

Member of  
General  
Federation of  
Women's Clubs

California  
Federation of  
Women's Clubs  
Area C

Elisa Trasoras, President  
**LOS CERRITOS  
DISTRICT BULLETIN**  
July-August 2021  
LXIII VOLUME 13



www.loscerritosdistrict.org

loscerritosdistrictwomen'sclub page



Barbee Heiny, Editor



### PRESIDENT'S MESSAGE

I can't hardly wait to see everyone on the September 13<sup>th</sup> 2021, general board meeting. To welcome every one, the Executive Committee is hosting a potluck for all attendees. Please join us and we are going to have a great time during our first, in person, get together.

All are invited to attend, although RSVP will be appreciated by August 23<sup>rd</sup>. Please RSVP to our District Corresponding Secretary, Jean

Williams via email: [jeanwilliams367@gmail.com](mailto:jeanwilliams367@gmail.com) or by phone: (310) 962-3048. This will help us plan of how much food we need. Additionally, the District will be handing out awards and prizes to Clubs and Members. So, be there or be square.

Although we are dark during the months of July and August, CFWC offers various Workshops for all members to participate in. It is going to be by Zoom but I'm sure by now you are all comfortable of using this app. Please don't miss this great opportunity offered to all. You can find the details and link in this issue.

I am attending GFWC International Convention in Georgia and I will be returning on the 5<sup>th</sup> of September. District Vice President - Dean, Katherine George Chu will represent our District on CFWC Board Meeting in San Diego, in my absence.

I am asking the Club Presidents to submit Club Information and President's picture to our District Dean, Katherine George Chu soon and no later than July 31<sup>st</sup>.

Also, remember that each Club shall provide 6 copies of their Club Yearbook to the District this September, so, Ladies get busy.

**"IF YOU CAN'T CHANGE YOUR FATE, CHANGE YOUR ATTITUDE"**

Hugs to All,

President Elisa Trasoras

Have a Very Happy Summer!



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



Although our District goes dark for the months of July and August, there is still so much going on. Many of us will be attending the CFWC Back to Basics Summer Workshops. There are plans to be made for this new year. Committee meetings. Yearbooks to be printed. Much of the “behind the scenes” work happens over the summer months.

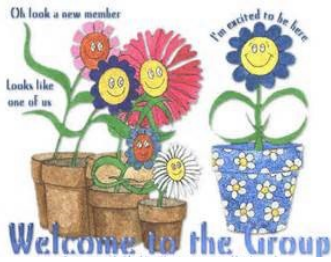
I'd like to take this opportunity to thank Past District President, Vicki Holden. During this year's District Convention, I shared some newspaper articles about Los Cerritos District that I had curated from the Los Angeles Public Library digital archives. Vicki generously offered to send me some of the Past District President biographies that she had in storage, as well as, a CFWC History Highlights booklet commemorating the Centennial of the General Federation of Women's Clubs. I've already begun diving into the collection of past CFWC District Administration highlights and it's some very interesting reading.

During our June District Board meeting, I mentioned how I had ordered some embroidered hankies from the Area C Fundraising Chair, Yvonne Cahill. Originally, when I mailed in the order form, I had checked off the flower hankies but after some thought, I changed my mind and wanted the bird hankies instead. I sent Yvonne an email asking if she could make the change on her end, once she received my order. Yvonne called me and we had a lovely conversation. She told me how she went about choosing the handkerchief embroidery designs and helped me choose the colors that I wanted over the phone. It was like having my very own personal shopping experience. It reminded me of when my home club would have their boutique tables set up during meetings. One of the fundraising chairmen would offer a personalized shopping experience at her home for members who needed a little bit more time to shop for handmade placemats for a holiday dinner, or booties for a baby shower, or a knitted blanket for a special gift. With all of the virtual activities going on this past year, it will be a nice return to have these sort of in-person interactions again. As a reminder, you can find the CFWC fundraising items and order form on the CFWC website.

