



Member

General Federation of Women's Clubs - California Federation of Women's Clubs - Marina District

Serving the Community Since 1921 – 501(c)(3) Tax ID: EIN 33-0249000

President-Lynn Robinson, 1<sup>st</sup> VP-Carolyn Pohlner, 2<sup>nd</sup> VP-Janice Petrosino, 3<sup>rd</sup> VP-Janet Payne, Recording Secretary- Betty Robertson, Corresponding Secretary-Deanna Hanson, Treasurer-Sharon Broadbent, Auditor-Lynda Myers, Ways and Means-Open, Program-Carolyn Pohlner, Press-Pam Ament, Yearbook-Open, Newsletter- Carol Woods, Reservation-Susan Warner, Parliamentarian-Gina Radocchio, Historian-Open, Technology-Mary Alessandra-Cook

**The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service and community service projects.**

## FEBRUARY 2023 NEWSLETTER

### PRESIDENT'S MESSAGE

LYNN ROBINSON

Thank you to Carolyn for taking my place at the January meeting while I was home with COVID. I'm feeling much better and have tested negative. Watching our meeting from home was an interesting experience. When we say the people on Zoom can't hear if you don't use the microphone, it is absolutely true. I missed a lot of comments. Our speaker was great, but I did miss a lot of her talk because every time she turned her back to the camera, I couldn't hear her. I will try to remember these things for this month's meeting.

Happy President's Day and Happy Valentine's Day. You are all my Valentines. You make so many people happy with all the things you do! Thank you for supporting TWC and making my job so much easier,



### FEBRUARY CALENDAR

<b>Feb. 1<sup>st</sup></b>	<b>General meeting</b>
10 a.m.	Social Hour
11 a.m.	Business Meeting
12 noon	Lunch
1 p.m.	Program:
	<b>Torrance Temporary Housing Village</b>
<b>Feb. 10<sup>th</sup></b>	<b>Newsletter articles due</b>
<b>Feb. 15<sup>th</sup>, 10 a.m.</b>	<b>Helping Hands</b>
<b>Feb. 22<sup>nd</sup>, 10 a.m.</b>	<b>Board meeting</b>
<b>Feb. 23<sup>rd</sup></b>	<b>Reservations due to Susan Warner for March 1<sup>st</sup> meeting</b>
<b>Feb. 28<sup>th</sup>, 10 a.m.</b>	<b>Set up for tomorrow's meeting</b>

## HEALTH AND WELLNESS

### Anita Dinicola

There's a reason why registered dietitians recommend eating seasonally. It's because freshly-harvested food is at its peak when it comes to nutrition and flavor. In the winter months, citrus fruit, like oranges, are readily available and incredibly delicious.

That bright burst of sweet orange tastes just likes warm sunshine! That's enough to brighten your mood, even according to studies. Plus, oranges boast an impressive nutrition profile. They are a natural source of folate. And citrus foods, like oranges, have a unique plant compound called hesperidin, which has been shown to support blood pressure health, among other positive outcomes.

It's also a great way to get vitamin C, a key nutrient that promotes a healthy immune system. And since winter is cold and flu season, grabbing an orange is a delicious way to get a little extra immune support.

Also, oranges can last up to 10 days on your countertop (if you see it, you're more likely to eat it!) and up to 21 days in the crisper drawer of your fridge, according to Foodkeeper, a program developed by the USDA's Food Safety and Inspection Service on consumer's questions about food safety and storage. That means you can buy a big bag on your next shopping trip and enjoy the fruit all-month.

## RESERVATIONS

### Susan Warner

Reservations for in-person attendance at our February 1<sup>st</sup> meeting are due by Thursday, January 26<sup>th</sup>. Members in attendance at a regular monthly meeting will pay \$20; take home meals will now cost \$10. Please make your reservation with Susan Warner:

Telephone: 310-534-4092

Email: [luvsapandal@aol.com](mailto:luvsapandal@aol.com)

## GET WELL MESSAGES

### CHAR KYES

TWC sent get well wishes to: Madonna Davenport, Anita Dinicola, Lynn Robinson, Pat Green, Lou Schumacher, and Lois Koza

## FEBRUARY PROGRAM

### Chair, Carolyn Pohlner

Our February Guest Speaker is Mr. Viet Hoang, City of Torrance Deputy Manager. He has been the staff liaison for the Social Services Commission since 2016. The Commission's jurisdiction includes people experiencing homelessness, Veterans Affairs, adults with developmental disabilities and youth with special needs. In addition to his work with the Commission, Viet is responsible for organizational and leadership development at the city. He will give us an update on the 3290 Temporary Housing Village, aka the Tiny Houses, which opened in late June 2022. Six months into the Pilot Program, Torrance City Councilmembers have expressed concerns about extending the lease period beyond the 12 month period. Perhaps, you have some questions about the Tiny Houses that Mr. Hoang can answer.

