patio: 392sqft)! Main level: Formal living room, formal dining room, family room with fireplace, breakfast nook, kitchen, granite kitchen countertop including island, in-laundry room, spacious bathrooms, floor plan! Convenient access to Bear Valley Road to commercial areas and to the I-15 freeway!

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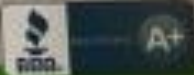
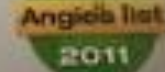
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