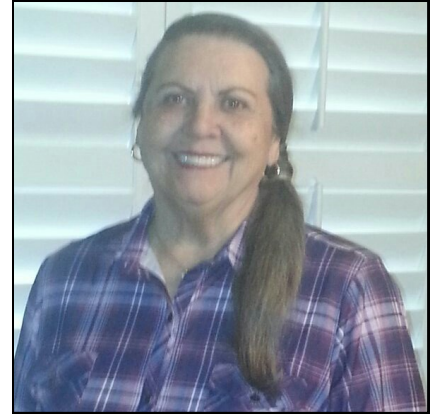
Lastly, I'm borrowing an idea that I saw from one of the other districts in our Federation. Because we weren't able to hold meetings or events this past year, we weren't able to create a District President's scrapbook/photo album. I'll be picking up one of those 3-ring binder type photo albums over the summer. In September, each club will get a page to decorate.

Please keep this in mind when holding events where the District President will be in attendance. Be sure to snap photos, save event programs, etc. I'll be collecting the completed album inserts prior to the District Convention in April. Thank you in advance.





## **2nd V. P. - MEMBERSHIP Sandra Richardson**



I am so looking forward to getting back to normal. Summer means Beaches, BBQ's, Concerts, Travel, Vacations and Get-togethers. It also represents a way to approach New Members.

Meeting People face to face is the best way to recruit. So don't be afraid to start up a conversation,. As of May 15th, we have 394 Members and just received 7 new members from the L,A. Philippines. That's right, 401 total members in District.

Let's continue to grow. New Members means New Ideas and New Friendships. It also represents the Longevity of your club.



## **4th V.P.-FUNDRAISING Eloisa Velasquez**



Dear Club Members:

I wish all of you a great summer and 4th of July festivities. Looking forward to in person club meetings and some exciting fundraising events in the future months.

Thank you everyone for being so supportive with all your donations to Los Cerritos District and of course, all proceeds support the Veterans in Long Beach with monthly snacks.

This project was chosen by Los Cerritos District President, Elisa Trasoras, and it is much appreciated by the Veterans.

Take care and be safe.

Reflection: Worry about nothing - Pray about everything

## PUBLIC RELATIONS: Bernadette Advincula

Dear fellow Women's Club Members,

I am delighted to be part of the Los Cerritos District and excited to be of service the best way I can. With the guidance of our District President Elisa Trasoras, I have created and initiated our District Facebook Page! This is our page to reach out to the community and be known who we are as Women's Club, with our mission and vision.

Our District Facebook Page welcomes everyone and acknowledges the relevance of Los Cerritos District Women's Club, a Member of CFWC/GFWC!