Just a reminder, we will resume collecting food items at our February General Meeting, for The Volunteer Center's (TVC) Food Pantry. At the suggestion of CFWC State Health chair, Lois Fitzhugh, Club members may want to donate some flu-care health products during the season's colder months to the TV: please consider adding some tissues, ChapStick, disinfectant sprays, and/or cough drops to go along with some canned soup! Thank You!

## HOSPITALITY

Ladies, Please consider signing up for set-up and/or decorations on Tuesday, February 28<sup>th</sup> at 10:00 a.m. (day before our meeting) and clean-up after our Wednesday meeting. Sign-up sheet will be on the back table and you can always contact me directly.

**[effie4x4@hotmail.com](mailto:effie4x4@hotmail.com)**

Lois Koza

## **2nd VP - MEMBERSHIP**

Our club has really been growing with the addition of so many impressive new members. We're ready to support the wide range of club activities in order to continue to build our membership.

Together we make a difference. Our support to CFWC has been an everlasting mission throughout the 102 years of The Torrance Woman's Club's organization; thus, membership is the "Key to Success". Again, thank you for all your support and being a member of TWC. We, as members play an important role by supporting our club, by focusing on the involvement within the community of Torrance and strengthens our friendship.

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Health Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

**Happy Valentine's Day!**

From your Membership committee



Janice, Mary Linn & Robe

## **3rd VP – HOUSE**

**Janet Payne**

It has been a tradition for some years for TWC to give our Manager something special as a THANK YOU for the end of the year holiday. A few years ago, when our funds were low, we all had the opportunity to contribute to a gift which included personal checks, gift cards, wine and special treats. Richard was absolutely thrilled to be thought of so kindly. Once again, the TWC treasury is low on funds and all agreed that it would be very nice to do something similar as a Gift of Love at our

February General Meeting and Luncheon - Program. This is optional but once again with rentals at a very low level, we invite anyone who wishes to contribute to join. Richard continues to take care of inquiries and catered a few small events this past year. I have already received numerous gift cards, cash, checks and cards and I am holding them until the February 1<sup>st</sup> meeting. You can mail to me or Sharon Broadbent (address in yearbook) ASAP or bring that day and I will have a Basket of Love ready. Add your gift to the basket and Lynn will present it on behalf of all the members.

The window project is coming to the time to select the vendor to sign a contract to do Phase 1. As announced, we have nearly enough for this phase but Phase 2 sanding & painting will be an additional cost and different contractor. This bid is challenging and difficult to estimate: fill work, sanding, putty, primer, two coat finish paint will be required after termite work is done along with making the lower windows work properly and replacing wood on some.

Sharon is accepting contributions from everyone so we can say we have 100% participation in this much needed major project. Please think hard on what having our clubhouse means to you, other members and the community. We cannot expect our community to support our endeavors unless we all contribute. Any amount means achieving the 100% from members. This is not really some smaller project to support someone's idea, rather it is imperative we do this on our nearly 100-year-old building. MAKES SENSE. THANKS TO ALL.

**P.S. We also have a minor leak and termite infested side back door to replace.**

## **FEBRUARY BIRTHDAYS**

2	Bonnie Keiber-Lovet
3	Lois Jones
10	Alix Plum
12	Jeralym Kirby
24	Connie Notch
25	LaRee Lydon
28	Cindy Wall

## TECHNOLOGY CHAIR IN THE CORNER

I recently saw an article by Jeff Dunn, Senior Commerce Writer for engadget sale for an all-time low of \$400. He referenced finding the 64GB version on sale for \$400 at Amazon and Best Buy matching the price. These prices are less than you would pay directly with Apple. As of January 9, 2023, only the Starlight and Purple models were available for this low price.

Why do I mention this? This would be a great device for TWC members who are trying to do Zoom by iPhone or other small handheld devices to have a much better video conferencing experience. Also, for those members who do not have a tablet or computer, like perhaps some of our members in assisted living centers or staying with relatives, this small mini iPad can handle many applications including Zoom and thereby give even more of our members access to our online hybrid meetings. As a club, we can find ways to help these members get connected. Often the assisted living centers have WIFI that the device could piggyback onto, and we can also rethink how to number and password our Zoom meetings if there were several more members that would connect in with such a device.