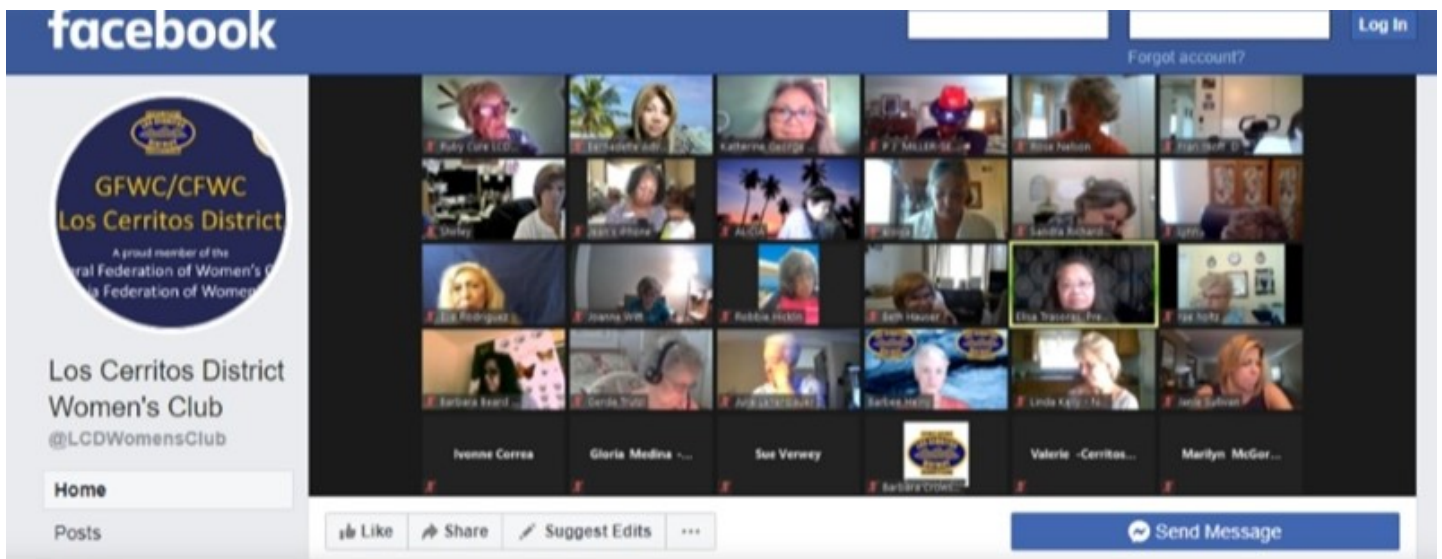


*"California Federation of Women's Clubs (CFWC) is affiliated with the General Federation of Women's Clubs (GFWC), an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service."*

Let us help the community know us and let them know how we serve the community. My goal is to post a minimum of once a week and possible more depending on the activities we would like to highlight its importance.

Please feel free to email me your event or about your Member that you would like to highlight from your Club. This is one way of promoting your Club's volunteerism and may also serve as your best way of giving appreciation to your Member who went the extra mile to help others.

Please visit our Page <https://www.facebook.com/LCDWomensClub> and please do not forget to "Like" the page to keep you updated.



Thank you.

Looking forward...

Sincerely, Bernadette



## CARE & CONCERN: Judy Dessel

The pandemic has caused a lot of grief and stress on our 400 plus members and sister in Federation. We don't ever want you to feel that we have forgotten you during these tough times of isolation.

Every member of our eleven (11) Clubs is important to us. Please help to keep the lines of communication open by contacting your club members.

The following members need your prayers: Gerda Trutzl, Terri Torres, Corrine Lewis and Winnie Baker. Barbara Beard's sister in law Jane, who recently passed away.

Stay well and continue to reach out to your family, friends, and members.



## ALUMNAE: Robbie Hicklin



DEAR FEDERATED SISTERS,

Just to remind you ladies that the LCD Alumnae is to enjoy ourselves. It is to foster a spirit of loyalty and to promote the general welfare of all eleven clubs. We also unite with the clubs to promote and strengthen the ties between the ladies and community.

Overall, it is a special organization to enjoy each other. This leads me to say that we are extremely excited about our in person meeting this fall.

As of June 15, 2021, many of the restaurants are not open for lunch. According to the managers, they are unable to staff at this time. Therefore, we will keep trying but we will inform you in time for the meetings. Thank you ladies.

Enjoy the summer and keep safe. Blessings!

## CIVIC ENGAGEMENT: SERVING MILITARY VETERANS



Thank you Joanne Witt, for donating a Blender to the Resident Veterans. Now they can have Smoothies to enjoy during their Movie and Bingo time.

Our District will continue on delivering snacks and fruits this summer.

Please continue collecting cancelled stamps for Veterans Hobby project and bring them on our September General Board meeting.



# PRESENTATION OF THE DISTRICT CHIMES AND CLOCK

Since the following awards were announced at the 2021 Los Cerritos District Convention that was held via Zoom, the District President made separate arrangements for the physical presentation of these awards.

The Chimes and Clock were presented at the June Executive Committee that was held at the Paramount Chamber of Commerce.

Thank you to the previous award recipient, Lakewood Women's Club, for arranging for the Chimes and Clock to be dropped off and picked up. It takes teamwork to coordinate these things.



## Federation Participation Award

This award (Chimes) is given to the club that has accumulated the highest point total throughout the club year. Every time a member attends District function Garden Conference, March Birthday Council, October Council, etc., it is recorded. The number of attendances accumulates points for your club.

**Congratulations GFWC Long Beach Women's Club**

## FINE ARTS FESTIVAL PERPETUAL AWARD

The Mantel Clock is presented to the Club that has the highest points for the Fine Arts Festival, such as Attendance, Competition on Photography, Writing, Arts and Crafts and participation in the Program (i.e. skits, dancing, singing and reading).



**Well Done Paramount Women's Club**



The Membership Bell is presented to the Club that recruits the most members in the past year.

The Los Angeles Philippine Women's Club was awarded the Membership Bell. **Way to Go!**

\*Arrangements will be made for the presentation of this award to your Club



## PARLIAMENTARIAN: Barbee Heiny



I INVITE ALL President's, Deans and Parliamentarians, and anyone else interested to attend and join Theta, a member of the California State Association of Parliamentarians.

We meet the 1st Thursday of the month at 9:30 at Paramount Chamber of Commerce, 15357 Paramount Blvd. 90723 and will be meeting during the summer.



Recently, our District Parliamentarian, Barbee Heiny announced that she will be moving out of State sometime early Fall.

While we wish her well in her endeavors, as a member of Los Cerritos District and a Federation sister, she will be sorely missed.



Barbee has taken on a multitude of leadership roles on a district-level which not only includes Parliamentarian and maintaining our District website/yearbook/news bulletin, but she has also served as Corresponding Secretary, Vice-President, and as District President from 2016-2018.



She currently serves as President of the GFWC Long Beach Women's Club. Barbee won recognition on a National level for her work as CFWC Webmaster.

Currently, her duties on the State-level include Audio and Song Leader. She performed the duties of Recording Secretary for her local California State Association of

Parliamentarians Theta Unit and served as CSAP Theta Unit President. Barbee has offered to continue working on digital projects remotely. Los Cerritos District wishes Barbee and her family all the best in their new home.



# NORWALK INSTALLATION





## **DISTRICT EVENTS POINTS**

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

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

**25 points for decorations.**

### **October Council - October 11, 2021**

Decorations: Woman's Club of Artesia-Cerritos

Luncheon: The Los Angeles Philippine Women's Club

### **Festival of Trees - December 13, 2021**

Decorations: Norwalk Woman's Club

Luncheon: Paramount Women's Club

Coffee Hour: GFWC Women's Club of Huntington Park

### **Fine Arts Festival – January 24, 2022**

Luncheon: El Dorado Woman's Club

Coffee Hour: South Gate Women's Club

### **March Birthday Council – March 14, 2022**

Decorations: Norwalk Woman's Club

Luncheon: Lakewood Women's Club

### **District Convention – April 22-24, 2022**

Decorations (for luncheon on 23rd): GFWC Long Beach Women's Club

Decorations (banquet on 23rd): South Gate Women's Club

Decorations (for luncheon on 24th): Woman's Club of Artesia-Cerritos

### **Garden Conference: May 2, 2022**

Coffee: Paramount Women's Club

Luncheon: GFWC Long Beach Women's Club

### **May Board Meeting – May 9, 2022**

Decorations: GFWC Women's Club of Huntington Park

Luncheon: Woman's Club of Bellflower

# LOS CERRITOS DISTRICT GARDEN CONFERENCE

Thank you to all of our members who participated in this year's Virtual Garden Conference, A Bookworm Garden Party. We had a wonderful program put together. Terri Belch gave a presentation on the Lakewood Women's Club Garden Groomers and Phyllis Godsil presented us with the activities of the Norwalk Woman's Club Green Thumbers. Thank you ladies for speaking about your club's garden group activities and projects, including meeting information.

## Garden Conference Floral Competition Awards

### **Single Flower Awards Category -**

1st Place - Marilyn McGorman, Woman's Club of Artesia-Cerritos. Description - pale pink rose.  
2nd Place - Gayle Stewart, Lakewood Women's Club. Description - pink rose

### **Miniature Category -**

1<sup>st</sup> place - Evelia Castillo-Rodriguez, GFWC Women's Club of Huntington Park.  
*Description – small succulent in butterfly container.*  
2<sup>nd</sup> place - Laura Oropeza – Paramount Women's Clubs. *Description – petite red flowers in mug.*