So dear members, I share this information this month merely as a way of possibly helping some members gain connectivity with us as a Club and others of their personal connections. I do not represent Apple nor their products. It is just such a great price point to watch for and the mini iPad tablets are a good device. Maybe families of our members who could benefit from these devices will consider gifting them to their relative and enable the basics. If anyone only needs an iPad for the basics and doesn't want to spend quite as much money, the 10.2-inch Koza.IPad is on sale for \$250 at Best Buy. This is an all-time low so please share this opportunity with anyone who could benefit.

Mary Alessandra-Cook



### HELPING HANDS

Hildegard Graeber

Happy New Year to all of Torrance  
Woman's Club members.

We struggled a bit through the winter storms, but we had a wonderful general meeting on January 4<sup>th</sup>, which should set the tone for future meetings.

I'm so thrilled with the fabrics donated to the group in recent months. I've kept busy cutting and sewing the Huggy Bears in preparation for our "stuffing parties" at the monthly Helping Hands meetings

And if someone has an idea for a new / additional craft project, I'm very willing to discuss it and work with you on that. Come, join us.

Picture shows some of the "bears" that need stuffing.

### What to bring to the February Meeting:

#1) Food items and/or Flu-care products for The Volunteer Center's Food Pantry- cereal, soups, crackers, kleenex, cough drops, disinfectant wipes and spray, etc

#2) Small change for the "I Support the Girls" tabletop charity **OR** a new pair of panties or bra to send to homeless women - any size, any color, but red and pink would be nice for Valentine's Day

# **PHOTOGRAPHY CONTEST**

## **Rules and Timeline**

You may bring your entries to TWC's February or March Club meeting. They will be collected and submitted to Marina District meeting on March 17<sup>th</sup> in Santa Monica. Make sure you have all forms needed and follow the RULES as outlined.

**Women Club Member's** Entries must include:

- A signed GFWC "Creative Arts Waiver"
- Each entry must have the "CFWC Entry Form" taped to the back with arrows POINTING TO THE TOP/UP.

## **Minors under the age of 18**

The following 3 forms must be SIGNED and included with each entry:

- "Minor's Consent and Release" form
- "Minor's Publicity Release" form
- "Creative Arts Waiver" form

**March 17<sup>th</sup>** is the absolute last day that entries can be submitted and judged. The Marina District Meeting will be held at the SANTA MONICA Woman's Club, location: 1210 4<sup>th</sup> Street.

## **April 17**

CFWC - First Place District winning entries ONLY in each category, will be submitted to State for Judging and State winners will be submitted to National.

I will bring copies of these forms with me to our club meeting in February and March. If you are entering the photo contest and need copies of the forms, please contact me directly and I will get the forms to you. My phone number is 310-214-2014.

Good luck, Irma Chiota



## PHOTOGRAPHY AND WRITING CONTESTS: 2022

Olma M. O'Neill, Chair

P.O. Box 681, Pescadero CA 94060

650-580-7018 | olma.oneill@gmail.com

### PHOTOGRAPHY CONTEST: ENTRIES DUE TO CFWC BY MONDAY, APRIL 17, 2023

There are two main categories for the photography contest:

**I. THE WORLD IN PICTURES:** These photographs showcase the people, places, and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:

- a. **Our World Up Close**—Create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole new, tiny world.
- b. **Natural Wonders**—Use wide angles and panoramas, or moody landscape images, to showcase mountains, meadows, sandhills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.
- c. **Reflections**—Feature a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.



**II. GFWC LIVING THE VOLUNTEER SPIRIT:** These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one-on-one.



#### RULES FOR PHOTOGRAPHY CONTEST:

- Photographs must be the original work of the member submitting the photograph;
- All contest photographers must be dues paying members of an active GFWC Club;
  - Exception: CFWC will be judging Student Photography at the state level (however, GFWC does not have this category at the international level);
- Photographs must be taken between January 1, 2022 and December 31, 2022;
- Contestants must be considered an amateur photographer;
- A signed GFWC Creative Arts Waiver must be included with each submission (**FOR MINORS UNDER THE AGE OF 18: A SIGNED MINOR'S CONSENT AND RELEASE FORM AND a MINOR'S PUBLICITY RELEASE FORM MUST BE INCLUDED WITH EACH ENTRY**, in addition to the Creative Arts Waiver.