### **Old Fashion Bouquet –**

1<sup>st</sup> place - Pamela Gray, Women's Club of Bellflower.  
*Description -single yellow rose with sweet peas.*

### **Arrangement of Succulents or Cacti –**

1<sup>st</sup> place - Sandra Richardson, Lakewood Women's Club. *Description – succulents in yellow boot.*  
2<sup>nd</sup> place – Jean Williams, Paramount Women's Club. *Description – succulents and floral wreath.*

### **Arrangement of All One Kind –**

1<sup>st</sup> place - Ivonne Correa, GFWC Women's Club of Huntington Park.  
*Description – succulent arrangement.*  
2<sup>nd</sup> place – Evelia Castillo-Rodriguez, GFWC Women's Club of Huntington Park.  
*Description – amaryllis arrangement.*

### **Arrangement of Roses (less than 5) –**

1<sup>st</sup> place - Linda Kelly, Norwalk Woman's Club. *Description – 3 yellow roses.*

### **Arrangement of Roses (5 or more) –**

1<sup>st</sup> place – Laura Oropeza, Paramount Women's Club. *Description – pale, pink roses.*  
2<sup>nd</sup> place – Marilyn McGorman, Woman's Club of Artesia-Cerritos. *Description – magenta roses.*

### **Club Submission –**

Special recognition to the Women's Club of Bellflower submitted by Shirley Myers. *Description – yellow rose bush.*

### **Judge's Special Award in Succulents or Cacti category:**

Jean Williams, Paramount Women's Club. *Description – turtle with potted succulents.*





## ABOUT THE JUDGES

Special thanks to the Judging Committee. When I reached out to these community members and briefly told them about our organization, they kindly agreed to judge this year's floral entries.

**Gay Arakawa** – Gay happily retired in 2019 after a fulfilling 32-year career with the Cal State Long Beach Alumni Association, ending as its executive director for 24 years. An aspect of her job was designing and working with volunteers who created flower bouquets for its annual Commencement Flower Booths fundraiser. Prior, she was a reporter for five years at the daily Anaheim Bulletin newspaper, where she covered women's organizations, the arts, and education. She is a graduate of Carmenita Junior High, Cerritos High School (Go Dons!), and Cal State Fullerton (Go Titans!).

**Linda Hernandez** – Linda lives in Cerritos. She has been a teacher in the ABC Unified School District for 50 years. She enjoys making and giving bouquet vases and arrangements to friends and, also, for decorations at special occasions. Linda and her husband have multiple, bountiful fruit trees. Neighbors have been known to request fallen petals from her rose bushes of every color to use in their wedding ceremonies.

**Nancy Kawamura** - Retired Elementary School Teacher

Nancy has enjoyed working with succulents for the past 5 years. She grows a variety of them in her yard, as well as, creates planters for friends and for fundraising. She has taught workshops, creating arrangements using succulents, at her church and other organizations. These arrangements have been sold to help raise money for fundraisers at her church, AAUW La Palma/Cerritos, and Micah's Way, a resource center for the homeless and impoverished families located in Santa Ana. Nancy says, "It is such a delight to watch these plants grow, and then to be surprised by the beautiful flowers that suddenly bloom! They are fascinating plants and so enjoyable! Thank you very much for allowing me to be a judge!"

**Jackie Shahzadi** – Jackie was born in Stamford, CT. After earning a BA and MA in Sociology, she moved to Iran to marry. She and her husband have been married now for 53 years, with a son, daughter, and one grandson. Jackie taught in various universities in Iran for almost 12 years. She fled the revolution and moved to CA, where she has lived for 41 years. Jackie earned an MA and Ph.D in Education from USC. She recently retired from her position as head of the College of General Studies, Univ. of Phoenix, SoCal Campus.



5 or more Roses arrangement



Club Award



Judge's Special Award





WOMAN'S CLUB OF BELLFLOWER

## A DAY AT THE SPA FUNDRAISER

Saturday July 10TH 12:00 pm FACEBOOK LIVE DRAWING

**Raffle Tickets are:**

**\$5.00 FOR 7 Tickets**

**\$10.00 FOR 15 Tickets**

**\$20.00 FOR 35 Tickets.**

Mail check to Shirley Myers made payable to the Woman's Club of Bellflower and mail to 9238 Flower St., Bellflower CA 90706. Don't forget to put your name, address and phone number on the check so we can call you when you win! Thank you for your continued support of the Woman's Club!



*Grand Prize is generously donated by Bath & Body works and includes a large Gold Tote bag, Avon Passion body lotion, Avon Skin So Soft Body Oil & Radiant Moisture, candle, Rose hand cream, and lip gloss.*

*Valued at \$150.00*

*2nd prize is a surprise Spa treatment bag.*

*Valued at \$75.00*

9402 Oak St., Bellflower, CA 90706 [womansclubbellflower@gmail.com](mailto:womansclubbellflower@gmail.com) (213) 537-7976



July Workshop :

**Combining In Person and Virtual Meetings**

Time: **Jul 19, 2021 01:00 PM Pacific Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83945625828?pwd=MjYzcGh0d2xVRlh1Z25DS1BSaUs3QT09>

Meeting ID: 839 4562 5828 ***July Back to Basics Workshops:***

Topic: CFWC Back to Basics July Summer Workshop:

**Club and District Finance**

Time: **Jul 1, 2021 01:00 PM Pacific Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89392161660?pwd=YndkaWJsZWVh0cU02SIJodHpPbTgvZz09>

Meeting ID: 893 9216 1660

Passcode: 77911

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Topic: CFWC Back to Basics July Workshop:

**Communication with Your Members**

Time: **Jul 18, 2021 01:00 PM Pacific Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82004323452?pwd=a2F4M09kL05LOTNwYVYVMzhxU2IHQT09>

Meeting ID: 820 0432 3452

Passcode: 349266

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Topic: CFWC Back to Basics

Passcode: 855705

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Topic: CFWC Back to Basics July Workshop:

**Keeping Parliamentary Procedures**

Time: **Jul 27, 2021 01:00 PM Pacific Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88473477495?pwd=eElzZ2ZRZ25veGF2a3hPWVNvbGJ3UT09>

Meeting ID: 884 7347 7495

Passcode: 547723

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**August Back to Basics Workshops:**

Topic: CFWC Back to Basics August Workshop:

**Speaking and Listening Skills for all Members**

Time: **Aug 3, 2021 10:00 AM** Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81231589084?pwd=b2JOTzhzTjFBTzB4dk1WZFFRV3NFQT09>

Meeting ID: 812 3158 9084

Passcode: 456179

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Topic: CFWC Back to Basics August Workshop:

**The Roles of a Club and District Dean**

Time: **Aug 6, 2021 10:00 AM** Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83459852786?pwd=cIA2NXNzdVIGQ1hMY1JCTFNENzQxUT09>

Meeting ID: 834 5985 2786

Passcode: 383529

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Topic: CFWC Back to Basics August Workshop:

**The Chairman**

Time: **Aug 11, 2021 10:00 AM** Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88355210604?pwd=emw3NHU2VHJSUmxCbFNxekt1bEdjdz09>

Meeting ID: 883 5521 0604

Passcode: 474955

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Topic: CFWC Back to Basics August Workshop:

**Navigating the GFWC**

Time: **Aug 14, 2021 01:00 PM** Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85493992336?pwd=cGJHQjRnb25OelVYM25pWVprSCs5QT09>

Meeting ID: 854 9399 2336

Passcode: 415597

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Topic: CFWC Back to Basics August Workshop:

**The Membership Officers**

Time: **Aug 17, 2021 01:00 PM** Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84494684784?pwd=ZFAycnJiblFqZk9nUmx4VWlIUlR1QT09>

Meeting ID: 844 9468 4784

Passcode: 749046

Topic: CFWC Back to Basics August Workshop:

**Walking Away and Looking Ahead**

Time: **Aug 23, 2021 06:00 PM** Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84760138081?pwd=VWdiSTZaNlRlVmVYVjduM2MwWTZmdz09>

Meeting ID: 847 6013 8081

Passcode: 799153



**GFWC/CFWPC  
LOS CERRITOS DISTRICT WOMEN'S CLUB**



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