### **Artwork Guidelines for Photography Contest:**

- Photographs may be vertical/portrait OR horizontal/landscape;
- Photographs must be the original work of the member submitting the photo;
- Each photograph must be an 8" x 10" print or digital file equivalent (a high-resolution digital copy of the submission is encouraged).
- All printed photographs must be mounted on a rigid 8" x 10" board and overall thickness may not exceed 3/8 inch. NO mattes, frames, or hangers;
- Photographs taken may be taken using film or digital cameras and may be color or black/white;
- Photographs will NOT be returned;
- Each photograph must have a label affixed to its back with the following information:
  - Contest Name: The World in Pictures, with category OR GFWC Living the Volunteer Spirit;
  - Photographer's Name, email address, mailing address, and phone number;
  - Club Name, District, Area, and State of the sponsoring club;
  - Title and brief caption giving location, date, and other pertinent information about the photograph;
  - Arrow indicating top of the photograph.

**DISCLAIMER:** By submitting your photographs to GFWC for the GFWC Photography Contests on the national level, you are providing GFWC with a royalty-free perpetual license to use, reproduce, post, display, create derivative works, sell, license, or sublicense the work in any media now known or later invented without limitation for commercial or noncommercial purposes.

### **DISTRICT PHOTOGRAPHY CHAIR RESPONSIBILITIES:**

- Contact your District President to get the CFWC Photography Contest Packet (mid-Sept to mid-Oct)
- Encourage your entire District to participate and distribute info. to all club presidents and their respective Photography/Writing chairs;
- Collect all photography and submit with all required documents per aforementioned instructions.
- **Send all 1<sup>st</sup> place photography winners in your district to Olma M. O'Neill, CFWC Photography Chair, at P.O. Box 681, Pescadero, CA 94070. DUE TO CFWC BY MONDAY, APRIL 17, 2023. REMINDER: Please submit only one winner, per category, per district.**

**CFWC PHOTOGRAPHY CONTEST ENTRY FORM: CLUBWOMAN**

*(Draw Arrow Indicating Top of Photo)*

**THE WORLD IN PICTURES**

Our World Up Close: \_\_\_\_\_ NATURAL WONDERS: \_\_\_\_\_

REFLECTIONS: \_\_\_\_\_ VOLUNTEERS IN ACTION: \_\_\_\_\_

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CLUB: \_\_\_\_\_

DISTRICT: California, Area C, Marina District

DESCRIPTION: \_\_\_\_\_

*\*Must be accompanied by a GFWC Creative Arts Waiver*

**CFWC PHOTOGRAPHY CONTEST ENTRY FORM: CLUBWOMAN**

*(Draw Arrow Indicating Top of Photo)*

**THE WORLD IN PICTURES**

Our World Up Close: \_\_\_\_\_ NATURAL WONDERS: \_\_\_\_\_

REFLECTIONS: \_\_\_\_\_ VOLUNTEERS IN ACTION: \_\_\_\_\_

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CLUB: \_\_\_\_\_

DISTRICT: California, Area C, Marina District

DESCRIPTION: \_\_\_\_\_

*\*Must be accompanied by a GFWC Creative Arts Waiver*



**CFWC PHOTOGRAPHY CONTEST ENTRY FORM: STUDENT**

*(Draw Arrow Indicating Top of Photo)*

Our World Up Close: \_\_\_\_\_ Natural Wonders: \_\_\_\_\_ REFLECTIONS: \_\_\_\_\_

GRADE LEVEL: 6-8: \_\_\_\_\_ 9-11: \_\_\_\_\_ GRADUATING SENIOR: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

NAME: \_\_\_\_\_

PARENTS EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CLUB: \_\_\_\_\_

DISTRICT: California, Area C, Marina District

DESCRIPTION: \_\_\_\_\_

\*Must be accompanied by a GFWC Creative Arts Waiver, Minor's Consent & Waiver, and Publicity Release

**CFWC PHOTOGRAPHY CONTEST ENTRY FORM: STUDENT**

*(Draw Arrow Indicating Top of Photo)*

Our World Up Close: \_\_\_\_\_ Natural Wonders: \_\_\_\_\_ REFLECTIONS: \_\_\_\_\_

GRADE LEVEL: 6-8: \_\_\_\_\_ 9-11: \_\_\_\_\_ GRADUATING SENIOR: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

NAME: \_\_\_\_\_

PARENTS EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CLUB: \_\_\_\_\_

DISTRICT: California, Area C, Marina District

DESCRIPTION: \_\_\_\_\_

\*Must be accompanied by a GFWC Creative Arts Waiver, Minor's Consent & Waiver, and Publicity Release



## CREATIVE ARTS WAIVER

With my signature I declare that:

- ☐ I have created the submitted work, entitled \_\_\_\_\_, and I own the full copyright. The work has not been published before.
- ☐ With my work, including pictures, tables, or additional media, I do not violate or infringe the copyright of other persons or entities.

The work in question is (please check one): ☐ Photography ☐ Poetry ☐ Short Story

- ☐ I grant the General Federation of Women's Clubs a royalty-free perpetual license to use, reproduce, post, display, create derivative works, sell, license, or sub-license the work in any media now known or later invented without limitation, for commercial or non-commercial purposes.
- ☐ I agree that I shall not release the work to any other publication in the same or substantially similar form, without prior written and explicit consent from the General Federation of Women's Clubs.

This agreement shall become effective and binding at the date of formal acceptance of the work for publication by the General Federation of Women's Clubs.

Full Name (Print)			
Mailing Address			
City	State	Zip	
Email			
Phone			

Signature		Date	
			
Parent/Guardian Signature (if submitter is under 18 years of age)		Date	



## MINOR'S CONSENT AND RELEASE FORM

The Undersigned is/are the parent(s)/legal guardian(s) of \_\_\_\_\_ ("Minor"), whom is under 18 years of age. The Undersigned is/are legally entitled to the complete custody, care and control of the Minor and, furthermore, is legally entitled to provide this consent and release.

The Undersigned and the Minor acknowledge and agree as follows:

1. We have read and agree to the \_\_\_\_\_ [contest name] rules and requirements ("Contest") and knowing full well the rules, terms and conditions of the Contest, we consent to the Minor's participation and submission of \_\_\_\_\_ [i.e., artwork, photography, creative writing, music] ("Work") to the Contest.
2. The Work was created by the Minor, and has not been published before. The Minor owns the full copyright to the Work, and the entire Work does not violate or infringe upon the copyright of any other persons or entities.
3. We provide our consent for the Work to be published and/or displayed to the public in its original format, as well as in other formats, including, but not limited to editorial, trade, advertising and/or any other purpose and in any manner or medium, including print media, website, social media, and internet. For this purpose, we hereby assign, transfer, or otherwise convey to the GFWC *California Federation of Women's Clubs*, together with its member clubs, its districts and its legal representatives (collectively "CFWC") a royalty-free perpetual license to use, reproduce, post, display, create derivative works, sell, license, or sub-license the work in any media now known or later invented without limitation, for commercial or non-commercial purposes. Furthermore, we agree that Work may be used, edited, reproduced, distributed, and presented in any way deemed proper by the CFWC without any additional consent, or payment to us.
4. We agree that we will not release the Work to any other publication in the same or substantially similar form without prior written and explicit consent from the CFWC.
5. We hereby release and hold the CFWC harmless from all claims, demands, liabilities, suits and proceedings, whether in law or in equity, from any and all expenses related to the Contest, arising therefrom on account of, or due to the use of the Work, and/or arising from a third party's unauthorized use of the Work.
6. There is no time limit on the validity of this Release nor is there any geographic limitation on where the Work may be used, distributed, or presented by the CFWC.

By signing below, you acknowledge that you have read, understand and fully agree to the terms herein; and that you understand and confirm that by signing this form you have given up considerable future legal rights.

Date: \_\_\_\_\_

Minor's Name: \_\_\_\_\_

Minor's Age: \_\_\_\_\_

**By signing below, I certify that** I am the parent or legal guardian of the minor named above and consent to this Minor's Consent and Release and I am mentally competent to enter into this Minor's Consent and Release.

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address/Phone Number: \_\_\_\_\_



## MINOR'S PUBLICITY RELEASE

I, \_\_\_\_\_, am the parent or legal guardian of: \_\_\_\_\_ [name of child] ("child"). I am legally entitled to the complete custody, care and control of the child and, furthermore, I am legally entitled to provide this release.

I hereby grant and assign the GFWC *California Federation of Women's Clubs*, together with its member clubs, districts and legal representatives, the irrevocable and unrestricted right to use and publish my child's name, voice, image and/or likeness for editorial, trade, advertising and/or any other purpose and in any manner or medium, including print media, website, social media, and internet. I understand and agree that neither me nor my child will be paid for any use described above at any time.

By signing this form, I hereby release the GFWC *California Federation of Women's Clubs*, together with its member clubs, districts and legal representatives from all claims and liability relating to the use of my child's name, image and/or likeness for the above purposes.

By signing below, I certify that I am the parent or legal guardian of the child listed above and consent to this Publicity Release by my signature below, and I am mentally competent to enter into this Publicity Release.

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address/Phone Number: \_\_\_\_\_